

Epée Training

Coach: Kyle MacDonald



Target participants: All fencers, beginners to seniors, even foilists!

Date:	Sunday 18th September 2016.
Time:	1000 Registration - 1500 Finish
Venue:	Farmers' Hall Ruakura AgResearch Campus (Off Ruakura Rd) Hamilton
Fee:	\$15 - (lunch provided)

Directions:

- Entry to the AgResearch Campus is off Ruakura Rd.
- Continue straight ahead (under trees) and cross barrier arms (they will open automatically for you*)
- Then another 100m, cross railway lines
- Then another 100m, and turn left at the roundabout
- Another 20m and there is a bright green and white sign pointing towards AgResearch reception, go that way (right).
- The Farmers Hall is the building now on your left. If you get to AgResearch reception you are still in the right place.

*Note: if the barrier arms do not open, use the intercom and security will automatically open the gate for you. Be prepared to give them your car registration No.



Programme:

- Warm up exercises and games.
- Team participation/tactical thinking
- Footwork exercises, key techniques
- Bladework exercises using lunging pads
- Point control
- Linework drills
- Structured fencing in pairs

Hamilton Contacts: Chris Nokes / Mike Angelo

W A I K A T O S W O R D S

PO Box 9369

Hamilton

Ph: 07-834 0376

Fax: 07-839 9929

Email: hamilton@pta.co.nz

Web: <http://www.sportsground.co.nz/waikatoswords>