



Fencing: Skills. Tactics. Training (Crowood Sports Guides)

Andrew Sowerby

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Crowood Sports Guides provide sound, practical advice that will make you a better sportsperson, whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your sport. This book is illustrated in full colour throughout with photographs showing technique sequences, correct positions and competition situations. It covers fencing techniques in a logical progression, starting with the absolute beginner and culminating with the advanced competition fencer, and supplies detailed 'key points' as well as tips and advice on competition fencing. It discusses how to approach fencing as a left-hander and how to deal with left-handed opponents, and includes a valuable section on tactics which explains how to apply techniques in a fight situation. Presents footwork exercises and bladework training drills and provides an introduction to epee and sabre fencing. Aimed at fencers of all levels of ability and those considering taking up the sport and fencing coaches. Superbly illustrated with over 200 colour photographs showing technique sequences, correct positions and competition situations.



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