



US Fencing Coaches Association

Suggested Reading Materials

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All texts in the first sections are directly relevant to the exam process. In some cases, questions in the written exams may have been drawn directly from those texts. In other cases, the text is considered to be fundamental to the process of becoming a competent instructor of fencing, regardless of the certification level for which you are striving. A serious fencing instructor must possess a broad range of knowledge and engage in constant study. Without a continual learning process, it is difficult to achieve the best possible results for their students.

There are also texts listed that are not directly related to the exam. That is, they may not have questions directly drawn from them. However, the knowledge in them (and in similar texts) contributes greatly towards the ability of any fencing instructor, regardless of the certification level.

It is important to realize that this list is not intended only for exam preparation. These texts & periodicals should be read and revisited by all fencing coaches.

All the books listed have been chosen because of their general availability. Many fencing equipment distributors carry these texts. Human Kinetics Publishers carry many general fitness & coaching texts (www.HumanKinetics.com). While there are also many excellent books in foreign languages, those that have not been translated into English are not listed here.

Additionally, this list includes periodicals and web sites that are helpful for staying current with pedagogical concerns, fitness, and programming.

The texts are not listed in any particular order of importance.

Recommended Reading for Moniteurs:

Fencing: A Practical Guide for Training Young Athletes, Handelman and Louie, Pattinando Publishing, San Francisco, CA 2010

This resource goes beyond the stated purpose of training youth fencers and particularly in modern saber technique which it covers in great detail. However, only about 30% of the text is weapon-specific. The book includes sections on starting a club or program, child development, safety, injuries and their prevention, fitness, diet, fencing specific games, stretches, strength & conditioning drills, footwork and technique, drills, group and individual lessons, competitive training, tactics, parents, and mental training. The authors also note errors they see coaches making during USFCA exams, and give specific examples of how corrections should be made.

Available online at www.sfyouthfencing.org. or from various fencing supply distributors.

Magnum Libre (The Big Book of Fencing, Volkmann, R., Augusta, GA 1996)

Covers technique, strategy, and tactics in detail, as well as aspects of equipment maintenance. Unlike many fencing texts, Dr. Volkmann goes into detail about "what can go wrong," as well as aspects of equipment maintenance.

Available from various fencing supply distributors, or the author himself in Augusta, GA. Email: rvolk@csranet.com

Taking Foil Groups to the Competitive Level, Vincent Bradford, Counter Parry Press, Lansdowne, PA 1994

A hands-on methodology of teaching groups using progressive lessons and activities, working towards competitive techniques.



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Available from American Fencers Supply (www.amfence.com) and various other fencing supply vendors and the publisher at: Counter Parry Press, P.O. Box 626, Lake Zurich, IL 60047

USFCA glossary - http://www.usfca.org/usfca/misc/USFCA_Glossary.doc

This is the list of terms and definitions that have been selected from the vast polyglot of fencing terminology, and which have been determined to be the simplest or most generally used variations. The USFCA does not imply that other definitions are incorrect, nor does this document contain the only terms you must use when teaching. However, these are the terms and definitions used on the USFCA exams.

Sport Physiology for Coaches, Brian Sharkey, [Human Kinetics Publishing Co.](http://www.humankinetics.com) Champaign, IL 2006

Many Moniteur and Prévôt exam questions concerning training and physical preparation are directly from this text.

Available from Human Kinetics Publishers, website: www.humankinetics.com

Risk Management Essentials for Local Sports Organizations

Available to members of the USFCA in the References section of the website at www.usfca.org.

Recommended Reading for Prévôts and Masters:

Candidates for the Prévôt and Master levels of certification will need these texts for the depth of applied and theoretical knowledge of fencing and pedagogy required for the exams.

Electric Foil Fencing, Lukovich, Istvan, SKA Swordplay books Staten Island NY 1998

Continues where Lukovich's previous book leaves off, with more advanced theory and actions for foil discussing the transition from non-electric to electric. The current game has, of course, evolved further since the publication of this book. It is nevertheless an essential part of any coach's library.

Available from the publisher's web site www.swordplaybooks.com

Epee: A Complete Theory, Vass, Imre, SKA Swordplay Books, Staten Island NY 1998

The most complete book on epee training, available in English. Part of the "series" like Szabo, Lukovich, Beke and Polgar. SKA's recent revision has updated some aspects of the material to reflect current trends in modern epee.

Available from the publisher's web site www.swordplaybooks.com

Fencing: A Practical Guide for Training Young Athletes, Handelman and Louie, Pattinando Publishing, San Francisco, CA 2010

This resource goes beyond the stated purpose of training youth fencers and particularly in modern saber technique which it covers in great detail. However, only about 30% of the text is weapon-specific. The book includes sections on starting a club or program, child development, safety, injuries and their prevention, fitness, diet, fencing specific games, stretches, strength & conditioning drills, footwork and technique, drills, group and individual lessons, competitive training, tactics, parents, and mental training. The authors also note errors they see coaches making during USFCA exams, and give specific examples of how corrections should be made.

Available online at www.sfyouthfencing.org.

Theory, Methods, and Exercises in Fencing, Wojciechowski, Z. Libra Printing, Datchet Berks, England, 1989

In addition to being a critical text for a fencing coach, the Certification and Accreditation Board considers the knowledge in this text to be crucial for Prévôt and Master candidates.

Available from Leon Paul Fencing Company (in England and USA).



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Understanding Fencing, the Unity of Theory and Practice, Czajkowski, Zbigniew, SKA Swordplay Books, Staten Island 2005
Newest publication on fencing pedagogy offering a greater depth of theoretical aspects of motor learning theory to help a coach plan group and individual lessons more effectively.

Available from the publisher's web site www.swordplaybooks.com

Additional Recommended Reading:

It is hard (if not impossible) for a Prévôt or Master to consistently produce top level competitors without understanding the material in these following books. These books, while not required material to pass the examinations, contain important ideas for teaching and coaching.

Fencing and the Master, Szabo, L., Corvina Press, Budapest, 1977

A standard reference with classical information on the development of saber fencing.

Available from the publisher's web site www.swordplay.com

Methodology of Modern Saber Fencing, Beke and Polgar, Corvina Press, Budapest 1963

Beke and Polgar do for saber what Lukovich and Vass do for foil and epee. It would be on the required reading list if it were reprinted. A great help in developing saber lessons.

Available from used book sellers.

Planning to Win, Kogler, A., Counter Parry Press, Lansdowne Pa., 1994

This book lays out in detail how to plan training cycles and record keeping specifically for training and competing in fencing. Focus on the unique aspects of preparing a fencer.

Available from American Fencing supply www.amfence.com and various other fencing supply vendors and the publisher at: CounterParry Press PO Box 626, Lake Zurich, IL 60047.

Preparing the Mind 2nd Ed, Kogler, A. SKA Swordplay Publications Staten Island NY.

Does for the mind what Planning to Win does for the body. Kogler focuses on how to apply mental skills to the specific concerns of fencers, often unique from other sports.

Available from the publisher's web site www.swordplaybooks.com

The Inner Game of Tennis, Gallway, Tim.

Aimed at tennis but lots of great ideas for training and competing in fencing. About the mental game and overcoming your own limitations - the first path to success. One of the first books to address the mind-body relationship and adapt ideas from Asian Martial arts philosophy and Zen to other modern sports.

Available at the book's website: www.TheInnerGame.com. Also available through Amazon and Barnes & Noble.

Winning Ugly, Gilbert, Brad, Fireside Books, Simon and Schuster New York NY 1993

Lots of good information about preparing and planning strategy for competition and the large picture of good 'gamesmanship'. Some of the ideas have to be modified to fit the tactics and different time frame of a fencing bout verses a tennis match. A fun read also about the tennis greats of the last decade.

Available at commercial book sellers or Amazon.com.



Supplemental Martial Arts Books:

Fencing is, by definition, a 'martial art.' With the popularity of the Asian Martial Arts in the United States, it behooves a coach to be familiar with the most popular texts relating to the Asian arts. These selected texts will help develop the tactical and strategic areas of coaching.

The Art of War, Sun Tzu

A popular and fundamental text about tactical and strategic thinking and planning. Timeless ideas for fencers and businessmen alike. Many different editions have been produced over the years. Available from most commercial book sellers.

Book of Five Rings, Musashi, Miyamoto

Many different publications are available through most commercial sellers. Another timeless classic from an ancient Master Swordsman that still resonates for all competitive swordsmen (fencers) today.

The Zen Way to the Martial Arts, Deshimaru, Jean Taisen, E. Dutton Inc. Park Ave. New York NY. 1982

In and out of print. If you view fencing as a Martial Art and all that is implied by that and can view fencing as the real application of fighting and feel that Oriental Zen philosophies can be applied to modern fencing this is valuable book.

Supplemental Reading for Coaching and Program Management:

For any instructor planning to go beyond the simple instruction of fencing motions in a recreational class will need more knowledge of coaching methodology & techniques. Any candidate with ambitions to coach in a competitive setting must also have specific knowledge of the broad aspects of coaching and leading people. These following books will also make the recreational instructor more effective at teaching. At least one of the following books should be read.

For finding more information about the general areas of coaching, fitness, training, and program management in sports and recreation, the Human Kinetics web site (www.HumanKinetics.com) is frankly one of the best resources currently available.

Successful Coaching, Martens, Rainer, Human Kinetics Publisher, Champaign Ill. 2004

Official text for the NFHS Coaches Education Program. An excellent book on coaching and leadership.

Available through the publisher's web site.

Starting and Running Your Own Martial Arts School, Vactor and Peterson, Tuttle Publishing, Boston Mass. 2002

Good start up business text for anyone wanting to go "independent" but not having a business degree. Fencing is after all a "martial art".

Available through publisher's web site www.tuttlepublishing.com and commercial book sellers.

Coaching Kids for Dummies, Wolff, R., Wiley and Sons Inc. 2000

Well arranged education text for non-professional coaches needing help in dealing with kids, parents and all types of related issues that arise in working with kids (and adults).

Available at www.dummies.com, and through other booksellers.



Training And Fitness:

The list here is only a sampling of the excellent books on the market. And books are constantly being published which break new ground in sports physiology, psychology and training. A good instructor will be at least conversant with current research and teaching & training methodologies (if for no better reason than being able to field questions from students). For any coach wanting to take their students to the best possible level, some additional texts are recommended.

Periodization Training for Sports, Bompa, Tudor, Human Kinetics Publishers, Champaign, IL, 1999

More detailed about periodization and plyometrics than Sharkey and Stone but less about muscle physiology and technique than Stone or a book specifically on weight lifting. This is the text for a coach who wants to be able to seriously plan an athlete's physical preparation cycles.

Available through the publisher's web site www.HumanKinetics.com, Champaign, IL.

High Powered Plyometrics, Radcliffe, James C., Farentinos, Robert C. Human Kinetics Publishers, Champaign IL, 1999

Selected because of its good basic text on developing explosiveness with clear explanations and pictures.

Available through the publisher's web site www.HumanKinetics.com

Fencing: A Practical Guide for Training Young Athletes Addendum, Handelman, Pattinando Publishing, San Francisco, CA 2010

An electronic supplement to the text that covers Sports Medicine, Training and Conditioning in expanded detail specifically for fencing.

Periodicals:

Reading books is only the beginning for a serious coach and educator, since the field is changing and new ideas and issues are constantly developing. Restricting yourself to books means you are several years out of date in your knowledge. You should attend clinics on coaching (not just in fencing either) and keep up to date with periodicals and web sites.

"American Fencing" Official publication of the US Fencing Association

This publication addresses current National competitive concerns, and is what your students are hopefully reading. Less useful as a pedagogical learning tool than the *SwordMaster*.

Available with membership and on line at www.usfencing.org

"Fitness Management Magazine", Published by Leisure Publications Inc. 4160 Wiltshire Blvd. Los Angeles Ca. 90010

Free publication with lots of current issues in the fitness and recreation activity industry. Lots of tips on health, programming concerns, marketing, and ideas to improve all sports programs. A must read for anyone teaching, regardless of how you view your role in the rest

of the fencing world and for free it can't be beat. Focused on private, for profit industry needs but great for anyone involved in physical activity programming. Material is less academically rigorous than in the two AAHPERD publications but just as useful.

Web site for information and to subscribe, www.fitnessmanagement.com

"AAHPERD Journal" Official Publication of the American Alliance for Health, Physical Education, Recreation and Dance., 1900 Association Drive, Reston VA 20191-1599

Publication for the Physical Education community. Geared to professional teachers, recreation program leaders and coaches of any and all physical and recreational activities in education, public sector, schools and not for profit community recreational



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programs. Provides lots of teaching and pedagogical ideas and discuss professional development concerns. Valuable for every level of teacher from apprentice to Master. If you are strictly a “hobby” coach teaching at a rec. center for your own enjoyment with no concerns about improving or developing your teaching material and the larger issues of sport and leisure activity in society bore you then this journal may not be for you as it is academically rigorous but anyone aspiring to be a Fencing Master should be an AAHPERD member also.

Refer to the AAHPERD website at: www.aahperd.org.

“Strategies - a Journal for Physical and Sport Educators”

Publication comes with membership in American Alliance for Health, Recreation, Physical Education and Dance and the National Association for Sport and Physical Education. This journal is more focused on pedagogical concerns and teaching skills than the AAHPERD Journal. Important for anyone teaching to give new ideas and games you can adapt to fencing.

Refer to the AAHPERD website at: www.aahperd.org.

“Performance Training”

Official publication of the National Strength and Conditioning Org. Subscription and membership information and training programs at www.ncsalift.org

Valuable Websites:

www.USFCA.org - Our official web site

www.USFencing.org - the official site of the US Fencing Association

www.Fencing.net - a commercial site but lots of news, gossip, and pedagogical material

www.Fencingpictures.com - site to watch steaming video of fencing and interviews with athletes.

www.Fencingchannel.tv - official web site of the FIE for video of recent world champs.

www.fie.ch official site of the International Federation of fencing.

www.britishfencing.com official site for the British Fencing Federation

www.fencing.ca official web site of the Canadian Fencing Federation.

The Canadian Fencing Coaches Manual is available here. While somewhat outdated, it is still an excellent resource for coaches.