

## **Curriculum Vitae - Kian Ronan Ashton Ryan**

Date: 5nd October 2014

### **Personal**

- Nationality: British & Irish
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### **Education**

- **2001-2004** Durham University - BSc(Hons) Computer Science

### **Qualifications**

- **2015** FIE Diploma - Sabre.
- **2009** British Fencing Level 4 - Foil, Epee, Sabre.

### **CPD**

- **2014** British Red Cross - Emergency First Aid At Work.
- **2014** SCUK - Safeguarding and Protecting Children 2.
- **2013** SCUK - Introduction to Long Term Athlete Development.
- **2013** SCUK - Introduction to Fundamentals of Movement.
- **2011** SCUK - Safeguarding and Protecting Children.

### **Experience**

- **1998** - Started fencing.
- **1999-2001** Studied foil under Robert Kiss and Dave Varey.
- **2001-2004** Studied sabre under Laszlo Jakab.
- **2001-2004** Member of Durham University Fencing Team.
- **2003-2004** Men's Captain Durham University Fencing Team.

- **2003-2004** Beginner's coach at Durham University.  
Introduction of foil fencing to university students over 20 weeks.  
Delivering program designed by Laszlo Jakab.
- **2003-2004** School coach for British Fencing Centre North East.  
Responsible for delivering a ten week beginner's foil program to schools based on a framework designed by Laszlo Jakab.
- **2004-2006** Sabre coach at Bolton Fencing Club.  
Responsible for delivering a performance sabre program to competitive youth fencers, including fitness, footwork and individual lessons. Persistently improved results over two year period.
- **2008** Performance coach for Sussex University. Responsible for delivering three weapon training to university team during BUSA season. Provide group exercises for Saw significant improvement in team performance and end of season rankings.
- **2009** Awarded England Fencing Level 4 in Foil, Epee, Sabre  
Foil, Sabre - Prof. Laszlo Jakab  
Epee - Bella Kopekta
- **2010-2012** Sabre coach at Manchester Fencing Club.  
Responsible for delivering individual lessons to a range of junior, senior and veteran competitive fencers.
- **2012-2013** Junior coach at Sheffield Fencing Club.  
Sabre and Epee. Responsible for establishing a youth program, education of beginners and progression of more experienced juniors. Started competitive program with junior fencers gaining experience on regional and national competitive circuits.
- **2013-** Head coach at Sheffield Fencing Club. Sabre and Epee.  
Responsible for directing all coaching, group and individual, across juniors and seniors.  
Responsible for establishing training plans and competition schedules for fencers. Training of trainee coaches for youth development. Fencers at regional, national and international level.
- **2013-** Head coach at Northwich Fencing Club.  
Foil. Coaching of beginner's and intermediate junior and senior fencers. Fencers at regional and national level.
- **2014-** Regional sabre coach for Yorkshire. Sabre. Individual and group coaching of national and international competitive fencers from across the Yorkshire region at quarterly regional hub days.
- **2014** FIE Coaching Diploma.  
Sabre - Dr. Szepesi László