

Hello PE classes,

This week we will move into week 2 of our fencing portion of the Multi-Sport class. This week, after making our foils last week and practicing the body position, movement, attacks, and parries, we are ready to move into having 1 on 1 BOUTS!! So square off across from your brother, sister, mom, or dad, or friends in the neighborhood, set up a strip, and fence! I will give you written instruction on how to do it properly, AND have videos on YouTube to demonstrate if for you.

The strip we fence on is about the width of a sidewalk, so if you have a sidewalk in front of your house, that is the ideal strip. Otherwise you can chalk one on your driveway. Make it 4' wide and the length of the driveway or garage. About 40' is usually long enough. Then you will start in the middle of the strip each bout. If a fencer retreats off the back end of the strip, they lose the point.

Line up at the center point, one fencer (or a 3rd party judge) calls "begin", and the fencers begin. Whoever makes contact with the torso of their opponent with the tip of their foil scores a point, and the judge calls "halt" to stop the action. Talk through the point, and if there was a good contact on the torso, award the point, then reset and fence again. A normal bout is won by the first fencer to 10 points.

Watch the included videos on YouTube for demonstrations of some bouts. And HAVE FUN with this! Everything

Coach Nash Fencing 4: Bout #1

<https://www.youtube.com/watch?v=V51oJ6QWIHU>

Coach Nash Fencing 5: Bout #2

<https://www.youtube.com/watch?v=3QgdLCaulEY>

Coach Nash Fencing 6: Bout #3

https://www.youtube.com/watch?v=x_wX3s3QiSE

Coach Nash Fencing 7: Bout #4

https://www.youtube.com/watch?v=w0zJceF_LQ4

Coach Nash Fencing 8: Bout #5

<https://www.youtube.com/watch?v=GcKEY7V50JU>

You may need to search YouTube by typing in Todd Nash to bring up my channel. The videos should be there. Send me links to videos on YouTube of YOU fencing! I will share them with the rest of the PE world. Send me still pictures and I will post them on my website for others to see. Let's keep in contact with each other through the period of isolation by sending pictures and videos to each other!

Next week we will learn some fun group games with the fencing foils. Fence with as many people if you can this week, as many days as possible!

Coach Nash