

TRAINING

FENCING



Barth/Barth

Training Fencing

This book belongs to _____

Club: _____

Coach: _____

Training Group:



A photograph of two fencers in white protective gear sparring on a blue mat. The fencer in the foreground is wearing a black mask and is in a dynamic, forward-leaning stance. The fencer in the background is wearing a white mask and is also in a dynamic stance. The background is slightly blurred, showing other people and equipment.

TRAINING FENCING

Berndt Barth & Katrin Barth

Meyer & Meyer Sport

Original Title: *Ich trainiere Fechten*
Aachen: Meyer & Meyer 2002
Translated by Susanne Evens, Petra Haynes
AAA Translation, St. Louis, Missouri, USA
www.AAATranslation.com

British Library Cataloguing in Publication Data
A catalogue record for this book is available from the British Library

Training Fencing

Berndt Barth / Katrin Barth
Oxford: Meyer & Meyer Sport (UK) Ltd., 2nd Ed., 2006
ISBN-10: 1-84126-557-8
ISBN-13: 978-1-84126-557-5

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© 2003 by Meyer & Meyer Sport (UK) Ltd.
2nd, revised Edition, 2006
Aachen, Adelaide, Auckland, Budapest, Graz, Johannesburg,
New York, Olten (CH), Oxford, Singapore, Toronto



Member of the World
Sports Publishers' Association (WSPA)

www.w-s-p-a.org
ISBN 1-84126-557-8
E-Mail: verlag@m-m-sports.com

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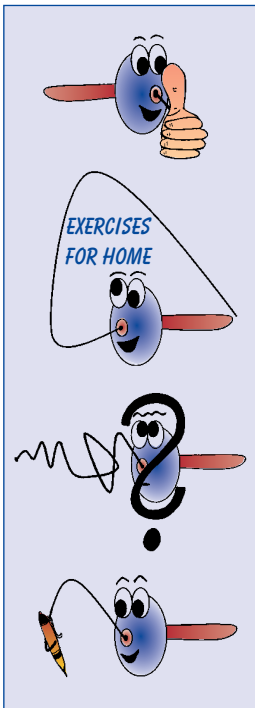
Caution:

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, THERE! IT'S ME, FOILY!
 CONGRATULATIONS – YOU HAVE LEARNED THE BASICS
 OF FENCING. NOW IT'S TIME TO START TRAINING, AND
 I'M HERE TO HELP.



Foily symbols you'll see in this book:




When this symbol appears, Foily has a helpful tip for you. You can read about mistakes to avoid or find useful advice.

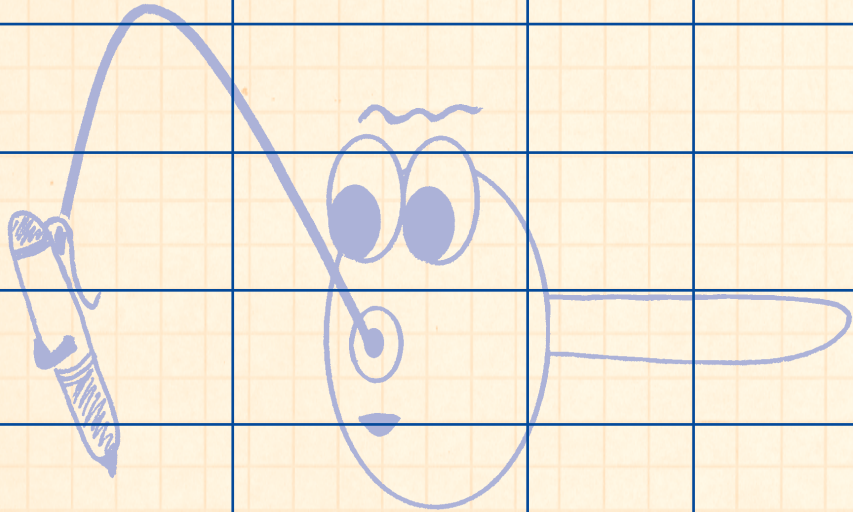
This symbol marks exercises you can follow when you practice at home, outside of your regular coaching sessions.

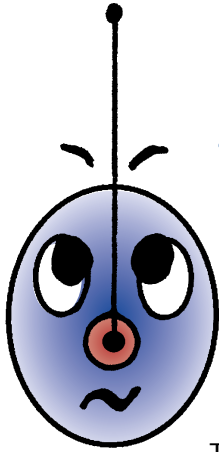
Here you'll find a puzzle or a question. The answers appear in Chapter 13.

Foily's pencil means it's time to fill in the blanks with your own information and ideas.



<i>Date</i>	<i>Competition</i>	<i>Place</i>	<i>Satisfied?</i>
February 3, 2006	Club Championships	5th	





..... 1 DEAR FENCER

This book is called *Training Fencing*, and for good reason. You're a fencer now; you're not a beginner anymore. You've spent many long hours in the fencing hall learning the basics of fencing.

The book *Learning Fencing* helped to introduce you to many important aspects of fencing. By now, you have had the chance to enter fencing competitions and use the skills you have learned.

How did you do?

In the table on page 8, enter the names and dates of your first tournaments. In the third column, record how you placed. In the last column, enter one of these symbols to show how you feel about the result.



You'll want to start a logbook to keep track of all the fencing competitions you enter and how well you did in each match.





What comes next? First, a little story:

Hiking in the mountains, a strong young man decided to climb to the top of a high peak. He cheerfully packed up food and water and set out in high spirits. Because he wasn't sure of the trail, he had some difficulty. He struggled up along one path, but when it faded to nothing he had to turn around and start all over.

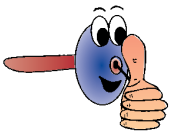
The extra distance cost him a lot of effort. But every now and then, he was lucky enough to find a path that took him a little farther. After many such attempts, he reached the summit, where he found other hikers already enjoying the view. They told him that a good hiking trail led right to the top. He could have followed the trail instead of taking so many wrong turns.

Why hadn't he used a map or a guidebook, or at least asked someone who had hiked to the summit before?

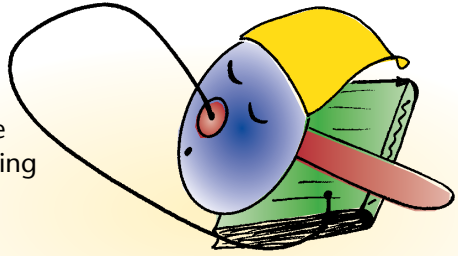
The eager mountain climber in this story can help you as you start to train for fencing. Many athletes before you have trained for fencing and achieved good results. You don't have to start from scratch to figure out fencing and invent a training program. Instead, you can learn from the experiences of other fencers before you. That will make it much easier.

This little book, *Training Fencing*, can serve as a map, a guidebook to show you how you can climb the mountain of fencing without getting lost along the way. And of course you also have a fencing coach who can show you the right path.

You may find that experienced fencers, coaches, and authors of books about fencing have different opinions about movements or positions. That's normal. If something is not clear to you, ask questions and discover the reasons behind other people's different views.



But before you tuck this book under your pillow, fall asleep, and think you will wake up in the morning as a winner, we would like to say one more thing about the path to the summit:

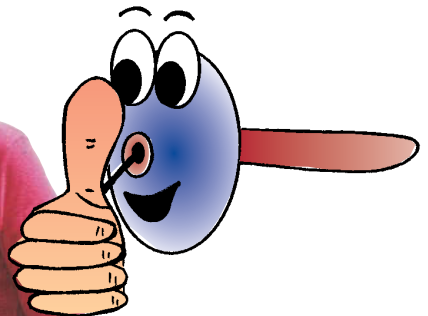
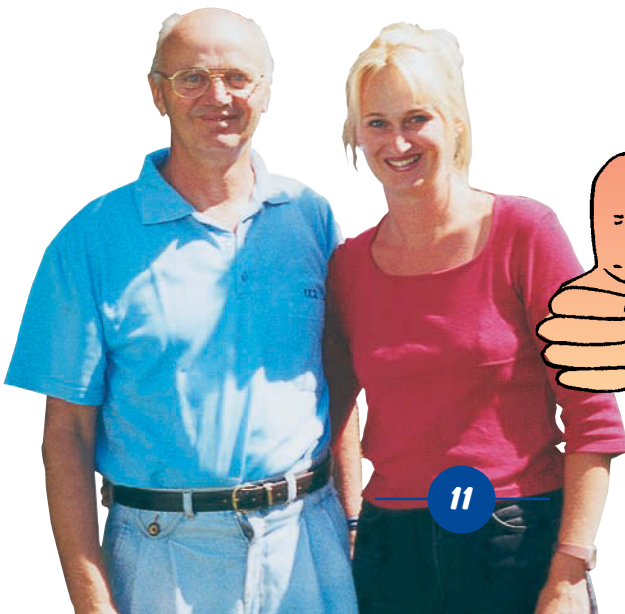


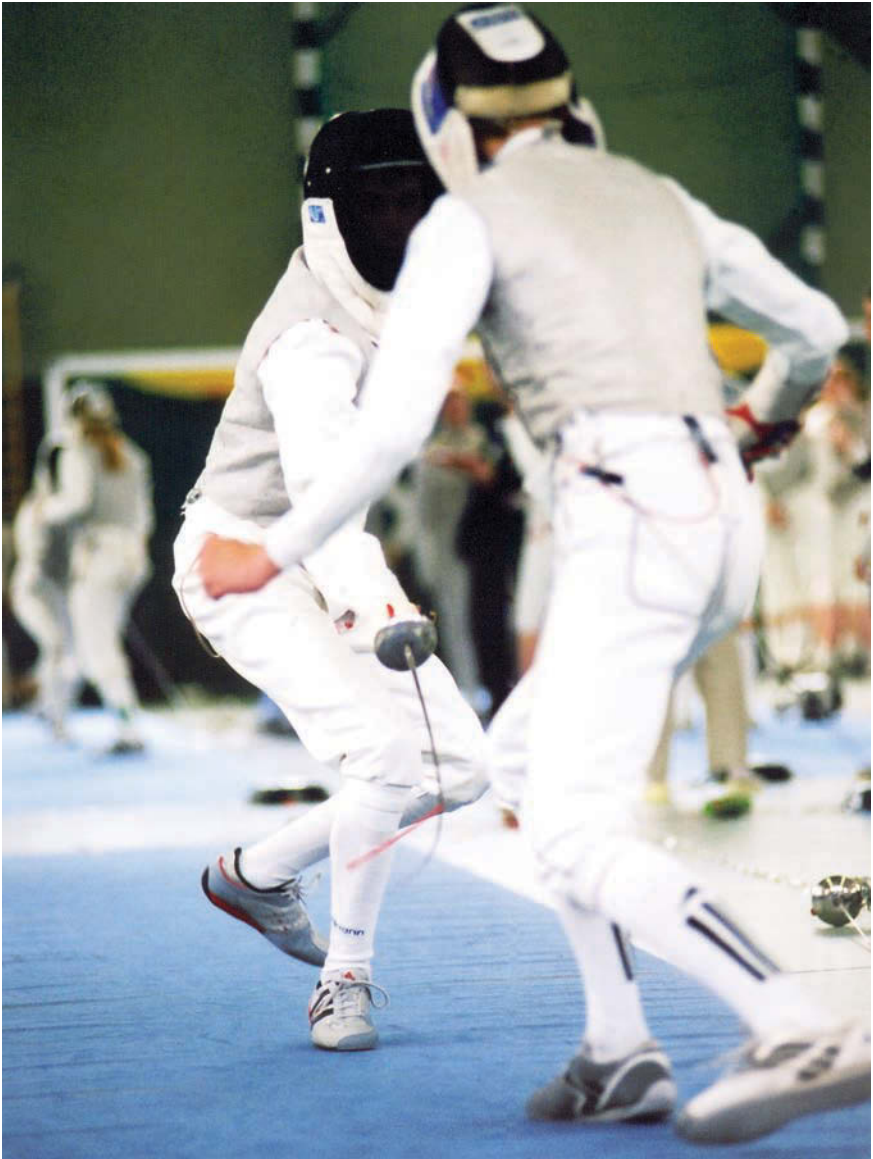
We want to give you advice and explain to you how to train properly. But only you can do the training. Whether you reach the summit or not is mostly up to you.

The explanations about training in this book apply just as much to girls as to boys. The same is true for coaches, who may be men or women. In our descriptions, we alternate between he and she, him and her, his and hers.

We hope you will have a lot of fun with this book. You will surely find plenty of interesting material here, which will help you travel the path to the summit quickly and safely. Good luck!

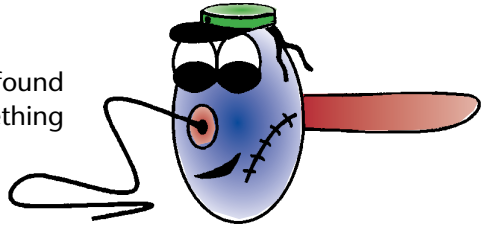
The authors and Foily.





..... 2 FROM DUEL TO SPORT

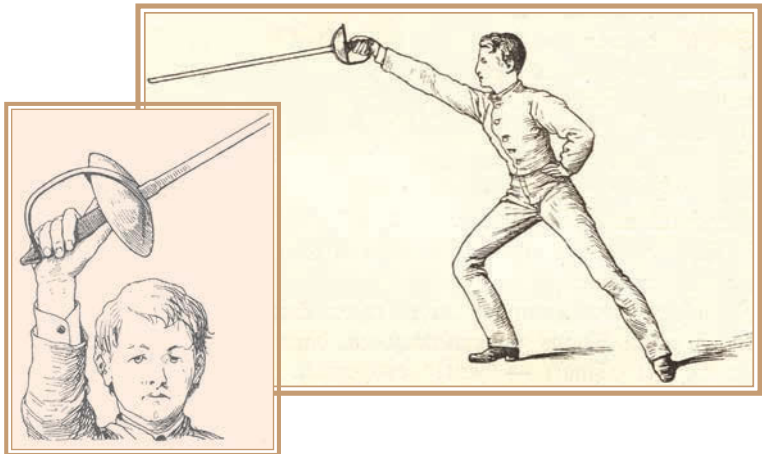
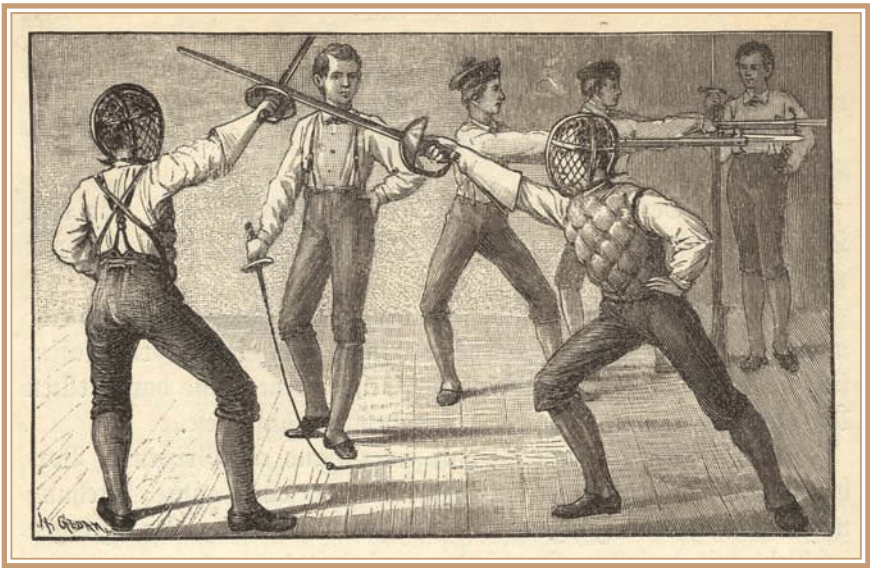
The earliest drawings that have been found indicate that humans always did something like fencing. Their weapons were sticks, bamboo poles, and later also metal rods that they could use to strike and thrust. They fought like this when a person's body, life, or property was threatened. But there were also exhibitions that celebrated the art of combat. In those days, such contests were gruesome! Often the spectators waited eagerly to see one of the combatants fall to the ground, pierced through or even dead.



Starting in the 15th century, soldiers used firearms in war and other battles, largely replacing the less powerful fencing weapons. Little by little, fencing developed into a pure sport. Fencers began to use lighter weapons that they could wield with greater skill and speed.

As time went on, Italian fencing masters brought order to the wild battles. They developed rules and established standard positions for the hand and blade. These are the basis for our present-day weapon positions. In Europe, fencing schools were founded and books were written about the sport of swordsmanship.

Primarily young men from rich families, nobles, and students turned to the sport of fencing to harden their bodies and prove their courage. They met in clubs or studied under famous fencing masters.



We found this drawing in a book about sports published in 1891. It shows young men practicing fencing. (From *Des deutschen Knaben Turn-, Spiel- und Sportbuch*, Bielefeld/Leipzig, 1891.)

A young man who mastered the art of swordsmanship and proved his bravery and manhood in a duel won honor and high regard. Of course, even in those days a few progressive girls and women learned to fence. At that time, female fencers were unusual; today we take them for granted.

Some young fellows enjoyed the rollicking life of students. They formed “associations” where they met to fight with fencing weapons. Usually these were duels about honor and tests of courage. Anyone who didn’t want to participate in these wild and sometimes bloody fencing battles was ridiculed as a weakling. A wound on the face, known as a cut, was considered a sign of manhood and the fencer was proud of the scar. These fights among students sometimes ended in death, and the universities finally stopped them by prohibiting the use of the epee in duels.

Fencing was revived later in Germany and citizens established fencing clubs. The German fencing association (the Deutscher Fechter-Bund, DFB) was founded in 1911.

FENCING IN GERMANY

After World War II, German fencers at first went separate ways. The Deutscher Fechter-Bund was revived in West Germany, while the Deutsche Fecht-Verband (DFV) was formed in East Germany. The German fencing teams were reunited in 1990.

