**HUNTINGDONSHIRE FENCING CLUB LIBRARY.**

**BOOKS**

**LEARNING FENCING.**

**Book 1 - Foil, by Peter Russell**

Panels showing 'tactical tips', are helpful, as are those which describe 'common mistakes'. I am a little sceptical however about occasionally showing photographs of bad examples to beginners, as precise visual examples of good techniques are likely to be more beneficial.

Spaces are left from time to time for 'Coaching Notes'. Coaches wishing to study for recognised coaching qualifications will find these books useful, but it is important to consult a qualified coach educator in the particular coaching scheme you are interested in, to ensure that you are working on the approved curriculum in which you will be examined.

The author has covered quite a lot of ground in these three books, which are easy to read, largely traditionally based, neatly presented and the occasional use of cartoons is most enjoyable. These are a welcome addition to my fencing bookshelf.

113 pages, over 130 photos and diagrams.

This book begins with the basics, equipment, safety, the stance, various types of footwork, the rules, conventions and the grip. The guards and lines are followed by the hit and engagements. Various types of parries are then introduced, followed by blade preparations, then counter ripostes. Compound attacks naturally leads to successive parries as a form of defence. The point-in-line leads to evasion of the opponent's attempt to take the blade using dérobement. Prise de fer attacks can be prevented by using either opposition, or ceding parries. Counter attacks, counter-time and renewals of attack are then discussed; before venturing into topics like 'opposite handers', free fighting, offenses and penalties, and general tactics. A nine page glossary of terms is available at the end.

**Book 2 - Epee, by Peter Russell**

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129 pages, over 160 photographs and diagrams

This book begins with the basics, equipment, safety, the stance and various types of footwork (including the fleche), as well as the grip. The guards and lines are followed by the hit, engagements and the use of angulation. Simple attacks, parries and ripostes, and counter attacks, come next, followed by beat and pressure attacks, and first counter ripostes. Compound attacks lead naturally to successive parries. Point-in-line, prises de fer, dérobements, as well as opposition and ceding parries are grouped together to good effect. Counter time, renewals, flicks, leads to free fighting, offenses and penalties, and general tactics. A little over nine pages of glossary of terms is available at the end.

**Book 3 - Sabre by Peter Russell**

Panels showing 'tactical tips', are helpful, as are those which describe 'common mistakes'. I am a little sceptical however about occasionally showing photographs of bad examples to beginners, as precise visual examples of good techniques are likely to be more beneficial.

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The author has covered quite a lot of ground in these three books, which are easy to read, largely traditionally based, neatly presented and the occasional use of cartoons is most enjoyable. These are a welcome addition to my fencing bookshelf.

132 pages, over 140 photographs and diagrams

This book begins with the basics, equipment, safety, the stance and various types of footwork (including the fleche), as well as the grip. The guards and lines are followed by the hit, engagements and the use of angulation. Simple attacks, parries and ripostes, and counter attacks, come next, followed by beat and pressure attacks, and first counter ripostes. Compound attacks lead naturally to successive parries. Point-in-line, prises de fer, dérobements, as well as opposition and ceding parries are grouped together to good effect. Counter time, renewals, flicks, leads to free fighting, offenses and penalties, and general tactics. A little over nine pages of glossary of terms is available at the end.

**Book 4 - Fencing Skill. Tactics. Training by Andrew Sowerby**

Crowood Sports Guides" provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport.

Andrew Sowerby started fencing in 1982 and went on to win a number of medals whilst representing the British Academy of Fencing at county, regional and open events in foil, epee and sabre. He started full-time coaching in 1988 and has coached at all levels of fencing in all weapons. Andrew has worked with the British Olympic Association and has produced pupils who fence and win medals at all levels. He is an advanced coach with the British Academy of Fencing and a director of coaching and senior professional coach at the Norfolk Fencing Club and the Norfolk Academy of Fencing

**Book 5 - Fencing. Techniques of Foil, Epee & Sabre by Brian Pitman**

Excellent book for all stages of a fencer from beginner right through to a coach.

Each action described in detail and how to perform plus a check list of points to remember when performing the action, very useful for the coach as well as the fencer. Also has a number of photos showing the action at various stages.

**Teachers Handbook of Foil Fencing by Alan Skip**

A beginners guide to fencing and useful for those running beginner courses.

**DVD`s**

 **Learn Fencing.**

**Foil.**

A Beginner's Guide to the OLYMPIC sport of sword fighting.

A detailed guide to the techniques of modern Foil fencing, covering everything from simple attacks to successive parries and counter-time.

Shot in high definition and lasting over 80 minutes this is an indispensable resource for beginner and intermediate fencers alike.

**Epee**

A Beginner's Guide to the OLYMPIC sport of sword fighting.

A detailed guide to the techniques of modern Epee fencing, covering everything from simple attacks to successive parries and counter-time.

Shot in high definition and lasting over 80 minutes this is an indispensable resource for beginner and intermediate fencers alike.

**Sabre**

A Beginner's Guide to the OLYMPIC sport of sword fighting.

A detailed guide to the techniques of modern Sabre fencing, covering everything from simple attacks to successive parries and counter-time.

Shot in high definition and lasting over 80 minutes this is an indispensable resource for beginner and intermediate fencers alike.

**Advanced Foil**

Basic equipment and safety aspects are covered, before proceeding to footwork in various forms; including the stance, steps forward and backward, lunge and recovery, and the fleche. Rules and conventions follow next, then blade work; which leads to an explanation of the difference between guards and lines and the characteristics of the hit, then engagements. The four basic options for simple attacks are described in detail. Next follows an explanation of parrying options involving different lines. Blade preparations are followed by counter ripostes. Compound attacks lead to successive parries and the point-in-line, various forms of prise-de-fer, then ceding and opposition parries. Counter attacks are followed by counter-time, and then renewed attacks. Fencing opposite handers and free fighting, finishes this sequence.

Running Time: 1hr 28 minutes

**Advanced Epee**

Basic equipment and safety aspects are covered, before proceeding to footwork in various forms; including the stance, steps forward and backward, lunge and recovery, double steps, step lunge, cross-over steps (backwards) and the flunge (a leaping attack similar to the foil or epee fleche). An explanation in the use of blade work takes us to rules and conventions, the grip and the difference between guards and lines. Basic types of (traditional) hit (cut, through-cut, thrust), leads to parries and simple ripostes. Distance parries, where the attacker's front foot lands, while the defender keeps distance, are covered next. This is followed by prepared attacks and first counter riposte. Compound attacks are followed by successive parries and then compound ripostes. The use of point-in-line leads logically to prises-de-fer and dérobements. Stop cuts are followed by counter-time and then renewed attacks. Fencing opposite hander`s and free fighting, finishes this sequence.

Running Time: 1hr 38 minutes

**Advanced Sabre**

Basic equipment and safety aspects are covered, before proceeding to footwork in various forms; including the stance, steps forward and backward, change step (where the fencer changes direction half way through a step), lunge and recovery and the fleche. An explanation in the use of blade work, leads to the grip, the difference between guards and lines and the hit. Engagements, lead to angulation, then three types of simple attacks. These are followed by different types of parry, counter attacks, blade preparations and first counter ripostes. Compound attacks are followed by successive parries, the point-in-line, prise-de-fer attacks, dérobements, then ceding and opposition parries. Counter-time, renewed attacks and flicks come next. Free fighting finishes this sequence.

Running Time: 1hr 37 minutes

**Technical Training, Epee part 2.**

This DVD continues the instruction contained in Epee Fencing 1. This advanced DVD includes: Manoeuvring and Preparative Blade Movements , Independent Choice of Actions in Standard Situations , Choice of Attacks. Idiomotor Training, Combinations of Actions with Probable Tactical Decisions.

**Footwork Training.**

The Tyshler Footwork Training DVD is for fencers who seek to improve their footwork, and for instructors who seek new ideas for exercises.

The premise is simple: Doing these exercises, in the order shown, will engender good footwork habits. (The series of exercises that improve the lunge should be required in every fencing class.)