Introductory Program – Foil

# Week 1: Introduction to Fencing

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Introduce yourselves & provide some background regarding your involvement in fencing/other spans. * Briefly explain the goals of the practice. * Play a game to learn everyone's names (ie: food or animal game), and find out if anyone has seen or tried fencing before, and why they want to learn the sport. | 5 min |
| Club Programs | * Explain the programs offered by your club. * Explain how the intra program is structured. | 2-3 min |
| Rules | * Ask the class if they have suggestions for safety & conduct rules & consequences for breaking them. * Write down all of the rules including any that they miss and post them in the gym. | 5 min |
| Equipment Demo | * Explain all of the safety equipment & pass it around. * Show them the 3 weapons & briefly explain the differences between them (rules, targets, history, etc.). | 5 min |
| Warm-up | * Follow the Pirate Captain * Share the Pirate Booty | 10 min |
| Footwork | * Teach on guard (Line Wrestling), advance & retreat (demo first, break down the skill, have them do the skill in steps & give feedback). | 10 min |
| Equipment Sizing | * Help them find equipment that fits & record the numbers for future practices * Notes: * 1) They will be slow & need help in the beginning, but they will get faster. * 2) Have them help each other get dressed. * Help them choose a weapon. | 10 min |
| Bladework | * Teach them how to hold the weapon. * Teach them how to extend the arm to hit the body. | 10 min |
| Conclusion | * Review what was learned. * Tell them what to expect next practice. | 2-3 min |

# Week 2: Direct Attacks

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * The Wall Game * Link | 10 min |
| Footwork | * Lead them in some dynamic stretching * Review on guard, advance & retreat (have them explain how & then give feedback) * Introduce the lunge | 10 min |
| Equipment | * Help them to get suited up | 10 min |
| Rules | * Explain the valid target for foil including the different areas/positions (quarts, sixte, octave, septime) & how to score a hit (point on the valid target with tip depressed) * Explain proper etiquette (salute/handshake) | 5 min |
| Bladework | * Teach them direct attacks (static, with step & lunge to all 4 targets) using wall targets/mannequins (demo, break down the skill, have them do it, give feedback) | 10 min |
| Directed Bouting | * Have them fence with direct attacks & using footwork as their only defence | 5-10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 3: Parries

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * Capture the Mask * Hand Soccer | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far * Have them correct each other in pairs | 10 min |
| Rules | * Explain priority | 10 min |
| Bladework | * Review direct attacks with partners * Teach primary parries (quartc, sixte, octave & septime) * Mirroring is helpful so the fencers can follow you through the positions | 5 min  10 min |
| Directed Bouting | * Have them fence with direct attacks to all targets & using footwork & parries as their defence * Encourage them to think about priority when deciding who scored the hit | 5-10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 4: Direct Ripostes

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * 30 Second Tag * Offensive/Defensive Hand-Slap | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far * Have them lead footwork in small groups | 10 min |
| Rules | * Review priority * Explain basic referee commands (on garde, preis, allez, halte, touche) | 5 min |
| Bladework | * Review direct attacks and 1st triangle of defence * Teach direct ripostes to primary targets (chest, flank, head) | 10 min  10 min |
| Directed Bouting | * Have them fence with direct attacks, using footwork and parries as their defence * Assist them to referee some bouts | 5-10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 5: Simple Indirect Attacks

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * Right Turn-Left Turn * Numbers Game | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far * Teach step-lunge | 10 min |
| Rules | * Explain the piste   + Dimensions (14 x 1.5 m)   + Identify the lines | 5 min |
| Bladework | * Review direct attacks & parries with direct ripostes * Teach-simple indirect attacks (ask them to figure out what to do when parried) Have them fence with direct & indirect attacks & using footwork & parries as their defence | 10 min  10 min |
| Directed Bouting | * Have them fence with direct and indirect attacks, using footwork and parries as their defence | 5-10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 6: Counter-Ripostes

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * Share the Pirate Booty * Ball Races | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far * Have them lead footwork in small groups | 10 min |
| Rules | * Teach corner judging | 5 min |
| Bladework | * Review simple direct/indirect attacks and parries with direct ripostes * Teach counter ripostes (direct) | 5 min  10 min |
| Directed Bouting | * Have them fence with all skills learned so far | 10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 7: Beats & Engagements

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * Cuban Run * Position Switching Race | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far * Add ballestras (forward with lunge and backward to make the opponent pass short) | 10 min |
| Rules | * Review basic referee commands and priority | 5 min |
| Bladework | * Review the counter-riposte * Teach direct/indirect attacks to the body after beats and engagements (quarte & sixte) * Mirroring is helpful for the fencers to see how the actions should be performed | 5 min  10 min |
| Directed Bouting | * Have them fence with the focus on beats and engagement | 10 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice * End the practice with a group salute | 5 min |

# Week 8: Review

| Topic | Suggested Activities | Timeline |
| --- | --- | --- |
| Introduction | * Greet fencers * Briefly explain the goals of the practice | 2-3 min |
| Warm-up | * Fencers’ choice (2 activities) | 10 min |
| Footwork | * Dynamic stretching * Review all footwork learned so far (en garde position, advance & retreat, lunge) * Have them lead footwork in small groups | 5 min |
| Rules | * Review the valid taget & how to hit * Review the piste * Review priority & what makes a hit valid | 5 min |
| Bladework | * Review simple attacks direct/indirect * Review engagements & beats * Review primary parries * Review riposte/counter-riposte | 10-15 min |
| Directed Bouting | * Have them fence in small groups with all skills learn so far * Take turns refereeing & corner-judging | 10-15 min |
| Cool-down & Conclusion | * Lead the fencers in some static stretching * Review what was learned * Tell them what to expect next practice (or in the next program they can take) * End the practice with a group salute | 5 min |