



## FENCING WARM-UP / PRE-LESSON SEQUENCE CONDITIONING and TECHNICAL REINFORCEMENT FOR ALL INTERMEDIATE FENCING STUDENTS

### **Jump Rope: 1:00 THEN Stretch Muscles**

#### **Calisthenics:**

15 Jumping Jacks THEN 15 situps THEN 15 pushups: 3 times in a row  
Jump Ropes - :30 intervals, 3 sets OR Jog in place: 1:30

#### **Legs Warmup:** (strap on an ankle weight for a real workout)

2 advances, 1 retreat to far side / 2 retreats, 1 advance back: 2 times across  
Crossfwd to far side / Crossbwd back: 2 times across room  
Adv-Crossfwd to far side / Retreat-Crossbwd back: 2 times across room  
Shadowstep Fwd to far side / ShadowStep Bwd: 2 times across room  
Ballestra-Hop to far side / Scoot back: 3 times across room (land on BOTH feet)  
50 Lunges in place: pay attention-front FOOT, back LEG (smooth, balanced, straight)

#### **Arm Warmup/Strengthen:** (get a 3 lb weight for weapon arm - if possible)

Straight thrusts - medium speed for 1:00 - 2 times, resting :30 secs in between  
Angled thrusts - medium speed for 1:00 - 2 times, resting :30 secs in between  
Thrust and HOLD extended for 1:00 - 2 times, resting :30 secs in between

#### **Accuracy Investment:**

Start on guard at thrusting distance to wall target  
Start with point up, level arm out, extend to hit target - 50 times  
Start with point level, extend to hit target - 50 times  
Start with point angled down, level arm out, extend to hit - 50 times

Start on guard at advance-thrusting distance to wall target  
Repeat above 3

Start on guard at advance-thrusting distance to wall target  
Lunge 50 times to hit wall target

#### **Parries Warmup:**

2 adv, 1 retr to far side of room - alternate parries of 4 & 6, circ6 with each foot mvmnt  
With partner: trade parry 4 Riposte 2:00 (wear masks to be safe) - not hitting  
With partner: point and parry exercise 2:00

#### **Attack Warmup:**

25 Evasionary Movements: In Qartata, Passata Soto, Hard Thrust, drop thrust or lunge  
25 In-Fighting Maneuvers (pick one): Overshoulder, waist, highprime

Lesson with Instructor or FreeSparring!!