**What is Fencing?**

Fencing is a sport that involves the use of swords and swordplay. Initially it was used in military training and eventually became a sport in either the 14th or 15th century. Both Italy and Germany lay claim to its origins. Swordplay has been practiced for thousands of years. This was discovered through carvings depicting fencers found in a temple near Luxor dating from around 1190 BC. From the 16th to the 18th century, duels were common, with combatants using a variety of weapons. Such fights were bloody and occasionally fatal. This led to some changes in safety more specific rules for the sport of Fencing. Three innovations in the 17th and 18th century led to the popularity of fencing as a sport: the “foil” – a weapon with a flattened tip; a set of rules governing the target area; and the wire-mesh mask. In the late 1800’s fencing was added to the Olympic Games and has been a part of them ever since. Both men and women compete in individual and team events.

**Important Terms: (Be sure you define these in your write up)**

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**Feint**: A false attack designed to force an opponent into a reaction that opens the way to a genuine attack.

**Fleche**: A running attack.

**Thrust**: To extend the arm and sword toward the opponent.

**Prime**: The first of eight defensive positions in fencing.

**Seconde**: The second of eight defensive positions in fencing.

**Tierce**: The third of eight defensive positions in fencing

**Fencing Basics**:

1. **Foil**: The *foil* is a light, flexible blade that's rectangular rather than round. Foils are about 35 inches long. To score a point, a fencer must touch his or her opponent's torso with only the tip of the blade.

2. **Epee**: The *epee* is about the same length as the foil, but twice as heavy, and with a stiffer blade. As in foil, a fencer may touch her opponent with only the tip of the sword, but the entire body, not just the torso, is the target area.
3. Saber- The **saber** is about the same length and weight as the foil. In saber fencing, the athlete can use both the tip and the cutting edge to score points, and the target area is anywhere from the opponent's waist up to the top of the head.

**Pictures/diagrams:** These can be helpful depending on the sport being discussed

**Useful Links/Resources:**

http://www.allstaractivities.com/sports/fencing/fencing-basic-skills.htm

http://acfencers.tripod.com/essentials.html

http://pbskids.org/itsmylife/body/teamsports/article5.html

*** This is a very basic example of your assignment. You will want to include more details to your project.