

Mr. Ma Fencing Center

2010 SUMMER BEGINNER & INTERMEDIATE CAMP

August 9 -13, 2010.

(Beginners & Intermediate Camp)

(Fairfield location)



Mr. Ma Fencing, Center

7 Spielman Rd.

Fairfield, NJ 07004

Camp's objective: To improve the beginner and intermediate fencer's skill level in 3 weapons

Camp's emphasis: To train athletes for High School or USFA Local Tournaments

Coaches from

Fencing Academy of South Jersey & Mr. Ma Fencing, U. S. A.

Training Schedule

(3 hours per day, 9:00am – 12:00 Noon)

Footwork, partner drills, tactical analysis offense/defense, bouting, conditioning training, and practice Competition

Registration & Payment Information

\$300 for 5-day camp / \$75 per day if fewer than 5 days

(Pre-Registration is required)

Number of fencers is limited. Please register early.

For additional information

Call (973) 866-8988; visit our Web site at www.FASJ.com;
e-mail fasj1@yahoo.com; or fax (856) 424-5073

Mr. Ma Fencing Center

2010 **SUMMER BEGINNER & INTERMEDIATE**

CAMP AGENDA

Fairfield Location

Monday (Aug. 9.)	9:00 am - 10:30 am	Footwork; partner drills
	10:30 am - 11:30 am	Offense/defense drills
	11:30 am - 12:00 Noon	Bouting
Tuesday (Aug. 10.)	9:00 am - 10:30 am	Footwork; partner drills
	10:30 am - 11:30 am	Offense/defense drills
	11:30 am - 12:00 Noon	Bouting
Wednesday (Aug. 11.)	9:00 am - 10:00 am	Footwork; dummy exercises; partner drills;
	10:00am-12:00 Noon	Practice Competition (Pools & DE)
Thursday (Aug. 12.)	9:00 am - 10:30 am	Footwork; partner drills
	10:30 am - 11:30 am	Offense/defense drills
	11:30 am - 12:00 Noon	Bouting
Friday (Aug. 13.)	9:00 am - 10:00 am	Footwork, dummy exercises; partner drills
	10:00am-12:00 Noon	Practice Competition (Pools & DE)

Mr. Ma Fencing

2010 **SUMMER BEGINNER&INTERMEDIATE**

CAMP

(Fairfield Location)

Registration Form

Name _____ Age _____ Sex _____
Address _____
City _____ State _____ Zip _____
Phone (____) _____ E-mail _____
Club Affiliation _____
Classification Foil [] Saber [] Epee []

Please choose camp option:

() August 9-13. 2010, 5 days days (full camp) @ \$300
or _____ days @ \$75/day Total due: _____

Make check or money order payable to: *FASJ*

Send registration form and payment to:

Fencing Academy of South Jersey
P.O. Box 3637
Cherry Hill, NJ 08034