

Fencing

Santa Clara Adult Education

Worksheet One - Beginning

Reading Assignment pp. 3 – 16 (Sec. Nos. 1-14) from *The Science of Fencing*

Chapter One

1. Name the six elements of the Italian foil guard. (Answer: Sec. No. 1)
2. Name the three elements of the Italian foil blade. (Answer: Sec. No. 1)
3. How can one tell that a foil is correctly balanced? (Answer: Sec. No. 2)
4. How many hand positions are there and what are their names? (Answer: Sec. No. 4)

Chapter Two

1. What is first position? (Answer: Sec. No. 5)
2. What is the purpose of the salute? When is it done? (Answer: Sec. No. 7)
3. What is the line of direction? (Answer: Sec. No. 8)
4. What is the purpose of the guard position? (Answer: Sec. No. 9)
5. What is the lunge? (Answer: Sec. No. 11)
6. What is the advance? (Answer: Sec. No. 13)
7. What is a retreat? (Answer: Sec. No. 14)