

Welcome To Fencing!

Fencing is a combat sport that has its roots in the swordplay of the European duelling period (16th-18th centuries). Today it is an Olympic sport with three disciplines – Foil, Epee and Sabre.

Our class will be learning to fence with the sabre, which is characterised by rapid cuts, well-placed parries and a lot of fun and excitement.

Fencing is a sport which promotes self-confidence, good sportsmanship, self-discipline and a healthy body. Fencers are constantly developing their strategic and analytical thinking skills.

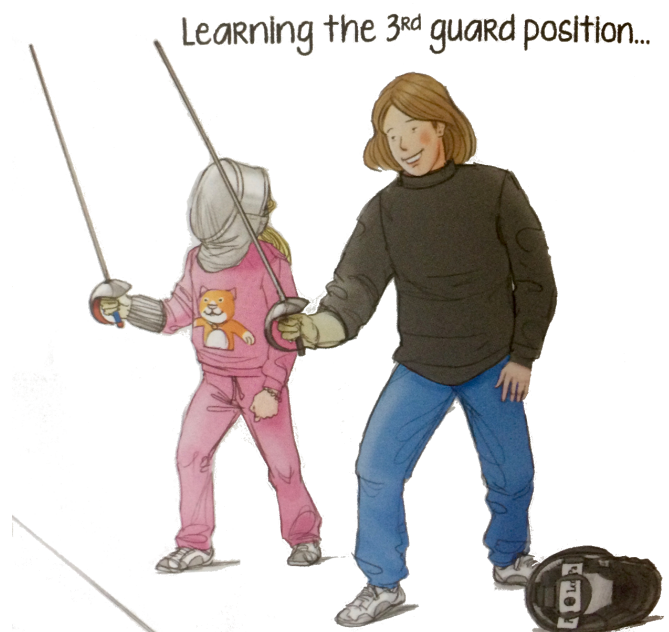
It is also a sport that can be pursued through all stages of life, for enjoyment, competition, and opportunities to build skills and relationships in the community.

After a few sessions learning and practicing fencing, students might like to test their new skills “on the piste” using electric scoring equipment.

(The “piste” is the fencing field of play.
14m long, 2m wide)

Some students may also choose to challenge themselves in competition.

We hope you enjoy learning to fence with us this term. You are welcome to contact us at any time by e-mail:
coach@whitehorsechevaliers.org.au



Pictures from “About Fencing”, Massimiliano Longo.

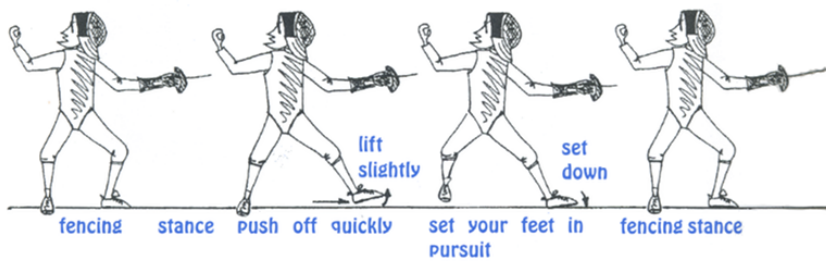
Here are a couple of short videos we recommend watching to get a feel for the sport.

"Best Fencing Event Teaser", with Aron Szilagyi, 2-time Individual Olympic Champion
https://www.youtube.com/watch?v=BKS_FQYf_6c

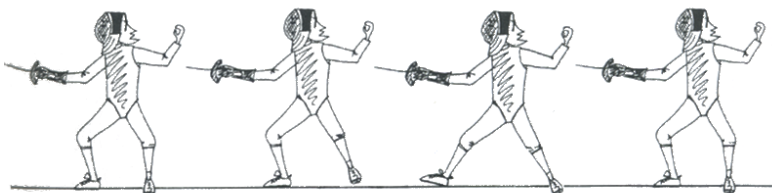
“The Physics and Speed of Fencing Video” with Olga Kharlan, 2-time Individual World Champion
<https://www.youtube.com/watch?v=ezoZfZK75zA>

Fencing Footwork

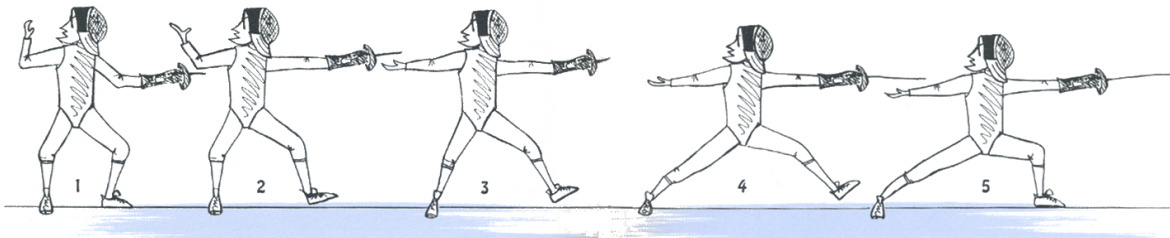
The Forward Step



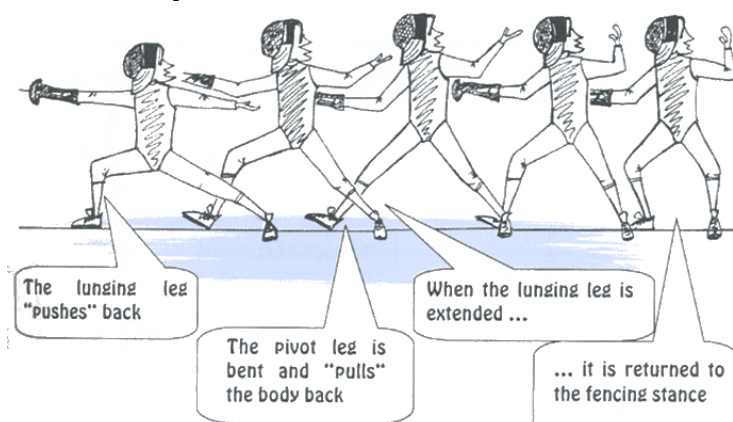
The Backward Step



The Lunge



The Recovery



Fencing steps go forward and backward (advance and retreat). We fence in a straight line, always facing our opponent.

Steps can be big or small, fast or slow, or even change speed as we step!

Our aim is to get close enough to our opponent to touch them with our sword.

Be careful though, if they are close enough to reach you, they might attack first.

Fencing steps put us in the right place (distance), at the right time, to make our successful attack and score a point.

Make sure you are always ready to attack or defend. At the end of every step you must still be On Guard!

The lunge can also be big or small, but it is always fast!

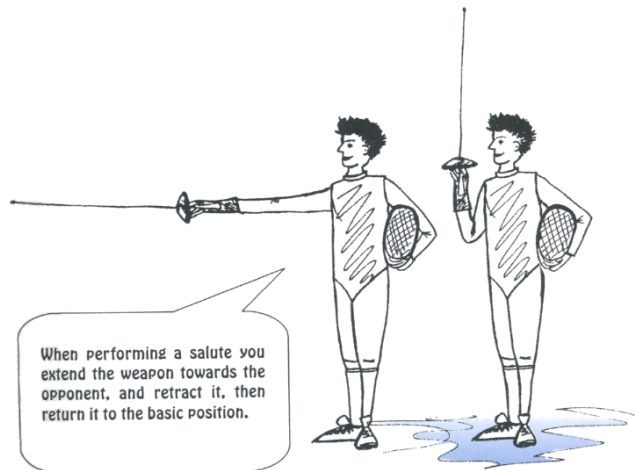
Keep your balance, recover, and be ready to keep fencing.

Your opponent may stop your attack with a parry, and they don't have to wait for you to be ready before they take their turn!

Check out the fancy footwork in this video, then practice your own!

<https://www.youtube.com/watch?v=sqinvvppLk8>

The Salute



We always show respect to our fencing partner.

Every bout, lesson or drill begins with a salute.

Then we come On Guard to show we are ready.

At the end, we salute again, then shake hands using the hand that doesn't hold the sword.

It is also important to respect the referee. So if we have a referee, we also salute them at the start and end of a bout.

At the end of a session we can shake hands with the referee as well!

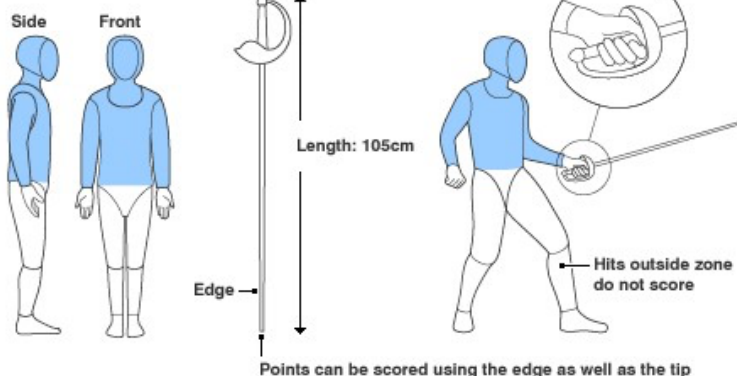
The Sabre

The sabre is based on the cavalry sabre. Fencers can use the edge as well as the point of the blade to score points.

FENCING: SABRE

Scoring zones

Scoring zones



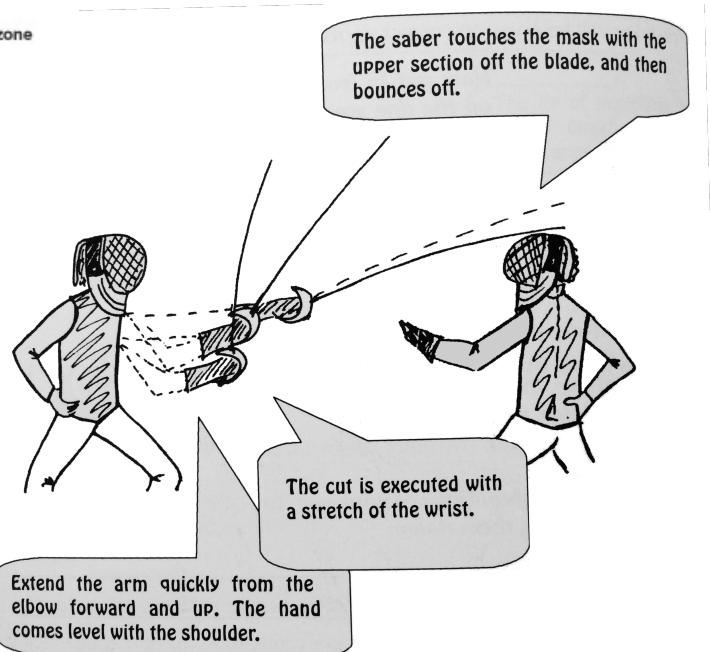
Remember: In fencing we score points with a touch – “touché”. There is no need to hit hard.

An expert fencer can touch their opponent so quickly and lightly that they may not even realise they have been hit!

Use the wrist and fingers to cut, not the elbow. It will be faster and easier to control.



Guards of Tierce, Quinte, Quarte
(3, 5, 4)



Pictures from “Learning Fencing”, Barth/Barth

Right-of-Way Basics

The **Attack** is made by **extending your arm**, and threatening the opponents target area with your blade, usually delivered with a **lunge**.

You cannot attack when going backwards!

The attack has priority unless it is parried or completely avoided.

This means if it hits the target area, **the point goes to the attacker**. It is the job of the defender to stop it!

If the arm is pulled back during the attack, then the attack has been interrupted and no longer holds priority.

If **the attack is completely avoided**, nobody has priority – the person who next launches an attack will have priority, but the advantage is with the defender.

An attack is finished when the lunge is finished. If the attack has not hit by the end of the lunge, then the attack has been avoided.

Continuing toward the target after the attack is complete is called a **remise**.

If **the attack is parried**, the person who parries has the **right to an immediate riposte**. The riposte has priority – but must begin as soon as the parry is completed.

The riposte must then be parried or completely avoided. If the riposte lands on target, that person will score the point. The fencer who first attacked is now the defender!

The line has priority over everything, **until it is deflected** (by a beat or parry).

However the line must stay out, a straight arm from the shoulder pointing straight ahead. If the arm bends or the point drops down the line is broken and no longer has priority.

The line can also be avoided.

A beat on the blade is a **preparation**, it has **no priority**. A beat can be followed by an attack, and the attack gains priority.

A parry uses the forte of your blade (near the guard). **A beat is made with the foible** (near the point). Both should be against the foible of your opponents blade.

If you hit your opponents forte, it is their parry, they gain the right to riposte with priority.

Fencing Bouts

A fencing bout takes place on a piste.

If you go too far back and leave the piste, your opponent wins a point!

The bout is controlled by the referee, who is responsible for ensuring safety, enforcing the rules, and awarding points.

Fencers must listen and obey the referee at all times.

In competitions, fencing bouts are usually to 5, 10, or 15 points depending on the level of the competition.

