



CHEYENNE

FENCING SOCIETY & MODERN PENTATHLON CENTER

Of Denver

Fencing is physically demanding and mentally consuming but the decision to add it to your after school program is easy.

Cheyenne Fencing Society can bring it all to you - the equipment, the protective gear and weapons, the electronic scoring apparatus and the world class coaches.

We will introduce your students to the wonderful world of this unique sport. Fencing has it all, history, drama, romance, style, art, plus all of the advantages of a physically and mentally active sport. Kids find fencing challenging and fun, no matter what their age, shape, gender or size.

The mission of this program is to introduce fencing to students where they will experience the thrill of the bout in a safe environment and enjoy the benefits of the sport, while being encouraged to respect one another.

Curriculum overview

Life lessons

Competition with manners - through the classic elements of fencing like the salute and the handshake we always insist on respect for your opponent.

We celebrate differences as we teach that being successful in fencing has nothing to do with your age, size, shape or gender.

Self confidence as the fencer is taught they must make all their own tactical and strategic decisions in a bout.

Poise including body awareness, balance and stance is taught from day one.

Patience is a virtue that every fencer learns as they must wait for the right moment to attack.

Strategy, swiftness and precision - "Fencing is an intensive physical replica of a computer game in which the mind must race quickly to meet the unforeseen challenges."

Skills taught:

- Footwork
- Bladework
- Bouting
- Instruction on fencing tactics

Exercises throughout program include:

- Warm up exercises
- Flexibility training
- Strength training
- Games and exercises to help with coordination and timing

Why parents will love this sport for their kids

- Physically challenging with low risk of injury - studies have shown that fencing, at the highest competitive levels has one of the lowest time out for injury than other sports.

- Clinical Journal of Sport Medicine. 18(2):137-142, March 2008.
- The mental intensity and the physical challenge of this sport, involving a lot of quick reflexes and strategic thinking, fully engages most gamers. Finally, parents have a healthy alternative for the Wii, Xbox or Playstation.
- Ideal for kids with ADD.
- Strengthens the muscles in the forearm and hand that help with precision and speed of writing.