

# 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. A good action can take upwards of 30-40 seconds to set up.
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 to increase your confidence.
9. Remind yourself of someone you feel supported by.
10. Do not underestimate any opponent, no matter how they may appear.
11. Focus on the moment, not the outcome. Focus on one touch at a time.
12. Remind yourself that this outcome will not affect your life in 5 years.
13. To center yourself before a match or if feeling nervous take several deep breaths (count to 8 on both the inhale and exhale, repeat 4-5 times).
14. Tell yourself "I got this", "I can do this", "I can win this bout".
15. Your body is in a heightened state of awareness and readiness. Use that to your advantage.
16. It's ok to be angry sometimes. Channel that energy into a will to win!

#### Fencing IQ/Tactics

17. Watch your opponents to learn their weaknesses and strengths. Use that information to create a simple strategy to make your bout as difficult as possible for them.
18. Have a simple game plan and focus on executing it.
19. Be smart. Deceive your opponent. Don't let them know what you are going to do.
20. Disguise attacks by starting slow and finishing fast. "Slow-fast".
21. 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.
22. If something works, keep doing it until it stops working.
23. Go for the riposte after your opponent fleches past you. You get one chance after they pass.
24. 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.
25. If you want to defend, then keep a bigger distance so you can see the attack coming.
26. In one touch scenarios (priority) it's always best to take the initiative and be proactive (be brave and go for the touch).

27. When you are behind and need to push, you are more likely to be successful if you are able to push your opponent into their warning box before launching your attack. Disguise the attack with lots of feints and body jukes.

#### Technique Reminders

28. When in distance stay low, take small steps/hops, and keep your hand in a good position.
29. Sit low and be balanced on both legs when in distance.
30. Keep your point small, pointed at your opponent, and blade actions small and efficient.
31. Always focus on your touch and hitting the target. Disengage your opponent's blade when you feel too much pressure/resistance.
32. Finish actions with full strength, speed, and opposition.
33. Always be moving to disguise the distance, maintain inertia, increase reaction time, and avoid surprises. Bouncing in place does **not** count as moving. Use the whole strip.
34. Run past your opponent after fleching to avoid being hit.
35. Be ready to keep fighting especially after launching a big lunge. Fencers get hit a lot on his/her recoveries so be ready to remise forward or recover with a strong parry riposte.
36. 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

37. Be aware of the time and how much is left in the bout/period or for passivity (P red, etc.). Know if you or your opponent has a higher seed which will impact the result of the bout if a P-black is issued and the score is tied.
38. Know which period you are in.
39. Know whether you were awarded priority or not.
40. Know where you are on the strip and where the end of it is.
41. If you are getting pushed to the end of the strip try to hold your ground at the warning line and not the end of the strip to give yourself more space to defend, especially with your legs!
42. Use strategic feints, body jukes, beats, and foot stomps to push your opponent back or to their end of the strip.
43. Keep fencing until the ref calls "Halt!".
44. You get one riposte after a fencer passes you, always try to take advantage of that opportunity, especially if they fleche you!
45. Stay in line with your opponent on strip, right in front of them, not off to one side or the other.
46. Check to make sure your blade is working in between every touch. Present it to the referee immediately if you felt you hit but the touch didn't register.
47. Be polite to your referee at all times. Referees do occasionally make bad calls and many times there is no formal recourse.
  - a. If you capture a bad call on video, referees are not allowed to review that video during the bout. You may politely let them know after the bout and ask if they are willing to review the video.
  - b. If you believe a referee has incorrectly interpreted the rules then you are entitled to ask for "bout committee" to clarify the rule. In this circumstance you can refuse to fence until the bout committee arrives. However, if you are incorrect, then the referee can penalize you with yellow/red cards for delay of bout.
  - c. If you believe your opponent is hitting the ground outside of the grounded strip zone and the referee is not catching it, you are entitled to request additional referees as floor judges.