

FFA Programs

Introduction to Fencing

All new fencers are encouraged to take this simple 4 week introductory course which introduces them to the history and elemental techniques of all three Olympic fencing weapons.

Beginning Fencing

The beginning member class is the entry level membership instruction and continues month to month. Participants will receive 1 group lesson and 1 practice session per week.

Intermediate Fencing

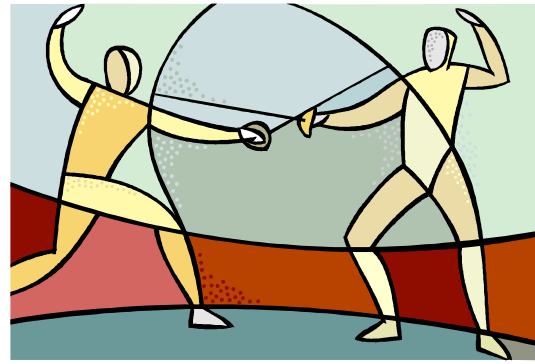
Intermediate members have some experience and want to improve their fencing. This class offers 1 individual and 1 group lesson per week, plus access to strips when scheduled, and renews month to month. Members at this level may start participation in local competitions if they so desire, but this is by no means required.

Recreational Fencing

Recreational fencers have decided to enjoy the sport and improve, but have no interest in the competition circuit. Recreational fencers should have their own equipment (we can help with that) and only pay the basic membership dues. These fencers are given access to the strips once per week.

Competitive Fencing

Competitive members regularly participate in local, national, and international tournaments. As such, their training and practice require a strong, determined spirit month to month to accomplish good results. Fencers at this membership level receive at least 3 classes per week, with 2 individual lessons per week. Participants from FFA in national and international competitions will be assessed an additional fee for out-of-town coaching expenses.



Membership Information

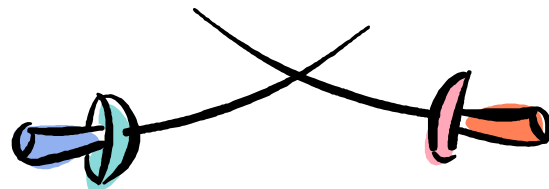
Our membership dues begin with the base amount of \$75.00 per month, with additional program fees added when a fencer needs and desires further training and opportunity. Discounts become available to families enrolling multiple members.

Drop in Fencing

If you are not a member of FFA but wish to fence, you may choose to pay a floor fee of \$20.00 per visit. This allows a single use of our facilities at the time designated for Recreational Fencing.

Membership Information

Membership at FFA has many benefits, including the use of the fencing floor and FFA facilities for fencing and instruction at designated times, depending on the program. Additionally, members can access a fitness room complete with weights and cardio equipment. Member parents can access fitness room, while their children fence, for an additional \$15/mo. Please keep in mind that membership dues do not cover private lessons, competitions entry fees or travel.



Why Fencing?

Fencing is a martial art that uses sport weapons. The ability to handle fencing weapons places people of different physical condition and body types on a level playing field.

The decisive factor in fencing is the ability to think unconventionally and find your bearings in a rapidly changing situation. In the course of the bout the fencer has to make numerous independent decisions in an instant.

Fencing teaches you to control your emotions, forces impulsive or short-tempered people to get a grip of themselves, and shy or reticent ones to take risks that they would not consider taking ordinarily.

Fencing is a creative sport enabling free development of the personality. It offers no ready recipes. It only provides the notes, while the athlete himself has to compose music.

The intense emotional background of fencing exercises enables aspiring fencers to easily cope with physical exertion, thereby developing both special and general ability for work.

Courtesy, gallantry, and respect for the opponent characterize the manner of behavior taught and maintained by fencing thanks to its time-honored ritual of conducting bouts. Before each bout fencers salute with their weapons their opponent, the audience, and the referee. A hand-shake necessarily completes each bout.

www.fresno-fencing.com
(559) 224-1910

Come Fence With Us!



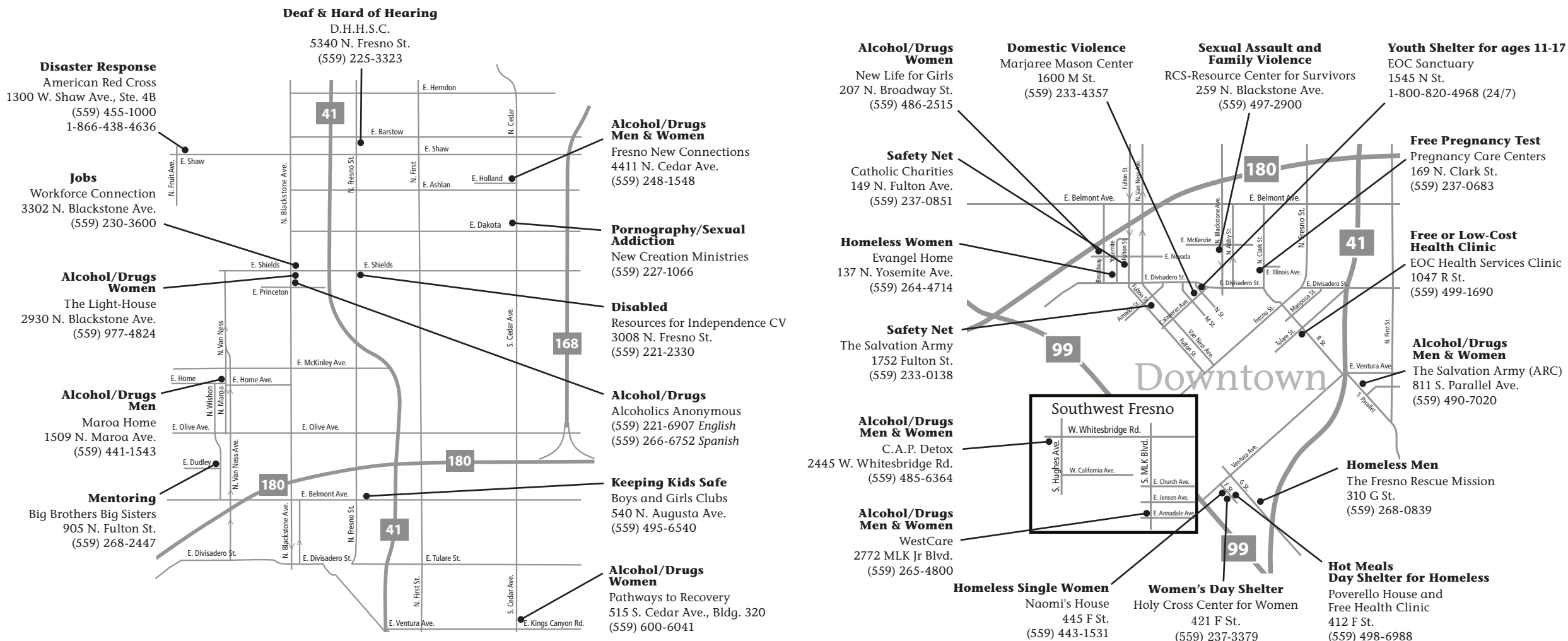
Dial 2-1-1 for non-emergency Health and Human Services in Fresno County 24/7. It's free and confidential. Specialists can help you in English, Spanish, Lao, Thai, Khmer, and over 140 other languages.

Fresno, CA



Fresno Fencing Academy

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