



Welcome

The coach for the course is Joseph Pearce, he has been fencing since 2002 and coaching since 2008. In that time he has worked with fencers of all abilities, from beginners to those who have represented GB internationally and everyone else in-between.

Course Dates

The course dates for the Spring 2020 course are as follows:

Term 1

10th January
17th January
24th January
31st January
07th February

Term 2

28th February
06th March
13th March

Signing Up

To confirm your place on the course please email the coach on jsp.swords@gmail.com with your details.

Payment

The course fee is £68/person. This covers all teaching, kit hire and a trial membership with the club after the course ends. When you sign up, you will be provided with payment details – payment is by bank transfer.

Where & When

Sessions run on a Friday evening from 8:30pm-9:30pm for a total of eight weeks, in two terms to allow some time for consolidation. Please aim to arrive for 8:25pm, as that then allows time for people to find equipment and get ready for a prompt start at 8:30. The club meets at the sports hall in Cotham School, BS6 6DT. The school has a car park which you are free to use. Access to the sports centre is then by a green side gate, followed by a short walk through the school grounds.

Insurance

To ensure you are insured for the duration of the course, please sign up for a **free** 90 day introductory membership with British Fencing before you start . Sign up here: <https://bf.sport80.com/register/>, for additional guidance please see: [http://britishfencing.com/uploads/files/introduction_membership_step_by_step_guide .pdf](http://britishfencing.com/uploads/files/introduction_membership_step_by_step_guide.pdf)



What to Wear/Bring

Please ensure you are wearing clothes suitable for moving around and doing sport in. Your legs need to be covered (tracksuit bottoms or leggings are ideal) and you will want to wear trainers or similar. You will also be wearing a fencing jacket, so a fairly lightweight top with short sleeves is generally advisable.

As you fence you will get quite warm, therefore it would also be a good idea to bring a drinks bottle with you. There is a water fountain at the venue but it makes everything run more smoothly if people don't have to stop and leave the room to get a drink.

Safety

Fencing is a very safe sport due to the design of the blades and the protective equipment worn, all of which will be provided for you by the club. There will be a brief talk at the start of the course on safety but this will be common sense – for example, don't point a sword at someone who isn't wearing a mask.

Course Content

The course is progressive and each week builds on the last. Each week we will help you progress from having no prior fencing experience to the point where you can actively engage with the rest of the club. Should you miss a week though, don't worry, as I will always start with a recap of the last session and help you catch up with the rest of the class. Upon completion you will be ready to join the club as full members if you choose to carry on fencing, which we hope you will! The syllabus is outlined below.

After the course/joining Bristol Fencing Club

We hope you'll enjoy your experience with us and are eager to continue fencing beyond the course. If so the club will support you and help you develop further. Information on how to join the club and become a regular member will be sent round as we near the end of the course. A development session runs on Friday from 7:30-8:15 each week, which is the perfect way to continue your fencing journey. As we reach the end of the course I will send out more details on what the next steps are if you wish to continue your fencing journey – we have had a number of people carry on from previous beginner's courses to become active members of the club, and some even going as far as starting to compete on the national circuit.



Course Outline

- Week 1* Introduction to fencing kit & safety rules
Basics of moving, hitting, defending and attacking
- Week 2* Defending – using the blade for defence
- Week 3* Attacking – Finding an opening and timing
- Week 4* Introduction to refereeing and discussion of rules
Recap of weeks 2 and 3
- Week 5* Provocation – Improving attack and defence
- Two week break
- Week 6* Refresh & recap of term 1
Introduction to the electric scoring equipment
- Week 7* Refereeing practice with the use of the scoring equipment
Counter attacks
- Week 8* Recap of all previous content
End of course social
Discussion of what next steps are