



Fencing Coach Course – Instructor Beginner Level
Weapon: Epee, Foil, Sabre
Season: 2024- 2025

INTRODUCTION:

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

PERIOD OF TEACHING:

The course is spread out over the year, with 8 hours a weekend of training, with two weekends and several sessions during the period from **November to June 2025**. At the end of the course the participants will have the opportunity to be certified as **Instructor Beginner Level**.

CONTENT	CHARGE
Theory	6 hours
Practical	16 hours
Practicum (supervised lesson by a certified coach) ¹	10 hours (Have to be done in their club or running a 10 classes program or School Programs)
Exam Preparation	2 hours
Exam	2 hours
Total	36 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
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COURSE SYLLABUS

Areas Covered; Theory/Directed lesson.	
<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, refereeing 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)

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

Schedule:

Program dates:	November 16th	from 9:00 to 1:00 pm (Meeting room)
	21st	from 6:00 to 8:30 pm Flex
	December: 7th	from 9:00 to 3:00 pm Flex (Meeting room + Side Flex)
	12th	from 6:00 to 8:30 pm Flex
	19th	from 6:00 to 8:30 pm Flex
	January: 2nd	from 6:00 to 8:30 pm Flex
	16th	from 6:00 to 8:30 pm. Flex
	23rd	from 6:00 to 8:30 pm. Flex
	February 8th	from 9:00 to 3:00 pm Flex (Meeting room + Side Flex)
	14th	from 6:00 to 8:30 pm Flex
	28th	6:00 to 8:30 pm Flex

The theory and practical sessions will be realized in person.

Registration Deadline: November 15th, 2024

*Please note: The schedule may be subject to change and there will be no course if only one register by weapon. It must be at least two candidates.

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

² *Equipment rental is available to Teachers only.*

REGISTRATION FORM

NAME: _____

HOME ADDRESS: _____

PHONE: DAY: _____ EVENING: _____

EMAIL: _____

CLUB: _____ Weapon _____

PAYMENT: ETRANSFER: _____ CHEQUE*: _____
*[*fencing@sportmanitoba.ca](mailto:fencing@sportmanitoba.ca), cheques payable to the Manitoba Fencing Association*

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

Send registrations via email fencing@sportmanitoba.ca or by DIRECT MAIL:

MB Fencing Association

145 Pacific Avenue

Winnipeg, MB