

Learn to Fence Class Structure

10 mins: Warm-up Game 5 mins: Structured Run/Active Stretching

10 mins: Footwork

10 mins: Suit Up

25 mins: Drills/Fencing

When can a beginner advance?

The beginner classes are a great and fun introduction to fencing, but eventually the time will come to move up to the next level! Wondering how to get there? Here's a checklist of what we look for to graduate:

- 6 months in the beginner class
- Knowledge of and ability to demonstrate:
 - o Salute
 - o Advance
 - o Retreat
 - o Lunge
 - o Advance lunge
 - o Parry 4/Parry 6
 - o 4 disengage
 - o 6 disengage
- Compete in a minimum of 2 of the in-club D'Artagnan Series tournaments (for musketeers only - Exceptions to these requirements may only be made at the discretion of Daniel Hondor, Olympia's Director).

What does the next level look like?

- 2-3 classes/week
- Attending competitions
- Private lessons recommended

We're actively working with the parents to navigate the intricacies of competing nationally, parent workshops are available throughout the year, also please feel free to email at any time for advice!

