



Olympic Fencing

The Sport, the Science, the Noble Art



What is Fencing

Fencing is the art of swordplay, the combination of offense and defense with a sword. Fencing is both a physical and mental sport. It requires stamina and speed, but even more so, it requires an understanding of technique, a sense of timing, balance, finesse and most importantly it requires a sense of distance.

A fencer must also compete psychologically with their opponent. The fencer must learn a variety of strategies, various moves and must judge themselves relative to their opponent. Fencing is an intense and fast sport. Most of all, fencing is just plain fun.

Foil Fencing

This program will focus on the use of the foil, one of the three olympic fencing weapons. The foil has a flexible rectangular blade, approximately 35 inches in length, weighing less than a pound.

Points are scored with the tip of the blade and must land within the torso of the body. The valid target area in foil is the torso, from the shoulders to the groin, front and back. It does not include the arms, neck, head or legs.

Foil is the standard for Fencing in most states which have high school fencing programs.



AN ANCIENT SPORT WITH A BRIGHT FUTURE!

Yale, Harvard, Princeton, Virginia Tech, Georgetown, University of Mary Washington, Sacred Heart University, University of Virginia, James Madison University, Rochester Institute of Technology, University of Mary Washington, George Mason University ... The list goes on and on...

All the best colleges and Universities have fencing teams or clubs, and they're desperate to get experienced fencers. Fencing could very well be the extra-curricular activity sets your child apart from all the other applicants to these prestigious schools.

