Outlines for Seven Epee Clinics of Three Sessions Each (21 total sessions)

THE TECHNIQUE FOR EPEE FENCING ACTIONS

Clinic 1 Three Sessions	Clinic 2 Three Sessions	Clinic 3 Three Sessions	Clinic 4 Three Sessions	Clinic 5 Sessions 1 & 2
Clinic Overview & Goals **Sample Option Lesson**	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**
Fencing Elements: distance, timing, tempo, speed, initiative, tradecraft	**Counter-attacks:** direct, angulated, no contact, with contact, with blade (opposition, interception)	**Student initiative :** makes purposeful mistakes at safe distance and C reacts	**Compound attacks and ripostes** (1-2 doublé, high low, low high)	**Teaching methods:** Blocked exercises: no reaction Blocked exercises: simple reaction
Coach's (C) positioning, footwork, blade cues, target presentation	**CA actions with contact**	**S initiative** pressures C to make a mistake w/ ½ steps	**Same actions for left vs. right handed fencers**	Choice Reaction (serial and random)
On guard, lunge, recovery, redoublement **Footwork beginning to advanced (½ steps)** **Preparations defined**	**Purposeful errors or correct actions and student reactions** **Forced errors w/ distance, technique and timing**	**One Tempo lunge drilll** **Search one tempo drill** **Timing one tempo drill** **Attack in prep one tempo drill**	**Speed:** reaction time, context of appropriate timing and distance **Speed:** acceleration, relative speed, necessary speed	Surprise or switching reaction Foreseen moves Partially foreseen moves Unforeseen moves
Teaching Preparations: Engagement, Change of engagement and double engagement, searches	**Defense:** Parry riposte (6, Counter 6, 8, 4, 2, 1) **C realistic attack cues**	**Attack au Fer (**attacks on the blade: 3 different beats, pressure) **Deceivable beat and the Non-deceivable beat**	**Compound counter-attacks** **Compound parries:** **Use multiple parries to defeat feint attacks or CA**	**Types of lessons:** **Warm-up:** Mechanical or Competition **Teaching –** new or perfecting an action
Lines **Absence of blade** **Invitation vs. on guard** **Video of epee World Cup**	**Counter-riposte** (in lunge, recover from lunge) **Counter ripostes at varied distances**	**Attacks upon the withdrawal of the hand to varied targets in the high and low lines**	**Attacks in the preparation** S initiates waits ½ step to retreat or attack blade or absence	**Option** – using known actions in challenging situations **Bouting** or combination with Teaching or Option
Simple attacks: advanced target, deep target, straight and angulated **Coach's reactions** after each action	**Initiative: Coach initiative** **Drills: Offense:** student attacks – no blade contact **Defense and Counter-offense:** student PR /CA	**Prises de Fer** (Opposition, Enveloppement, Croisé, Lié) **Prise de fer Left vs. Right** **Ceding parries after a blade take**	**In-fighting actions** **Second intention actions** **False attack** **Counter time** **Feint-in-tempo**	**Warm-up lessons for competition: how to do it for your student and the USFCA exam** **Sample:** **Mechanical or Competition**
Eight Coaching cues **Remise Reprise Actions**	**Same actions for left vs. right handed fencers**	**Same actions for left vs. right handed fencers**	**Review of actions for left vs. right handed fencers**	**Pool warm-up** **DE warm-up with various themes to solve**
Six Teaching Distances				

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Session Outlines for Epee Clinics

APPLYING THE TECHNIQUE IN VARIOUS TYPES OF LESSONS

Clinic 5 Session 3	Clinic 6 Sessions 1 & 2	Clinic 6 Session 2 & 3	Clinic 7 Sessions 1 & 2	Clinic 7 Last Session
Review, questions, and challenges you found while practicing at home?	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**	**Review, questions, and challenges you found while practicing at home?**
Teaching Lessons: Club and USFCA Exam **How to do a teaching lesson for the USFCA exam vs the club** **Steps to do teaching lessons** **Offensive Teaching Lessons** **Simple attacks** **Advanced target** **Deep target** **Straight and angulated**	**Teaching Lessons:** **Club and USFCA Exam** integrating actions into the lesson with footwork, timing, speed, distance and initiative **Defensive Teaching Lessons** **Defensive Parry riposte 6, 8, 4, 7, 1,** **Counter 6, 8, 4 (LT/RT)** **Same actions for left vs. right handed fencers**	**Teaching Lessons:** **Compound attacks** (1-2 doublé, high low, low high) **Compound parries** used after feint attack, or attack reprise with contact **Epee Low Line Attacks: preparations and final hit foot, thigh, under hand**	**Teaching lessons cont.:** **Second intention actions** **False attack** **Counter time** **Feint-in-tempo** **Option lessons** **Club and USFCA Exam** Described with the breakdown of what is needed for the exam and what is used in the club **High level epee fencing videos – what actions are they using?**	**Option Lessons continued** with more samples shown and requested examples demonstrated How to increase the difficulty of any option lesson using preparations, initiative, speed, tempo, footwork, timing, distance, and subtle cues
Integrating actions into the lesson with footwork, timing, speed, distance and initiative **Same actions for left vs. right handed fencers**	**Absence of blade attacks and defense:** attack with deceive of an opponents' parry and dérobement of blade take attacks by opponent **Attacks with contact** (Remise, Reprise)	**Counter attacks** (stop hits direct, without and with blade, remise, reprise of CA, angulated: opposition, interception) **Attack in the preparation**	**Options practiced with various preparations and advanced footwork** **Option reactions for the Coach** **Coach and student initiated options such as using:**	**Option Summary Drill** **Various options for the student off the ½ step** **Option lessons for Left vs. Right handed fencers**
Remise as a counter-attack with recover from lunge and safety parry	**Prises de Fer** (Opposition, Croisé, Lié)	**In -fighting**	**Attacks on the blade** **Blade takes** **Absence of blade** **Counter-attacks or parries** **Attack in the preparation** **Prise de fer** **In-fighting**	**Final questions and review of requested material.**