

**MANITOBA FENCING ASSOCIATION**  
**Fencing Coach Course – Aide-Moniteur Level**  
**Weapon: Foil-Sabre- Epee**  
**Presented by: Mr. Ayach Bounachada; Fencing Master**  
**Season: 2015- 2016**

**INTRODUCTION :**

Fencing, whether considered a sport or a simple recreational activity, quickly gives beginners an irreversible passion for the sport. The program that the MFA is providing will instruct Fencing Coaches in “training to beginners”. The objective is to give the beginners a good fencing base so that they experience the pleasure of practicing fencing, playing and having fun.

**PERIOD OF TEACHING:**

The course is spread out over 8 months, from November to June with approximately 3-5 hours of training per month. At the end of the course the participants will have the opportunity to be certified as **Aide-Moniteur** Level (or equivalent in the new NCCP).

<b>CONTENT</b>	<b>CHARGE</b>
Theory	3 hours
Practical	30 hours
Practicum (supervised lesson) <sup>1</sup>	30 hours
Exam	2 hours
Total	65 hours

**CONDITIONS:**

- Exposure to Fencing in the last year
- An interest in using Fencing in your curriculum

**EQUIPMENT REQUIRED:**

Fencing Equipment:

- Jacket
- Mask
- Clothes to train in
- Weapon

**COURSE SYLLABUS:**

**Areas Covered; Theory/Directed lesson:**

- Know-2-Do: be capable to do actions
- Know-2-Teach: be capable to teach actions
- Practical understanding: relation between theory & practical
- Fundamentals: holding a weapon; guard; lunge; retreat; step forward; combinations; positions; balance; co-ordination of arm and legs; distance; rhythm ...etc.
- Types of warm up
- The functions of a Coach
- Classification of fencing actions (Theory Course)
- Fencing lesson Organization and Safety Issues(Theory Course)

- Terminology, referring and organisation of Competitions (Theory Course)
- Methods of teaching in Fencing (Directed Lesson)
- Arm Band program
- Games and its importance.
- Physical Literacy Workshops with Sheldon Reynolds- Coaching Manitoba

**Practical:**

**Necessary for the armband program (yellow and orange) LTAD**

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<sup>1</sup> The coach candidate has to train beginner fencers during the year with the observation by a qualified coach.

**MANITOBA FENCING ASSOCIATION  
2015/2016 Coaches Training Program**

**Program Conductor:**

**Program dates:**

Will be communicated

*\*Please note:* The schedule may be subject to change. Practical will run 4:30 pm-6:30pm unless other wise indicated. And supervised lesson, the course conductor will organize it individually with the candidates.

**COST: \$350.00** (includes taxes, MFA Associate Membership, Registration Fees, Course Material & Fencing equipment rental<sup>2</sup> for use during the training sessions)

**REGISTRATION FORM**

NAME: \_\_\_\_\_

HOME ADDRESS: \_\_\_\_\_

PHONE: DAY: \_\_\_\_\_ EVENING: \_\_\_\_\_

EMAIL: \_\_\_\_\_

CLUB: \_\_\_\_\_ Weapon \_\_\_\_\_

PAYMENT ENCLOSED:

CASH: \_\_\_\_\_ CHEQUE\*: \_\_\_\_\_

*\*Please make cheques payable to the Manitoba Fencing Association*

An MFA Membership Form will be forwarded for you to fill out and return.

**Send registrations to:**

**DIRECT MAIL:**

**MB Fencing Association**

145 Pacific Avenue

Winnipeg, MB

**VIA FACSIMILE:**

**925-5703 Attn: Fencing**

**VIA EMAIL:**

[fencing@sportmanitoba.ca](mailto:fencing@sportmanitoba.ca)

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<sup>2</sup> *Equipment rental is available to Teachers only.*