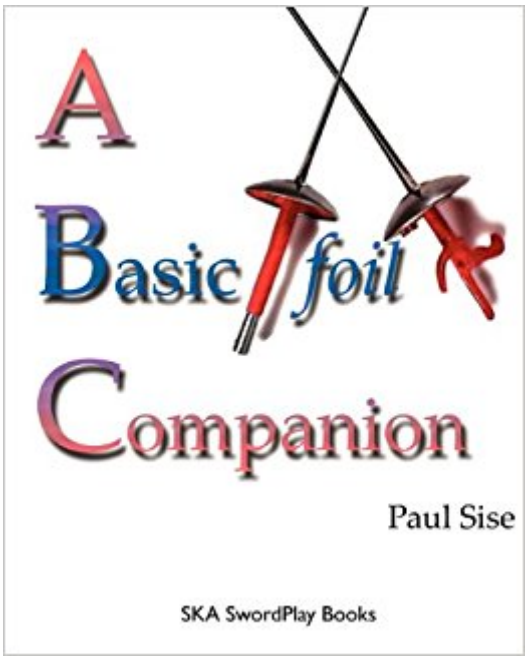
Ebook Directory
the best source of ebook

The book was found

A Basic Foil Companion



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

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!

Book Information

Paperback: 110 pages

Publisher: SKA SwordPlay Books (August 16, 2010)

Language: English

ISBN-10: 0978902254

ISBN-13: 978-0978902254

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #579,628 in Books (See Top 100 in Books) #48 inÃ Â Books > Sports & Outdoors > Individual Sports > Fencing

Customer Reviews

Fencing Master Paul Sise is the owner and head coach of Pioneer Valley Fencing Academy in Western Massachusetts, where he teaches beginning through advanced foil and epee. His students range from recreational fencers to national competitors. He also teaches fencing at The Eagle Hill School, an excellent college preparatory boarding school for students with learning disabilities. With Coach Robert Ferullo (also of Pioneer Valley), he wrote "Coaching Fencers with Learning Disabilities," which was published in the Winter 2006 edition of the USFCA magazine, The

Swordmaster. Paul holds Level 3 Certification in all three weapons from the USFA Coaches College, and is certified as a Level 3 Armorer by the Armorers College. From the USFCA and the International Academy of Arms, he holds the titles PrÃƒÂ©vÃƒÂ´t d' Armes (Provost at Arms) and Maitre d' Escrime Epee (Master of Epee Fencing). He is a former Secretary of the USFCA. Sise remains active in the USFCA by attending conferences, sitting on examining boards, and teaching coaching clinics in the New England area. Paul is a graduate of Lawrence University, where he earned a B.A. in Geology and was Most Valuable Fencer his senior year. He attended UMass, Amherst, for graduate school where he helped coach the fencing club and earned a M.S. in Geology. He currently lives in Western Mass with his wife Karen and daughter Zoe.

Nice basic book. Just starting foil fencing classes and this has helped me to start learning the language

A good book for beginners. It gives what a whole picture of fencing world is.

Really basic, good intro for a new fencer.

Excellent

Its good.

A+ !

This book is everything I had hoped and expected it would be and is an excellent addition to my library. It has filled a need for basic information and will now allow me to pursue my interests in acquiring skill with the foil at the beginner level.

Great book and over view for the beginning fencer. Good ideas and helpful information. I am a fencing coach and I really e joyed it.

Download to continue reading...

Foil Packet Cookbook: 75 Simple And Delicious Foil Packet Recipes Foil Packet Cookbook: Top 35 Easy, Healthy and Delicious Foil Packet Recipes to Make in 30 Minutes or Less A Basic Foil Companion Companion Planting: Companion Gardening - A Practical Guide For Beginners To

Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening) Gold Foil Large Polka Dots Notebook 8*10 Ballet 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover, Performance Dance (Multilingual Edition) Ballet 2018 7 x 7 Inch Monthly Mini Wall Calendar with Foil Stamped Cover, Performance Dance Corvette 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover, Chevrolet Motor Muscle Car (Multilingual Edition) Camaro 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover, Chevrolet Motor Muscle Car (Multilingual Edition) The Hunger Games Box Set: Foil Edition The Hunger Games: Foil Edition The Change Monster: The Human Forces that Fuel or Foil Corporate Transformation and Change For the Love of German Shepherds 2018 14 x 12 Inch Monthly Deluxe Wall Calendar with Foil Stamped Cover, Animal Dog Breeds Magnificent Horses 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover by Plato, Animals Horses Equestrian Magnificent Horses 2017 Square Plato (ST Foil) Mustang 2018 14 x 12 Inch Monthly Deluxe Wall Calendar with Foil Stamped Cover, Ford Motor Muscle Car Classic Ford Pickups 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover, Motor Truck (Multilingual Edition) Mustang 2018 12 x 12 Inch Monthly Square Wall Calendar with Foil Stamped Cover, Ford Motor Muscle Car (Multilingual Edition) Corvette 2018 14 x 12 Inch Monthly Deluxe Wall Calendar with Foil Stamped Cover, Chevrolet Motor Muscle Car (Multilingual Edition) Mustang 2018 7 x 7 Inch Monthly Mini Wall Calendar with Foil Stamped Cover, Ford Motor Muscle Car

Contact Us

DMCA

Privacy

FAQ & Help