



## Brighton & Hove Fencing Club

### Beginners Course

The course will cover the basics of everything you need to know to get fencing.

You'll learn key safety points, a variety of offensive and defensive blade work actions, and the footwork to put it all together. You'll also end up with some tactical planning, and an understanding of how to gain feedback to steer fights in your favour. The structure will be group lessons with multiple opportunities for sparring throughout the course.

All equipment will be provided for the duration of the course. Please ensure you are wearing appropriate 'sporty' footwear (ideally court shoes, but outdoor trainers with a low heel are usually suitable), that your legs are fully covered with no forward-facing pockets (tracksuit bottoms/ leggings are ideal), and that you bring a water bottle.

Location: Brighton & Aldridge Community Academy (BACA) Sports Hall at the back of the site.

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### Beginners Course Application Form

Name.....

Telephone.....

Email.....

Emergency Contact's Name.....

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Emergency Contact's Telephone.....

Age: 'X'

8-12 yrs ..... 12-18 ..... 18+.....

Approx Clothing size:'X'

XS ..... S ..... M ..... L ..... XL ..... XX  
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Any Medical conditions, allergies e.c.t. that the club should know about? YES/ NO



## Brighton & Hove Fencing Club

If YES please provide as much detail as possible before starting the beginners course

My Emergency Contact and I agree/ do not agree for the above details to be retained by Brighton & Hove Fencing Club for the duration of the above beginner's course.

I agree to follow all safety standards and rules relayed to me and I understand that I participate at my own risk. (Adult to sign on behalf if participant is under 18)

Signed.....  
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