

# Manchen Academy of Fencing

## *Summer Camps 2018*

Camp sessions run Monday thru Friday from 9:30am – 3:30pm. Fencers do not have to be members of Manchen Academy of Fencing to enroll, however members will receive a discounted rate. A 45-minute lunch break will be included in each camp. Students may bring their own lunches and water, or purchase from the local establishments. Come and improve your fencing skills with us this summer!

**Fundamentals of Foil Camp** - Designed for fencers ages 8-13 with limited to no prior competition experience. Curriculum will be covered through lectures, drills, games, bouting and role play scenarios.

Curriculum:

- Overview of most rules and their applications
- Footwork technique and applying it to the modern game
- Timing: When to attack, when to parry and how to create an opening
- Distance: Understanding appropriate distance in common situations

Fundamentals of Foil Camp: July 23<sup>rd</sup> – July 27<sup>th</sup>

**Elite Foil Training Camp** – Designed for fencers actively competing and desiring high level results. Curriculum will be covered through lectures, drills, games, bouting and role play scenarios.

Curriculum:

- Advanced rules and their applications
- Game strategy: When to run out the clock, how to break an opponent's rhythm, etc...
- Footwork: Balance and tempo changes
- Counter Attacks: Different types, their appropriate technique and how to incorporate them
- Attacking: Absence of blade vs. Disengaging

Elite Camp 1: July 9<sup>th</sup> – July 13<sup>th</sup>

Elite Camp 2: July 16<sup>th</sup> – July 20<sup>th</sup>

Elite Camp 3: July 30<sup>th</sup> – Aug 3<sup>rd</sup>

Elite Camp 4: Aug 6<sup>th</sup> – Aug 10<sup>th</sup>

# Manchen Academy of Fencing

**High School Epee' Camp** – Designed for student's fencing on their high school team or looking to fence for their high school in the near future. Curriculum will be covered through lectures, drills, games, bouting and role play scenarios.

Curriculum:

- Basic rules and their applications
- Footwork: Advancing, retreating, lunges, half-steps
- Parries: Handwork technique and positioning for leverage
- Attacking: Straight attacks and disengages

HS Epee' Camp: July 23<sup>rd</sup> – July 27<sup>th</sup>

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## Camp Pricing

**MAF Members** - \$445 full week or \$100 per day. Additional weeks are \$275.

**Non-Members** - \$525 full week or \$120 per day. Additional weeks are \$375.

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**Manchen Academy of Fencing will be closed the week of Aug 11th – Aug 26th for summer vacation.**

