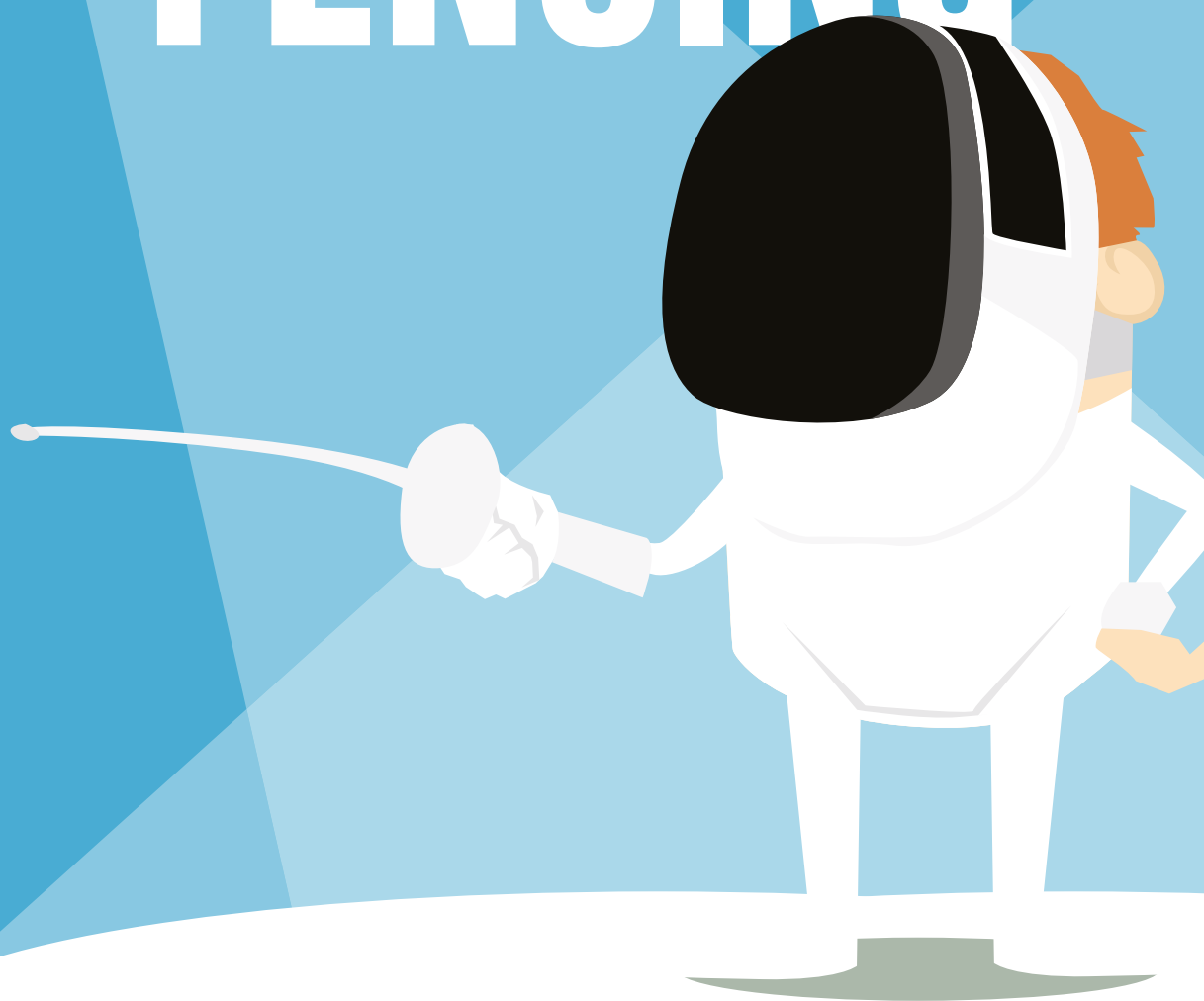


KATRIN BARTH | BERNDT BARTH

LEARNING FENCING



A TRAINING AND ACTIVITY BOOK
FOR 6- TO 10-YEAR-OLDS

MEYER
& MEYER
SPORT

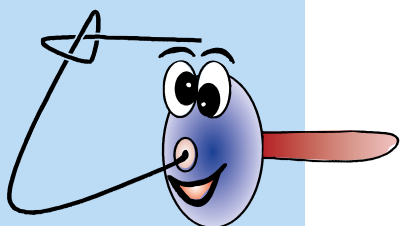
Learning Fencing

This book was given to me by: _____

My name: _____

My birthday: _____

My address: _____



Photo

I like: _____

I don't like: _____

What I wish for: _____

LEARNING FENCING

Berndt Barth/Katrin Barth

Meyer & Meyer Sport

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German Fencing Federation

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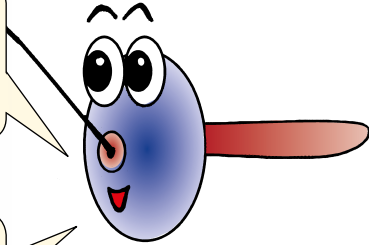
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Caution:

The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or damages of any kind incurred in connection with the content of this book.

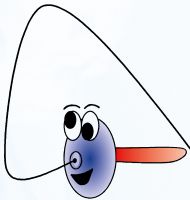
Hi, I'm Foily,
and I will accompany you through
this book. I'm sure we'll have
lots of fun together.

In this book, you will learn lots
about fencing, and I will always be
there with you. I'm sure we'll have
lots of fun together.

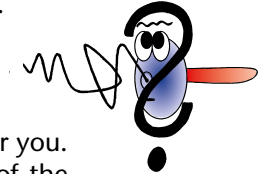


In this book you will often see the following three Foily symbols:

Whenever you see this symbol, it means that Foily has a great tip for you. He shows you mistakes and how you can avoid making them, or gives you some good advice.



Here Foily shows you some exercises you can do outside of your fencing lessons. Of course they don't replace your lessons, but they are a good supplement.



This is where Foily has a puzzle or a tricky question for you. You will find the solutions and answers at the end of the book.



You can put photos of yourself, your fencing friends, your fencing instructor, or your fencing class here.

.....1 Dear Fencing Child

Was it a classmate, the well-known fencing club in your area, or watching the last fencing world championships on television? It doesn't really matter how you became interested in fencing. What matters is that you chose an amazing sport.

A photograph of a fencer's legs and feet in motion on a blue mat. The fencer is wearing white socks and white shoes with orange accents. The background is slightly blurred, showing a white fence and a small object on the mat.

A fencer is:

- as fast as a sprinter.
- as dexterous as a juggler.
- as clever as a chess player.

When we first learned to fence, our fencing instructor would always tell us:

Surely you've already noticed that in a fencing club you not only fence, but you do all sorts of other sports as well. That's great, because a fencer has to be in good shape overall. For instance, running gives you endurance, jumping gives you power, gymnastics make you flexible. You can swim in summer and ski in winter. Your fencing instructor will have plenty of other good ideas for versatile training, and for making good fencers out of you.



However, you can only learn fencing by fencing!



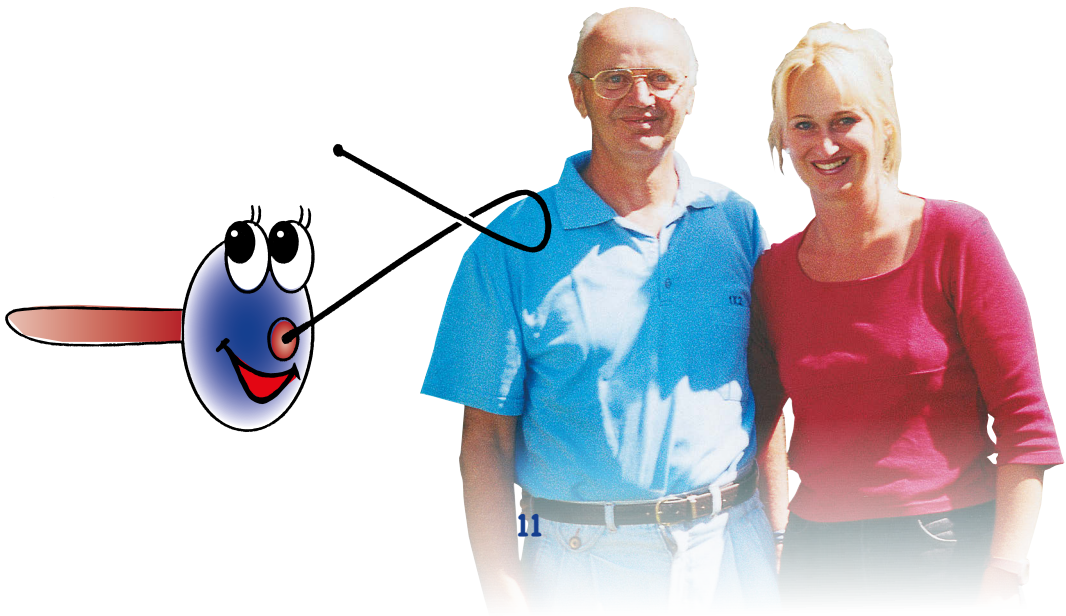
© Foto-Zentrum Leipzig

Maybe you'll be a really successful fencer some day, but even if you won't ever be a world champion or an Olympic champion, you will find that you are getting a lot out of fencing. You learn to do a sport together with others, to give your best, and to experience victory and defeat. Plus, during P.E. or while playing outside it will be obvious to everyone that you are really athletic.

For the first few years of fencing, this book should be your regular companion. It will let you reread what you have already learned, offer tips for your lessons, give you exercises to do at home, and make suggestions for your training and for competitions. If this is your own book, feel free to make notes in it, and have fun with the puzzles.

If something in the book is different from the way your instructor explained it, just ask him or her about it. Sometimes views differ, whereby neither has to be right or wrong. After all, fencing is not a law of nature, but a sport with many different aspects that are constantly evolving. That's why rules occasionally change, and you will have to amend those in your book.

So, have a great time fencing, and enjoy the book!
The authors and Foily



Learning Fencing

How can you tell if fencing is the right sport for you, and whether or not you can become a good fencer? Answer the questions with "Yes" or "No".

	Yes	No
I love sports, and romping around.	<input type="checkbox"/>	<input type="checkbox"/>
I like being with other kids.	<input type="checkbox"/>	<input type="checkbox"/>
I am already very involved in sports.	<input type="checkbox"/>	<input type="checkbox"/>
I am fast and therefore probably well suited.	<input type="checkbox"/>	<input type="checkbox"/>
I am not afraid to fight against someone else.	<input type="checkbox"/>	<input type="checkbox"/>
I can assert myself.	<input type="checkbox"/>	<input type="checkbox"/>
I like watching fencing tournaments.	<input type="checkbox"/>	<input type="checkbox"/>
Fencing is something special.	<input type="checkbox"/>	<input type="checkbox"/>
I want to learn something special.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be better than others, and I love to win.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be among the best in my country.	<input type="checkbox"/>	<input type="checkbox"/>
I want to be really famous some day.	<input type="checkbox"/>	<input type="checkbox"/>

If you answered most of the questions with "Yes", then you've picked the right sport.



..... 2 About the Fight to the Death

What do D'Artagnan, Zorro, and the Man with the Iron Mask have in common?



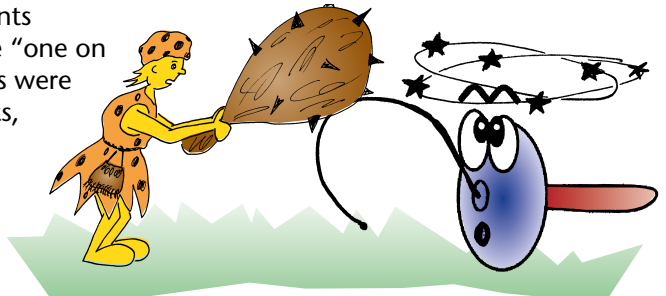
They could fence, – and how!

Well, they had to, because it was the only the way these heroes could prevail and more importantly, stay alive. Their weapon was primarily the epee.

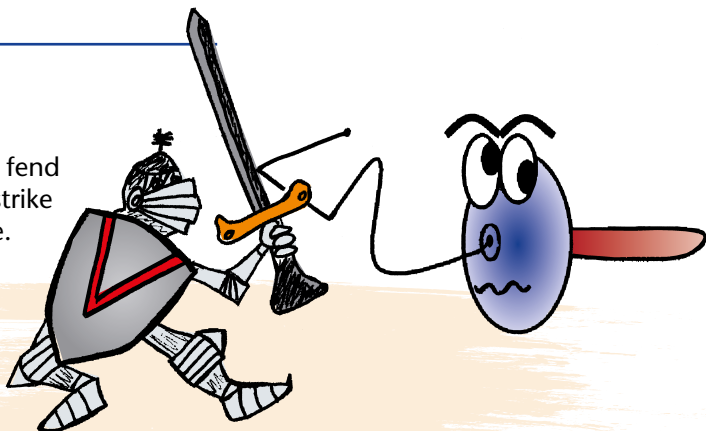
You've probably heard of duels. They were all about honor, women, or power. But fortunately we are past the times when differences of opinion were settled with deadly weapons. Those times should never come back. Differences of opinion must be settled peacefully.

With Club, Dagger, and Sword

Even long ago opponents searched for aids in the "one on one" fight. Those fights were settled with clubs, sticks, swords, or daggers.



It was a good way to fend off the attacker and strike him at the same time. Often such a fight would end with the death of one of the opponents.



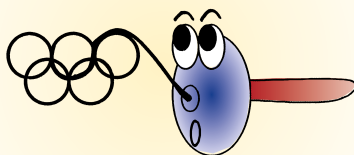
From Deadly Duels to Fencing as a Sport

The development of fencing as a sport with “precision touch” began in the 15th century. Gunpowder had already been invented, and fire arms were used for serious fights. The heavy suit of armor had become too weighty and cumbersome. Lighter weapons were needed, which the fencer could handle more swiftly. Duels were still fought. Anyone worth his salt and with a love for life trained with well-known fencing instructors. Later on less dangerous weapons were used for practice, and from those the sporting weapons of today evolved. Rules were established for epee, saber, and foil fencing, and tournaments were held.

In the beginning, fencing was mostly a men’s sport. Fortunately this has changed. Today girls and women fence with foil, epee, and saber, just like men and boys do, and when we talk about fencing in the book, we naturally refer to girls as well as boys.

Since the first Olympic Games of modern times (1896) fencing has been a part of the Olympic program. That is why fencing is also referred to as a “classical sport”. Today there are more than a million fencers in over 100 countries around the world, who train at nearly 50,000 fencing clubs.

You chose a great sport!



Hitting Your Mark Without Being Hit Yourself

The most important part of fencing is touching your opponent without being touched yourself. This rule is also applied in dueling, the difference being that in a duel any touch could be deadly.

As you already know, in today's fencing the objective is no longer to score a fatal hit. On the contrary, every precaution is taken to protect the fencer. The protective gear is designed to prevent injuries. That is also why the instructors and referees are so strict when it comes to safety. Fencing without protection, proper clothing, or with a defective mask is not permitted, in spite of the safe sporting weapons.

If you are well prepared and follow the directions of the fencing instructor, you won't have to be afraid, because fencing will not be dangerous. You can really go on the attack without being worried about hurting your friend. After all, you want to touch and defeat your opponent.

That's what's so great about fencing. You can really fight without getting hurt or injured. Well, occasionally you may get a bruise on your arm or leg, but it's no big deal.

What's awesome too is that anyone can learn to fence!

