

Transition Courses – 5 weeks

These will commence at the end of each Beginner's Course. There is a Transition Course for each weapon that will give you greater depth of information and skill to assist you to start the journey that is learning to fence. These courses are included in your membership fees. They will only run for part of each training session so you will still get to train and socialise with the rest of the club. If you complete a Transition Course for one weapon we still recommended that you complete the Transition Course for any other weapons you want to learn at a later stage. Transition courses will commence at the end of each Beginner's Course so you will never have to wait too long to try your next weapon.

Club: (Open age group)

You've done a beginners' course, but you're not quite ready to take over the world just yet. You don't know if you want to take this seriously and become competitive. You just want to know more about the skills and techniques of fencing and hopefully accidentally get a little fitter in the process. Well, the Club session is for you. Classes combine fitness, footwork and skills sessions with free fencing to practice what you have been learning.

The Club session runs on **Wednesday from 6.30-9.30pm and Saturdays 2.00-4.30pm**

Strength and Conditioning

The strength and conditioning is available to Cavaliers members only who are interested in high performance. This will assist fencers developing power, agility, general fitness and high intensity footwork. Speak to our Coaching Co-coordinator for further information.

Saturdays from 1.00-2.30pm

TIMES

Wednesday 6.30 – 9.30 pm

Saturday 1.00 – 4.30 pm

Please refer to the individual group sessions for their start times

FEES

ECU Cavalier Fees

Annual Club Membership Fee Categories

- Senior (over 20)
- Junior (20 and under)
- Bladez (12 and under)

Other Fees

- Beginners Courses
- Bladez Try-out Fee (2 weeks)
- Equipment Hire

Please see our website for more details

www.cavaliers.com.au

Fencing WA Fees

- State Affiliation Fee - compulsory for all members
- Capitation Fee - compulsory if you want to compete at national level

Please see www.fencingwa.com for fee details

WHAT TO WEAR

You need to wear long pants and sports shoes; all fencing specific equipment available for hire.

Please Note: For safety reasons, shorts that are above the knees and jeans are not acceptable for fencing. If you are wearing either you may be excluded from the fencing session

ECU CAVALIER SCHOOL OF FENCING

PERTH, WESTERN AUSTRALIA

Happily supported by

bankwest



VENUE

Mount Lawley Sport and Fitness Centre
Building 21, Edith Cowan University
Mt Lawley Campus
Corner Learoyd and Woodsome Street
The Centre is located off Stancliffe Street, best accessed from Central Avenue.

POSTAL ADDRESS:

PO Box 815, Mt Lawley, 6929

CONTACTS

Secretary: Kathy Ruffo

Email: secretary@cavaliers.com.au

Website: www.cavaliers.com.au

Facebook Page: [ECU Cavalier School of Fencing](https://www.facebook.com/ECUCavalierSchoolofFencing)

Facebook Group: [Cavalier School of Fencing](https://www.facebook.com/CavalierSchoolofFencing)

WELCOME TO THE SPORT OF FENCING



Fencing has its origins as far back as 2000BC in Upper Egypt to the present day sport, which has been included in every modern Olympic games since the first in 1896.



Our goal is to introduce you to a sport which has evolved through the centuries passing through the era of chivalry to the very exciting and athletic sport of today. It can be as physically demanding as any high speed sport yet psychologically subtle as you test, tease and lure your opponent into a situation you can control.



THE ECU CAVALIERS SCHOOL OF FENCING



The ECU Cavalier School of Fencing is Western Australia's oldest established Fencing Club; established in 1955.

Our Club aims to promote high standards of fencing following national standards of safety. We teach a modern style of fencing in line with national and international practices.

Whether you wish to enjoy the security of social fencing or whether you feel that competitive fencing is the way for you, you will feel comfortable within the friendly atmosphere of our Club. At ECU Cavalier School of Fencing we cater for both men and women members ranging in age from 9 to 80+.

The ECU Cavalier School of Fencing is affiliated to Fencing WA. This allows our fencers to access state and interstate tournaments and to take advantage of the experience and tuition from visiting overseas coaches.

COACHES

Cavaliers have coaches for all three weapons. All our coaches are knowledgeable in their weapon(s) of choice, and a number have competed at National and International level.

If you wish to take private lessons some of our coaches are available and costs are via private arrangement with the individual coaches.

FENCING AVAILABLE AT CAVALIERS:

In order to suit the needs of the large variety of people that make up Cavaliers we have divided our group sessions into:

1. Bladez (9 -12 years)
2. Beginner (13 years and over)
3. Transition Course – 5 weeks
4. Club (Open to all fencers)
5. Strength and Conditioning (Club members only)

Bladez: (9 - 12 years old)

The Bladez group session is just for kids. Bladez is aimed children 9 to 12 years of age. Lessons on footwork and blade work are mixed in with games. The senior coach will also spend some time with the group to increase their skills to assist in the transition to the Junior Group

The Bladez group runs on a **Saturday afternoon from 1.00-2.30pm** during the WA public school term.



Beginners: (13 years and over)

Beginner's courses are those over who have never fenced before or haven't fenced for a while. The course runs for 7 weeks and covers footwork and blade work, introducing you to all 3 fencing weapons. Course cost covers your tuition, course notes and equipment hire for the full 7 weeks. The Beginners session run on **Wednesday from 7.30-9.30pm and Saturdays 2.30-4.30pm**. Please see our website www.cavaliers.com.au for more details and course dates.