

KINE 058: COMPETITIVE FENCING STRATEGY

Originator

wansley

Justification / Rationale

Adjusting audit.

Effective Term

Fall 2023

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

058

Full Course Title

Competitive Fencing Strategy

Short Title

BOUT FENCING

Discipline**Disciplines List**

Kinesiology

Modality

Face-to-Face

Catalog Description

This course is for students who have taken beginning fencing and wish to compete. Techniques and strategies needed for competitive fencing will be demonstrated and practiced. Students will spar. Competition rules will be explained and students will learn how to referee a bout.

Schedule Description

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Lab Units

1

Lab Semester Hours

54

In-class Hours

54

Out-of-class Hours

0

Total Course Units

1

Total Semester Hours

54

Class Size Maximum

24

Prerequisite Course(s)

KINE 057

Required Text and Other Instructional Materials**Resource Type**

Manual

Author

United States Fencing Association

Title

Rule Book

Publisher

United States Fencing Association

Year

2013-09-01

Resource Type

Periodical

Author

Various

Title

American Fencers Magazine

Publisher

United States Fencing Association

Year

2013

Resource Type

Web/Other

Description

At each class meeting, there will be handouts that cover the material for each class meeting. These handouts are a "mini booklet" that serve as a ready reminder of all the fencing techniques and strategies you are shown.

Entrance Skills

Students will have an understanding of the basic en garde fencing stance.

Requisite Course Objectives

KINE 057- Demonstrate the execution of the basic en garde fencing stance.

Entrance Skills

Students will understand of advance and retreat applications in fencing.

Requisite Course Objectives

KINE 057-Demonstrate how to advance and retreat smoothly.

Entrance Skills

Students will have an understanding and be able to execute the basic fencing lunge.

Requisite Course Objectives

KINE 057-Demonstrate correct technique of the fencing lunge.

Entrance Skills

Students will have an understanding and be able to apply the correct technique of a simple attack in fencing.

Requisite Course Objectives

KINE 057-Demonstrate correct technique of a simple attack.

Entrance Skills

Students will have an understanding of the three main parries and experience executing them.

Requisite Course Objectives

KINE 057-Demonstrate correct technique of the three main parries (mask, chest, flank).

Course Content

- The student will learn and practice competitive saber fencing techniques and strategies to prepare him/her to compete at fencing tournaments.
- Simple, compound and complex attacks, multiple parry-ripostes, feint attacks, invitation, hits on preparation will all be introduced as part of competition strategy.
- The class is set up to include at 15 minute warmup, fencing drills, A-line, B-line, where you cross swords with a partner. Each class builds upon the previous class and follows a logical fencing technical and tactical progression to help you reach a competitive level for tournament competition.
- At each class meeting, there will be handouts that cover the lecture material. These handouts are "mini booklets" on fencing and are a reminder of all the fencing techniques and strategies you will learn.
- There will be a written mid-term and the final will be a fencing tournament.
- Your grade is based on your participation. Three class absences lower your grade.
- For class, please wear a court shoe that has good traction, socks, long warmup pants and a tee shirt. We supply the jackets, masks, gloves and weapons.
- Call or text me if you won't be able to make class, 760-218-1343.

Lab Content

- The course lab content of the class is the actual fencing, demonstrations of the competitive attacks and parries, the techniques involved for each attack and parry, the various strategies, tempo and timing and how to referee a bout.
- The students will do A-line, B-line work, meaning teaming up with a partner. One partner is give the attack, the other fencer will take the defensive action. Five times giving the attack, five times defending, then the attacker will defend and the defender attack.

- Repetition in footwork and bladework and repetition in the attack action and the defensive action so muscle memory is created and fixed in the fencer, so the fencer will be able to react immediately without hesitation.
- **Tempo in Footwork and Bladework:** Tempo in footwork, learning how to go from slow footwork to acceleration, and vice-versa. Tempo in bladework, learning how accelerate the hand for giving the touch.
- **Compound and Complex blade attacks:** In addition to a "direct" or "straight" attack, Compound/complex attacks are those made with an action on the blade or with absence of blade. Demonstrations will be given.
- **Attack Strategies for Competition:**
Feint Attack: A false to make the opponent move his/her blade so opponent can hit the open target.
- **Invitation:** The fencer opens his/her target to "invite" the opponent to attack the open target and the fencer then closes that open target to hit the opponent.
- **Hit on Preperation:** A fencer is under attack and attempts to make the attacking opponent stop, thereby hitting the attacker.
- **Bouting Scenarios:** One fencer is the attacker and given a specific attack to employ. Defending fencer must be able to see the action and take the appropriate defensive action (without knowing what attack is coming his/her way).
- **Refereeing Competitive Bouts:** Students will learn how to referee a fencing bout. Who started the attack, was there a defensive action, who hit first, etc., are all elements in watcing a fencing bout and awarding a touch to a fencer.
- At the end of this course, the fencer will have the tools to compete in any local or national fencing tournament. In addition, a student who would like to have a collegiate fencing career at a four year university would have the tools an NCAA fencing coach is looking for.

Course Objectives

	Objectives
Objective 1	Develop a fencing strategy to use against an opponent in a fencing competition.
Objective 2	Demonstrate the ability to read the opponent to determine opponent's strengths and weaknesses and best strategy to use to defeat opponent.
Objective 3	Employ or demonstrate calm and composure during a fencing bout.
Objective 4	Understand the rules used in fencing and how to apply them in a fencing bout.
Objective 5	Demonstrate ability to referee a fencing bout.

Student Learning Outcomes

	Upon satisfactory completion of this course, students will be able to:
Outcome 1	Perform advanced fencing techniques that demonstrate footwork, bladework and bout strategy.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
Discussion	Plenty of opportunity for the students to discuss, question, comment on the techniques, strategies, attacks, parries, rules, any item that has to do with fencing.
Demonstration, Repetition/Practice	Fencing is a visual sport. Every offensive and defensive item will be demonstrated several times. The students will spend the class time giving the attack and then defending against the attack over and over. Repetition is an integral part of fencing to build muscle memory.
Activity	The students will be actively moving in a fencing manner and sparring for a good 40 minutes of the class time.
Self-exploration	Students that don't think of themselves as athletic will find they are through fencing. They will also develop confidence, self-esteem, poise and take pride in their accomplishments.
Participation	This is a fencing class, so students participate by fencing. 40 minutes of class time will be spent actively participating in footwork, bladework, partner sparring drills and bouting.

Observation	All defensive and offensive fencing actions will be explained and demonstrated for the students to see how the attack is given and how to defend against the attack. Then the students will practice the actions. The students will also watch each other fence and critique technique and strategy.
Lecture	The offensive and defensive actions to be demonstrated will be explained, what the technique and strategy for each will be explained.

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
Term or research papers	Students will be asked to select a competitive fencer, either current or the past 100 years, and write a report on their fencing life and accomplishments and why they chose that fencer and present to the class.	Out of Class Only
Behavior assessment	Fencing is an etiquette sport. Behavior, comportment, manners are all a part of the sport. We salute before and after we spar, we shake hands after sparring, students must have impeccable behavior. Bad behavior, bad attitudes are not tolerated. There are sanctions in the rule book for bad behavior. Behavior assessment in fencing is easy, every one is polite, and that carries over into their personal life.	In Class Only
Oral and practical examination	I will be asking questions and the students will have to reply. Students will have to explain actions when refereeing fencing bouts and discuss and explain fencing rules. That is like a mini-examination without the attached stress of an examination, just answering questions according to their knowledge of the rules.	In Class Only
Self-paced testing	If the students take whatever notes they need for themselves, study the handouts, attend the classes and practice as much as they are able, that is the best they can do in the way of preparation for a weekly class.	In Class Only
Student participation/contribution	I expect students will participate, and with great joy, if they are enrolled in a competition fencing class. If they want to fence, they will be actively participating. The students contribute to making the class fun and exciting by showing up and participating.	In Class Only
Mid-term and final evaluations	There will be one written mid-term exam and the final exam will be a fencing tournament.	In Class Only
Tests/Quizzes/Examinations	Examinations and quizzes to assess fencing rules, strategies and techniques.	In Class Only
Group activity participation/observation	The A-line, B-line portion of the class is when fencers partner up. One fencer makes the attack and the other defends. This is a group activity for all students to practice an attack and its defense. I observe the partners, make corrections when and where needed.	In Class Only
Presentations/student demonstration observations	Students will fence in front of the class. Their technique, actions and strategy will be discussed and critiqued.	In Class Only

Computational/problem-solving evaluations	Fencing is like playing chess at 100 miles an hour. Fencing is 80% mental and 20% physical. A fencer has to be able to figure out what kind of fencer his opponent is, what strategy he will use and what he needs to do to thwart an on-coming attack. A fencer has to think on their feet and make split second decisions. The opponent is a problem and must be solved as soon as possible.	In Class Only
Field/physical activity observations	Physical activity for fencing includes footwork, bladework, advancing, retreating, lunging. Observing the students to make sure their technique in executing each physical activity is correct.	In Class Only

Assignments

Other In-class Assignments

- Warmup and stretches.
- Fencing footwork and drills.
- Bladework and drills.
- Partner drills, taking turns attacking and defending.
- Bout strategy, setting up the attack and how to defend against it.
- Discussing the rules as they apply to a fencing bout.
- Refereeing bouts and explaining the fencing action.

Other Out-of-class Assignments

- Read suggested articles in American Fencing Magazine.
- Watch suggested fencing videos on YouTube.
- Research a competitive fencer, either current or from the past century, write a report on them and their accomplishments and present to the class.
- Observe, participate or volunteer at a local fencing tournament.

Grade Methods

Letter Grade Only

MIS Course Data

CIP Code

31.0501 - Sports, Kinesiology, and Physical Education/Fitness, General.

TOP Code

083500 - Physical Education

SAM Code

E - Non-Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Stand-alone

Transfer Status

Transfer CSU, limited UC

General Education Status

Y = Not applicable

Support Course Status

N = Course is not a support course

Allow Audit

Yes

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals**Curriculum Committee Approval Date**

04/06/2021

Academic Senate Approval Date

04/22/2021

Board of Trustees Approval Date

05/21/2021

Chancellor's Office Approval Date

07/08/2021

Course Control Number

CCC000554124