

Yellow Band Foil

Lesson Plans
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These lessons should only be used under the training of a qualified instructor, and only by individuals in good physical condition.

A note from the Author

I developed these lesson plans from the Teachings of Eric McDonald, Instructor III USFA, USFCA, and the works of other great authors.

Do not consider me the true author of these lessons, only the scribe of talented instructors, an editor, or possibly a simple hack .

These plans should not be used by a student without the aide of qualified instruction.

These plans are designed to aide an instructor with an approximate 8 week course, 2 lessons a week. They cover the basics of foil as outlined by Eric McDonald's **5 Step Progression Towards Mastering Fencing** (included with lesson 1).

Works Used

McDonald, Eric - Instructor III USFA, USFC
5 Step Progression Towards Mastering Fencing
Copyright 1998
emcdonal@bass.cuesta.cc.ca.us

Volkman, Rudy -- DMA
Magnum Libre d'Esime (Big Book of Fencing)
Copyright 1997
rvolk@csranet.com
ISBN 0-9668038-0-9

Evangelista, Nick
The Art and Science of Fencing
Copyright 1996
Masters Press (A division of Howard W. Sams & Co., A Bell Atlantic Company)
2647 Waterfront Pkwy. E. Dr. Suite 300, Indianapolis, IN 46214
ISBN1-57028-075-4

Nadi, Aldo
On Fencing
Copyright 1943
Laureate Press
PO Box 450597-A, Sunrise, FL 33345-0597
ISBN 1-884528-04X

Revision History

4/7/00	Introduction Created Standardized lesson plan format to include copyright and overview Applied new standards to lessons 1-3
4/5/00	Lesson 3 Created
4/3/00	Lesson 2 Created
3/30/00	Lesson 1 Created