

**FOIL FENCING
PHED BC 1366**

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Course Description: An introductory course presenting the techniques of foil fencing. Basic offensive and defensive blade skills as well as fencing etiquette, equipment selection, safety, footwork, rules, officiating and bouting are covered. Introduction to electrical apparatus as time permits.

Course Objectives

The student will:

- be able to perform the proper fencing warm up exercises.
- execute correct basic footwork techniques of advance, retreat, lunge, advance-lunge and step-lunge.
- successfully utilize basic attacks and parries in a bout situation.
- utilize proper fencing safety precautions.
- utilize proper fencing etiquette.
- appreciate fencing as a lifetime leisure activity for fitness, relaxation and stress management.

Course Requirements

The student must:

- adhere to the attendance and lateness policies of the Barnard Physical Education Department. (See Attendance Policy Handout).
- wear appropriate attire to class including a short sleeved shirt, comfortable leg coverings and athletic footwear (no black soles).
- prepare personal fencing equipment for each class session.

Course Content:

- Orientation to the Physical Education Department
- Fencing flexibility exercises and warm up; 1st position, on-guard, advance, retreat; differences among the three weapons
- Lunge; parts of the Foil; safety; grip; salute; thrust
- Equipment selection and assignment; thrust vs. a partner
- Target areas; Cat & Mouse game

Course Content:

- Disengage
- Defense: Lateral parries 4& 6; riposte
- Circle parries 4 & 6; riposte
- Riposte with lunge; free fencing
- Feint disengage; Right of Way
- Tapping & bouncing footwork; double disengage; free fencing
- Fencing area of play; demonstration bout
- Fencing Jury; demonstration bout with Jury
- View fencing videos
- Scoring; free fencing with scoring
- Electrical apparatus, description, demo; opportunity for all to fence and referee on the electrical apparatus
- Modified competition