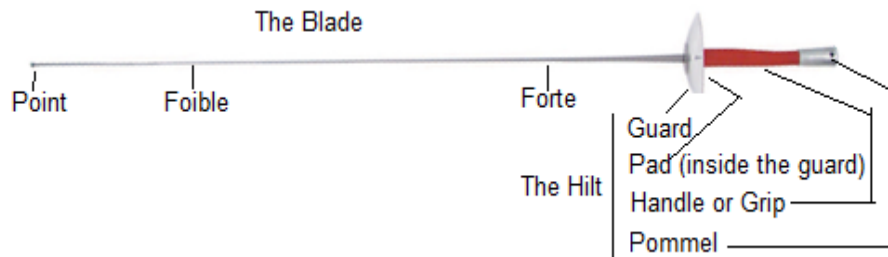


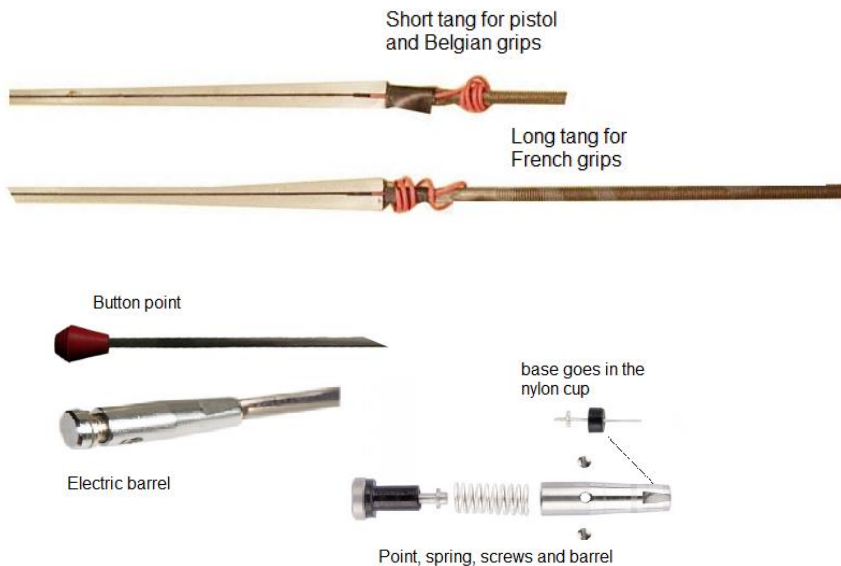
The parts of the foil

The blade of your weapon is very much like you! It has a foible (a weak part) representing what you are not good at and a forté (a strong part) representing your strengths, the things you are good at.

The purpose of coaching is to find your foibles and either strengthen them or learn to accept them, while developing and making the most of your fortés.



The tang is the part of the blade inside the handle and everything is held together by the pommel screwed onto the end of the tang.



Types of handle and how to grip the foil

