|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1. Course title: **LEADING AND PRACTICE OF RAINING –II. 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:   * Aim of the subject is that the fencing students learn the typical technical-tactical and physical instructions and the controlling methods of training process. * The students gain practical experience about the preparation of young fencers, the process of technical-tactical training, and the age-specific characteristics of conditional and psychic abilities determining success, and the methods of its development. * In possession of practical knowledge the students are able to plan independently the preparation process of young fencers that comprises the control of technical-tactical, physical training and mental preparation as well. | | | | | |
|  | | | | | |
| 14. Course outline   * Knowledge application in lifelike training situations, conducting parts of a training session, organization and preparation of a competition. * Arranging training-conducting practice sessions * Knowing the focus of the training session, designing and conducting a 15-20 minutes warm-up and preparation session under the coach’s supervision, for competitors the age groups of children (10-12 yo.) and adolescents (13-15). * Planning and conducting the main part of a training session (40-50 minutes), for competitors of the above age groups. * Participation espon preparation and organisation of competitions for various age groups. Refereeing, practical application of the rules of competition, keeping protocol * Participation espon preparations of match or competition organisation (competition calendar, invitation letter, setting up the schedule, entries, etc.) Lessons for U17 competitors. Training load espon individual lesson. | | | | | |
|  | | | | |
| 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, 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.  L. Szepesi-G. Bognár: Pedagogical film about fencing: Epée (English version) MTV-TF 2007. 33 min.  Scénario et esponsible pédagogique.  L. Szepesi – I. Lukovich: Pedagogical film about fencing: Foil (English version) MTV-TF, 2007. 25 min.  Scenario and pedagogical advices.  Laszlo Szepesi: Fencing rules; pedagogical film (English version) MTV-TF, 2007. 10 min.  Scenario and pedagogical advices.  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 |