

WEST COAST COACHING CLINIC
May 23-26, 2024
San Diego, California



INSTRUCTORS

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LOCATION

Team Touche Fencing
11468 Sorrento Valley Rd,
San Diego, CA 92121
[619.278.8114](tel:619.278.8114)

WORKSHOP TYPE

Foil and Epée face to face coaching clinic

17.5 WORKSHOP HOURS

Thursday (optional) 6:30pm – 9pm
Friday 10am – 6pm
Saturday: 12:00 pm-8:00 pm

Sunday: 9:00 am - 12:30 pm

ATTENDANCE

Regular attendance is necessary to ensure maximum progress and the success of group practical activities. Participants are expected to arrive on time and stay for the entire session.

Students may be suspended from class for disruptive or dangerous behavior.

COST

USFCA member \$330

Non-member \$430

HOW TO REGISTER

Go to the USFCA website and click on the "Education" tab, then select "list of clinics", open Clinic # 138. This link will take you directly to the "list of clinics":

<https://usfca.org/index.php/education/clinics-archive>

PLEASE SEND TEDD PADGITT AN EMAIL

After you have registered please send Tedd Padgitt an email (tedd@teamtouche.com) with the Subject heading: West Coast Clinic registration. Include the below information:

- Name
- Contact info (phone and email address)
- USFCA ID number (found in your profile on USFCA website)
- How long you have been coaching and current level of certification
- Let me know if you are interested in taking a practical exam and what level of exam.

WHERE TO STAY

Hilton Garden inn (1 mile)

3939 Ocean Bluff Ave, San Diego, California, 92130, USA

Extended Stay America Suites (3 miles)

9880 Pacific Heights Blvd., San Diego, CA 92121

Doubletree (1.5 miles)

11915 El Camino Real, San Diego, California, 92130-2539, USA

EQUIPMENT NEEDED

Students must supply all of their own fencing and coaching equipment. A fencing jacket, underarm protector, chest protector, coach's plastron, fencing gloves (one right handed and one left handed), fencing mask, practice foil, appropriate shoes, and pants that cover the knee.

CLINIC DESCRIPTION

This course is an introductory course aimed at offering an elementary understanding on how to teach group and individual Fencing lessons. The clinic will prepare the student for the credentialing exam under the auspices of the United States Fencing Coaches Association. Moniteur, Prevot and Master practical exams will be available on Sunday afternoon.

This is not a comprehensive preparation. This course does not cover the entire lexicon of fencing actions. This course is meant to provide a sort of “skeleton” on which to hang various actions, and provide a format to the prospective coach to enable them to create their own lessons, depending on the subject matter they may wish to teach.

If you wish to take a practical exam at the conclusion of the clinic be sure you have passed the written exam prior to the clinic. You must also register and pay for the practical exam beforehand. Follow the below steps to find the written and practical exams. Once you register for the written exam you will have access to the study guide. You do not have to take the test immediately. You should prepare for the written exam before you take it.

If you intend to take a practical exam you must bring proof that you have passed the written exam and have paid for the practical exam.

For more information about practical and written exams [click here](#)

LEARNING OUTCOMES

Coaches in training will understand and have a conversant knowledge of how to teach:

- Warm up techniques
- Dynamic stretching
- Warm up games
- Simple en garde position
- Simple footwork
- Simple and composed attacks
- Simple parries and circular parries
- Simple ripostes
- Simple counter attacks

The coaches in training will understand and be able to execute:

- Coach's position
- Coach's footwork
- Cues
- Receiving the touch
- Managing the individual lesson
- Warm-up lesson

- Teaching lesson
- Option lesson

PRACTICAL EXAMS

Sunday: 12:30 PM

Any participant interested in taking a Practical exam should plan to stay for the Sunday afternoon session. All candidates must be a member of the USFCA and must first take and pass the written exam which is available online through the USFCA website. It is highly recommended that candidates take the written exam before this workshop. Candidates must also pre-register for the practical exam. Candidates must show proof that they have passed the written exam and have registered for the practical exam.

Practical exams will be scheduled for Sunday afternoon beginning at 12:30 PM. The exam schedule will be created Sunday morning depending on the number of candidates interested in taking the exam.

SUGGESTED READING MATERIALS

- *Fencing and the Master* by Laszlo Szabo
- *Understanding Fencing* by Zbigniew Czajkowski

Additionally, a packet of handouts will be distributed to students at the workshop

COURSE SCHEDULE

Friday, May, 24

10:00 AM-11:00 AM:

Warm up games

Functional warm up

11:00 AM-noon:

Group footwork

Blade drills

12:00 PM-1:00 PM:

Coach position

Coach blade presentation, cues

Coach footwork

Simple attacks

Lunch

2:00 PM-3:00 PM

Composed attacks

Absence of blade (appropriate parries)
Attacks au fer (on the blade) (appropriate parries)
Attacks with prise de fer (appropriate parries)

3:00 PM-4:00 PM

compose teaching lesson

4:00 PM-5:00 PM

demonstrate teaching lesson, critique

2:30 PM-4:00 PM

Option lesson

Break (prepare option lesson)

4:30 PM-6:00 PM

Practice option lesson

6:00 PM-8:00 PM

Épée-specific actions to integrate into lessons

Foil-specific actions to integrate into lessons

Saturday, May 24

Noon – 1:00 PM

Coach candidates construct on paper (with the help of instructors, fellow coach candidates, option lessons according to themes they pick randomly (out of a hat)

2:00 PM -4:00 PM

Coach candidates perfect their lessons, incorporating offense, defense and counter offense into the same lesson, following a theme, and making sure to stay within the theme they picked from the hat.

4:00 PM-5:00 PM

Coach candidates get a new student, with whom they heretofore have not worked. They must teach the new person the lesson, along with all options, and how to read the cues, how to correctly react to situations presented by the coach candidate, etc.

5:00 PM – 6:00 PM

Dinner break

6:00 PM – 8:00 PM

Discussion, and hands-on demonstrations with instructors about how to balance offense, defense and counter offense in a lesson. When to do which. How to cue with distance, size of steps, excessive speed, etc. the correct reaction from the student. Use of deliberate mistakes by coach, etc.

Sunday, May 25

9:00 AM-12:30 PM

Special presentation by instructors: Refined foil and épée clinic

12:00 PM-12:30 PM Lunch

1:00 PM ----- Practical exams begin

STATEMENT OF INCLUSIVITY AND ACCESSIBILITY:

This workshop is committed to serving students from diverse backgrounds and perspectives. The diversity that the students bring to this workshop are viewed as a resource, strength and benefit. Materials and activities presented will be respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Presentations will be accessible to individuals with mobility disabilities, and will mitigate the effects of other disabilities that might present a barrier to attendees.