

“FENCING IN SOUTHERN OREGON”

Sponsored by Medford Elks Lodge #1168 in collaboration
with Southern Oregon Fencing Center, LLC

CLASSES AND FEES, WINTER 2012

11-week course session, January 9 to March 23

**LOCATION: Medford Elks Lodge, second floor, 202 N. Central Ave., Medford,
Oregon**

INTRODUCTION TO FENCING

Fee: \$80.00 per term

“Introduction” classes are designed for beginning fencers from age 9 to adults, with a separate session offered for younger fencers. The course meets twice weekly for 45-minute (youth) and one-hour classes. Students learn classical foil fencing, the traditional beginning weapon of the sport. Fencers progress from basic foil technique to actual bouts with moderately fast and difficult hand and foot work. Teaching emphasis includes conditioning, hand/eye coordination, basic technique, and the rules and practices of the sport. Basic equipment is provided.

Day/Time: YOUTH (age 8-12)
Wednesday, 3:30 – 4:15 p.m.
EVENING
Wednesday, 5:45 – 6:45 p.m.

Section 1: **Monday and**
Section 2: **Monday and**

BASIC FOIL TECHNIQUE

Fee: \$110 per term

This course meets twice weekly for one-hour classes. Classes are appropriate for beginning fencers who have basic knowledge of fencing. Students will refine basic foil techniques and add more complex footwork and hand actions, with increasing emphasis on sparring and bouts. Basic equipment is available if needed.

Day/Time: **Monday and Wednesday, 4:30 – 5:30 p.m.**

NOVICE/INTERMEDIATE FOIL TECHNIQUE

Fee: \$110 per term

This course meets twice weekly for one-hour classes. These classes are appropriate for fencers comfortable with basic foil fencing through moderately advanced fencers. It is a continuing course focused on recreational fencers and those wishing to improve their classical technique. Students will refine their classical foil techniques and develop a variety of increasingly complex footwork and hand actions, with regular sparring and bouts.

Day/Time: **Monday and Wednesday, 5:45 – 6:45 p.m.**

INTERMEDIATE RECREATIONAL FENCING

Fee: \$110 per term

Recreational fencers with intermediate to advanced skills who do not wish instruction are welcome, with staff approval, to fence with one another and with our competitive fencers. Participants should provide their own equipment and should plan to yield strip priority to class participants if necessary.

Day/Time: **Monday, Tuesday, Wednesday, 7:00 – 8:30 p.m.**

SABER

Fee: \$80 per term

The class is for students with a basic or greater knowledge of foil fencing who wish to explore saber as a fencing sport. Students learn basic skills of modern saber fencing. Teaching emphasis includes hand/eye coordination, footwork, basic hand technique, and rules and practices of the sport. Students/parents need to be aware that saber is a vigorous activity in which bruises and abrasions should be expected. Basic equipment is provided.

Day/Time: **Tuesday, 5:45 – 6:45 p.m.**

YOUTH COMPETITIVE FOIL (electric)

Fee: \$110 per term

This class is designed for fencers with basic to intermediate skill in foil fencing who are interested in modern electric fencing. Fencers learn and practice progressively more advanced hand and footwork techniques, with emphasis on moderate physical conditioning and modern electric competition skills and strategy. Participants should have or be acquiring their own equipment and normally would plan to participate in local and regional tournaments.

Day/Time: **Monday and Wednesday, 4:30 – 5:30 p.m.**

MODERN COMPETITIVE FENCING

(foil, epee, saber)

Fee: \$150 per term

The competitive program schedules three 1.5-hour sessions each week; fencers normally attend at least two sessions. The class is designed for fencers with intermediate skill in at least one weapon and interest in modern competitive fencing. Fencers practice progressively more advanced hand and footwork techniques with instructor supervision emphasizing modern electric competition skills and strategy. Students engage in extensive practice bouts. Participants provide their own equipment and normally would plan to participate in tournament fencing.

Day/Time: **Monday, Tuesday, Wednesday, 7:00 – 8:30 p.m.**

Epee class

Tuesday, Wednesday, 7:00 – 8:00 p.m.

Competitive Foil class

Monday, Tuesday, 7:00 – 8:00 p.m.

These weapon-specific classes are provided as parts of the Modern Competitive Fencing program (without additional fee). Fencers work in a small group (normally 6-10 fencers) to develop the basic techniques and strategy of competitive fencing with the specific weapon.

Students requiring financial assistance should contact Steve Wesche, SOFC business manager, at (541) 201-0918 or (541) 292-0890. Assistance may be available due to support provided by Medford Elks Lodge #1168, the Elks National Foundation and the Gardner Grout Foundation.

FURTHER INFORMATION: HYPERLINK "http://
www.roguefencers.com" www.roguefencers.com
Tel: (541) 292-0890 or (541)
245-4530

HYPERLINK
"mailto:sofc.fencing@yahoo.com" sofc.fencing@yahoo.com

rev. 12/1/11