



FENCING WARM-UP / PRE-LESSON SEQUENCE CONDITIONING and TECHNICAL REINFORCEMENT FOR ALL INTERMEDIATE FENCING STUDENTS

Jump Rope: 1:00 THEN Stretch Muscles

Calisthenics:

15 Jumping Jacks THEN 15 situps THEN 15 pushups: 3 times in a row
Jump Ropes - :30 intervals, 3 sets OR Jog in place: 1:30

Legs Warmup: (strap on an ankle weight for a real workout)

2 advances, 1 retreat to far side / 2 retreats, 1 advance back: 2 times across
Crossfwd to far side / Crossbwd back: 2 times across room
Adv-Crossfwd to far side / Retreat-Crossbwd back: 2 times across room
Shadowstep Fwd to far side / ShadowStep Bwd: 2 times across room
Ballestra-Hop to far side / Scoot back: 3 times across room (land on BOTH feet)
50 Lunges in place: pay attention-front FOOT, back LEG (smooth, balanced, straight)

Arm Warmup/Strengthen: (get a 3 lb weight for weapon arm - if possible)

Straight thrusts - medium speed for 1:00 - 2 times, resting :30 secs in between
Angled thrusts - medium speed for 1:00 - 2 times, resting :30 secs in between
Thrust and HOLD extended for 1:00 - 2 times, resting :30 secs in between

Accuracy Investment:

Start on guard at thrusting distance to wall target
Start with point up, level arm out, extend to hit target - 50 times
Start with point level, extend to hit target - 50 times
Start with point angled down, level arm out, extend to hit - 50 times

Start on guard at advance-thrusting distance to wall target
Repeat above 3

Start on guard at advance-thrusting distance to wall target
Lunge 50 times to hit wall target

Parries Warmup:

2 adv, 1 retr to far side of room - alternate parries of 4 & 6, circ6 with each foot mvmnt
With partner: trade parry 4 Riposte 2:00 (wear masks to be safe) - not hitting
With partner: point and parry exercise 2:00

Attack Warmup:

25 Evasionary Movements: In Qartata, Passata Soto, Hard Thrust, drop thrust or lunge
25 In-Fighting Maneuvers (pick one): Overshoulder, waist, highprime

Lesson with Instructor or FreeSparring!!