



# Fencing: Essential Skills Training

*Ed Rogers*

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## **Fencing: Essential Skills Training** Ed Rogers

Fencing is a sport that demands a high degree of discipline, concentration, and co-ordination, not to mention considerable skill. In this book, Ed Rogers has provided a range of training exercises to enable fencers to practice skills in a logical and progressive manner. Covering foil, sabre, and épée in turn, the exercises work from the basics of on guard and control of the weapon, through simple attacks, to parries, ripostes, counter-ripostes, and compound attacks. The exercises can be used by two fencers of similar ability, or by coach and pupil, thereby offering an invaluable aid for students and coaches alike.

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