

Paul Sise

USFCA Spring 2024 Core Clinic at PVFA

May 4th and 5th

CD = Coach Developer(s) who are the coaches teaching the clinic. The CDs are John Krauss, Paul Sise, and David Brown

CIT = Coach(es) in Training who are the coaches attending the clinic.

Fencers ages 13+ with at least a year of competitive experience or equivalent skills are encouraged to attend the clinic as students for a fee of \$30 per module payable to the host club PVFA.

Location: Pioneer Valley Fencing Academy. 94 Cottage St. Easthampton, MA 01027

Welcome to our Spring 2024 Clinic. In this clinic we will review the building blocks of teaching individual skills and assemble them into the walls and buildings of complete lessons up to and including a challenging option lesson appropriate for a seasoned competitor. CITs should have some experience and confidence teaching offensive, defensive, and counter-offensive skills. Attendance at previous USFCA clinics is recommended but not required. This clinic will be ideal for CITs working toward a Prevot certification. CIT's must register to participate in the clinic in only one weapon. This clinic will include three separate modules of four hours each. There is a Saturday morning module, a Saturday afternoon module, and a Sunday morning module. Each module will include an assessment. Prevot practical exams will be offered Saturday evening and Sunday afternoon. Please email Paul Sise at paul.sise@pioneerfencing.com if you wish to take an exam.

Schedule

Saturday May 4th

Doors open at 7:30 am. Arrive between 7:30 and 8:00. From 8:00 to 8:30 am is introductions, discussion, and warm up. Module 1 is from 8:30 am to 12:30 pm. Lunch from 12:30 till 1:30. Module 2 is from 1:30 to 5:30 pm. There is one slot open for a Prevot exam in foil or epee starting at 6 pm.

Sunday May 5th

Doors open at 7:30 am. Arrive between 7:30 and 8:00. From 8:00 to 8:30 am is discussion and warm up. Module 3 is from 8:30 am to 12:30 pm. Please bring some healthy food for a snack for this module. We will finish at 1 pm after a presentation of certificates. There are three slots open for Prevot practical exams in foil, epee, or saber; roughly 2:00 pm, 4:00 pm, and 6:00 pm.

Module 1 Saturday Morning - Building block review. Methods of Cueing:

Coach Developers demonstrate the following cueing techniques and have the coaches **practice** them.

Cueing with Footwork (Distance and Direction)

Cueing with the Blade

False Cues

Evaluation - CD's will ask CITs to briefly describe and demonstrate 3 randomly chosen footwork cueing skills and 3 randomly chosen blade-work cueing skills. All that is necessary is one or two demos per skill. The CIT does not need to incorporate them into a lesson.

Module 2 Saturday afternoon- Progressive lessons that start simply and build complexity and difficulty.

Coach Developers demonstrate the following lesson skills and have the coaches practice them.

First - What is a complete lesson? ...

CITs learn and practice the following skills:

Varying distance and footwork

Changing lines

Direct to indirect actions

Tempo changes in footwork and bladework

Adding a preparation such as a beat

Modifying to second intention

Simple to compound actions

Adding a remise, reprise, or redoublement (good for epee)

Unforeseen actions by coach (an unexpected parry or attack, etc.)

False cues by coach

Student control of footwork

Student initiated bladework

A sample lesson. Simple and compound attacks.

Evaluation - CD's evaluate the CIT's fourth lesson. CD's will be looking for smooth transitions (going seamlessly between stages without stopping to think or chat) between each stage as well as the quality of cueing.

Saturday Evening - Prevot Practical exam in Foil or Epee. Preregistration for a practical exam is required. We will limit the evening to only one exam. This time slot is recommended only for experienced Moniteurs, ideally those who have received Prevot level training in previous clinics, such as the 2022 clinic at Rogue Fencing Club. Please email Paul Sise if you wish to take an exam.

Module 3 Sunday morning- Basic and Advanced Options Lessons

Coach Developers demonstrate the following lesson types and have the coaches **practice** them.

Basic 3 Part Option Lesson

PRACTICE - Coaches will select two or three actions and arrange them into a short basic options lesson. Coaches take turns giving and receiving lessons. Each CIT will teach their lesson twice. Each lesson should take five to ten minutes at the most.

Easy Two/Three Option Lesson

Go / No-go Lesson

Advanced Options Lesson

There are two distinctive types of options lessons. For our use in this clinic we can refer to them as Type 1 and Type 2 Option Lessons...

Practice - CIT will take the time to write out two different option lessons, perhaps a Type 1 and a Type 2, dependent on their skill level. Each lesson should take around 10 to 15 minutes. Coaches practice giving and taking lessons. The coach must pick two or three techniques or tactics and organize them into a lesson designed to improve the student's ability to decide when to perform these actions, and to do them under increasing levels of difficulty, responsibility, and stress. Use the skills from Module 2. You may use the following format as a guide. This should work with both Type 1 and Type 2 option lessons.

Evaluation - CITs will select either a Basic Option lesson or an Advanced Type 1 or Type 2 Option lesson to teach. Their choice should be based on their current certification, as well as finding a balance between their comfort level and sense of challenge. We suggest that Assistant Moniteurs give the basic lesson, Moniteurs the Advanced Type 1, while experienced Moniteurs and Prevots tackle the Advanced Type 2 lesson.

During the evaluation the CD's will look for the following:

- 1) Does the CIT seem comfortable and confident progressing through the various stages of the lesson?
- 2) Are the CIT's cues clear, correct, and appropriate for the student's skills?
- 3) Is the CIT using coaching footwork?
- 4) Does the CIT take the opportunity to make corrections and if so are the corrections made efficiently?
- 5) How advanced are the skills being shown by the CIT? Is the lesson an appropriate challenge for them? Note though that it is far better to teach a simple lesson well than a complicated lesson poorly.

Sunday Afternoon - Prevot practical exams. Preregistration for a practical exam is required. We will limit the afternoon to a maximum of three exams. Please email Paul Sise at paul.sise@pioneerfencing.com if you wish to take an exam.