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 min10 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 min10 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 min10 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 min10 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 min10 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 |