

## February: Fencing Skills

4 week challenge - begin by Mon. February 4th

Goal: increase your fencing skills by following one of the workouts outlined below.

\*If you do not have a sword, use a wooden dowel to practice the point control & blocking exercises

### Option 1- workout 6 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3 sets of 8 each <ul style="list-style-type: none"> <li>• Point control - circle doorknob</li> <li>• Point control - stab object</li> <li>• Forward step</li> <li>• Retreat step</li> <li>• Left step</li> <li>• Right step</li> </ul> +3 sets of blocks	3 sets of 10 each <ul style="list-style-type: none"> <li>• Point control - circle doorknob</li> <li>• Point control - stab object</li> <li>• Forward step</li> <li>• Retreat step</li> <li>• Left step</li> <li>• Right step</li> </ul> +3 sets of blocks	3 sets of 12 each <ul style="list-style-type: none"> <li>• Point control - circle doorknob</li> <li>• Point control - stab object</li> <li>• Forward step</li> <li>• Retreat step</li> <li>• Left step</li> <li>• Right step</li> </ul> +3 sets of blocks	3 sets of 15 each <ul style="list-style-type: none"> <li>• Point control - circle doorknob</li> <li>• Point control - stab object</li> <li>• Forward step</li> <li>• Retreat step</li> <li>• Left step</li> <li>• Right step</li> </ul> +4 sets of blocks

### Option 2 - workout 3 times a week - check 1 box per day completed

Week 1	Week 2	Week 3	Week 4
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<ul style="list-style-type: none"> <li>• 10 Point control - circle doorknob</li> <li>• 10 Point control - stab object</li> <li>• 10 Forward step</li> <li>• 10 Retreat step</li> <li>• 10 Left step</li> <li>• 10 Right step</li> </ul> +1 set of blocks	<ul style="list-style-type: none"> <li>• 15 Point control - circle doorknob</li> <li>• 15 Point control - stab object</li> <li>• 15 Forward step</li> <li>• 15 Retreat step</li> <li>• 15 Left step</li> <li>• 15 Right step</li> </ul> +2 sets of blocks	<ul style="list-style-type: none"> <li>• 20 Point control - circle doorknob</li> <li>• 20 Point control - stab object</li> <li>• 20 Forward step</li> <li>• 20 Retreat step</li> <li>• 20 Left step</li> <li>• 20 Right step</li> </ul> +3 sets of blocks	<ul style="list-style-type: none"> <li>• 25 Point control - circle doorknob</li> <li>• 25 Point control - stab object</li> <li>• 25 Forward step</li> <li>• 25 Retreat step</li> <li>• 25 Left step</li> <li>• 25 Right step</li> </ul> +4 sets of blocks