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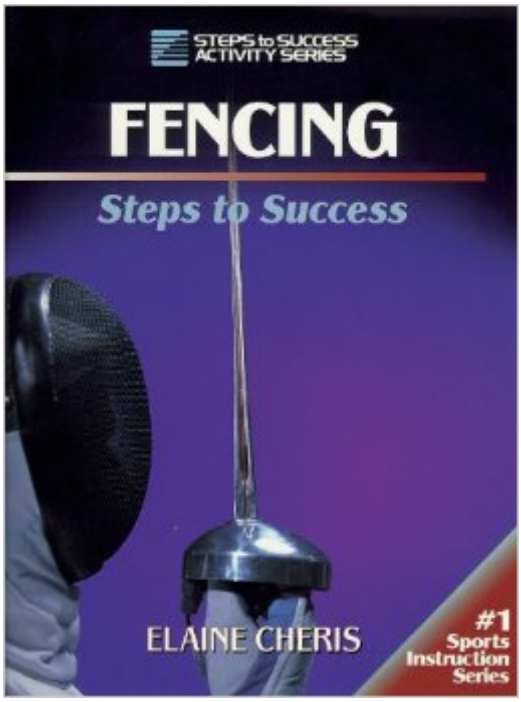
Fencing: Steps To Success (Steps To Success Activity)



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Synopsis

Fencing: Steps to Success covers all of the essential skills of the epee and foil forms of fencing. This book will serve as the perfect training guide for less experienced fencers and students of fencing, as well as a valuable reference for instructors of this highly technical sport.One of the most recognized fencing figures in the United States, author Elaine Cheris shares her expertise as both a fencer and instructor. In each progressive learning step, she carefully describes each major skill, presents sequential illustrations (approximately 150 in all) to show how to perform the skill, and then provides a series of drills to refine the skills through practice. The book’s step-by-step teaching method is both challenging and fun for the student, promoting skills development and motivation to learn more. It’s the perfect technique-development guide and a valuable reference.Having made the U.S. Olympic team in both epee and foil, Cheris covers both forms in this book, giving you a well-rounded introduction to the sport. A highly accomplished instructor, Cheris owns and operates the Cheyenne Fencing Society and has been the chairperson for two World Championships. She has instructed many notable students, including pop music stars Neil Diamond and Jimmy Buffett. See all the titles available in the Steps to Success Series. v

Book Information

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Customer Reviews

Ms. Cheris’ "Fencing: Steps to Success" is a worthwhile purchase for new fencers. (My 5 star rating presumes that the reader is a novice fencer.) As a new fencer myself (1 year), I’ve read several books on fencing in addition to taking weekly lessons. Ms. Cheris’ book provides clear, concise

instructions and excellent diagrams; and includes numerous recommended drills that help beginners properly form their technique. While no substitute for lessons, the book is great as a companion to live instruction. For beginners, I strongly recommned this book over Nick Evangelista’s "The Art and Science of Fencing". (Although Mr. Evangelista’s book does do a better job in giving the reader the historical context of today’s modern sport fencing.) "Fencing: Steps to Success" is a valuable learning aid for those new to the sport.

This is one of the best books on fencing writen by an American. It’s major weakness is that it often attempts to teach both foil and epee and the same time . The author does address modern fencing , a subject often ingored. This book is good for the person that knows how to fence and wants some pointers; not a good read for beginners . A good book but kept me wanting more, for example the author tells nothing of how she took up the sport and what it’s done for her. Close only 4 of 5 stars.

I came across this book as part of the USFCA (United States Fencing Coaches Association) reading list in preparation for taking my Moniteur certification. After reading it, I’ve made a number of changes in my Introductory classes and list this book as the recommended text. Like any such text, there are points I disagree with, but they are few in number.Without hesitation, I would recommend this book for any first year fencer.J FarmerCoach, Oak Ridge Fencers Club

breaks down each move and explains exactly what each part of the body should (and should not) be doing, how your weight should be distributed, etc. also lists common mistakes made and how to avoid or fix them. best of all, it’s filled with tons of drills for practice, both solo and with a partner. working my way through the book has gotten me through my first semester of fencing with excellent results. so much more helpful than any other book out there, by far.

I’ve just become interested in fencing and wanted something to "supplement" my hands-on lessons. This book is a great help in understanding the vocabulary, skills and tactics of this amazing sport. It does not take the place of hands-on training and practice, but it does provide a great, easy to follow reference.

Another classic. Good pictures and easy to understand text. Full of drills to perform alone or with another person. Quite simply one of the best American texts available.

Unfortunately, I bought this after I bought The Art and Science of Fencing; this was what I was looking for! Several chapters worth of drills, exercises and illustrations for establishing a solid basic fencing skill-set. Each chapter includes common mistakes and how to fix them. No book is a substitute for training under a master, but if you can’t find an instructor, this is the next best thing.

We use this as a textbook for our beginner fencers. The illustrations are very clear, with multiple viewpoints, and the directions are very clear. It also is great for my assistant instructors to use for the tips on what to look for when a fencer is doing something wrong! A great book! I reccommend it for all the salles!

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