



The British Academy of Fencing

Presents

Fencing Beyond the Basics

A
coaching and performance course
on the application of tactical techniques
for competitive coaches and fencers

Led by Prof Philip Bruce
and other Masters of the Academy

2nd/3rd June 2012-02-01

Sir Stanley Matthews Centre
Staffordshire University
Stoke on Trent
Staffordshire
ST4 2DF

In Association with



Four of Clubs Fencing

Fencing Beyond the Basics

www.baf-fencing.org
www.fourofclubs.co.uk

This course is designed to help fencers develop their ability to receive lessons, and for coaches to take lessons beyond the basics. This course will lead to both the fencer and the coach becoming more tactically effective.

Themes covered on the course will be:

Lessons based on
Simple reaction
Compound reaction
Differential reaction
Anticipatory reaction
Intuitive reaction
Coach initiative
Pupil initiative

Fencers - (Minimum 13 years old with at least 2 years fencing experience). The course will focus on developing your ability to respond to a variety of tactical situations and your ability to take the initiative on the piste. You will be working under the supervision of the course leaders both in groups and in one on one practice sessions with trainee coaches. You will also learn techniques which you can use to practice or warm up with other fencers in situations where coaching is unavailable. If you wish, you may choose to bring your own coach and work with him/her. The course will conclude with an informal competition, with medals for winners.

Coaches - The course is designed to benefit coaches of all levels whether or not they are preparing for BAF qualifications. Coaches may work directly with other coaches and performers, or choose to work exclusively with their own pupil(s).

Candidates for BAF exams -

For those preparing for BAF exams, the skills taught on this course are essential for candidates at Level 4 and 5 and highly desirable for Level 3 candidates.

Level 1 Assessment

There will be an opportunity, on Sunday, for taking the assessment for a BAF Level One Coaching Award - depending on your previous experience and ability. If you are interested in doing so, please let us know IN ADVANCE so that you can get the material beforehand.

Programme

Saturday 10:30 am - 4:30pm

Performers and coaches will both have the opportunity to learn the lesson formats. There will be opportunities for coach/performer partnerships to have assistance in developing exercises specifically for their needs and future plans.

Evening:

Dinner at The Church Bar and Restaurant for course participants - to be confirmed

Sunday 10am - 4pm

Morning:

Coaches will now put the work done on Saturday into action, either with an emphasis on raising their pupil's performance or, for potential candidates, on applying the method to answering the exam questions.

Afternoon:

Coaches: Master Skill Practices

Level 1 Assessments

Fencers: Informal Competition

Costs

(lunch and refreshments included)

£45 per person for the whole weekend/ **£35 per person** for one day only

Coach/pupil partnerships as below

			each	TOTAL
1 Coach	£ 40.00	1 Fencer	£ 40.00	£ 80.00
1 Coach	£ 35.00	2 Fencers	£ 37.50	£ 110.00
1 Coach	£ 32.50	3 Fencers	£ 35.00	£ 137.50
1 Coach	£ 30.00	4 Fencers	£ 32.50	£ 160.00
1 Coach	£ 27.50	5 Fencers	£ 30.00	£ 177.50
1 Coach	FREE	10 Fencers	£ 25.00	£ 250.00

Places booked between **15th May and 1st June** will incur **an additional fee of £5 per place**

Places (if available) booked on the day will incur **an additional fee of £10 per place**

Prebooked places are non refundable.

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Fencing Beyond the Basics Coaching and Performance Course

Name _____

Fencer / Coach (delete as appropriate)

Attending - Weekend / Saturday only / Sunday only (delete as appropriate)

Address

Phone number _____

Email _____

Age (if U18) _____

All fencers must be a minimum of 13 years old, with at least two years of fencing experience. All participants must provide their own full competitive kit including breeches and 800N plastrons for fencers and coaching plastrons for coaches

I enclose a cheque for _____

payable to THE BRITISH ACADEMY OF FENCING

Please return this form with cheque to:

Prof. Isobel Combes
190 Ashurst Road
Peel Hall
Manchester
M22 5AZ

for more information:
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tel: 07828 588143

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