

INTRO TO FENCING

We have spent two days teaching 12 kids about the basics of fencing so far. We went over all of the basic and introductory moves of fencing, and our campers even got to fence each other. Everyone is enjoying the camp, and the kids have made great progress while having lots of fun.

Days 1 and 2



HOW WE STARTED OFF

>>> We started off our first day by warming up thoroughly. Stretching and games are good ways to warm up muscles used in fencing. Fencing is a very physically demanding sport, so warming up properly is very important in order to prevent injuries.

WHAT WE DID NEXT

>>> Next, we explained the footwork involved in fencing and how to use it. Good footwork lays the foundation for good fencing. On the second day, we explained fencing bladework and how to use it as well. We utilized a variety of methods to help teach both footwork and parries and make sure the kids knew how to use them all.



WHAT WE DID AT THE END

>>> We finished off all our practices by letting all the participants fence each other and try out what they had learned. We believe that practicing new skills in real situations is the best way to internalize them and build confidence. This approach allowed the participants to apply their knowledge, refine their techniques, and gain valuable experience in a supportive and interactive environment.