

OLYMPIAN

FENCING CLUB

Tournament Best Practices

General Reminders

1. Always have at least 3 body cords and 3 working and passable weapons for every tournament.
2. Winners want it more and are willing to outwork their opponents.
3. Be patient and take your time to set up touches.
4. Fence with full effort no matter what, even, and especially, if you are behind.
5. Be physically warmed up and sweating before each competition bout.
6. Your legs are your best defense. If your opponent can't reach you, they can't score.

Mindset Best Practices

7. Be the lion, not the gazelle.
8. Remind yourself of past successes.
9. Remind yourself of someone you feel supported by.
10. Focus on the moment, not the outcome. Focus on one touch at a time.
11. Remind yourself that this outcome will not affect your life in 5 years.
12. Take several deep breaths (count to 8 on both the inhale and exhale, repeat 4-5 times).
13. Tell yourself "I got this", "I can do this", "I can win this bout".
14. Your body is in a heightened state of awareness and readiness. Use that to your advantage.

Fencing IQ/Tactics

15. Watch your opponents to learn their weaknesses and strengths. Use that information to make your bout as difficult as possible for them.
16. Have a simple game plan and focus on executing it.
17. Be smart. Deceive your opponent. Don't let them know what you are going to do.
18. Disguise attacks by starting slow and finishing fast. "Slow-fast".
19. If you attack straight, assume that your opponent will defend his/herself (e.g., parry). Use that to set up a feint disengage ("one-two") attack.
20. If something works, keep doing it.
21. Go for the riposte after your opponent fleches past you. You get one chance after they pass.
22. If you are ahead, don't take an excessive risk if not necessary. Make the opponent come to you and be ready with active defense.
23. If you want to defend, then keep a bigger distance so you can see the attack coming.
24. In one touch scenarios (priority) it's always best to take the initiative and be proactive (be brave and go for the touch).

Technique Reminders

25. When in distance stay low, take small steps/hops, and keep your hand in a good position.
26. Sit low and be balanced on both legs when in distance.

27. Keep your point small, pointed at your opponent, and blade actions small and efficient.
28. Always focus on your touch and hitting the target. Disengage your opponent's blade when you feel too much pressure/resistance.
29. Finish actions with full strength, speed, and opposition.
30. Always be moving to disguise the distance, maintain inertia, increase reaction time, and avoid surprises. Bouncing in place does **not** count as moving.
31. Run past your opponent after fleching to avoid being hit.
32. When infighting, try to do one bigger action instead of lots of smaller ones. Collapse distance and move past the opponent if no one scores (never move backwards after getting in close).

Bout Awareness

33. Be aware of the time and how much is left in the bout/period or for passivity (P red, etc.).
34. Know which period you are in.
35. Know whether you were awarded priority or not.
36. Know where you are on the strip and where the end of it is.
37. Keep fencing until the ref calls "Halt!"
38. Stay in line with your opponent on strip, right in front of them, not off to one side or the other.
39. Check to make sure your blade is working in between every touch. Present it to the referee if you felt you hit but the touch didn't register.