

Fencing

Subject: Introduction to Fencing Foil

Number of Periods per week: 2 periods per week, (6 weeks in total)

Class Teacher: Patrick Dight

Aims and objective:

To teach students the foundation skills for fencing using the foil, and give them the confidence to spar and compete within the class.

Course content:

1. Basic footwork, simple attacks and defence.
2. More advanced footwork, low line attacks and defence and introduction to presiding.
3. Preparations of attack and practicing technique through drills using coach / student roles.
4. Compound attacks - the feint direct disengage and 'one two' attacks.
5. Pres de fer attacks and defence. Second Intention Tactics.
6. Class competition with electric equipment.

Method of assessment:

The class competition follows a poule and elimination structure, using the same electronic equipment required for national and international competitions.

Digital Learning Skills :

The fastest technique uses the fingers to control the point so you do learn to use your digits.

