

The University of Memphis: College of Education: HSS Dept Foil Fencing PHED 1461: HOME WORKOUT PRACTICE

What can you do when you can't make it to fencing or during the week? Do THIS:

FENCING PRACTICE WORKOUT SEQUENCE

** STRETCH OUT FIRST

(torso, legs, calves, thighs, etc - carefully) - 10 minutes (DO NOT SKIP STEP)

1. 2 advance/1 retreat - 25 sets
2. 2 retreats/1 advance - 25 sets
3. Extend-advance, guard-advance, extend-retreat, guard retreat. Start over. 3 minutes
4. Repeat the prior 3 steps using crossovers.
5. Practice parry of 4 & 6; **start from a good guard of 6 or 4! - 25 times slowly
6. Extend-advance, 2 retreats in parry 4 & 6, alternating each parry with each retreat - 25 times slowly
7. Extend-retreat, 2 advances parrying 4 - 25 times slowly
8. Practice parry of circle 6 and riposte with a thrust as you retreat; 25 times slowly
9. Practice lunging in place, no foil; slowly 25 times,

push from back leg till straight, front knee over heel and straight forward, keep upper body balanced, body erect and shoulders level

10. Find a spot on a hard wall and practice lunging to hit that spot; 50 times
11. From a freestanding position, lunge smoothly **be aware of proper alignment - 100 times
12. From lunging position take one step backward; now advance then lunge to hit spot - 50 times

*** Stretch AGAIN ***