Everything Epee
For an In-depth View of How to Coach Epee

This series of seven clinics, with 21 total epee sessions, developed from Maître Handelman's years of coaching epee and teaching three weapon coach's clinics for the USFCA and internationally. He has taught beginners to epee national champions.

Maître Handelman has written two comprehensive texts on fencing:
Fencing Sabre: A Practical Training Guide for Coaches, Parents, and Young Athletes
Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes
It is recommended (not required) to read the appropriate sections in the *Foil* text before each session. The 21 zoom sessions will fill in and cover the rest of the techniques and tactics specific to epee coaching and fencing.

The goal is for the epee coach to learn how to deliver improved higher level epee lessons.

Coaches who take all the sessions will learn a progression of material for a comprehensive epee background, and the practical ability to translate the techniques to any level lesson. The clinics will progress from how to coach and cue correctly, to detailed information on all epee techniques, and finish with teaching lessons and advanced high level option lessons. While watching the video sessions it is suggested you have a student, or another coach, to actively practice all the drills that will be presented. After a drill is shown by the leads, the coach should take time to repeat it as much as needed.

Clinic #1: How to coach in a lesson. The coach's positioning, the targets offered, footwork, blade work, and essential aspects a coach needs to teach one on one. Specialized footwork, blade positions, timing of when to make actions, and distance for hitting. Preparations are discussed that make it easier to successfully land a hit and how the coach and student can use them.

Clinic #2: How the coach teaches the student to protect him/herself. The coach will learn how to teach the various types of parries and counter-offensive (counter-attack) actions. Also, how the coach opens the target, and what footwork coordination is needed for the student to hit the coach on defense. The coach will learn to initiate (start actions) for the student to take the defense and attack too.

Clinic #3: How to allow the student to take the initiative to start a one tempo simple action – similar to how it occurs in a bout. The clinic will teach coaches the different attacks on the blade and blade takes, and how to communicate the critical techniques to successfully score.

Clinic #4: Trains coaches on timing as it relates to more complex actions such as compound two tempo attacks and counter-attacks. The coach will learn how to teach the defense to these actions also. In-fighting tactics and methods are covered for the coach and student to practice. Second intention actions (more advanced tactics and set ups) are defined and the coach will practice them. For example: false attacks and combinations of actions and defense for them.

Clinic #5: Methods for integrating actions previously discussed into individual lessons. Coaches will practice various methods for drills to teach motor skills (blocked drills, choice reaction, foreseen and unforeseen, etc.).

Different types of lesson will be practiced to include: short lessons, warm-up lessons, and teaching lessons (instruction of a specific action and how to perfect it).

Clinic #6: Teaching lessons are demonstrated on how to give instruction for defense, counter-attacks, and blade takes. The coach will practice a specific outline covering the steps to teach an action (define it, demonstrate it, instruct how to do it, and perfect it in a tactical situation).

Clinic #7: Develops the skills needed to use Option lessons. This type of advanced lesson is perfected for attacks in the preparation, with the coach learning how to incorporate more advanced cuing techniques in offense, defense and counter-offense.