

Fencing Academy of South Jersey (Cherry Hill)
Mr. Ma Fencing, U.S.A. (Hillsborough)
Mr. Ma Fencing Center (Fairfield)

Class Descriptions

FASJ, MMF and Mr. Ma FC provides four different levels of classes for four different age groups, 6-8, 9-13, 14-18, and 18 and up.

Level 1: Beginner

Level 2: Intermediate

Level 3: Advanced Electric

Level 4: Competition Training Program (please see competition Training Program for details)

Level 1, Level 2, and Level 3 classes are offered in 10-week sessions. Level 1 is one session long. Level 2 and Level 3 are two sessions long. After students complete two sessions in Level 3, those interested in competing will advance to the Competition Training Program, those not interested in competing will continue in Level 3.

Please see our competition Training program (Level 4) for details.

Adult Beginner Class (Level 1)

In the beginner's class, *students* learn the fundamentals of the guard position, simple attacks, counter attacks, parries, ripostes, basic footwork, and fencing theory. The class includes exercises to develop hand-eye coordination and overall fitness. Equipment is provided for level 1. Class size is limited, so please register early.

Adult Intermediate Class (Level 2)

The intermediate class is for people who have completed the beginner class. This class includes both defensive and offensive drills *and basic* offensive and defensive tactics and strategy. Bouting is introduced and fencing rules are covered in more detail. Equipment is provided for level 1 Participation in local tournaments is encouraged.

Adult Advanced Class (Electric Fencing) (Level 3)

The advanced class is for people who have completed the intermediate class. This class includes more complicated offensive and defensive drills as well as advanced tactics and strategy. More bouts are arranged and electric fencing is introduced. Students are expected to begin acquiring their own equipment and to compete in local tournaments.

Youth Class (6-13 Years Old) (level 1 – level 3)

Beginners focus mainly on basic footwork, handwork, and exercises to develop overall physical fitness and coordination. *Intermediate and advanced* students learn more complex drills and bouting. Individual lessons are introduced. Students should train at least twice a week. Some local tournaments may be entered.

Junior Class (14-18 Years Old) (level 1 – level 3)

Training will progress similar to that in the youth class except that higher levels of tactics *and techniques* are introduced earlier. Advanced junior students are expected to compete in either local or national tournaments. Individual lessons and electric fencing are introduced. Students should train at least twice a week.

Individual Lesson (Three weapons, all levels)

An individual lesson consists of 20, 25, 30 or 60 minutes of one-on-one training with an instructor. Students will receive highly detailed instruction on fencing techniques, tactics, and strategy. These lessons are tailored to students' individual needs.

Competition Training Program (Level 4)

Goal

This program is designed for serious fencers aged 8-12, 13-17, 18 & up.

- Who have already completed at least one 10-week Electric Fencing class (Level 3)
- Who want to try to get a college fencing scholarship in top school, such as an Ivy League university.
- Who are interested in fencing on a college team.
- Who want to fence in local, state, national, or international tournaments.

Training Methods

Emphasis will be placed on strict fundamentals for fencers as well as basic fencing knowledge and rules. Advance techniques, practical tactics, and strategy will be taught. The program includes footwork, handwork, individual lessons, offense/Defense and tactics drills, electric bouting, and physical conditioning training.

Competition Plan

Depending on the fencers' ages and skill levels, our coaches will make the short-term and long-term tournament plans for every fencer.

Training Program Schedule

Five days per week are scheduled, 2-3 hours per day.

