

**FOIL/SABRE FENCING
PHED BC 1367**

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COURSE DESCRIPTION: An introductory course presenting the techniques of foil and sabre fencing. The basic offensive and defensive blade skills of both weapons as well as fencing etiquette, equipment selection, safety, footwork, rules, officiating and bouting are covered.

COURSE OBJECTIVES

The student will:

- be able to perform the proper warm-up exercises.
- execute the correct basic footwork techniques of advance, retreat, lunge, advance-lunge and step lunge.
- successfully utilize basic foil/sabre attacks and parries in a bout situation
- utilize appropriate safety precautions
- utilize proper fencing etiquette
- appreciate fencing as a lifetime 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 including a short sleeve shirt, comfortable leg coverings and athletic footwear.
- prepare personal fencing equipment for each class session.

COURSE CONTENT

- Orientation, tour of facilities, scope of fencing

- Fencing flexibility exercises and warm-up; 1st position, on guard, advance, retreat; differences among weapons
- Lunge; parts of the foil; safety; grip; salute, thrust
- Equipment selection and assignment; thrust vs. partner
- Target areas; Cat and Mouse game
- Disengage
- Defense: Lateral parries 4 & 6; riposte; riposte with lunge
- Feint disengage attack; Right of Way; free fencing with foil begins
- Bouncing and tapping footwork; beat attack; beat disengage attack
- Area of play; Fencing Jury; demonstration bouts begin
- Free fencing with foil
- Introduction of the sabre; parts of the weapon; grip; on guard; footwork
- Point thrust chest; Cut head attack; Cheek cut attack
- Parries 3, 4 and head
- Disengage; Feint-disengage
- Feint-disengage-cut cheek; Feint head-cut flank
- Beat-cut cheek attack; Beat-point thrust attack; free fencing with sabre
- Stop cut - wrist
- Demonstration bouts and officiating with the Jury

AS TIME PERMITS

- View fencing videos
- Foil bouting on electrical apparatus
- Modified competition