



**MUSLIM SPORTS
FOUNDATION**

Fencing Session Plans

Safety in the Salle

Top Ten Tips for Safety in the Salle:

1. Create a Safe Zone
2. The HALT command must be clear and understood
3. Assess the group, don't assume!
4. Wearing of masks in the fencing area
5. Weapon down - mask off - mask on - pick up foil
6. If it concerns safety, use Tell mode and then question for understanding
7. Consistency in Health and Safety
8. Check kit before and after
9. Positioning of the coach and the participant (Coach to also wear helmet in the safety zone)
10. Foils in the correct position/direction

Example Set of Rules for Safety in the Salle:

- Walk, never run, in the salle (unless under the direction of a coach)
- To get from one side of the salle to the other walk around the edges of the salle
- Never point a weapon at anyone not wearing a mask
- Keep the point of weapon down when not fencing
- Put your mask on before you pick up your weapon
- Treat other fencers, coaches and helpers with respect
- Always wear the correct safety equipment for fencing (mask, jacket and plastron, glove)
- When you hear the word "HALT! stop what you are doing, stand still, and listen.



Date:	Venue:	Sport / Activity: Fencing	Duration: 1 Hour
Group: (<i>Who, number of participants, age and ability etc.</i>)		Equipment list: * Cones and floor lines * Fencing Kit bag	
Introduction and objectives: (The aims for the session, e.g. passing, receiving, other skills etc) 1 – Kitting up 2 – Grip 3 – Target Area 4 – Salute 5 – On Guard 6 – Blade Manipulation 7 – Thrust 8 – Movement <i>Did you know? Modern Fencing is one of only four sports to be included since the first Olympic Games in 1896.</i>			
Hadith: Umar bin Al-Khattab narrated: "I heard the Messenger of Allaah (peace and blessings of Allaah be upon him) saying; 'The reward of deeds depends upon the intentions and every person will get the reward according to what he has intended. So whoever emigrated for worldly benefits or for a woman to marry, his emigration was what he emigrated for'" Bukhari			
<p>Warm up activities {5minutes} Game: Body Pop Place a cone in the middle of two participants, say head, shoulders, knees and toes. They touch those body parts when its shouted out. The coach will then say CONE and they must try and grab the cone before their opponent.</p> <p>Progression: Add forfeits for those that don't get the cone.</p> <p>Finish with a range of dynamic stretches.</p>	<p>Drills and games: Movement {10minutes}</p> <ul style="list-style-type: none"> • When moving forward then Lead with front foot (Heel of the foot should land first) • When moving backwards then lead with the back foot • Feet must stay at 90° • Legs bent throughout <p>GAME: Red Light, Green Light (Squid games) Coach will face the wall and shout 'Green Light', participants move forward using the correct footwork. Coach will randomly shout 'Red Light' and turn around and the participants must freeze in the ON GUARD position. If you are caught moving your out. The next time the coach says 'Green Light' the participants will move backwards. Each time the coach says 'Green Light' the direction changes. Game ends when everyone is out. Speed up to make it harder.</p>		<p>Kit up: {5minutes} Demonstrate how to kit up. Order: Vest then Helmet This is the time to explain the Target area. Use this time to talk about safety elements. Sword: Take time to talk about the grip and blade manipulation. - Hold foil between thumb and forefinger near the guard. With the remaining fingers resting against the handle. - Make sure blade is the correct way, curve upwards. Use this time to talk about safety elements such as Weapon down – mask off – mask on – pick up foil</p>
<p>Progression to warm up {7minutes} Teaching point: On Guard</p> <ul style="list-style-type: none"> • Feet shoulder width apart • Turn dominant foot 90° to face opponent • Legs bent, back upright and sword arm bent. <p>Participants back into Body pop but this time the coach will say ON GUARD instead of cone.</p>	<p>Thrust {10minutes}</p> <ul style="list-style-type: none"> • Correct distance for the action • Point foil in line with the Target • Move the elbow towards the target • Complete the action with a straight arm <p>Let them practice 5 hits on each other</p> <p>GAME: {15minutes} Let them have a bout, introduce the Salute to start the bout then allow them 90 seconds to see how many times they can hit using a Thrust. Their only defence is moving out of the way.</p>		<p>Cool down: {5minutes}</p> <p>De-kit Reinforce safety, sword down before mask off, equipment check before returning it to the bag. Has anything got damaged if so report it to the coach.</p> <p>Full body static stretches to conclude the session.</p>
<p>Session review: 1 thing that went well? 1 thing that I would change for next time?</p>			

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Group: (<i>Who, number of participants, age and ability etc.</i>)		Equipment list: * Bean bags * Cones and floor lines * Fencing Kit bag	
Introduction and objectives: (The aims for the session, e.g. passing, receiving, other skills etc) 1- Parry 2- Lunge <i>Did you know? There are three sword types in fencing. Can you guess their names? Foil, Epee, Sabre</i>			
Hadith: The Prophet (peace and blessings of Allaah be upon him) said: "Whoever revives a Sunnah from my Sunnah and the people practice it, s/he will have the same reward of those who practice it without their reward diminishing..." [Sunan Ibn Maajah (209)]			
<p>Warm up activities: {7minutes} Game: Tag In partners, stand opposite each other in 'on guard' position, play Rock, Paper, Scissors. The winner needs to tag their partner's hand by chasing them using the fencing movement.</p> <p>Progression: They put a beanbag on their helmet, if the beanbag falls whilst moving forward then the participant loses the point</p> <p>Finish with a range of dynamic stretches.</p>	<p>Drills and games: Game: Rats and Rabbits {7minutes} Fencers form two lines and each fencer faces an opponent each. One line is called 'Rats' and the other is called 'Rabbits'. When the coach shouts 'Rats', the 'rats' make a simple attack, whilst the 'rabbits' defend using a parry and vice versa. Lunge {7minutes} - Starts like a thrust - Toes lift as the front foot kicks forward and back foot remains anchored to the ground - Back arm is thrown out, parallel to the back leg - Move elbow toward the target and finish with a straight arm - Recover to the on-guard position by bending back leg and bringing front foot back. Let them practice, one person must thrust and the other will parry and then switch.</p>	<p>Kit up: {5minutes} Remind them of the order: Vest then Helmet. Use this time to talk about safety elements.</p> <p>Sword: Use this time to talk about safety elements such as Weapon down - mask off - mask on - pick up foil</p>	
<p>Parry {7minutes}</p> <ul style="list-style-type: none"> • It's a defence move • Hand and blade move sideways • The thickest part of the defending blade is used against the thinnest part of the attacking blade <p>Let them practice, one person must thrust and the other will parry and then switch.</p>	<p>Game: Drop and Lunge {7minutes} One fencer holds the beanbag high above their head whilst their partner stands on guard. The partner drops the beanbag to the other, who must lunge and catch it. Start with shouting drop before letting go and then move onto no verbal que meaning they must pay attention and react to the bean bag. Main Game: {7minutes} Start with 2 min bouts. To score a point in the first round of bouts they can only score using a Thrust, the second they can only score from a lunge and third they get a point every time they parry.</p>	<p>Cool down: {5minutes}</p> <p>De-kit Reinforce safety, sword down before mask off, equipment check before returning it to the bag. Has anything got damaged if so report it to the coach.</p> <p>Full body static stretches to conclude the session.</p>	
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Introduction and objectives: (The aims for the session, e.g. passing, receiving, other skills etc) 1- Parry Riposte Did you know? <i>Castle battles took place in narrow spaces so fencing is conducted on a 14x2m "strip" or "piste" to replicate combat in confined spaces.</i>			
Hadith: It was narrated from Ibn 'Abbaas that the Prophet (peace and blessings of Allaah be upon him) acquired his sword Dhu'l-Fiqaar on the day of Badr and this is the one that he saw in a dream on the day of Uhud. It was narrated by al-Tirmidhi (1561) and Ibn Maajah (2808) and classed as hasan by al-Albaani in Saheeh Ibn Maajah.			
Warm up activities: {5minutes} Race: Fencing vest and helmets are laid out on the further end of the hall. In teams one participant at a time they race to the kit, put the vest on first come back next person goes then they go and put helmet on. The slowest team will have to do a forfeit e.g. 15 star jumps Finish with a range of dynamic stretches.	Drills and games: Parry Riposte {7minutes} <ul style="list-style-type: none"> • Immediate attack following a parry • It can be a thrust or a lunge depending on the distance of the opposition Let them practice with a partner. One tries to thrust the other does a parry and then follow it straight away with a riposte. GAME: Coach Says {10minutes} Get participants into two lines, Team A and Team B (ensure each fencer has someone to fence against). Coach will shout an attacking technique (e.g. lunge), fencers must try to score a point using that technique. Start off with giving 30 seconds to score a point and then progress onto 20 seconds. After each round, rotate fencers. GAME: Target Area{10minutes} The target area on the vest is split into 4 zones (1 is top left, 2 is top right, 3 is bottom left and 4 is bottom right). Get participants into two lines, Team A and Team B (ensure each fencer has someone to fence against. Coach will shout a zone and it's the first to hit the right zone. Start off with 30 seconds to hit a zone then 20 seconds. You can progress further by telling the fencers to do a specific attacking technique when they hit the zone, e.g. parry riposte. Main Game {18minutes} Let them have a bout, they can fence for 3 minutes.	Kit up: {5minutes} Remind them of the order: Vest then Helmet. Use this time to talk about safety elements. Sword: Use this time to talk about safety elements such as Weapon down - mask off - mask on - pick up foil	
Progression to warm up {7minutes} Teaching point: On Guard Now that everyone is in kit, game of 'Rats and Rabbits' (see last session plan) this will allow participants to recap thrust, lunge and parry.		Cool down: {5minutes} De-kit Reinforce safety, sword down before mask off, equipment check before returning it to the bag. Has anything got damaged if so report it to the coach. Full body static stretches to conclude the session.	
Session review: 1 thing that went well? 1 thing that I would change for next time?			

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Introduction and objectives: (The aims for the session, e.g. passing, receiving, other skills etc) 1- Disengage 2-Counter Riposte <i>Did you know? The tip of the fencing weapon is the second fastest moving object in sport. The first is the marksman bullet.</i>			
Hadith: Ibn al-Qayyim (may Allaah have mercy on him) said: He (peace and blessings of Allaah be upon him) had nine swords: Ma'thoor, which was the first sword he owned and which he inherited from his father; al-'Adb (cutting or sharp); Dhu'l-Fiqaar, which almost never left his side, its handle, its pommel, its ring, its decorations and the end of its scabbard were made of silver; al-Qal'i; al-Battaar; al-Hatif; al-Rasoob; al-Mikhdham; and al-Qadeeb. The end of the scabbard was of silver.			
<p>Warm up activities: {5minutes} Races In teams, participants race against each other to the other side of the hall. Once they reach the other side before they come back they need to do different exercises each round.</p> <p>e.g. 10 star jumps, 5 burpees, 5 lunges etc.</p> <p>Finish with a range of dynamic stretches.</p>	<p>Drills and games: Counter Riposte {5minutes} • Attacks following the parry of a riposte Let them practice with a partner.</p> <p>Game: 20 second attack and defend {10minutes} Split the group into two teams, Team A and Team B (ensure each fencer has someone to fence against) Team A attack for 20 seconds and Team B will be defending, vice versa. Both teams need to demonstrate the attacking and defending techniques.</p> <p>Progression- Continue with the game 20 second attack and defend, increase the time to 1 minute. The team that is attacking gets 2 points if they successfully demonstrate a disengage.</p>	<p>Kit up: {5minutes} Remind them of the order: Vest then Helmet. Use this time to talk about safety elements.</p> <p>Sword: Use this time to talk about safety elements such as Weapon down - mask off - mask on - pick up foil</p>	
<p>Recap from previous sessions {5minutes}:</p> <ul style="list-style-type: none"> • On Guard • Movement • Thrust • Lunge • Parry 	<p>Disengage {5minutes} • Moving your blade underneath and around your opponent's blade when your opponent attempts to cross blades with you Let them practice with a partner. As the participant tries to thrust the other will attempt a parry, the thrusting participant will then carry out the disengage. The team that is attacking gets 2 points if they successfully demonstrate a disengage.</p> <p>Game: Knockouts {21minutes} Split the group into two groups of 6. The 6 will rotate around each other. There will be 5 games of 3minutes. The two fencers with the most points will fence each other everyone else will be knocked out.</p>	<p>Cool down: {5minutes}</p> <p>De-kit Reinforce safety, sword down before mask off, equipment check before returning it to the bag. Has anything got damaged if so report it to the coach.</p> <p>Full body static stretches to conclude the session.</p>	
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Introduction and objectives: (The aims for the session, e.g. passing, receiving, other skills etc) 1- Beat 2-Pressure <i>Did you know? Fencing is the only combat sport with no weight classes.</i>			
Hadith: When it was the day of Uhud, the people left the Prophet (SalAllaahu alayhi wa sallam) while Abu Talha was in front of the Prophet (SalAllaahu alayhi wa sallam) shielding him with his leather shield. Abu Talha was a skilful archer who used to shoot violently. He broke two or three arrow bows on that day. If a man carrying a quiver full of arrows passed by, the Prophet would say (to him), put (scatter) its contents for Abu Talha." ... The sword fell from Abu Talha's hand twice or thrice (on that day).[Sahih Al-Bukhari]			
<p>Warm up activities: {5minutes} Cat and Mouse Fencers form two lines and each fencer stands back to back to their opponent. One line is called 'Cat' and the other is called 'Mouse'.</p> <p>When the coach shouts 'Cat', the 'Cats' must run to the wall they are facing and the Mice must turn and try and catch them before they can get to the wall and vice versa.</p> <p>Finish with a range of dynamic stretches.</p>	<p>Drills and games: Beat {5minutes}</p> <ul style="list-style-type: none"> Attacking by doing a sharp strike on the opponent's blade. Let them practice with a partner. <p>Pressure {5minutes}</p> <ul style="list-style-type: none"> Attacking by doing a short push on the opponent's blade. Let them practice with a partner. <p>Game: 20s Attack and Defend {10minutes} Team A vs Team B Team A attack team B, they must do either a beat or a pressure before scoring a point. Team B need to try and defend the attack. The bout is timed at 90 seconds and then the attacker and defender switch roles.</p>		<p>Kit up: {5minutes} Remind them of the order: Vest then Helmet. Use this time to talk about safety elements.</p> <p>Sword: Use this time to talk about safety elements such as Weapon down - mask off - mask on - pick up foil</p>
<p>Recap from previous sessions {5minutes}:</p> <ul style="list-style-type: none"> Disengage Counter riposte 	<p>Main Game: {20minutes} Fencing 3 minute bouts, winner stays on the piste and their opponents rotate around.</p>		<p>Cool down: {5minutes}</p> <p>De-kit Reinforce safety, sword down before mask off, equipment check before returning it to the bag. Has anything got damaged if so report it to the coach.</p> <p>Full body static stretches to conclude the session.</p>
<p>Session review: 1 thing that went well? 1 thing that I would change for next time?</p>			

Risk Assessment / H&S Checklist										
Date		Venue:			Group:			Print name and sign:		
Groups Affected (Tick one)			Potential Hazard/s (Please list)	Risk Rating (Tick one)			Required Action & Control:	New Risk Rating (Tick one)		
Player	Coach	Public		Low	Medium	High		Low	Medium	High

Health and Safety agenda	Notes	Completed? (Please tick)
Has a register of participants has been maintained? Including medical information and emergency contact details?		
Has participants' clothing, footwear, eyeglasses and jewellery been checked as appropriate?		
Has participants' previous experience been established? (Have participants engaged in this activity before?)		
Have the rules of the facility/ venue been explained?		
Where is the location of the nearest phone? (Personal phone/ office phone)		
Where is the first aid kit located?		
Is all the equipment safe and appropriate to use?		
Has the area and facilities been checked for actual or potential hazards?		
Has the emergency fire evacuation procedure been explained?		
Have other emergency procedures been explained?		
If you are working alone has the risk increased? If so please provide details and protective or preventative measures.		

Bronze Fencing Skills	Coaching Notes:
The Grip	<ul style="list-style-type: none"> • The forearm, handle and blade should form a straight line • The thumb above the fingers • Point of the sword towards the opponent
On-guard position	<ul style="list-style-type: none"> • Feet in an L position, with gap between and heels in line • Sword-side (front) foot pointing towards opponent • Knees bent • Body upright and balanced • Sword arm bent, elbow close to hip, forearm parallel to floor
Steps forward and backward	<ul style="list-style-type: none"> • Forward - Sword-side foot moves forward followed by the rear foot • Backward - Rear foot moves back followed by the sword-side foot • Fencer should move from one on-guard to another and return • On completion, the fencer should have an on-guard position
Hit with thrust	<ul style="list-style-type: none"> • Two fencers face each other in on-guard position • One extends their arm so the sword moves towards opponent and point travels towards the target area • When the hit is made, the arm should be fully extended with the tip of the sword in contact within the target area and blade bending upwards slightly • Repeat five times • If this is done before the opponent, it will be regarded as the attack
Hit with lunge	<ul style="list-style-type: none"> • Position two fencers so they are unable to make a hit with a straight arm • As with the thrust, extend the sword arm first • The front foot moves forward as the rear leg pushes the whole body forward • The lunge and the hit should land at the same time • Repeat five times • If this is done before the opponent, it will be regarded as the attack.
Hit with step and lunge	<ul style="list-style-type: none"> • Start extending the sword arm • Step forward then immediately lunge • Action should be smooth and accelerating • Repeat five times

Activity: Fencing

Suggested equipment: Plastic

Youth Club: *PLEASE COMPLETE*

Start Date: *PLEASE COMPLETE*

Completion Date: *PLEASE COMPLETE*

This checklist is designed to help you ensure that the young people who are using fencing to work towards British Fencing Bronze Award meet all the criteria.



Criteria	Knowledge & Skills (British Fencing Bronze Award)	Name								
		Sam Jones	Billy Wainwright	Jess Britain	Emma Ward	John Bailey	Anthony Edwards	James Good-house	Terry Johns	Edward Thompson
1. Take part in your chosen activity regularly over a period of time and work on your improvement	<i>The Grip</i>	Yes								
	<i>The Salute</i>	Yes								
	<i>The on-guard position</i>	Yes								
	<i>Steps forward and backward</i>	Yes								
	<i>The Lunge</i>	Yes								
2. Learn the safety rules associated with your activity and show how to follow them	<i>Never point a weapon at anyone not wearing a mask</i>	Yes								
	<i>Keep the point of the weapon down when not fencing</i>	Yes								
	<i>When moving around, point the weapon down and hold it by the tip of the blade</i>	Yes								
	<i>Put your weapon down and hold it by the tip of the blade</i>	Yes								
	<i>Always check personal equipment for anything that might be risky</i>	Yes								
	<i>Never leave fencing equipment in a way that could cause a trip hazard</i>	Yes								
	<i>Fencers should never hit hard on purpose</i>	Yes								
	<i>Fencers should never throw equipment</i>	Yes								
	<i>While fencing, do not turn your back towards the opponent</i>	Yes								

← Add in the names of the young people along the top

The "Knowledge & Skills" section in *italic* has been taken from the British Fencing qualification

← When a young person achieves the listed task, add a tick or write "Yes"

Once you are satisfied the young people have met the criteria, you can award them with their badge and certificate



**EXPLORE
FENCING**

Go Fence Achievement Awards

Designed for ages 8+ and can be implemented or assessed by anyone who has completed a qualification through the British Fencing Coaching Framework. The focus is on the wider range of fencing skills and knowledge including technique, tactics, etiquette, history, young leadership and club assistance.

There are three awards that candidates can work towards: Gold, Silver and Bronze. Each has its own requirements and a checklist, which will be supplied to the leader for reference. Through regular *Go Fence* participation, children can be assessed over time and if they meet the requirements of a particular award, can be presented with one of the three awards, with the aim of achieving all three.

The price of a pack of *Go Fence or MiniSwords Achievement Awards* is £27.50 including standard delivery, You will receive a pack of 12 certificates and pin badge.

This booklet is designed in order for a group to be able to complete a BRONZE *Go Fence* Award.

If you would like to purchase the Awards please check out the British Fencing website:

<https://www.britishfencing.com/achievement-awards/>



MUSLIM SPORTS FOUNDATION



www.muslimsportsfoundation.org.uk