COURSE TITLE: PE 121 – FENCING

A. COURSE DESCRIPTION

Practical and Lecture sessions on the BASICS of FOIL Fencing involving footwork exercises, offensive and defensive techniques, rules, boutting and refereeing.

B. COURSE OBJECTIVES

- At the end of the course, the student will be able to:
  a. develop an understanding on how to fence using a Foil.
  b. demonstrate the proper stance, use the different footwork exercises, and perform the various offensive and defensive techniques in a bout.
  c. understand the rules, regulations, and penalties involved in the sport.
  d. referee
  e. use the sport as a means to develop physical and mental health, self-confidence, and social skills.

C. COURSE OUTLINE AND TIMEFRAME

1. ORIENTATION 1hr. 1st wk
   1.1 Verification of enrollees in official class list
   1.2 Course description/objectives
   1.3 Course requirements
   1.4 Grading system

2. INTRODUCTION TO THE SPORT OF FENCING 1hr 1st wk
   2.1 Brief history of the sport of fencing
   2.2 Comparing Foil to the two other weapons Epee and Sabre
   2.3 Video presentation of actual Foil, Epee, and Sabre fencing

3. BASIC FOOTWORK EXERCISES 4hrs. 2nd -3rd wk
   3.1 Proper warming-up and stretching exercises
   3.2 On-Guard Position
   3.3 Footwork exercises
      - Step Forward (advance)
      - Step Back (retreat)
      - Lunge
      - Step Forward Lunge (advance lunge)
      - Jump Lunge
4. OFFENSIVE AND DEFENSIVE TECHNIQUES 4hrs 4th-5th wk

4.1 Offensive Technique
   - Direct attack
   - Indirect attack
   - Compound attack

4.2 Defensive Technique - Lateral Parry
   - Parry 4 and 6
   - Parry 7 and 8

4.3 Riposte
   - Direct riposte
   - Indirect riposte

4.4 Counter Parry

5. CONTROLLED BOUTS 6hrs. 6th-8th wk

5.1 Application of Direct Attack, Parry, and Direct Riposte in controlled bouts

5.2 Application of Counter Parry

5.3 Application of Indirect Attack, Parry, and Indirect Riposte in controlled bouts

5.4 Application of Compound Attack, Parry, and Indirect Riposte in controlled bouts

6. GRADED EVALUATION OF FOOTWORK 2hrs 9th wk

7. INTRODUCTION TO REFEREEING 1hr 10th wk

   7.1 Role of a Referee
   7.2 Fencing Terms
   7.3 Hand Signals

8. LECTURE 1hr 10th wk

   8.1 Playing Area
   8.2 Points System and Time Limit
   8.3 Stages of the Competition
   8.4 Warnings and Penalties

9. PRACTICAL APPLICATION OF REFEREEING OF BOUTS 4hrs 11th-12th wk

10. INTRA-CLASS FENCING COMPETITION 8hrs 13th-16th wk

   10.1 Individual Event
   10.2 Team Event

11. GRADED EVALUATION REFEREEING 2hrs. 17th wk

12. GRADED EVALUATION FENCING PROPER 2hrs 18th wk

13. INTER-CLASS FENCING COMPETITION within Campus
D. COURSE REQUIREMENTS

- Students must regularly attend class and not to exceed the number of allowable absences
- Submit 1x1 photo
- Students must have their own Fencing Jacket
- Students must wear jogging pants and rubber shoes

Note: Fencing Mask and Foil will be provided
    Observation of a fencing competition may be required

E. GRADING SYSTEM

- Graded evaluation of Footwork  40%
- Graded evaluation of Fencing Proper  20%
- Graded evaluation of Refereeing  20%
- Fencing Competition: Individual Event  10%
                             Team Event  10%

Total: 100%

Note: A written exam may be given if necessary

F. CLASSROOM POLICIES

- Practice safety measures at all times
- Handle with care the fencing equipment
- Demonstrate proper decorum

G. CONSULTATION

- verify with department schedule of consultation hours