

## GLSC Intro to Foil Course—8 weeks, 1-hour sessions

- Week 1: Course & Instructor introduction. Paperwork from parents. Overview of proper attire, stretching and safety. Measure for equipment. Intro to basic idea of foil, target, weapon, strip.
- Week 2: Review and in depth description of foil target/right of way/strip/weapon. Stretching intro. Basic guard, advance and retreat work.
- Week 3: Review of legwork. Addition of lunge. Paired cadence drills. Fitting to equipment.
- Week 4: Intro to concept of lines. Legwork while moving to closed lines. Intro to grip. Moving through lines with blade and NO partner. Intro to hitting high line with direct extension. Salute.
- Week 5: Review of lines. Hitting with partner. Intro to simple and circle parries in high line only.
- Week 6: Review of parries. Concept of simple attacks (one-tempo attacks): direct and indirect. Two types of indirect actions: disengage and coupé. Drills on disengage. Drills introducing the parry of disengage in high line. Light structured free play.
- Week 7: Review of Simple attack concepts. Intro to coupé. Drills on coupé in high line. Work on parry of coupé in high line. Light structured free play.
- Week 8: Review of high line concepts. Basic short demo of bouting. Basic strip rules and etiquette. Free play. Course graduation with certificates.