



Fencing Coach Course – Instructor Beginner Level
Weapon: Epee, Foil, Sabre
Season: 2020- 2021

INTRODUCTION :

Fencing, whether considered a sport or a simple recreational activity, quickly gives beginners an irreversible passion for the sport. This MFA program will instruct Fencing Coaches in providing “training to beginners”. The objective is to give beginners a good base so that they experience the pleasure of practicing fencing, playing, and having fun.

INSTRUCTIONAL PERIOD:

This course is spread over two weekends, for approximately 14 hours each weekend, with several additional sessions. At the end of the course the participants will have the opportunity to be certified at **Instructor Beginner** level.

CONTENT	CHARGE
Theory	12 hours
Practical	24 hours
Practicum (supervised lesson by a certified coach) ¹	10 hours (Have to be done in their club or running a 10 classes program)
Exam	2 hours
Total	54 hours

CONDITIONS:

- Exposure to Fencing in the last year
- An interest in using Fencing in your curriculum

EQUIPMENT REQUIRED:

Fencing Equipment:

- Jacket
- Mask
- Clothes to train in
- Weapon

COURSE SYLLABUS:

Areas Covered; Theory/Directed lesson:

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| <ul style="list-style-type: none"> • Know-2-Do: be capable to do actions • Know-2-Teach: be capable to teach actions • Practical understanding: relation between theory & practical • Fundamentals: holding a weapon; guard; lunge; retreat; step forward; combinations; positions; balance; co-ordination of arm and legs; distance; rhythm ...etc. • Technical material (All arm band of yellow/orange level) • Specific criterium evaluation for Instructor beginner • Classification of fencing actions (Theory Course) | <ul style="list-style-type: none"> • Fencing lesson Organization and Safety Issues (Theory Course) • Terminology, referring and organisation of Competitions (Theory Course) • Methods of teaching in a group Fencing class (Theory and Practical) • Arm Band program (Theory) • Skill Development Stages (Theory/Practical) • Planning a Practice (Theory) • Refereeing (Theory and Practical) • Teaching Methodology (Theory and Practical) • Private lesson and its Methodology (Theory and practical) • Performance Analysis (Theory) |
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**MANITOBA FENCING ASSOCIATION
2020-2021 Coaches Training Program**

Program Conductor: Ayach Bounachada
Fencing Master – Instructor Beginner Learning Facilitator/Evaluator

Program dates: May 5th, 7th 2020 from 4:00 to 5:30 pm
May 12th, 15th 2020 from 4:00 to 5:30 pm
May 26th, 28th 2020 from 4:00 to 5:30 pm
June 2nd, 4th 2020 from 4:00 to 5:30 pm
June 13th and 14th from 9:00 to 3:00 pm
June 27th and 28th from 9:00 to 3:00 pm

The theory sessions will be conducted online using ZOOM APP. Practical application starts when normal life resumes.

Registration Deadline: April 30th, 2020

*Please note: Schedule may be subject to change; at least two candidates per weapon is required to run.

COST: \$350.00 (includes taxes, Registration Fees, Course Material & Fencing equipment rental² for use during the training sessions)

REGISTRATION FORM

NAME: _____

HOME ADDRESS: _____

PHONE: DAY: _____ EVENING: _____

EMAIL: _____

CLUB: _____ Weapon _____

PAYMENT BY: E-TRANSFER: _____ CASH: _____ CHEQUE*: _____

**Please make cheques payable to the Manitoba Fencing Association*

An MFA Membership Form will be forwarded for you to fill out and return.

Send registrations to:

DIRECT MAIL:
MB Fencing Association
145 Pacific Avenue
Winnipeg, MB

VIA EMAIL:
fencing@sportmanitoba.ca

VIA FACSIMILE:
925-5703 Attn: Fencing

² Equipment rental is available to Teachers only.