



# Beginning Fencing

Fall 2019

Course Syllabus

San Luis Highlanders Fencing Club



**Location:** First Presbyterian Church Gym  
981 Marsh St., San Luis Obispo

**Dates:** Mondays, 6:30 pm – 8:00 pm  
September 9<sup>th</sup> thru October 28<sup>th</sup>

**Instructor:** **Eric McDonald, USFCA Certified Prevost**  
Phone: 805-542-9802 Email: [emcd2@hotmail.com](mailto:emcd2@hotmail.com)

## Scope:

This course is designed to introduce fencing and its history and traditions to students new to the sport. It will focus on basic footwork skills and elementary bladework techniques using the foil. Students will learn safety aspects, right of way rules, and bouting protocol. At the conclusion of the course, students will fence in a mini-competition setting to test their newly learned skills.

## Requisites:

All basic fencing equipment will be provided for the duration of the course. **However, students are required to wear athletic footwear. Boots, sandals and shoes with heels are not permitted. In addition, students must wear pants that extend below the knees (such as sweatpants) in order to reduce the likelihood of injury to the lower body. Any student who fails to comply with these safety standards may be prevented from participating in physical activities.** Students are strongly encouraged to wear loose-fitting clothing so that extreme body movements will not be unnecessarily restricted. Students are also encouraged to bring an extra shirt or blouse to change into after the activity. All students are asked to conduct themselves in a respectful, honorable manner at all times.

## Outline:

- Day 1
- Orientation
  - Weapons, objectives, target, basic rules, field of play, equipment
  - Footwork: Centering, Initial position, On guard, Advance, and Retreat
  - Introduction to the Foil: Components, Grip, Salute
  - Issue equipment

- Day 2
  - Footwork review
  - Footwork: Lunge/recovery, Advance lunge/Recover retreat
  - Thrust, hit and recovery
  - Simple attack
  
- Day 3
  - Footwork review including multiple advance and retreat
  - Simple attack review
  - Bladework: Guards (6,4,7,8)
  - Parries: Lateral parry 4 & 6, circular 6
  - Simple attack w/ Parry bout simulation
  
- Day 4
  - Review of guards and parries with foil
  - Parry riposte
  - Counter parry riposte from lunge and with recovery
  - Disengage (indirect) riposte from 6th
  
- Day 5
  - Counter parry riposte review
  - Disengage riposte review
  - Feint deceive against lateral and circular parries
  - Feint deceive with advance lunge
  - Introduce concept of refereeing
  
- Day 6
  - Preparatory footwork actions: patterning
  - Preparatory blade actions: Beat
  
- Day 7
  - Bout protocols
  - Right of way
  - Strip boundaries
  - Minor penalties
  - Introduction to electric foil
  
- Day 8
  - Tournament
  - Bands & patches
  - What's next

### **Recommended Readings/Resources:**

Wikipedia – Fencing, <http://en.wikipedia.org/wiki/Fencing>.

Fencing.net, <https://fencingnet.wpengine.com/olympic-fencing-sport/>.

United States Fencing Association, <http://www.usafencing.org/>.

### **For Parents:**

Fencing is a sport designed to mimic swordplay of a bygone era. No edged or pointed weapons are used in the sport. Fencers wear protective gear to avoid any injury to the face and body at all times. As body to body contact is not allowed, the sport is deemed much safer than other contact sports.

**Instructor Credentials:**

Eric McDonald has been a US Fencing Coaches Association (USFCA) certified instructor since 1986 and has achieved the US Fencing Association's Coaches College highest level in both Foil and Epee. Eric has competed in all three weapons and was Oregon's division Epee champion from 1989 – 1991 before devoting full time to coaching. Eric has coached for the UC Santa Barbara Fencing Team, Eugene Fencers Club, University of Oregon, and La Cote d'Esime. Retiring in 2011, Eric served as Head Coach for the Cal Poly Fencing Club for 20 years, successfully leading the team to numerous conference championships. Eric now serves as head coach for the San Luis Highlanders Fencing Club ([www.sanluishighlanders.org](http://www.sanluishighlanders.org)) operating out the First Presbyterian Church in downtown San Luis Obispo.