

WHY NOT TRY FENCING?

It's a naturally sociable activity (it's tricky to fence on your own!) which attracts people from all walks of life (contrary to the image sometimes seen in films). It's accessible to everyone, young and old, male and female, able-bodied and disabled alike. And, in case you're wondering, it's also a very safe sport. So all in all, it's a great way to meet new people and get a good work-out at the same time.

And don't worry if you're not into sports. Many people who don't normally consider themselves 'sporty' find they really enjoy the unique mix of skills used in fencing.

With a network of clubs in Scotland it is easy and inexpensive to try fencing (equipment is provided). And should you enjoy it, there are many opportunities to pursue the sport further both recreationally and competitively.

For competitive types, it offers opportunities for both team and individual competition; and for the really dedicated, representative opportunities at regional, Scottish, UK and Olympic levels (fencing was one of the original sports in the modern Olympic Games).

It's also ideal for youngsters, being safe, physically challenging, and great fun. As a combat sport, fencing offers a great way for children to get rid of all their energy and emotion constructively; and of course all children enjoy a sport where they are actually allowed to hit each other! Fencing will also help develop many

other attributes including speed, coordination, balance, timing, concentration, team-work and tactical thinking, amongst many others.

Finally, being an indoor sport, fencing is of course ideally suited to our great Scottish climate!

So, if you're looking for a physical activity that's a little bit different, fencing might just be ideal.