

BASIC FOIL SKILLS: 1

Safety

- 1 Wear the safety gear provided
- 2 if uncertain about safety (a) stop, and (b) ask
- 3 don't point weapon at anyone who's not wearing a mask
- 4 don't carry weapon under your arm
- 5 don't turn your back on your opponent
- 6 don't cross between two fencers or immediately behind them



Building a fencer from the ground up

Best position for combined stability, agility & defensible (the *en garde* position)

- 1 feet. Right angles, shoulder width apart, leading foot forwards
- 2 legs. Bent at knees
- 3 body. Upright, angled away from opponent, horizontal shoulders
- 4 head. Looking straight forward
- 5 arms. held out from body & bent at elbow

Grip the foil lightly so that your thumb runs along the top of the handle, the index finger wraps around its other side and the little finger curls around it a bit lower down.

Stand with your weapon tip pointed towards your opponent's leading shoulder, with a straight line all the way from your foil tip to your elbow.

Control the movement of your foil with your fingers, keep your wrist flexible and let your elbow follow. Do not let your shoulder move with the weapon. Move your whole body with your feet instead.

As you move forwards and backwards keep your body upright. Avoid swaying, tilting or rotating. Always face your opponent.

Aim for the front of target: your opponent's trunk.

Score by a light prodding action with the foil tip (hit or touche) – just enough to bend the blade upwards.

Defend your own target by stepping back or blocking with your own weapon.

Future lessons

- 2 Attack
- 3 Defence
- 4 Deception
- 5 The whole game