

# Epée Training



Coach: Kyle MacDonald

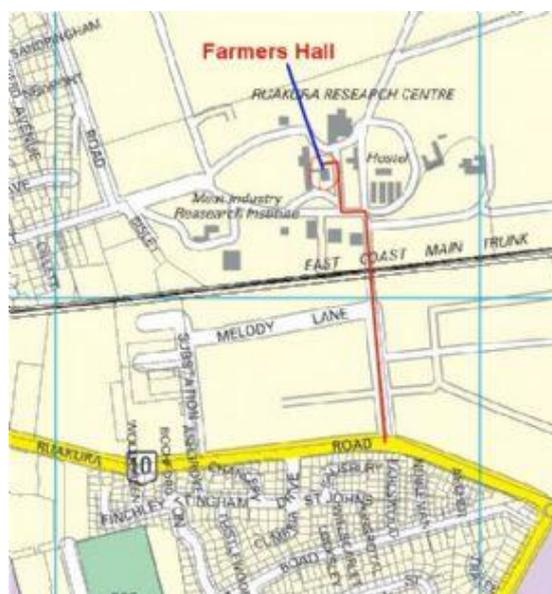
Target participants: All fencers, beginners to seniors, even foilists!

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

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