



A Basic Foil Companion

Paul Sise

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Every beginning foil fencer should read this book. It's more than a textbook - think of it as your coach's assistant. It guides you through your first classes and lessons, reinforces the basic principles of foil fencing, takes you to your first competitions, and introduces you to the terms you'll use throughout your fencing career. Here is just a partial checklist of the topics covered: * Sport Fencing and Stage Fencing * Foil, Saber, Epee - choosing your weapon * What you might cover in a typical fencing class * Safety: fencing's safe if you use common sense! * Equipment: what you'll need to start out * Warming Up, Stretching, Cooling Down * Footwork, Distance and Timing * How to Do Drills * Right of Way - the mysterious key to foil * Fencing Your First Bouts * Practicing at Home * Moving Beyond the Beginner Class * Electric Foil * Competitions and the Referee * Fencing Vocabulary, including the basic terms for On Guard, Footwork and Distance Lines of Target and Parry Positions Bladework Fencing Actions Strategy and Tactics ...and more... * Websites for Fencers * Fencing Equipment Vendors Plus a skills checklist and a couple of quizzes to keep you on your toes!

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