



**DURKAN**  
FENCING ACADEMY

## Durkan Fencing Camp Daily Schedule

60 Saddle River Ave, S. Hackensack NJ 07606

### Club Opens at 8am

8:00am to 9:00am	Durkan Fencing Academy Open for Camper Drop-off at 8am
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### Camp Schedule 9am to 4pm

9:00am	Camp Day Begins
9:00 am to 10:00 am	<b>Comprehensive Group Warm-up</b>
	<b>Athletic Skill Development Activity (see Durkan Program description box 1)</b> Static and Dynamic Stretching
10:00 am to 10:45 am	<b>Weapon Specific Training (in Foil, Epee, Sabre groups)</b> Footwork Drills
10:45 am to 1:00 pm	<b>Technical Fencing Concept (see Durkan Program description box 2)</b>
	Detailed explanation of Concept to Students Foot tempo based partner drills Electric technical drills
1:00 pm to 2:00 pm	<b>Lunch Break (Lunch is Provided)</b> During Lunch Campers will participate in Fencing Bout Video Analysis or Watch a Movie (e.g. Incredibles 2, Shrek, Mighty Ducks, Star Wars, etc).
2:00 pm to 2:30 pm	<b>Skill Building Game</b> To warm-up after lunch fencers will participate in a fencing skill building game such as capture the flag, fencing relay race or coordination movement game.
2:30 pm to 3:50 pm	<b>Structured Bouting and Tactical Skill Building (see Durkan Program description box 3)</b>
	Bouting practice with coaches assisting/instructing fencers, e.g. pools, team event, practice tournament, King-of-the-Hill bouts
3:50 pm to 4:00pm	Cool Down and stretching at the end of the day – CAMP ENDS AT 4PM
4:00 pm to 5:00 pm	Camper Pick-up, Club closes at 5pm

## Durkan Program Descriptions

The Durkan Camp program is designed to develop general athletic as well as fencing specific ability. Our coaches have worked with ALL levels of fencers (youth beginner through Olympians/World Champions) so all instruction will be applicable to the student's level. Do not worry if you do not know some of the concepts we teach, that is what camp is for– to create a deeper understanding of the sport of fencing. Since campers are spending seven hours per day training coaches will give detailed explanations of concepts (and answer all questions!) so your fencer will leave with advanced knowledge and new skill sets.

**While more improvement can be gained with each additional week of training camp, each week is a stand-alone session so it does not matter if you cannot attend every week.**

### 1 - Athletic Skill Development Activities are designed to improve fencers:

- Balance
- Hand-eye-coordination
- Hand-feet independence
- Depth perception
- Reaction time
- Proprioception

### 2 – Technical Fencing Concepts Include

- When to start a first intention action
- When to start a second intention action
- The relationship between hand and foot tempo
- The use of hand-tempo counterattack to set-up a blade parry
- Using defensive footwork to destabilize an attackers first intention moment
- How to approach the en guard lines
- When and how to use point-in-line, and how to beat point-in-line

### 3 – Structured Bouting and Tactical Skill Building Includes

- Fencing Level based Team Event (Relay event to 45 points)
- Tactical Bouting Scenarios (e.g. Fencers cannot parry and must use footwork to win touch)
- Practice Pools (Everyone fences 5-touch round robin)
- [Foil/Epee] Time Drills (1 min bout, 30 second, 10 second etc.)
- Stress Test: One-touch bouts (14-14 scenario or 4-4 pool scenario)
- Practice tournaments
- Students rotate being fencer and strip coach in 15-touch bout (Learn how to watch a bout and understand what is happening, and recommend in-bout adjustments)