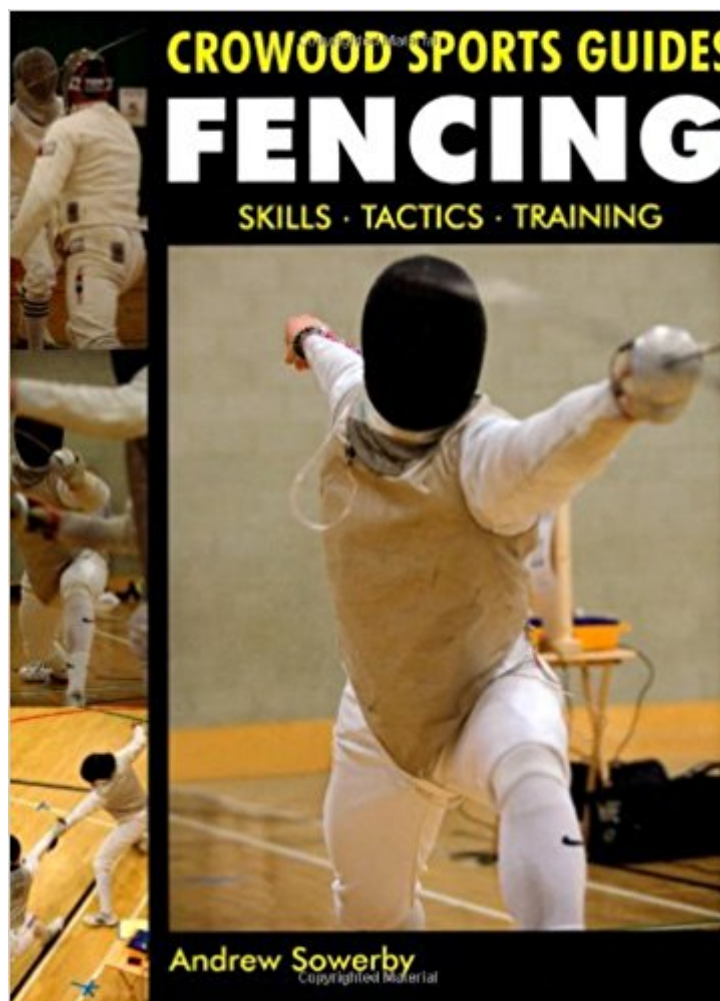




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Fencing: Skills, Tactics, Training (Crowood Sports Guides)



Synopsis

Covers fencing techniques in a logical progression, from the absolute beginner to the advanced – a competition fencer – Fully illustrated with photographs showing technique sequences, correct positions, and competition situations, this step-by-step guide is perfect for newcomers learning the fundamentals, advanced practitioners, or coaches. It supplies detailed tips and advice on competition fencing and includes a valuable section on tactics and how to apply techniques in a fight situation. It also presents footwork exercises and bladework training drills, introduces foil and epee and saber fencing, and discusses how to approach fencing as a left-hander and how to deal with left-handed opponents.

Book Information

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Customer Reviews

Andrew Sowerby is a fencing coach who has fenced for more than 25 years. He has worked with the British Olympic Association and has produced pupils who fence and win medals at all levels.

Find the book very useful. I have been taking Fencing lessons and plan to do it competitively. Thus, this book is a reference resource.

Very good. Good for refreshing or new fencers.

Very helpful for both the boys and parents. We refer to it often. Promptly shipped & we are enjoying it.

My daughter is into serious fencing and said the book is helpful.

This book was exactly what I was expecting. It echoes ideas and training given by my coach and is a good reinforcement.

The text and pictures are a joy.. clear, concise and readable.. quite content and pleased.. I do enjoy this book

If you can read, and you want to teach yourself to fence, here's my 3-step recommendation:1) find someone who will fence with you2) buy two sets of fencing gear (whatever style blows your kilt up)3) READ THIS BOOKAfter that, it's all fun and games

Prompt delivery

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