



[Elaine Cheris](#)

\$25.00 each

### Review text

"I am very impressed. This is a very good do-it-yourself book for beginners who lack the assistance of a coach. The basics are sound; the training program should improve even an experienced fencer. I am going to use a few of the training tips myself!"

*Abrahamson Goran - Member of the technical commission, International Fencing Federation, Vice President, Swedish Fencing Federation*

"A valuable manual both for the individual learning fencing and to stimulate and help coaches. Elaine Cheris draws on her experience as both a coach and Olympic competitor. The combination encourages this book will be of great service to those seriously wanting to fence."

*Peter Jacobs - Secretary/ Treasurer and member of Executive Committee of the International Fencing Federation*

"A refreshing introduction to the sport and pastime of fencing. The book compares fencing with various sports and activities to help understand the exercises. It will help young instructors willing to embark on a unique form of coaching, teaching, and training. It stresses mobility of hands and feet and points to the importance of balance at all times. Generally, I would say we look at a democratization of fencing."

*Carl Schwende - Vice President of Honor and member of Executive Committee of the International Fencing Federation*

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