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# Fencing: Skills, Tactics, Training (Crowood Sports Guides)

*Andrew Sowerby*

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# Fencing: Skills, Tactics, Training (Crowood Sports Guides)

*Andrew Sowerby*

**Fencing: Skills, Tactics, Training (Crowood Sports Guides)** Andrew Sowerby
**Covers fencing techniques in a logical progression, from the absolute beginner to the advanced competition fencer**

Fully illustrated with photographs showing technique sequences, correct positions, and competition situations, this step-by-step guide is perfect for newcomers learning the fundamentals, advanced practitioners, or coaches. It supplies detailed tips and advice on competition fencing and includes a valuable section on tactics and how to apply techniques in a fight situation. It also presents footwork exercises and bladework training drills, introduces épée and saber fencing, and discusses how to approach fencing as a left-hander and how to deal with left-handed opponents.

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