

Yellow Band Foil

Lesson 3

<http://www.fencing.calpoly.edu/>

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Footwork Development
Distance Development
Lunge Development
Prepare for equipment checkout

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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.

Lesson 3 Overview

Warm up (10 min)

Initial Position

Hand Arm Sequencing

On Guard

Hand Arm Sequencing

Crossover Distance Drills

Stretching

Drilling (10 min)

Advance Retreat Drill

Review Lunge

Advance Retreat Drills with lunge

Exercises

Advance Retreat pairs (5 min)

each pair keeps distance with adv/ret

Lunge pairs coin kick (5 min)

*each pair uses lunge to kick coin
practice keeping heel down*

Lunge pairs alternating

each pair lunge, on recovery opponent lunges

Distance Game with foil hold

Lunge Pairs foil catch

Introduce how to hold the foil

quick introduction, in depth lesson 4

Guard

Arm Sequencing

Advance Retreat Drills with foil

Warm Down

Arm Sequencing

Stretching

Talk about equipment checkout