

OFC At Home Training Program

Technique

All drills should be done starting from a perfect en garde and returning to a perfect en garde on recovery. Knees should be bent and weight distributed across both back and front leg.

Target

- Straight thrust and return to en garde x10
 - Focus on full extension of the arm with a loose shoulder. Try to hit the same spot each time. Hold the extension for 2 seconds before recovering with a slight pause.
- Hit with remise x10
 - First hit with just a slight bend and then recover to en garde with an immediate remise with a full extension and hold for 2 seconds. Utilize slow->fast tempo with the final remise extension faster than the initial hit.
- Advance thrust with remise x10
 - Relaxed shoulder. Make sure you are always leading with your point. Hold on target for 2 seconds.
- Lunge with remise x10
- Half-advance (check step) with lunge x10
 - Focus on slow->fast tempo with the lunge faster than the half-step
- Half-retreat with lunge x10
 - Focus on slow->fast tempo with the lunge faster than the half-step
- 4 opposition advance thrust x10
 - Focus on driving the point to the target with your fingers and closing out on the 4 line in the last instant. Hold the thrust in 4 opposition for 2 seconds before recovery.
- 4 opposition lunge x10
- Back leg balance slow motion lunge x10
 - Make sure arm extends first

Hanging ball from string (tennis ball or softball which can be wrapped in athletic tape)

- Start of hitting the ball when it is still from a stationary position. It will start to swing once hit and will return back to the same starting position. Try to hit it gently forward as it swings back towards you. As the ball swings in different directions it becomes more challenging to hit it.
 - Focus on keeping good technique (perfect en garde position with knees bent) and not staring at the moving ball. Try to gaze forward and see the ball movement with your peripheral vision.
 - Hit the ball for 1-2 minutes and then rest and repeat 4 times.
- Hit the ball with an advance thrust or short lunge from a large distance.

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Conditioning

Warm up

10 jumping jacks

10 burpees

10 high knees per leg in place

10 butt kicks per leg in place

10 squats

15 push ups

10 lunge steps per leg

15 bridge position (laying on ground with legs 90 degrees at the knees and lifting hips off the ground)

Shuttle sprints (set markers every 2 meters for an area 4 meters in length)

Fencing specific

- En garde slow squat down and up. 4 seconds down and 4 seconds up.
- Balance on back leg with front leg 1-2in off the ground. Hold for 20 seconds with 10 sec rest x4.
- Bouncing in place for 45 seconds with 15 second rest 8x
- Fast tapping in place for 20 seconds with 10 seconds rest x8
- One legged hops from back to front foot in en garde position. Trying to jump the maximum distance between legs, 20 jumps x 4
- Advance, retreat, squat lunge x10
- Pyramid advance and retreat (1 advance, 1 retreat, 2 advances, 2 retreats... up to 5 and then back down to 1) x4
- Shuttle advances and retreats - High speed advances to 2m line and retreat back to start then advance to 4m line and retreat back to start then repeat. 20 secs with 10 seconds rest x8.

Cool down/Stretching

10 deep breaths with eyes closed while sitting cross legged

Stretch hamstrings, quads, hip flexors, and shoulders. Hold each stretch for 5 seconds and repeat 3x.