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# Fencing: Skills, Tactics, Training (Crowood Sports Guides)



## Synopsis

Covers fencing techniques in a logical progression, from the absolute beginner to the advanced competition fencer. Fully illustrated with photographs showing technique sequences, correct positions, and competition situations, this step-by-step guide is perfect for newcomers learning the fundamentals, advanced practitioners, or coaches. It supplies detailed tips and advice on competition fencing and includes a valuable section on tactics and how to apply techniques in a fight situation. It also presents footwork exercises and bladework training drills, introduces epee and saber fencing, and discusses how to approach fencing as a left-hander and how to deal with left-handed opponents.

## Book Information

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Average Customer Review: 4.1 out of 5 stars. See all reviews (14 customer reviews)

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## Customer Reviews

There are dozens of fencing books on the market today, and they all cover various aspects of history, French vs. Italian style, basics, exercises, etc. Sowerby's book is by far the best out there on the "chess" aspects of fencing-- both strategy and tactics. Andrew takes a very balanced tone, giving just enough on history, warm ups, beginning skills, footwork, etc., then launching into the most advanced topics-- parries and ripostes from every position for both left and right, deception, counter/counter moves, compounds, feints, and MUCH more. There are quick chapters on epee and sabre, but the main concentration is on foil, although many of the techniques apply to all three when you remove right of way and added target considerations-- much of the footwork, strategy and tactics apply. This is a RECENT book, with a LOT about modern competition, the move toward force

and strength in the olympics vs. finesse, and the tactics the most accomplished winners use. I recommend this both for beginners and advanced fighters, and I also use this book in my combat fencing classes for real blade situations. There are tips here (like keeping the line of sight where the attacker can't see it and not exposing the subclavian with too narrow a trunk presentation) that are amazing for any type of knife or sword training, including katana, Phillipine, Samurai, etc. Advanced fighters will LOVE the detail of the tactics. I've seen many books call fencing "physical chess" but this is the only one that really gets into that kind of move-countermove detail, and I've read them all!

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