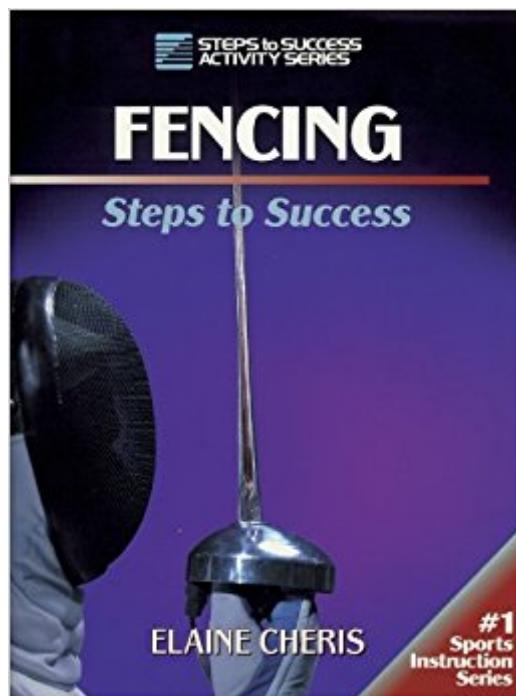


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# Fencing: Steps To Success (Steps To Success Activity)



## Synopsis

Fencing: Steps to Success covers all of the essential skills of the epee and foil forms of fencing. This book will serve as the perfect training guide for less experienced fencers and students of fencing, as well as a valuable reference for instructors of this highly technical sport. One of the most recognized fencing figures in the United States, author Elaine Cheris shares her expertise as both a fencer and instructor. In each progressive learning step, she carefully describes each major skill, presents sequential illustrations (approximately 150 in all) to show how to perform the skill, and then provides a series of drills to refine the skills through practice. The book's step-by-step teaching method is both challenging and fun for the student, promoting skills development and motivation to learn more. It's the perfect technique-development guide and a valuable reference. Having made the U.S. Olympic team in both epee and foil, Cheris covers both forms in this book, giving you a well-rounded introduction to the sport. A highly accomplished instructor, Cheris owns and operates the Cheyenne Fencing Society and has been the chairperson for two World Championships. She has instructed many notable students, including pop music stars Neil Diamond and Jimmy Buffett. See all the titles available in the Steps to Success Series.

## Book Information

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## Customer Reviews

"I am very impressed. This is a very good do-it-yourself book for beginners who lack the assistance of a coach. The basics are sound; the training program should improve even an experienced fencer. I am going to use a few of the training tips myself!" Abrahamson GoranMember of the technical

commission, International Fencing FederationVice President, Swedish Fencing FederationSilver and bronze world championship veteran (1997, 1998) "A valuable manual both for the individual learning fencing and to stimulate and help coaches. Elaine Cheris draws on her experience as both a coach and Olympic competitor. The combination encourages this book will be of great service to those seriously wanting to fence." Peter JacobsSecretary/ Treasurer and member of Executive Committee of the International Fencing Federation "A refreshing introduction to the sport and pastime of fencing. The book compares fencing with various sports and activities to help understand the exercises. It will help young instructors willing to embark on a unique form of coaching, teaching, and training. It stresses mobility of hands and feet and points to the importance of balance at all times. Generally, I would say we look at a democratization of fencing." Carl SchwendeVice President of Honor and member of Executive Committee of the International Fencing Federation

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Ms. Cheris' "Fencing: Steps to Success" is a worthwhile purchase for new fencers. (My 5 star rating presumes that the reader is a novice fencer.) As a new fencer myself (1 year), I've read several books on fencing in addition to taking weekly lessons. Ms. Cheris' book provides clear, concise instructions and excellent diagrams; and includes numerous recommended drills that help beginners properly form their technique. While no substitute for lessons, the book is great as a

companion to live instruction. For beginners, I strongly recommend this book over Nick Evangelista's "The Art and Science of Fencing". (Although Mr. Evangelista's book does do a better job in giving the reader the historical context of today's modern sport fencing.) "Fencing: Steps to Success" is a valuable learning aid for those new to the sport.

I'd give this book 10 stars if I could. Very very clear information, lots of drills. I'm new to fencing but have boxed and done martial arts for 40 years and this book is a TREMENDOUS resource of information. This is EXACTLY the book I wanted. It's perfect. The illustrations are clear and everything is here.

I recommend this as the first fencing book a student or parent should purchase because it outlines the fundamental fencing techniques of a good fencer. Any advanced technique learned from any future will fall somewhere into these chapters as a more detailed explanation of the technique.

My fencing instructor recommended this.

This book is great for beginning fencers. There are plenty of drills to hone skills. Lots of pictures to illustrate techniques. We are getting plenty of use from this book.

breaks down each move and explains exactly what each part of the body should (and should not) be doing, how your weight should be distributed, etc. also lists common mistakes made and how to avoid or fix them. best of all, it's filled with tons of drills for practice, both solo and with a partner. working my way through the book has gotten me through my first semester of fencing with excellent results. so much more helpful than any other book out there, by far.

I've just become interested in fencing and wanted something to "supplement" my hands-on lessons. This book is a great help in understanding the vocabulary, skills and tactics of this amazing sport. It does not take the place of hands-on training and practice, but it does provide a great, easy to follow reference.

Having not fenced since my college days in the 60s, but still having a set of foils and masques, I wanted to obtain a book to remind me of what I once knew...the basics. While there were a few defensive moves not discussed in this book, nor a discussion of the advantages/disadvantages of

various grips, I found the book helpful and believe a newbie would benefit from its illustrations.

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