

Las Positas College
3000 Campus Hill Drive
Livermore, CA 94551-7650
(925) 424-1000
(925) 443-0742 (Fax)

Course Outline for KIN FNF2

FENCING - FOIL 2

Effective: Fall 2018

I. CATALOG DESCRIPTION:

KIN FNF2 — FENCING - FOIL 2 — 1.00 - 2.00 units

This is a second semester course for foil. Emphasis is establishing consistent technical and tactical skills unique to foil fencing. There will be introduction to use of electrical equipment.

1.00 - 2.00 Units Lab

Strongly Recommended

KIN FNF1 - Fencing - Foil 1

with a minimum grade of C

Footwork movements (advance, retreat, and lunge) must be correct and controlled.

Grading Methods:

Letter or P/NP

Discipline:

- Physical Education

Family: Kinesiology Fencing

	MIN	MAX
Lab Hours:	54.00	108.00
Total Hours:	54.00	108.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 1

III. PREREQUISITE AND/OR ADVISORY SKILLS:

Before entering this course, it is strongly recommended that the student should be able to:

A. KINFNF1

1. Recite and demonstrate the rules for courtesy and safety
2. Execute all footwork with precision
3. Demonstrate basic blade action techniques unique to foil
4. Describe offensive tactics that are used to establish 'right-of-way' rules
5. Apply knowledge of rules to officiate and judge a bout

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

- A. Demonstrate strategically correct blade action during competitive situation.
- B. Describe offensive tactics that are used to establish 'right-of-way' rules
- C. Demonstrate fencing in a competitive bout
- D. Apply knowledge of rules to officiate and judge a bout
- E. Perform all footwork movements with strength, balance, and control.

V. CONTENT:

- A. Fitness preparation to strengthen body for coordination and balance
- B. Simple and compound footwork combinations
- C. Blade work to emphasize finger-tip control for precision and accuracy
- D. Strategies for competition and establishing 'right-of-way'
- E. Fencing in an electric competitive bout
- F. Directing and judging an electric bout

VI. METHODS OF INSTRUCTION:

- A. **Demonstration** - Verbal explanation accompanied by demonstration
- B. **Individualized Instruction** - Instruction given to the whole class with individual comments given when needed
- C. **Classroom Activity** - Student participation in class drills and group activity

VII. TYPICAL ASSIGNMENTS:

- A. Practicing parry-riposte actions at extension distance, then lunge distance.
- B. Fencing with partners where invalid hits are scored as "-2" in total scoring.

C. Using electric equipment, fencing a 5-point bout.

VIII. EVALUATION:

A. **Methods**

1. Class Participation
2. Class Performance

B. **Frequency**

1. Student participation and performance is evaluated daily

IX. TYPICAL TEXTS:

1. Rogers, Ed, and Georgina Usher. *High Performance Fencing: The Seventh Essential*. 1st ed., Crowood Press, 2016.
2. Thilault, Gerard. *The Academy of the Sword*. Hardcover ed., Aeon Books, 2017.
3. Access to online websites, e.g. usfa.org; fencing.net

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. Students will need to purchase their own fencing equipment, which includes a mask, jacket, foil, and glove. An electric foil and body cord are recommended.