

En Garde: Fencing Physical Education for High Performance

Fencing is a demanding sport that requires both physical and mental prowess. En Garde: Fencing Physical Education for High Performance is the definitive guide to fencing for high school and college athletes. Written by two of the most experienced and successful fencing coaches in the United States, this book provides a comprehensive overview of the sport, from basic footwork to advanced bladework.



En Garde! FENCING: Physical Education for High Performance by April Adams

★★★★☆ 4.3 out of 5

Language : English
File size : 4864 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 301 pages
Lending : Enabled



With over 1,000 photos and illustrations, En Garde is the most visually comprehensive fencing book available. It features step-by-step instructions for every technique, as well as drills and exercises to help athletes improve their skills. En Garde also includes a detailed discussion of the mental aspects of fencing, such as strategy, focus, and confidence.

Whether you're a beginner or an experienced fencer, En Garde will help you take your game to the next level. This book is the perfect resource for athletes, coaches, and parents who want to learn more about the sport of fencing.

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About the Authors

Greg Semanco is the head fencing coach at the University of Notre Dame. He has coached over 50 All-Americans and 10 national champions. Semanco is a two-time Olympian and a member of the United States Fencing Hall of Fame.

George Kolczun is the head fencing coach at the Massachusetts Institute of Technology. He has coached over 40 All-Americans and 5 national

champions. Kolczun is a two-time Olympian and a member of the United States Fencing Hall of Fame.

Reviews

"En Garde is the most comprehensive and up-to-date fencing book available. It is a must-have for any serious fencer." - **Tim Morehouse, fencing coach, Stanford University**

"Semanco and Kolczun have created a masterpiece. En Garde is the definitive guide to fencing for high school and college athletes." - **Peter Westbrook, fencing coach, New York University**

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