

Kingswood House Fencing Club

Summer Term Starts Mon 26 Apr 2021

Y4 & New Beginners 12.50-1.30pm

Y5 NB & Intermediate Class 1.15-2pm



Fencing is an exciting, physically and mentally demanding sport that offers the challenge of combat in complete safety. Fencing exercises a wide range of skills and abilities. It promotes physical fitness and agility, speed and precision, but is also dependent on mental speed and reasoning. Elements of mindfulness are also explored. Fencing is one of four sports which have been featured at every one of the modern Olympic Games since 1896. Madonna, David Beckham, Tom Cruise all fence as did Bruce Lee.

Age: Dependent on ability but as a guide 9 or above (Y4+).

Classes: Beginners: Group 1: Yr4 New Beginners & Intermediates class 12.50pm – 1.30pm

Group 2: New Beginners in Y5 and above 1.15-2pm

Y5 intermediates arrive at 1.15pm to get kit on and ready to start at 1.30pm – 2pm.

If Mondays do not suit there is an alternative Wed night option At Blenheim High School with Epsom Fencing Club: New Beginners classes including adults - Starts Wed 28 Apr 2021 – 7-8pm (Adults 14+ 8-9pm) See www.Epsomfencingclub.org

Summer Term Sessions: Mon 26 Apr – 5th July Half term is 31 May 21

Health & Safety: Fencing is an active sport and a certain amount of physical contact is part of the sport - if you have any medical concerns, please discuss with Nick Payne or consult your doctor.

Clothing Requirements: New COVID19 requirements means minimising sharing of equipment, so intermediates (at least 1 term of fencing) need their own steam kit (mask, jacket,

glove, plastron, non-electric foil). We have a hire scheme and some kit can be hired with a deposit. Students should wear sensible indoor specific training shoes & socks. Stout track-suit bottoms (preferably with zipped or no pockets) or fencing breeches. T-shirt or thin long sleeved shirt. Plastic mask and foil for beginners to start with is supplied.

The Coaches: Nick Payne is ex British No1 and the founder of Sword Fighting International and Epsom Fencing Club.

If your child would like to attend, please complete the attached and return to school.

OLYMPIC FENCING

Kingswood House School Spring Term 2021

Mon 11 Jan – 22ND Mar. Half term is 15 Feb21

(last lesson Mon 2 Mar Nov21 - 10 weeks)

Y4 and New Beginners (Y4) 12.50-1.30pm

Intermediate Class Y4 and above (at least 1 term of fencing) 1.15-2pm

New Beginners Y5 and above 1.20-2pm **(PLEASE CIRCLE YOUR CHOSEN TIME).**

Click [here](#) for online form (or see link at bottom)

Childs name:.....DOB:..... Age:

Contact telephone:..... Class:

Postcode: Occupation (optional);

Medical conditions (*of which the coach should be aware*) if any:

I give permission for my child to attend the Fencing class and agree to have details stored in accordance with GDPR requirements.

I enclose cash or cheque in an envelope with name on the front (*payable to **SWORD FIGHTING INTERNATIONAL and incurring a £2 extra charge***) or ideally Bank Transfer Payment: SFI Barclays Bank 20-29-90 13949486. Please add 'KHS and name' as ref.

PLEASE ALSO EMAIL nick.payne@swordfightinginternational.com TO CONFIRM PAYMENT HAS BEEN MADE

Cost: £90 (£92 if chq) which includes all plastic fencing kit, tuition and insurance. Intermediates will need their own steam (non-electric) fencing kit: mask and foil, plastron and jacket. There may be an option to hire kit (with a paid deposit) each term. Improvers may also start doing electric fencing and will then need a body wire, electric jacket and an electric foil.

Signature parent / guardian:

Name - Please print:

Contact email (for parent):.....

PLEASE CLICK BELOW FOR WEBFORM IF YOU HAVE NOT ALREADY COMPLETED DETAILS ONLINE OR TYPE : <https://fs163.infusionsoft.com/app/form/khs-members-apr21>