

I. CATALOG DESCRIPTION:

- A. Department Information:
Division: Physical Education, Athletics & Health
Department: N/A
Course ID: Epee Fencing
Units: 1
Lecture: None
Lab: 3 hours
Prerequisite: PE/I 110X4.

B. Course Description:

History, rules, terminology and skills of Epee Fencing. The selection, use and care of Epee equipment. Basic skills of footwork, attacks, defenses, bouting, refereeing and judging. Mental preparation and strategies for competition will also be taught.

Schedule Description:

History, rules, terminology and skills of Epee Fencing. The selection, use and care of Epee equipment. Basic skills of footwork, attacks, defenses, bouting, refereeing and judging. Mental preparation and strategies for competition will also be taught.

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: Four

III. EXPECTED OUTCOMES FOR STUDENTS: Upon successful completion of the course, the student should be able to do the following:

- A. Demonstrate knowledge of the rules of Epee Fencing
- B. Execute the basic parries of Epee
- C. Execute the basic attacks of Epee
- D. Referee and judge an Epee bout
- E. Prepare mentally and physically for competition

IV. CONTENT:

- A. History
- B. Safety rules
- C. Equipment care
- D. Epee Concepts- Rules
 - 1. No right of way/offensive mode
 - 2. Unlimited target
 - 3. Double touch
- E. En-Guarde Position
 - 1. Hand and arm position
 - 2. Feet position
- F. Footwork
 - 1. Advance
 - 2. Retreat
 - 3. Advance lunge
 - 4. Lunge
 - 5. Fleche
 - 6. Redouble

- G. Thrust
 - 1. Straight thrust- chest
 - 2. Glide thrust
 - 3. Thrust with opposition
 - 4. Straight thrust- arm
- H. Stop hit
 - 1. Straight hit- no retreat
 - 2. Straight thrust with retreat
 - 3. Angulation with retreat
- I. Hand picks
 - 1. Over the top
 - 2. Under the hand
 - 3. Inside the wrist
 - 4. Outside the wrist
- J. Parries
 - 1. Parry one (prime)
 - 2. Parry two
 - 3. Parry three
 - 4. Parry four
 - 5. Parry five
 - 6. Parry six
 - 7. Parry seven
 - 8. Parry eight
 - 9. Counter six parry
 - 10. Counter four parry
 - 11. Parries with opposition
 - 12. Close-out parries
- K. Beats
 - 1. Beat attack
 - 2. Beat parries
 - 3. Beat feint fleche
- L. Strategies
 - 1. Absence of blade
 - 2. Second intention
 - 3. Different En-Guarde positions
 - 4. Attack
 - 5. Defense
 - 6. Counter attack
- M. Mental preparation
 - 1. Breathing
 - 2. Meditation
 - 3. In your zone
 - 4. Music
 - 5. Self relaxation
 - 6. Imagery
 - 7. Concentration during competition
 - 8. Distractions
 - 9. Focus postures

V. METHODS OF INSTRUCTION:

- A. Lecture
- B. Demonstrations
- C. Videos
- D. Guest Instructors
- E. Group drills
- F. Individual lessons
- G. Journaling

VI. TYPICAL ASSIGNMENTS:

- A. Keeping your fencing journal current with daily lessons
- B. Partner drilling and footwork each class
- C. Attending a fencing tournament
 - 1. Scorekeep for a fencing Pool Round
 - 2. Serve as a timer for a direct elimination bout

VII. EVALUATION:

- A. Methods of Evaluation:
 - 1. Written exams on strategies and mental preparation
 - 2. Skills Tests
 - a) Level I skills
Basic footwork, right of way, basic parries and attacks
 - b) Level II skills test
 - 1) Advanced footwork such as the fleche and redouble plus parries one, three and counter six
 - 2) Demonstrate breathing techniques
 - 3) Demonstrate focus postures
 - c) Level III skills test
 - 1) Demonstrate opposition attacks, angulations, counter four parry and absence of blade
 - 2) Practice and repeat self relaxation and concentration techniques
 - d) Level IV skills test
 - 1) Execute second intention and counter attacks
 - 2) Demonstrate meditation and imagery
 - 3) Preparation for competition day and in fighting techniques
 - 3. Class tournament or local tournament participation
 - 4. Fencing journal critiques
- B. Frequency of Evaluation:
 - 1. A minimum of a Final exam
 - 2. Demonstration of proper offensive and defensive skills daily
- C. Typical exam questions:
 - 1. Name three techniques used to mentally prepare for competition.
 - 2. Name three offensive or defensive strategies or a combination of both.

VIII. TYPICAL TEXT(S):

Lukovich, Istva'n, Fencing The Modern International Style, (2nd edition), Staten Island, New York: SKA Swordplay books, 1986.

Pittman, Brian, Fencing Techniques of Foil, Epee and Sabre, (2nd impression), Ramsbury, Marlborough Wiltshire Great Britain: The Crowood Press, 1994.

IX. OTHER SUPPLIES REQUIRED OF STUDENTS: Indoor court shoes, sweat pants and T-shirt.