

KCOMB 5.1 Course Outline as of Fall 2023**CATALOG INFORMATION**

Dept and Nbr: KCOMB 5.1 Title: BEGINNING FOIL FENCING

Full Title: Beginning Foil Fencing

Last Reviewed: 2/13/2017

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	3	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 82.1

Catalog Description:

Fundamentals of French foil fencing with an emphasis in basic footwork, attacks, parries, bladework, and bout experience.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Fundamentals of French foil fencing with an emphasis in basic footwork, attacks, parries, bladework, and bout experience. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit:

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:
IGETC:	Transfer Area	Effective:	Inactive:
CSU Transfer:		Effective:	Inactive:
UC Transfer:		Effective:	Inactive:

CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Apply basic foil fencing footwork.
2. Execute basic attacks, defenses, and counterattacks.
3. Demonstrate an understanding of fencing rules and concepts for competition.

Objectives:

1. Perform various flexibility exercises.
2. Demonstrate the basic fencing positions.
3. Perform basic fencing footwork.
4. Demonstrate beginning bladework positions.
5. Analyze basic fencing attacks.
6. Construct beginning fencing defenses.
7. Assist as director of a bout.

Topics and Scope:

I. Foil Positions

- A. First position
- B. On guard position
- C. Parts of the foil
- D. Holding the foil
- E. Salute

II. Basic Foil Footwork

- A. Advance
- B. Retreat
- C. Lunge
- D. Appel
- E. Patinando
- F. Ballestra
- G. Fencing distances

III. Basic Bladework Positions

- A. Hand positions
- B. Target area
- C. Invitations
- D. Engagements
- E. Changes of engagements
- IV. Basic Fencing Attacks
 - A. Extension in line
 - B. Direct attacks
 - C. Disengage attacks
 - D. Beat attacks
 - E. Deceive your opponent
 - F. (1-2) attack
 - G. Double
 - H. Feints
- V. Construct Various Defenses
 - A. Four simple parries
 - B. Riposte
 - C. Circular parries
 - D. Counter ripostes
- VI. Director and/or Judge of a Basic Strip Bout

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Film analysis
2. Journal writing
3. Physical training and conditioning
4. Development and demonstration of related skills including practice and match performance
5. Establishing goals
6. Written exam

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Journal writing	Writing 5 - 10%
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Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%
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Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Performance exams	Skill Demonstrations 15 - 35%
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Exams: All forms of formal testing, other than skill performance exams.

Written exam

Exams
20 - 40%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance

Other Category
40 - 60%

Representative Textbooks and Materials:

Fencing: Skills, Tactics, Training (Crowood Sports Guides). Sowerby 2012 (classic)

Instructor prepared materials