

The book was found

A Basic Foil Companion



Synopsis

Every beginning foil fencer should read this book. It's more than a textbook - think of it as your coach's assistant. It guides you through your first classes and lessons, reinforces the basic principles of foil fencing, takes you to your first competitions, and introduces you to the terms you'll use throughout your fencing career. Here is just a partial checklist of the topics covered: * Sport Fencing and Stage Fencing * Foil, Saber, Epee - choosing your weapon * What you might cover in a typical fencing class * Safety: fencing's safe if you use common sense! * Equipment: what you'll need to start out * Warming Up, Stretching, Cooling Down * Footwork, Distance and Timing * How to Do Drills * Right of Way - the mysterious key to foil * Fencing Your First Bouts * Practicing at Home * Moving Beyond the Beginner Class * Electric Foil * Competitions and the Referee * Fencing Vocabulary, including the basic terms for On Guard, Footwork and Distance Lines of Target and Parry Positions Bladework Fencing Actions Strategy and Tactics ...and more... * Websites for Fencers * Fencing Equipment Vendors Plus a skills checklist and a couple of quizzes to keep you on your toes!

Book Information

Paperback: 110 pages

Publisher: SKA SwordPlay Books (August 16, 2010)

Language: English

ISBN-10: 0978902254

ISBN-13: 978-0978902254

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 10.7 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 starsÂ Â See all reviewsÂ (13 customer reviews)

Best Sellers Rank: #614,458 in Books (See Top 100 in Books) #77 inÂ Books > Sports & Outdoors > Individual Sports > Fencing

Customer Reviews

I started fencing 25 years ago, and for most of that time I've been teaching and coaching beginner fencers. In the past, every time a new fencer asked me, "What's a good fencing book for beginners?" I would cringe, because most of the books (especially those found in mainstream publishing & distribution) were useless and full of misinformation. A Basic Foil Companion by Paul Sise finally gives me an answer to be happy about. Mr. Sise thoroughly covers just about every topic a beginner fencer has questions about, and then some: Safety, Equipment, Blade Drills,

Preparing for Competition, Tactics. He writes in a wonderfully conversational style that keeps reading light while still being informative. The photos and illustrations are well done. I recommend this book wholeheartedly.

The last time I fenced was in '98-'01, and though I was regularly at national competitions, I have forgotten a few things in the past 16 years. This book was the textbook that I never had when I started, and was a fantastic refresher. I can't wait until his next book comes out in this series!

This book is everything I had hoped and expected it would be and is an excellent addition to my library. It has filled a need for basic information and will now allow me to pursue my interests in acquiring skill with the foil at the beginner level.

Really basic, good intro for a new fencer.

Great book and over view for the beginning fencer. Good ideas and helpful information. I am a fencing coach and I really enjoyed it.

Nice basic book. Just starting foil fencing classes and this has helped me to start learning the language

A good book for beginners. It gives what a whole picture of fencing world is.

[Download to continue reading...](#)

Foil Packet Cookbook: Easy Foil Packet Recipes for Camping, Backyard Grilling, and Ovens (Outdoor - Foil Packet Cooking Book 1) Foil Fencing: The Techniques and Tactics of Modern Foil Fencing A Basic Foil Companion Companion Planting: Companion Gardening - A Practical Guide For Beginners To Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening) ART GLASS - Breaking Glass To Make Money: A Beginners Guide To Making Money With Art Glass - Copper Foil And Lead Work Explained Camping Cookbook 4 in 1 Book Set - Grilling Recipes (Vol. 1); Foil Packet Recipes (Vol. 2); Dutch Oven Recipes (Vol. 3) and: Camping Cookbook: Fun, Quick & Easy Campfire and Grilling Recipes (Vol 4) Camping Cookbook: Camping Recipes Made Easy: 50 Recipes! Featuring Foil Packet Recipes, Dutch Oven Recipes, Campfire Grilling Recipes, and Campfire Cooking Recipes Meat Recipes and Outdoor Cooking Box Set (5 in 1): Over 200 Smoking Meat, Slow Cooker Beef, Dutch Oven, Foil

Packet and Jerky Recipes for True Meat Lovers (Smoker Recipes & Jerky) Camping Recipes: Foil Packet Cooking Camping Cookbook: Foil Packet Recipes Vol. 2 Camping Cookbook: Fun, Quick & Easy Campfire and Grilling Recipes - Grilling - Foil Packets - Open Fire Cooking - Garbage Can Cooking Foil Fencing: Technique, Tactics and Training: A Manual for Coaches and Coaching Cadidates The Oxford Companion to Beer (Oxford Companion To... (Hardcover)) The Return of The King Visual Companion: The Official Illustrated Movie Companion (The Lord of the Rings) The Two Towers Visual Companion: The Official Illustrated Movie Companion (The Lord of the Rings) CRUISING BETWEEN BUENOS AIRES AND VALPARAISO: A Traveler's Companion Edition Revised 2016 (Traveler's Companion Series 2) A Prairie Home Companion: 3rd Annual Final Performance (Prairie Home Companion) CONCERTGOERS COMPANION 2: HOLST TO WEBERN V. 2 (THE CONCERTGOER'S COMPANION) Star Trek: Voyages of Imagination: The Star Trek Fiction Companion: The "Star Trek" Fiction Companion Clinical Companion to Medical-Surgical Nursing: Assessment and Management of Clinical Problems, 9e (Lewis, Clinical Companion to Medical-Surgical Nursing: Assessment and Management of C)

[Dmca](#)