

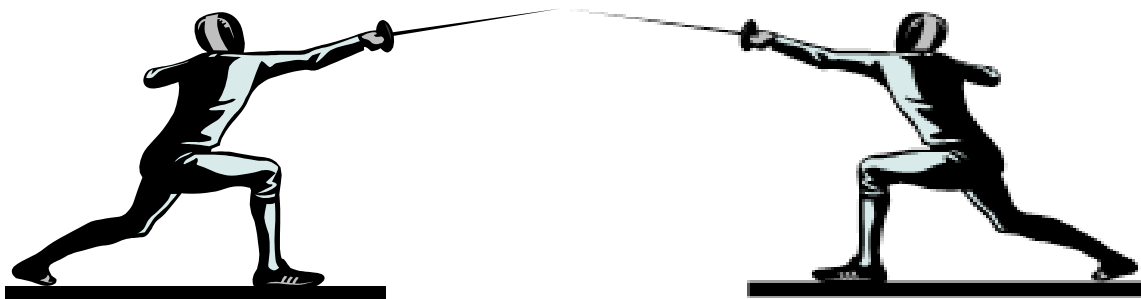
## Rowany Starter Rapier class Lesson Plans

### **Aim:**

*To develop fencers from novice to authorised*

### **Notes:**

- *Aim for total class length no more than 1 hour*
- *Where possible use steel rapiers not fibreglass*
- *Consider student's strength and monitor for fatigue*
- *Encourage use of both hands and provide rests*
- *Keep each lesson to the learning outcomes*
- *Adjust lesson to student's ability and attendance*
- *For Groups having students in a line helps in activities*



*Above all have fun with your fencing,*

*Lindoret and Gomez*

*May 2013*

## Lesson 1 Primer

### Learning Outcomes:

- Identify parts of the sword
- Demonstrate hand position 1,2,3,4 and sword 'grip'
- Demonstrate en garde in Terza
- Demonstrate basic footwork

Equipment: Sword for each student

Item	Activity	Notes
Etiquette	Discussion: SCA Combat overview Honour/ courtesy Thrusts /cuts impact	Terms: 'Hold' calling the attack safety
The sword	Demonstration: names of parts and features of rapier Q& A of students	Terms: Forte/Foible, furniture, quillions, point, pommel, grip true/ false edge
Warm- up	Stretches-do as group, take stretch and hold	All muscle groups Tennis elbow stretches, arms, legs, demonstrate
Sword 'grip'	Demonstrate: holding the sword Activity: have students hold the sword with 0,1,2 fingers above the quillions and trace small circles with sword tip- discuss differences	Looseness of Grip- like holding small child's hand  Discuss control of tip
Hand positions 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup>	Demonstration: use both hands  Practice: Have students demonstrate hand positions	Explain how 'turning' the hand changes angles for defence
En Guard position <ul style="list-style-type: none"> <li>• Terza</li> </ul>	Demonstration: starting guard  Practice: Have students demonstrate guard	Explain correct position and why position is important:  body, arms, knees & feet, position of offhand
Footwork <ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>	Demonstration-have student mirror actions <ul style="list-style-type: none"> <li>• Activity: Line up and simon says Step Forward...</li> </ul>	Correct positions- knees etc Smoothness, posture, feet positions
Range	Crossed swords exercise	'Maintain the range' paired drill Stop motion to correct & reinforce
Review & questions	Homework for next week <ul style="list-style-type: none"> <li>• Gloves</li> <li>• Provide hand-out</li> </ul>	Stance & footwork

Thought for the day: Fencing is fun

## Lesson 2 'Gaining' the sword

### Learning Outcomes:

- Describe concepts of inside & outside
- Discuss distance and determine own range
- Demonstrate the lunge
- Demonstrate gaining the sword

Equipment: Sword for each student

Item	Activity	Notes
Warm- up	Stretches	All muscle groups Dem
Review of 1 <sup>st</sup> lesson Check <ul style="list-style-type: none"> <li>• Sword parts</li> <li>• Hand positions</li> <li>• Guard position</li> <li>• Footwork</li> <li>• Range</li> </ul>	<ul style="list-style-type: none"> <li>• Q &amp; A</li> <li>• Students demonstration</li> <li>• Use line drill footwork check</li> </ul>	Have students demonstrate with swords (e.g. point to pommel)
Concept: Inside & outside	Discuss and demonstrate	
Concepts: Time of the hand, foot, body	Discuss briefly & Demonstrate each distance Practice: have students demonstrate each distance	Demonstrate wall distance drill: without raising sword the student stands at what they feel is their correct distance, raise sword to check and revise
The Lunge Sequence: <ol style="list-style-type: none"> <li>1. Extend arm</li> <li>2. Raise toes</li> <li>3. Lunge /salute</li> <li>4. Recover</li> </ol>	Demonstration then group drill: <b>Have spotter to correct-</b> positions- knees, look for toe before knee, head protection Arm recovery last.  Line practice	Lunge line Drill: Observe for forward foot point, knees, hand in 4th, arm extends 1st, small step, offhand 'salute' protects head, recovery to engarde
Gain Sequence: A) Gain the Sword (defensive ramp) Extension of arm B) Creating an offensive ramp (Taking the angle)-true edge Explain 'offline' and how tip moves not hand (modern fencers will want to turn hand)		
Gain high: inside	Demonstrate with assistant	Drill high: Receiver passive with sword in terza. To gain the sword, A moves point offline by moving sword tip, <b>aiming outside of shoulder.</b>
Gain high: outside	Drill: Have students demonstrate in pairs x 5 each	
Gain low: inside	Monitor each pair and give feedback.	Drill low: Receiver passive with sword in terza tip pointing at a navel. To gain the sword, A moves point offline by moving sword tip, <b>aiming outside of hip.</b>
Gain low: outside		
Review & questions	Homework for next week	Coin kicking drill for lunges(indoors) Distance exercise

Thought for the day: retreat out of range, think out of range

### Lesson 3 Control & Cavazione

**Learning Outcomes:**

- Discuss & demonstrate gain, lunge & recover
- Demonstrate cavazione
- Demonstrate the parry

**Equipment:** Sword for each student

Item	Activity	Notes
Warm- up	Stretches	All muscle groups
Footwork review	Warm up with footwork	Step Forward Step Back Crossover Step Forward Crossover Step Back
Review of 2 <sup>nd</sup> lesson	Check <ul style="list-style-type: none"> <li>• Gain, lunge</li> </ul>	Have students demonstrate in pairs
Expand Sequence: <ul style="list-style-type: none"> <li>A) Gain the Sword (defensive ramp) Extension of arm</li> <li>B) Creating an offensive ramp (Taking the angle)</li> <li>C) Add lunge to hit &amp; recover to guard</li> </ul>		
Gain high+ lunge: inside	Demonstrate with assistant  Drill: Have students demonstrate in pairs x 5 each  Monitor each pair and give feedback.	Drill high: Receiver passive with sword in terza. Gain the sword, turn to true edge, lunge & recovery to enguarde
Gain high+ lunge: outside		
Gain low+ lunge: inside		Drill low: Observe for forward foot point, knees, hand in 4th, arm extends 1st, small step, offhand 'salute' protects head, recovery to enguarde
The Cavazione and regaining control	Demonstration with assistant  Practice: Have students demonstrate in pairs	Below for high garde, Above for low garde Wrist movement only, smaller better
The Parry	Demonstrate the parry in second and fourth	In pairs, one student attacks, the other practices the parry. Ensure enough distance between students
Review & questions	Homework for next week	Cavazione, Review of footwork

Thought for the day- small moves are better

## Lesson 4 The offhand

### Learning Outcomes:

- Discuss & demonstrate blade checking with hand
- Demonstrate blade checking with offhand devices
- Demonstrate attack with dagger

**Equipment:** Sword for each student  
Offhand devices: Dagger, buckler cloaks etc.

Item	Activity	Notes
Warm- up	Stretches	All muscle groups
Footwork review	Warm up with footwork	<ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>
Review of 3 <sup>rd</sup> lesson	Check practice <ul style="list-style-type: none"> <li>• Gain, lunge recover</li> <li>• Cavazione</li> </ul>	Have students demonstrate in pairs
Blade checking with the offhand	Demonstration with assistant with offhand 'Gain then attack' Practice: Have students demonstrate in pairs	Reinforce sweeping sword away not in Concept of control the line with offhand then strike with sword
New dance steps: the passing step	Demonstrate passing step	Discuss change of stance offered to refused-pros & cons
Checking with offhand devices	Blade checking with the devices <ul style="list-style-type: none"> <li>• Gaining the sword with the device</li> </ul> 'Gain then attack'	Discussion: Bucklers, cloaks, Parrying Gauntlet variants
The dagger-attack	Using the dagger to attack also	
Review & questions	Homework for next week	

Thought for the day: 'Gain then attack'

## Lesson 5 Cuts and close work

### Learning Outcomes:

- Discuss & demonstrate sword 'whispering'
- Demonstrate cuts safely
- Demonstrate parry by void
- Demonstrate using angles -binds & winds

Equipment: Sword for each student

Item	Activity	Notes
Warm- up	Stretches	All muscle groups
Footwork review	Warm up with footwork	<ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>
Review of 4 <sup>th</sup> lesson	Check: <ul style="list-style-type: none"> <li>• blade checking</li> </ul>	Have students demonstrate in pairs provide feedback
Sword 'whispering' Identify contact via senses	Activity: in pairs receiver closes eyes with sword en garde, agent gently contacts sword the blind player identifies forte/foible contact by feel alone	Forte/foible sensing
Cuts: or oops I missed a thrust!	Demonstrate with assistant: draw & push cuts Practice: Have students demonstrate in pairs	Place and push/pull Caution about percussion, soft hands
Defending against Cuts	Demonstrate with assistant: movement/voiding Practice: Have students demonstrate in pairs	
Push /not push	Practice 'oozing' around strong opponent	Winds/binds
Close work: Sword control, using angles and movement	Demonstrate with assistant: movement/voiding Practice: in pairs with coaching	Disengaging & exit to range Parry by void
Review & questions	Homework for next week	Sword grip focus, practice flow of movements

Thought for the day: don't seek close work

## Lesson 6 Sparring and Tournaments

### Learning Outcomes:

- Discuss SCA & fencing culture
- Discuss Rules of the list
- Practice controlled bouting

**Equipment:** Sword for each student, examples of legal fencing garb, fencing equipment for Rules of the list- hardcopy/link sparring

Item	Activity	Notes
Warm- up	Stretches	All muscle groups
Footwork review	Warm up with footwork	<ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>
Review of 5 <sup>th</sup> lesson	Check: <ul style="list-style-type: none"> <li>• Cuts, defence</li> <li>• Close work</li> </ul>	Have students demonstrate in pairs provide feedback
SCA fencing information And SCA culture	Discussion	Garb for fencing Rules of the list Authorisation
Format of an individual tournament bout and Melee rules	Discussion of what happens at Tourneys , Melee rules	Inspections Salutes Marshals Courtesy
Controlled sparring/bouting	Paired with observers	Safety focus
Game on-assertive engaging	Attack 'terrier' drill	Optional- for those needing assertiveness
Review & questions	Homework for next week	Learn rules of the list

## Lesson 7 Authorisations

### Learning Outcomes:

- Practice controlled bouting
- Discuss Rules of the list
- Authorisation

**Equipment:** Sword + fencing equipment for sparring

Rules of the list- hardcopy/link

Authorisation form

Item	Activity	Notes
Warm- up	Stretches	All muscle groups
Footwork review	Warm up with footwork	<ul style="list-style-type: none"> <li>• Step Forward</li> <li>• Step Back</li> <li>• Crossover Step Forward</li> <li>• Crossover Step Back</li> </ul>
Review of 6 <sup>th</sup> lesson	Check: <ul style="list-style-type: none"> <li>• Cuts, defence</li> <li>• Closework</li> </ul>	Have students demonstrate in pairs provide feedback
Controlled sparring against an experienced opponent	Paired with observers	Safety focus
Authorisations	Practical and theory assessment	
Review & questions		