



## NATIONAL HORTING FENCING FEDERATION OF UKRAINE

### HORTING FENCING BASIC TRAINING COURSE PROGRAM

| BASIC FENCING TRAINING - STAGE ONE                                                                                                                  |                        |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                  |
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| Term. - 1-2 moth from the beginning (~4 hours per week)                                                                                             |                        |                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                  |
| GOALS<br>(Objectives)                                                                                                                               | RINGS OF<br>MASTERSHIP | THEORY AND DRILLS                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                      | EQUIPMENT                                                                                                                                                                                                                                                        |
|                                                                                                                                                     |                        | COMBAT CENTER                                                                                                                                                                                                                                               | MOVEMENT<br>CENTER                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                  |
| 1. Safety protocols<br>2. Discipline and Ethics<br>3. Basic conditions level rising<br>4. Basic Fencing Mechanics and Movements<br>5. Test Sparring | Conditions             | <b>Definitions:</b><br>Main Working Joint.<br>Four positions of the blade in space.<br><br><b>Drill:</b><br>1. Special Physical Training (SPT) - preparation and strengthening of muscles and joints for working with a blade.<br>2. «Wall crucified» Drill | <b>Definitions:</b><br>Main Stance<br><br><b>Drill:</b><br>1. Overall Physical Training (OPT) - overall body warm up, training prepping.<br>2. SPT - strengthening legs and back muscles and joints.<br>3. Main Stance Static Drill. | Softsaber (kids 6-13 years old)<br><br>Synthsaber (kids from 11 years old in drills, and in sparring from 14 years old)<br><br>T-shirt, sport pants and sport shoes (or Horting fencer uniform if available)<br><br>Textile gloves (for better hands protection) |
|                                                                                                                                                     | Movements              | <b>Definitions:</b><br>Trajectories of Strikes System.<br>Movement through the arc (circle) principle.<br><br><b>Drill:</b><br>1. 1-4 Trajectories.<br>2. «Chopper» Drill (Main Working Joint - shoulders)                                                  | <b>Definitions:</b><br>Positions of fencer<br>Types of movements (footworks).<br><b>Drill:</b><br>Footwork in Stance (in 4 directions):<br>1. Main (Shuffle) step.<br>2. Flèche step.<br>3. Cross step.<br>4. Stance switch step.    |                                                                                                                                                                                                                                                                  |
|                                                                                                                                                     | Technics               | <b>Definitions:</b><br>Typology of strike.<br>Main striking mechanics.<br><br><b>Drill:</b><br>1. Chopping strike<br>2. «Prostroyka» Drill<br>1-4 Trajectories                                                                                              | <b>Definitions:</b><br>Distance. Types of distances<br><b>Drill:</b><br>1. Distance holding drill.<br>2. Working in pairs.<br>3. Salute: beginning and ending sparring practice etiquette.                                           |                                                                                                                                                                                                                                                                  |

| BASIC FENCING TRAINING - STAGE TWO                                                                                       |                        |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
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| Term. - 2-3 moth from the beginning (~4 hours per week)                                                                  |                        |                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
| GOALS<br>(Objectives)                                                                                                    | RINGS OF<br>MASTERSHIP | THEORY AND DRILLS                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                 | EQUIPMENT                                                                                                                                                                                                               |
|                                                                                                                          |                        | COMBAT CENTER                                                                                                                                                                                                                                                                                                                                                          | MOVEMENT<br>CENTER                                                                                                                                                                                                                              |                                                                                                                                                                                                                         |
| 6. Combat and<br>Movement Centers<br>Synchronization<br><br>7. Basic attack and<br>defense actions<br><br>8. Attestation | Conditions             | <b>Drill:</b><br>1. Special Physical<br>Training (SPT) -<br>preparation and<br>strengthening of<br>muscles and joints for<br>working with a blade.<br>2. Strengthening of<br>Main Working Joint -<br>on both arms - “Air<br>cut” drill                                                                                                                                 | <b>Drill:</b><br>1. Overall Physical<br>Training.<br>2. Special Physical<br>Training<br>3. Bouncing in place<br>while in the stance 15<br>sec.<br>4. Bouncing forward<br>and back while in the<br>stance 15 sec.                                | Softsaber<br>(kids 6-13 years old,<br>until 17 years old -<br>optional)<br><br>Fencing mask and<br>groin protection<br><br>Synthsaber<br>(kids from 11 years<br>old in drills, and in<br>sparring from 14<br>years old) |
|                                                                                                                          |                        | 1. Bouncing forward and back while in the<br>stance with strikes on the right and left arm.                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
|                                                                                                                          | Movements              | <b>Definitions:</b><br>Combat and Movement Centers<br>Synchronization. Step-strike.<br>Mass input in the blade strike.<br>Вправа «Розкрутка»<br><b>Drill:</b><br>Step-strike drill forward, back and sides while<br>in the stance with strikes on the right and left<br>arm:<br>1. Main (Shuffle) step.<br>2. Flèche step.<br>3. Cross step.<br>4. Stance switch step. |                                                                                                                                                                                                                                                 | T-shirt, sport pants<br>and sport shoes (or<br>Horting fencer<br>uniform if<br>available)<br><br>Textile gloves (for<br>better hands<br>protection)<br><br>Full set of Horting<br>fencing protective<br>gear (optional) |
|                                                                                                                          | Technics               | <b>Definitions:</b><br>Strike as defense<br>action. Defenses in<br>Horting fencing.<br>Secondary striking<br>mechanics.<br><b>Drill:</b><br>1. Thrusting strike.<br>2. Flicking strike.<br>3. «Prostroyka» Drill<br>1-4 Trajectories                                                                                                                                   | <b>Definitions:</b><br>Distance in fencing.<br>Distance types.<br>Attack vector.<br>Strike Mass Input<br>(ways of input)<br><b>Drill:</b><br>1. Distance<br>maintaining drills.<br>2. Control of the<br>distance and control<br>of the opponent |                                                                                                                                                                                                                         |
|                                                                                                                          |                        | <b>Definitions:</b><br>Blade control. Attack line. Axis of movement.<br>Ricochet. Movement through the ricochet.                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |
|                                                                                                                          | Tactics                | <b>Definitions:</b><br>Fight Control. Attack-defense actions.<br>Attacking series.<br><b>Drill:</b><br>Sparring practice                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                         |

| ATTESTATION                                         |                                                                                                                                          |              |                                                                                                                                    |              |                                                                                                                                         |                     |                                                                                                                                         |                      |
|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------------------------------|--------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| CRITERIA                                            | Kids<br>6-10 years old                                                                                                                   |              | Juniors<br>11-14 years old                                                                                                         |              | Teenagers<br>15-17 years old                                                                                                            |                     | Adults*<br>18+                                                                                                                          |                      |
|                                                     | MALE                                                                                                                                     | FEMALE       | MALE                                                                                                                               | FEMALE       | MALE                                                                                                                                    | FEMALE              | MALE                                                                                                                                    | FEMALE               |
| 1. Conditional level                                |                                                                                                                                          |              |                                                                                                                                    |              |                                                                                                                                         |                     |                                                                                                                                         |                      |
| Push ups                                            | 9 times                                                                                                                                  | 5 times.     | 10 times.                                                                                                                          | 8 times.     | 15 times.                                                                                                                               | 10 times.           | 20 times.                                                                                                                               | 10 times.            |
| Press                                               | 15 times.                                                                                                                                | 15 times.    | 20 times.                                                                                                                          | 20 times.    | 25 times.                                                                                                                               | 25 times.           | 30 times.                                                                                                                               | 25 times.            |
| Lunges or Sit ups                                   | 10 times.                                                                                                                                | 8 times.     | 15 times.                                                                                                                          | 10 times.    | 20 times.                                                                                                                               | 15 times.           | 20 times.                                                                                                                               | 15 times.            |
| Plank                                               | ~ 20 seconds                                                                                                                             | ~ 15 seconds | ~ 30 seconds                                                                                                                       | ~ 25 seconds | ~ 40 seconds                                                                                                                            | ~ 30 seconds        | ~ 45 seconds                                                                                                                            | ~ 35 seconds         |
| 2. Motional-technical level                         |                                                                                                                                          |              |                                                                                                                                    |              |                                                                                                                                         |                     |                                                                                                                                         |                      |
| Step-strike: chopping in the air by 1-st trajectory | 3 times on each arm                                                                                                                      |              | 5 times on each arm                                                                                                                |              | 8 times on each arm                                                                                                                     | 8 times on each arm | 10 times on each arm                                                                                                                    | 10 times on each arm |
| Step-strike: chopping in the air by 2-st trajectory | 3 times on each arm                                                                                                                      |              | 5 times on each arm                                                                                                                |              | 8 times on each arm                                                                                                                     | 8 times on each arm | 10 times on each arm                                                                                                                    | 10 times on each arm |
| Step-strike: chopping in the air by 3-st trajectory | 3 times on each arm                                                                                                                      |              | 5 times on each arm                                                                                                                |              | 8 times on each arm                                                                                                                     | 8 times on each arm | 10 times on each arm                                                                                                                    | 10 times on each arm |
| Step-strike: chopping in the air by 4-st trajectory | 3 times on each arm                                                                                                                      |              | 5 times on each arm                                                                                                                |              | 8 times on each arm                                                                                                                     | 8 times on each arm | 10 times on each arm                                                                                                                    | 10 times on each arm |
| «Prostroyka»: chopping in the air 1-4 trajectories  | No more than two mistakes per hand in unlimited time.                                                                                    |              | No more than one mistake per hand. The exercise time is no more than 1 minute.                                                     |              | Without mistakes. The exercise time for each hand is no more than 1 minute.                                                             |                     | Without mistakes. The exercise time for each arm is 0.7 minutes or less.                                                                |                      |
| 3. Tactical level                                   |                                                                                                                                          |              |                                                                                                                                    |              |                                                                                                                                         |                     |                                                                                                                                         |                      |
| Control sparring                                    | Duration up to 2 minutes.<br>Proper posture and movement must be demonstrated. Perform at least one technically correct chopping stroke. |              | Duration up to 3 minutes.<br>You must attempt to execute an effective strike and demonstrate Fight control (or effective defense). |              | Duration up to 4 minutes.<br>Must perform at least one effective offensive action and demonstrate Fight control (or effective defense). |                     | Duration up to 5 minutes.<br>Must perform at least one effective offensive action and demonstrate Fight control (or effective defense). |                      |

## **The Attestation Procedure Order**

The first, conditional, level is performed (passed) by all participants of the Attestation exam at the same time. The second and third levels are performed in pairs.

During the Attestation, the etiquette demonstrated by the candidates during the performance of the exercises, their general behavior before, during, and after entering the court to fulfill the standards is also evaluated. The level of their self-discipline, attentiveness, concentration and self-control is also assessed.

\*Adults who are 40 years old (or older) at the time of Attestation can skip the first level or take it individually if it is impossible to complete it in the prescribed manner due to their health. People of any age with certain functional limitations, if there is such a need, can also go through the certification program individually.