

**BRITISH
FENCING**

*Weapon Specific
(L3)*



Course Overview

- Run groups sessions, with high levels of development and purpose
- Plan player centered sessions for development & performance settings
- Deliver individual weapon specific lessons/coaching
- Deliver session using high levels of fencing "how" skills
- Correct Level 3 FES specific fencing tactics and techniques

Syllabus (What)

Building on the previous syllabi Introduce, Develop and Improve complex fencing skills:

- Opposition offensive actions
- Angulated offensive actions
- Pronated parries
- Point in line
- Prise de fers
- Ceeding and opposition parries
- Compound ripostes and countre ripostes
- Close quarters
- Flick hitting
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- Renewals
- All footwork preparations (not just attacks)
- All blade preparations (not just attacks)
- Derobements
- Compound countre attacks
- Evasion countre attacks
- Exploiting simultaneous attacks –
- Leg and foot hits - epee

Syllabus (How)

- Plan individual lessons and player-centred group sessions for club fencers, on the development/performance fencers
- Deliver a session safely using advanced level delivery process skills
- Accurate use of fencing pedagogic “how” skills
 - o Blade Presentation
 - o Distance
 - o Timing
- Use of the more complex, multiple actions within a lesson
- Review their own practice



Where Next?

- Reflect on your coaching philosophy to guide your future development
- Undertake a Training Needs Analysis to identify development goals
- Explore the content of the Advance Coach Programme or Weapon Specific (L4)

