|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Course title: **SPORT THEORY AND PRACTICE III. FENCING** | | | | | |
|  | | | | | |
| 2. Code: | | 3. Type (lecture, practice etc.): lecture, practice | | | |
|  | | | | | |
| 4. Contact hours: theory: 26 lessons;  practice:52 lessons | | 5. Number of credits (ECTS): 6 credits | | | |
|  | | | | | |
| 6. Preliminary conditions (max. 3): | | | | | |
|  | | | | | |
| 7. Announced:fall semester, spring semester, both | | | | | |
|  | | | | | |
| 8. Limit for participants: 20 | | | | | |
|  | | | | | |
| 10. Responsible teacher (faculty, institute and department):Laszló Szepesi, PhD | | | | | |
|  | | | | | |
| 11. Teacher(s) and percentage: | | Dr. Szepesi László, PhD – sabre fencing | | 40 % | |
| Danka Sándor – Epeé fencing | | 30 % | |
| Szlovenszky István – Foil fencing | | 30 % | |
|  | |  | |
|  | |  | |
|  | | | | | |
| 12. Language:English, French | | | | | |
|  | | | | | |
| 13. Course objectives and/or learning outcomes:  Students should know in theory and practice:   * the technical components/repertoire of attack and defense, and the counter attacks, the stages of education (depending on each other), their biomechanical and physiological characteristics for each weapon (similarities and differences), the teaching/education methodology, the developing and pedagogical effects of fencing and fencing training. * The material of the lectures and practice and the existing special literature in relation to fencing (the older and the latest articles espon journals and books either in foreign language or in translations) * The knowledge of rules basic, intermediate level of refereeing * the rules and regulations of the Hungarian Fencing Federation and the FIE (International Fencing Federation)   **To further develop the theory and practice of the own weapon.** | | | | | |
|  | | | | | |
| 14. Course outline  ***THEORY OF FENCING THE THREE WEAPONS:***   * Questions of fencing in young age group. * Role of play in fencing education. * The general body building and its coordination with the specialisation. * Warm-up methods, forms and exercises and its guiding in fencing. * Forms of training in fencing   ***FOIL***  The disengagement and displacement thrust (as an attack action) and its parry. Ripostes with opposition.  ***SABRE***  Defense systems. Transitions and transportations. Evolvation of defence, defence with distance and weapon. Hand-foot coordination in defence. The ripostes and counter ripostes. Partner exercises, comative exercises.  *EPÉE*  Blade attacks. Simple, semi-circular, circular and change engagements, beats. Parries of blade attacks. Engagement thrusts, ripostes with opposition and flanconade. Transportations. | | | | | |
|  | | | | |
| 15. Mid-semester works  Attending lectures is highly recommended. | | | | | |
|  | | | | |
| 16. Course requirements and grading  Written exam is based on lectures, accessible electronic sources and lecture materials. Most common questions in the structure of end term examination are: describing notions, relations, recognizing figures, analysis, multiple choice questions.  Grades:  0–50% fail  51–65% acceptable  66–75% average  76–90% good  91–100% excellent | | | | | |
|  | | | | |
| |  |  | | --- | --- | | 17. List of readings  C. Ottogali-G. Six-Th. Terret: The History of Fencing. Atlantica, Biarritz, 2013 ISBN: 978-2-7588-0489-5  László Szepesi: Learning Fencing in Groups; Schenk Verlag, Passau 2009, ISBN: 978-3-939337-72-0  Istvan Lukovich: Fencing. Corvina, Budapest 1986, ISBN: 963-13-1731-5  Pierre Thirioux: Escrime Modern, ed. Amphora, Paris, 1970, ISBN: 7931  G. Tyshler-V. Logvin: Sport Fencing. P.O.BOX786, Fontenebleau SA ISBN: 978-0-620-65303-9  G. Tyshler-Y. Bychkov-D. Tyshler: Training of a Champion. Press, Moszkva 2006; ISBN: 5-94299-102-2  Raul Cléry: L’Escrime. Press Univ. de France: Paris, 1973. 127p.  Imre Vass: Epeé Fencing. 1998.  Pierre Lacaze: En Garde: du duele a l’Escrime, ed. Gallimard, 1991. IBSN: 2-07-053120-1  László Szepesi*: Training Program of French Elite Sabre Fencers and Competition Success. Forecast Model. Sport Science Research. Shanghai (Kina), 2005. Vol. 26, No.1. p.45-50.* | | |  | | 18. Recommended texts, further readings  Aladar Kogler: The Mental Preparation of Fencer and Other. SwordPlay Books, New-York, 2013, 237p.  Aladar Kogler: Preparing the Mind. CounterParryPress, Lansdowne Pennsilvania, 1993; ISBN:1-883616-00-X  Aladar Kogler: Clearing the path to Victory. C.ParryPress, Lansdowne Pennsilvania, 1994; ISBN:1-883616-02-06  Laszlo Szepesi: Sabre. Développement du sens tactiques chez les sabreurs francais de 1982-1993. Revue EPS (Paris), 312, 29-33.  Laszlo Szepesi: Fencing: How to design success – Competition training and competitive preparation at top level.  *Kalokagathia*: XLVIII. évf. 2010 2-3; p77-90  László Szabó: Fencing and the Master. Corvina, Budapest, 1982.  Z. Beke-J. Polgár: The Methodology of sabre Fencing. Corvina, Budapest, 1963.  C. Wackermann: Histoire des Maitres d’ Armes. Plein Chant, Stockholm, 2009. IBSN: 978-2-85452-296-9  J. Ph. Parade-G. Gerard: L’Escrime. Ed. Milan Toulouse, 1999. ISBN: 2-84113-829-1  Other learning sources  László Szepesi: Pedagogical film about fencing: Sabre (English version) MTV-TF, 2007. 30 min. Scenario and  pedagogical advices, 2007  L. Szepesi-G. Bognár: Pedagogical film about fencing: Epée (English version) MTV-TF 2007. 33 min.  Scénario et esponsible pédagogique. 2007  L. Szepesi – I. Lukovich: Pedagogical film about fencing: Foil (English version) MTV-TF, 2007. 25 min.  Scenario and pedagogical advices, 2007.  Laszlo Szepesi: Fencing rules; pedagogical film (English version) MTV-TF, 2007. 10 min. Scenario and  pedagogical advices. 2007.  Szepesi László*: Training panels from the base to the Olympic Games* DVD, 1997  Szepesi László (2016): 5 sabre lessons for beginners*,* DVD, 2016  Szepesi László (2016): Lessons for high level fencers, DVD, 2016  M. Szabó-Cs. Szabó: Target exercices. TF Videostúdió, 1992. | | | | | | | |
|  | | | | |
|  | | | | |
| **Date** | 21 June 2017 | | **Prepared by** | | Dr. László SZEPESI  responsible teacher |
|  | | | | |
| **Endorsed by** | | | | | Dr. Márk Váczi |
| program supervisor |