

What is fencing?

Congratulations on receiving your Fencing Diary. It means you are ready to move on and develop your skills and this diary will help you.

Fencing – from the word ‘defence’. People joke about garden fences but that marks out what you defend! So you can tell them fencing, both types, come from the same meaning: to defend.

Other countries call it ‘escrime’ meaning skirmish or short fight and the international organisation that sets the rules is called the Federation Internationale d’Escrime, the FIE. (It’s French but based in Switzerland). You can look up their website - fie.org - and see top fencers, competition results and videos of fencing.

When guns started taking over from swords, fencing nearly disappeared but it was such good fun and exercise that it was turned into a sport!

The French wrote the first rules, in the 18th century (1700s), and we still use some old French words today like sixte (seest) and quarte (cart), octave, septime and en garde! You will soon get used to them.

Fencing is a great sport, one of the few that both boys and girls can enjoy together. You can start very young and continue until you are very old. Some people start when they are old and go on to win competitions! It really is - **A Sport for All**

A fit body will help your mind work better, learn better and do better at school, university and beyond into your working career.

Fencing will teach you to take decisions quickly, to think in clever ways, to focus, increase your confidence and to look out for others. Truly, **A Sport for Life!**

We hope you will have a great time fencing and, whatever you do in the future, you will look back and remember what a great time you had learning to fence.

Sept 17

What do I put in my Fencing Diary?

- what you learned – and what you want to learn next.
- what you did well – and what did not go so well
- what you enjoyed – and what you didn’t
- who you fenced – and the scores. Did you learn anything?
- did you see a film or a play with fencing? Or a story? What was it about?

Your diary will help you plan for the future, to help you fence better, to focus on improving your weaknesses and develop your strengths.

So, record your lessons, get the coach to sign it. Enter any goals they have agreed with you. Goals are what you want to achieve.

We will give you more information for your diary. Do stick or staple it in before it gets lost!

Look after your diary. If you lose it you will have to buy a new one!

Best wishes, Andrew, Andy and Alan

Here’s an example:

Date	Entry
Tue 3 October	Today I fenced A and lost 5:2 Coaching: corrected on guard position, learned 1-2 attack (feint) Next lesson: Riposte with disengage
Wed 4 th Oct	Watched some fencing videos on fie.org . They were very fast! Can I do that?
Tue 10 October	Fenced B losing 3-5. What did I learn from that? Coaching: Riposte with disengage. Suggested I do Achievement Awards starting with Level 1
Tue 17 th October	Fenced A, and C... Coaching: Level 1 subjects learned -

Visit blackheathfencing.org.uk/your-fencing-diary for things to put in your diary