



**NCDP Three Day Clinic  
Syllabus  
September 27-29, 2024  
Weapons: Épée, Foil and  
Sabre  
Register at [USFCA.org](http://USFCA.org)**



**3 Weapon Clinic**  
presented by  
Franco Cerutti, Rob Handelman,  
Connie Louie, Elsayed Emara

**Location: Fortune Fencing**      139 W Maple Ave      Monrovia, CA 91016  
309-868-2737      [Fortunefencing.com](http://Fortunefencing.com)

**Coach developers:**

**Elsayed Emara, Maître d'Épée                      Franco Cerutti, Maître d'Armes**  
**Rob Handelman, D.C., Maître d'Armes**  
**Connie Louie-Handelman, PhD, Maître de Sabre**

Schedule Date	Times	Hours
Friday 9/27/24	9:00-1:00 (4)	1 hour Lecture Break
	1:00-2:00 Lunch	
	2:00-7:00 (5)	Total 9
Saturday 9/28/24	9:00-1:00 (4)	1 hour Lecture Break
	1:00-2:00 Lunch	
	2:00-7:00 (5)	1 hour Lecture Break
		Total 9
Sunday 9/29/24	8:00-12:00 (4)	1 hour Lecture Break
	12:00-1:00 Lunch	
	1:00-3:00 (2)	Total 6
		Total of: 24 credit hours
Monday 9/30/24	9:00-12:00	Testing if needed

**Before the clinic:**

Each Coach in Training (CIT) sends 5 min videos of their option lesson  
Send questionnaire asking what topics the CITs want to learn in the clinic?

**Teach an action category each 4 hours (24 hours = Cover 6 action categories)**

Offensive, Defensive, Counter-offensive or Second Intention Actions

**Each 4 hour segment takes a selected topic from Beginning to Advanced level**

Do 1 formative assessment per section = every 4 hours of instruction.

**Clinic organization: a topic action is selected from a category:**

- Attacks: Simple, Compound, False Attacks, Attacks in the Preparation
- Blade Control: Attack au Fer, Prises de Fer
- Parries (opposition, beat, yielding, sweep), 1st and 2<sup>nd</sup> Intention
- Counter-attacks, Continuation attacks, Counter-time

**Example segment will cover a topic in a:**

- Group Class
- Teaching Lesson of the action
- Option Lesson for the action (add tactical components to action)

**Methods:**

- Teach the technique to do the action correctly - EDGCC format
- Teach footwork involved for action and how to use it on the strip
- Teach the coaches cues (fencer’s timing, distance, tempo, speed, initiative needed for the action) and tactical application
- Finish with a Formative assessment for the action to give credit towards continuing education hours or certification hours

**Lecture topics and workshop of fencing competitive training topics:**

- Sports psychology
- Fencing periodization and Training cycles
- FTEM – Framework for training representing the major phases of athlete development (Foundation, Talent, Elite & Mastery)
- Introduction to the Athlete Long-Term Athlete Development (LTAD) Model

**Sample topics and lectures for Formative Assessments during the 24 hour clinic**

Topics	Level 3	Level 4-5 Actions and their tactical use in bout lessons
1 Friday AM	1 Group class with functional and footwork	1 Group class with functional and footwork
	Fencing competitive periodization, introduction of the six pillars of fencing performance	
2 Friday PM	Types of Lessons, Coaching Cues Preparations 1 Simple attack 1 Attack in the Preparation	Types of Lessons, Advanced Coaching Cues, Preparations 1 Simple attack, advanced preparations 1 Attack in the Preparation
3 Saturday AM	1 Defensive parry riposte Teaching Lesson	1 Defensive parry riposte and a 2 <sup>nd</sup> intention PR – Teaching Lesson
	Competitive training topics – tactical analysis of bout strategy for competition	
4 Saturday PM	Option Lesson: Compound Attacks 1 Counter-attack	Option Lesson: Compound Attacks 1 Counter-attack and a close out CA
	Lecture break Sports psychology 1 hour	
5 Sunday AM	Option lessons: Blade control actions = 1 Prise de Fer and 1 Attack au Fer	Option lessons: Blade control actions = 1 Prise de Fer and 1 Attack au Fer
	Fencing competitive Introduction to the Athlete Development Pathway Model	
6 Sunday PM	Option Lesson - advanced 1 Continuation Attack	Option Lesson – elite level 1 False attack with Continuation Attack, Counter-time
Monday AM	Exams if requested	

## **Clinic goals: Welcome – waiver online**

- Franco, Elsayed, Connie and Rob main instructors
- Introductions: Use the NCDP clinics format with Formative assessments
- At the end of the clinic whatever level you started with, the goal is for you to reach a higher level.
- Take notes, video tape, do both – whatever you need to be able to use the material back at your club to practice and get better at it.
- We will move as fast as coaches are ready to go with the information. The only bad question is the question you don't ask!
- We will stop for additional questions after each section
- If something is unclear tell us and we will cover the material a different way or arrange a time to assist you.
- Let us know if you plan to test – Monday for Prévôt/Maître Level 4-5, during the clinic for Moniteur Level 3.
- Please help us to improve by filling out the Feedback Forms on the website at the end.

## **Specific Learning Outcomes**

The coach will learn:

- Pedagogy and differences of Group Classes, Teaching and Option Lessons that are used in the club along with aspects needed for the tests.
- How to use EDGCC when instructing
- How to integrate Long-Term Athlete Development(LTAD) into training programs or how to integrate an evidence-based framework model representing the major phases of athlete development (Foundation, Talen, Elite & Mastery) - workshop
- To perfect various major cues for: Hand Movement , Positioning, Distance, Foot Movement, Hand and Foot co-ordination, Timing, Speed and Initiative
- To integrate varied types of coaching footwork for higher level students
- To focus on option lesson at the Y10, Y14 /Vet, Elite level using the same actions
- To vary the training level by altering the fencing elements and coaching reactions
- How to fix the lesson when things are going wrong
- How to use tactical analysis in bout strategy for competition
- How to help your fencers with basic quick sports psychology and mental toughness techniques
- To self-evaluate from CD Formative Assessments after every 4 hour chunk

**Friday 9:00 AM – 7:00 PM**

**9-10:00 AM Functional Warm-up (with Formative Assessment ICFA 1)**

**10 AM – 1 PM Group class Instruction:**

**Do group drills with a basic action to demonstrate  
EDGCC: Explain Demonstrate Guide Correct Critique**

**Footwork: Adjustments to on guard based on tactics**

- **Basic to advanced: CDs select what to teach for each level**
  - Pushing footwork, advances and retreats with varied size steps
  - 1<sup>st</sup> and 2<sup>nd</sup> Intention advances, checks, jumps, Balestra, pattinando, crossing, bouncing epee, fleche
  - short, regular, long lunges to keep distance, backward lunge, change direction lunge, Accelerating/decelerating lunge, tap lunge
  - recovery variations, redouble
  - Fleche and Flunge
- Footwork of different size and speed for offense and defense
  - 1/2 steps, inverse steps, gain distance,
- Combinations of footwork actions useful for offense and defense
  - In/Out, Advancing Lunge, Chasing, false attack, fleche, flunge
- Awareness of position on the strip /Keeping the fencing line

**Group Types of drills:**

- **Preparatory** *A group exercise where fencers are introduced to or review the positions and mechanics of actions being studied without a partner – footwork*
- **Technical** *A paired exercise where one fencer focuses on the technical specifics of an action, repeated several times in succession – simple attack or PR*
- **Exchange** *A paired exercise with one fencer having an initiating action and the other a response. Both sides are attempting to score with their specific action, followed by immediately changing roles after each Phrase d'Armes.- beat attack, PR, CR*
- **Bouting** *A paired exercise to simulate bouting conditions where one or both fencers are constrained by specific actions*
- **Commitment/Analysis** *A paired exercise where both the initiator and a responder will choose between two or more actions – simple attack or compound – defense PR or CA distance*

**Lecture during 11:30 break**

### **Group Drill Organization:**

Warm-up - Games examples

- Footwork – select the one you will use in the main body of the lesson
  - Command
  - Reaction
  - Paired
- Main Body of Lesson (action uses one of the footwork covered)
- Summary

### **Formations**

- one line with the instructor in front
- two lines of students facing each other
- multiple lines of students
- semi-circle with the instructor in the center
- queue drill

***Friday 12:30 PM: ICFA 2 Group lesson a Preparatory or Exchange drill = Vary Offensive Footwork to adjust fencer distances***

**1:00-2:00 Lunch lectures**

### **Friday 2 PM -7 PM**

#### **Review Types of lessons:**

1. **Warm-up:** short confidence building, point and blade control to prepare for competition
2. **Teaching:** a specific theme or action, or a chain of actions and technique to perfect actions or enhance skill with mechanical repetition
3. **Option:** options that enhance already known technique, tactics, timing, distance, and adaptability
4. **Bouting:** student fences the coach has to solve presented problems
5. **Combination** of Bouting/Teaching/Option

#### **Major philosophical approaches: Workshop which is yours?**

- **Stress perfection of technique at all times**
- **Important S understands distance, timing, tempo, speed, and initiative with less emphasis on *perfection* of technique**
- **Combination of two with more emphasis on one or the other**

#### **Fencing Elements to cover in detail:**

- Distance
- Timing
- Tempo
- Speed
- Initiative
- Tradecraft

## **Basic Coaching (C) Concepts:**

Coach's (C) Body position

Movement In the lesson

C's footwork - Static to simple movements C leads at first to choose the distance

C's On guard

Movement progressions: Static, Advance, Lunge, Advance Lunge, Fleche,

Continuous Maneuvering

Preparations

Some major coaching preparatory cues to initiate an action

C Hand Movement, Foot Movement, Distance, and Timing

## **Teaching Progressions**

- Blocked – no reaction, reaction
- Serial
- Random

Target Presentation Cues

Blade Control actions (for doigté)

Engagement as a Teaching Tool for parries and positions

Absence of Blade (Attempting to find C's blade)

## **Simple Attacks**

These actions executed in one fencing tempo must have the qualities of precision, speed and á propos of timing.

**Attacks in the preparation (Purposeful errors)**

***Friday 6 PM: ICFA 3 Individual Teaching Lesson Component – Simple attacks with preparations - vary targets and footwork, add tactical application***

## ***Saturday 9:00-1:00 PM***

Practicing Coaching Cues review and expansion

Distance Cues

Hand Foot and Footwork cues

Continual movement based on Blade Work and distance of C *maneuvering*

Timing/ Tempo (changes in rhythm)/ Speed (maximum, necessary, relative)

Searches

Invitation vs. On Guard vs Open Line

Positional

## **Defensive parry riposte (PR) and a 2<sup>nd</sup> intention PR for Prévôt/Master**

- Defensive Mechanics
- Types of Parries
- Ripostes
- Chained Simple PR Drills

### **Teaching Lesson - defense**

## **Lecture during 10:30 break**

***Saturday 12 Noon ICFA 4 Individual Teaching Lesson Component – defensive with preparations - vary targets and footwork, add tactical application***

### ***1:00-2:00 Lunch lectures***

## ***Saturday 2:00-7:00 PM***

### **The Option Lesson**

Forced errors w/ distance, technique and timing

### **Compound Attacks (Prévôt/Master)**

Use with a **Counter-attack (CA)** on an attack or after an attack

**Close out CA (Prévôt/Master)**

***ICFA 5 Individual Option Lesson Component –Counter-offensive with preparations - vary targets and footwork, add tactical application***

## ***Sunday 8:00-12:00 PM***

**Option lessons with Blade control actions = 1 Prise de Fer and 1 Attack au Fer**

Use of Preparations for the option lesson

***ICFA 6 Individual Option Lesson Component –Prise der Fer or Attack au Fer with preparations - vary targets and footwork, add tactical application***

## ***Sunday 1:00-3:00 PM***

**Continuation Attack (In-fighting)**

**False attack with Continuation (remise) and Counter-time for Prévôt/Master with preparations - vary targets and footwork, add tactical application**

## ***Monday 9:00-12:00***

**Testing if needed**