

# Fencing Lesson Worksheet

(Puck Curtis 2020)

## Salute

### Simple Attacks (thrusts)

Pick a series of thrusts which supports your lesson. (*Your tradition may suggest a different order.*)

1. Straight thrust (which line, target, setup?, etc ...)
2. Disengagement
3. Glide

- 1.
- 2.
- 3.

### Simple Attacks (cuts)

Optional depending on the tradition (*number of cuts depends on what you need in the lesson*)

- .
- .

## Defense

Pick a parry (*or two*) which is fundamental and supports your lesson

- .
- .

## Lesson Theme

Explore a concept, phrase, or plate here with as many actions as needed.

- .
- .
- .
- .
- .

## Salute

It should be understood that this is a skeleton on which you can build regular lessons with predictable flow. This is not the ***one true form*** of a fencing lesson but rather a simple guide.