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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

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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.

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