

Junior Development Programme

1. Purpose

The purpose of RFC's Junior Development Programme is to support its junior members in their fencing, giving them access to coaches and providing affordable, structured lessons to develop footwork, blade-work, tactics and confidence. Programmes are run depending on availability of the hall.

2. Structure

Classes are from 19:00 until 20:00 on Wednesday's, with dates published on the Club website beforehand.

A selection of topics covered in lessons, in no particular order, is below:

- Distance: proper distance, tempo-distance, distance tricks, positioning on the piste, controlling distance;
- Preparations and Second Intention: specifying preparations, renewing attacks (remise, reprise, redouble);
- Hand hits, as preparations and counter-attack;
- Parries vs. hitting in opposition;
- Housekeeping: blade movement, improving parries, quicker ripostes;
- Counter-time;
- Repetitive hitting;'
- Bouting' psychology: '14-14' mentality; breathing techniques, squash rules;
- Brain before hand, and hand before feet;
- Nightmare fencers: absence of blade vs. point in line; aggressive vs. passive;
- Simple attacks; sentiment de fer (to disengage or not?); the flèche;
- Ceding parries and breaking distance;
- Foot hits;
- Importance of variation: changing parries, changing footwork;

- Lefties;
- Hits with angulation;
- Competition practice.

3. BFA Achievement Awards

At the end of each programme, juniors will be encouraged to take a BFA Achievement Award examination of the relevant level, as advised by their coach. The link to the award scheme can be found on the BFA website (click [here](#) to go to it directly). There will be no cost for taking an exam, however, if successful the student will need to pay the cost price of their certificate (£4) which will be ordered and signed by the coach.

4. General Practice & Junior Piste

Juniors will be encouraged to attend training on both Monday's and Wednesday's. Any juniors who attend the club later (for example, after junior lesson has started) on a Wednesday will be encouraged to continue as usual. In addition, every Wednesday (until 21:00) one of the pistes will be marked "Juniors Only" and as such reserved exclusively for junior members to practice on.