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ELITE FENCING COACHING

PRIVATE COACHING RESOURCE SERIES

Sport-Specific Conditioning

For Fencers



On-strip drills, weapon-in-hand conditioning, bout-simulation training, and the fencing-specific fitness that separates tournament-ready athletes from gym-strong fencers.

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A Note from Coach Derek

The Conditioning Foundation guide built your athletic base: strength, agility, endurance, and flexibility. This guide puts that base to work on the fencing strip.

There is a difference between being fit and being fencing-fit. A fencer who can run a fast mile but can't maintain en garde for three minutes straight is gym-strong but not competition-ready. A fencer who can squat heavy but can't lunge explosively after 30 touches has strength without application.

Every drill in this guide uses fencing movements, fencing positions, fencing timing, and fencing energy systems. Many require a weapon, a strip, and a partner. These are not exercises you do instead of fencing – they are exercises you do to make your fencing better.

This is the bridge between the weight room and the tournament. Build it, and your body will never be the reason you lose a bout.

– Coach Derek

How This Guide Is Organized

This guide is divided into six categories of fencing-specific conditioning. Each builds a different aspect of competition readiness.

1. **En Garde Endurance** – Sustaining the fencing position for the duration of a tournament day.
2. **Lunge Power & Recovery** – Explosive attacks and the ability to recover from them immediately.
3. **Blade Endurance & Precision** – Maintaining weapon control and accuracy under fatigue.
4. **Bout-Simulation Conditioning** – Replicating the exact energy demands of competitive fencing.
5. **Reaction & Decision Speed** – Shortening the gap between seeing and responding with fencing actions.
6. **Tournament-Day Readiness** – Multi-hour conditioning for full competition days.

These drills complement the Conditioning Foundation guide. Continue your general conditioning program alongside these sport-specific drills for maximum performance.

EQUIPMENT NEEDED: Most drills require a fencing weapon and a strip or open floor space. Several require a partner. A few require a target (hanging glove, pad, or wall target). All measurements assume a regulation 14-meter strip.

En Garde Endurance

The en garde position is the most demanding athletic stance in any sport. Knees bent, thighs engaged, weight balanced, core tight — for hours. These drills build the specific muscular endurance to hold en garde without deterioration across a full tournament day.

1. The En Garde Gauntlet

Competition Application: *Maintaining perfect en garde depth through the 6th, 7th, and 8th bout of a long pool round.*

Hold en garde with a weapon in hand. A partner checks your depth every 30 seconds by placing a hand at the level your guard should be. If you've risen (straightened your legs), drop back to proper depth immediately. Hold for 3 minutes continuous. Rest 1 minute. Repeat.

Coaching Notes: The check is the key. Without feedback, every fencer slowly stands up over time. The partner's job is to catch the drift before it becomes a habit. Track how many corrections you need per 3-minute round. The goal is zero corrections by week 4.

Volume: 3-minute holds with partner checks. 4 rounds. Rest 1 minute between rounds. Progress to 4-minute and then 5-minute holds.

2. The Moving En Garde Hold

Competition Application: *Maintaining en garde depth while doing continuous footwork — the actual demand of a bout.*

Perform continuous advances and retreats at medium speed while maintaining perfect en garde depth for 2 minutes without stopping. A partner watches from the side and calls out any time your head rises (indicating you're standing up). Count the number of call-outs per round.

Coaching Notes: This is harder than the static hold because the natural tendency during movement is to straighten the legs on each step. Your head should stay at exactly the same height throughout — moving in a straight horizontal line, not bobbing up and down.

Volume: 2-minute continuous movement rounds. 6 rounds. Rest 45 seconds between rounds. Target: zero head-rise call-outs.

3. The Weighted En Garde Squat

Competition Application: *Building the leg strength to maintain en garde deeper and longer than your opponent.*

Hold a weight (medicine ball, weight plate, or heavy textbook) at chest height in both hands. Drop into en garde position and hold. The added weight increases the demand on your quadriceps and core. After the hold, set the weight down and immediately perform 10 advances and 10 retreats unweighted. The footwork should feel effortless by comparison.

Coaching Notes: Start with 5–10 lbs. The weight should make the hold challenging but not compromise your form. If your back rounds or your knees collapse inward, the weight is too heavy. The post-weight footwork is the point: it trains your legs to feel light and powerful after sustained effort.

Volume: Weighted holds: 45 seconds. Immediately followed by 20 unweighted footwork actions. 5 sets. Rest 60 seconds between sets. Add weight or time every 2 weeks.

4. The Position Recovery Drill

Competition Application: *Rebuilding perfect en garde immediately after fatigue disrupts it.*

Perform 30 seconds of maximum-speed footwork (sprint advances and retreats). When the timer stops, immediately freeze in en garde. A partner evaluates your position: knee depth, foot placement, back straightness, guard height, head position. Score yourself 1–5 on form quality. Repeat. Your form score should not drop below 4 on any repetition.

Coaching Notes: This drill trains the habit of snapping back to perfect position after intense effort. In competition, the fencer who maintains form under fatigue wins the close bouts. The freeze-and-evaluate builds the awareness to self-correct when your body wants to take shortcuts.

Volume: 30-second sprint + freeze evaluation. 10 repetitions. Rest 30 seconds between. Track your form scores across all 10.

COACH'S TIP: En garde endurance is the most underrated conditioning component in fencing. The fencer who maintains proper depth in bout 7 of a pool round while everyone else is standing up has a 2–3 inch advantage on every lunge. Over a full tournament, that's the difference between making the cut and going home.

Lunge Power & Recovery

The lunge is the most demanding single action in fencing: an explosive forward leap from a deep squat position, followed by an immediate recovery back to en garde. These drills build the sport-specific power and recovery ability that the lunge demands.

5. The Target Lunge

Competition Application: *Building lunge accuracy under fatigue – hitting the specific spot, not just reaching the distance.*

Set up a small target (a piece of tape, a hanging glove, or a marked spot on a wall pad) at chest height. From medium distance, lunge at the target. Your point must hit within a 3-inch radius of the center. If you miss the target zone, that repetition doesn't count. Continue until you achieve 10 clean hits.

Coaching Notes: Accuracy under fatigue is the goal. As you tire, your lunges get sloppy and your point drifts. This drill forces you to maintain precision even as your legs burn. Track how many total lunges it takes to achieve 10 clean hits. The closer that number is to 10, the better.

Volume: 10 clean target lunges (however many total attempts required). 4 sets. Rest 60 seconds between sets. Track total attempts vs. clean hits.

6. The Lunge-Recovery Ladder

Competition Application: *Building the recovery speed that allows you to attack again immediately after a missed lunge.*

Lunge and recover to en garde as fast as possible. On the recovery, immediately lunge again. Start with 3 consecutive lunge-recoveries. Build to 5, then 7, then 10. The recovery must be a full, proper return to en garde – no half-recoveries, no standing up, no dragging the front foot.

Coaching Notes: Time each ladder. Your 10th lunge-recovery should take only slightly longer than your 1st. If the time difference is more than 50%, you're losing power and need more recovery work. Film yourself from the side to check that recovery quality remains consistent.

Volume: Ladders of 3, 5, 7, 10 consecutive lunge-recoveries. 2 sets of each. Rest 90 seconds between ladders.

7. The Advance-Lunge Distance Builder

Competition Application: *Developing maximum reach on the advance-lunge – the most common attacking sequence in competition.*

Mark your current maximum advance-lunge distance on the floor (from front foot start to front foot landing). Perform 10 advance-lunges at maximum effort, measuring each one. Your goal is to maintain your maximum distance across all 10. Then add a marker at maximum distance plus 2 inches. Work toward reaching the new mark consistently.

Coaching Notes: Maximum distance without sacrificing form. If your back foot lifts, your knee goes past your toes, or your torso collapses forward, the distance doesn't count. Clean, full-form distance is what matters. Track your maximum and your average across the 10 reps weekly.

Volume: 10 maximum-distance advance-lunges. 3 sets. Rest 60 seconds between sets. Test maximum distance monthly.

8. The Retreat-Lunge Explosion

Competition Application: *Training the explosive transition from backward movement to forward attack.*

Retreat 3 steps at medium speed, then immediately explode into an advance-lunge at maximum speed and power. The retreat creates the illusion that you're giving ground; the explosion catches the opponent mid-advance. The transition from backward to forward must have zero pause.

Coaching Notes: The retreat should look defensive. The explosion should look like a completely different fencer. The contrast is the weapon. Practice the transition point: the moment your back foot hits the ground on the final retreat, your weight shifts forward and the advance-lunge launches.

Volume: 10 retreat-lunge explosions. 4 sets. Rest 45 seconds between sets. Partner evaluates whether the transition has a visible pause.

COACH'S TIP: The difference between a lunge that scores and a lunge that falls short is usually about 3 inches. Those 3 inches come from leg power, hip flexibility, and the explosive quality of the back-leg push. These drills build all three. Do them twice a week.

Blade Endurance & Precision

Your arm holds a weapon for 8–10 hours on tournament day. By the last bout, your blade is slower, your point is less accurate, and your parries are weaker. These drills build the arm endurance and precision that keep your blade sharp from the first pool bout to the final DE.

9. The 100-Extension Drill

Competition Application: *Building arm endurance for maintaining a threatening blade across a full tournament.*

Hold your weapon in en garde. Extend your arm fully toward a target, hold for 1 second at full extension, then return to en garde. Repeat 100 times without stopping. Each extension must be fully straight with the point aimed at the target.

Coaching Notes: By extension 60 or 70, your shoulder and forearm will be burning. This is the point. The last 30 extensions simulate the arm fatigue of your final DE. If your point drifts off target in the last 30, that's exactly the problem this drill fixes. Track how many of the last 30 are on-target.

Volume: 100 continuous extensions. 2 sets. Rest 3 minutes between sets. Track on-target percentage for the last 30.

10. The Finger Control Drill

Competition Application: *Maintaining fine point control when the large muscles of the arm are fatigued.*

Hold your weapon at full extension. Using only your fingers (no arm or shoulder movement), make small circles with the point – clockwise for 15 seconds, then counterclockwise for 15 seconds. The circles should be about 6 inches in diameter. Then, still at full extension, move the point to hit four specific spots on a target (top, bottom, left, right) using only finger manipulation.

Coaching Notes: This drill isolates the small muscles of the fingers and hand that control point placement. Most fencers rely on their arm and shoulder for accuracy, which fails when those muscles fatigue. Finger control remains stable much longer. Build this skill and your accuracy will be consistent all day.

Volume: 15 seconds clockwise + 15 seconds counterclockwise + 4-point targeting. Repeat with arm extended. 6 sets. Rest 30 seconds between sets.

11. The Parry-Riposte Marathon

Competition Application: *Building the endurance to execute crisp parries and accurate ripostes in late bouts.*

A partner feeds continuous attacks alternating between the inside (line 4) and outside (line 6) lines. You parry and riposte each one. 50 total parry-ripostes without stopping. Each parry must be a proper blade contact (not a wave), and each riposte must be aimed at a specific target spot.

Coaching Notes: Film the last 10 and compare them to the first 10. Are the parries still sharp? Is the riposte still aimed at the target? If not, your blade endurance is the limiting factor. This drill builds the arm stamina to maintain defensive quality when you're tired.

Volume: 50 continuous parry-ripostes (alternating 4 and 6). 2 sets. Rest 3 minutes between sets. Partner provides consistent, medium-speed attacks.

12. The Precision Under Fatigue Test

Competition Application: *Testing blade accuracy after your body is exhausted – the exact conditions of a late DE.*

Do 2 minutes of maximum-intensity footwork (sprint advances, lunges, direction changes). Immediately pick up your weapon and attempt to hit a small target (a 3-inch circle on a wall pad or a hanging tennis ball) 10 times with direct extensions. Track your hit percentage. Compare to your hit percentage when fresh.

Coaching Notes: The gap between your fresh accuracy and your fatigued accuracy is your "precision deficit." The goal is to shrink that deficit over time. If you hit 9 out of 10 when fresh but only 4 out of 10 when tired, your blade precision degrades 50% under fatigue. Train until that gap closes to 20% or less.

Volume: 2-minute fatigue effort + 10 precision attempts = 1 round. 5 rounds. Rest 2 minutes between rounds. Track fresh accuracy vs. fatigued accuracy weekly.

COACH'S TIP: Blade endurance is what separates the fencer who is dangerous for 5 minutes from the fencer who is dangerous for 5 hours. Tournament days are long. Your arm needs to perform the same way in your last bout as in your first. These drills build that staying power.

Bout-Simulation Conditioning

The energy demands of fencing are unique: short bursts of maximum-intensity action separated by brief rest, repeated over hours. These drills replicate the exact work-to-rest ratios and intensity patterns of competitive bouts.

13. The Pool Bout Interval

Competition Application: *Replicating the energy demands of a single 5-touch pool bout.*

Work for 8–12 seconds at maximum intensity (sprint footwork, lunges, direction changes), then rest for 10–15 seconds (standing recovery, walking back to en garde line). Repeat 5 times — representing the 5 touches of a pool bout. Then rest 2 minutes (simulating the break between bouts). Repeat for 7 “bouts.”

Coaching Notes: Each 8–12 second work interval should be a genuine maximum effort. This matches the actual duration of a typical fencing touch: action starts, 8–12 seconds of intense movement, action stops, 10–15 seconds to return to en garde. The 2-minute rest matches the time between pool bouts.

Volume: 5 intervals per bout × 7 bouts = 35 total work intervals. Total session time: approximately 25–30 minutes. Perform once per week.

14. The DE Period Simulator

Competition Application: *Replicating the sustained intensity of a 3-minute DE period.*

Work for 3 minutes continuously at 80–90% intensity: continuous footwork with lunges every 15–20 seconds, direction changes, and simulated blade actions (extensions, parries). Rest 1 minute. Repeat for 3 periods. This simulates a full 15-touch DE bout with the rest between periods.

Coaching Notes: The intensity must be sustained but not maximal. DE bouts are not all-out sprints — they’re sustained high-intensity efforts with brief explosions. The lunges within each 3-minute period should be the explosions; the footwork between them should be 80% effort.

Volume: 3-minute work periods × 3 periods with 1-minute rest between. 3 full DE simulations per session. Rest 5 minutes between simulations.

15. The Back-to-Back Bout Drill

Competition Application: *Building the recovery capacity to perform in consecutive bouts without deterioration.*

Fence a full 5-touch practice bout with a partner. Rest 90 seconds. Fence another. Rest 90 seconds. Fence another. Continue for 5 consecutive bouts. Your footwork quality and blade accuracy in bout 5 should match bout 1. Film all 5 bouts and compare.

Coaching Notes: The 90-second rest is intentionally short — shorter than you’d get at a real tournament. This overloads your recovery system so that real tournament rest periods feel generous. If you can maintain quality through 5 bouts with 90-second rest, you’ll thrive with 2–3 minute rest at a real event.

Volume: 5 consecutive 5-touch bouts with 90-second rest. Perform once per week during competition preparation.

16. The Overtime Drill

Competition Application: *Training for the physical and mental demands of overtime and priority situations.*

After completing a full DE simulation (3 periods of 3 minutes), immediately fence an additional 1-minute period simulating overtime/priority. One fencer has priority, the other must attack. Switch roles and repeat. This trains the ability to perform a decisive action when you’re at your most fatigued.

Coaching Notes: The overtime minute is purely mental and physical. Your body wants to rest. Your mind wants it to be over. But you have 60 seconds to win or lose the bout. This drill trains you to override the fatigue and execute one more clean action when everything is telling you to stop.

Volume: Full DE simulation (9 minutes of work) + 1-minute overtime. 2 repetitions per session with role switch. Rest 5 minutes between repetitions.

COACH'S TIP: The fencer who trains at competition intensity twice a week has an enormous advantage. Most fencers only experience competition intensity at competitions. By then, it’s too late to build the conditioning. Do these drills in training so competition intensity feels normal.

Reaction & Decision Speed

Fencing-specific reaction speed is not the same as general reaction time. It's the speed at which you recognize a specific fencing stimulus (an attack, a blade movement, a distance change) and execute the correct fencing response. These drills train that sport-specific neural pathway.

17. The Blade-Cue Response Drill

Competition Application: *Training instant parry selection based on the line of attack.*

A partner extends their weapon toward your inside line or outside line at random. The moment you see the extension begin, execute the correct parry (4 for inside, 6 for outside) and riposte. The partner varies the timing and line unpredictably. Track your correct-response percentage.

Coaching Notes: The key is recognizing the line within the first 2–3 inches of the extension. Don't wait to see the full attack develop. Train your eyes to read the angle of the incoming blade immediately. This is the most important perceptual skill in fencing defense.

Volume: 30 random-line attacks. 4 sets. Rest 30 seconds between sets. Target: 90% correct parry selection at speed.

18. The Distance-Trigger Drill

Competition Application: *Training automatic attack initiation when the correct distance presents itself.*

A partner moves forward and backward randomly. You maintain distance with footwork. When the partner enters your advance-lunge range (the specific distance where your attack will reach), you attack immediately without conscious thought. The partner signals after each exchange whether the distance was correct.

Coaching Notes: This trains "distance feel" — the ability to sense the exact moment you're in range and pull the trigger automatically. Most fencers hesitate at the right distance because they're not sure. This drill builds the certainty that lets you commit without delay.

Volume: 3-minute rounds of distance tracking with attack triggers. 6 rounds. Rest 45 seconds between rounds. Track percentage of attacks launched at correct distance.

19. The Multi-Stimulus Response

Competition Application: *Training correct responses to different fencing situations simultaneously.*

A partner presents one of three stimuli at random: (1) advance toward you (you should counterattack), (2) extend their blade (you should parry-riposte), or (3) retreat (you should attack with advance-lunge). You respond with the correct action immediately. The partner varies the three stimuli randomly.

Coaching Notes: This is the fencing equivalent of a three-choice reaction test. Each stimulus requires a completely different response. The drill forces your brain to identify the stimulus and select the correct motor program in fractions of a second. Start slowly and build speed as your accuracy improves.

Volume: 30 random stimuli per set. 4 sets. Rest 45 seconds between sets. Target: 85% correct response at competition speed.

20. The Blind Start Drill

Competition Application: *Training explosive response to the command "Fence!" from a ready position.*

Stand in en garde with your eyes closed. A partner says "Fence!" at random intervals (between 3 and 10 seconds). On the command, open your eyes and execute a pre-planned action (advance-lunge, parry-riposte if they attack, or counterattack) at maximum speed. The delay between "Fence!" and your first movement is your reaction time. Work to minimize it.

Coaching Notes: Closing your eyes eliminates the visual anticipation that speeds up reaction time in normal practice. By removing that advantage, you're training the pure auditory reaction pathway. When you open your eyes in a real bout, everything feels faster because you've trained the slower pathway.

Volume: 15 blind-start reactions per set. 4 sets. Rest 30 seconds between sets. Time your reaction delay if possible.

COACH'S TIP: Reaction speed in fencing is about pattern recognition, not raw reflexes. You don't need to react to everything faster — you need to recognize specific fencing cues faster. These drills train your eyes and brain to see the right things and respond before your opponent expects it.

Tournament-Day Readiness

A tournament is not one bout. It's an entire day of sustained performance: warm-up, pools, waiting, DEs, waiting, more DEs, potential finals. These drills build the multi-hour stamina and the ability to perform across an extended competitive day.

21. The 4-Hour Training Block

Competition Application: *Building the physical and mental stamina for a full tournament day.*

Structure a 4-hour training session that mirrors a tournament: 30-minute warm-up, 7 pool bouts (5-touch each) with 2–3 minute rest between, 20 minutes of rest (simulating the break before DEs), 3 DE bouts (15-touch each) with 5-minute rest between. This is a tournament without the travel and stress.

Coaching Notes: This is a monthly training event, not a weekly drill. It requires committed training partners. The goal is to evaluate your physical and technical performance across the full 4 hours. Film the first pool bout and the last DE bout and compare everything: footwork depth, blade speed, decision quality, form.

Volume: Monthly during competition season. Full review of footage within 48 hours.

22. The Half-Day Endurance Test

Competition Application: *Sustained low-intensity fencing work for multi-hour stamina.*

Fence continuous practice bouts at 70% intensity for 90 minutes with only 60-second breaks between each bout. This is not about winning — it's about maintaining movement quality over an extended period. Track your footwork form, blade accuracy, and tactical decision-making quality at 30-minute, 60-minute, and 90-minute marks.

Coaching Notes: The 70% intensity is crucial. This is not exhausting work — it's sustained moderate work. Think of it as a long run for fencing. You're building the aerobic base that supports high-intensity bursts. If you can fence at 70% for 90 minutes, you can fence at 100% for 9 minutes (one full DE).

Volume: Once per week during pre-season. 90 minutes of continuous fencing at 70% intensity.

23. The Warm-Up Protocol Drill

Competition Application: *Developing a consistent, efficient warm-up routine that activates competition readiness in 15 minutes.*

Build and practice a personal warm-up protocol: 3 minutes of light jogging or skipping, 3 minutes of dynamic stretching (leg swings, arm circles, hip openers), 3 minutes of fencing-specific footwork (advances, retreats, lunges at building speed), 3 minutes of blade work (extensions, parries, fingertip control), and 3 minutes of short bouting or shadow fencing at 80% intensity. Total: 15 minutes.

Coaching Notes: Practice this exact protocol before every training session until it's automatic. At a tournament, you won't have time to figure out your warm-up. You need a tested, reliable routine that you can execute in any space, with any amount of time, and that puts you in competition-ready mode every time.

Volume: Before every training session. Identical protocol. Build the habit so it's automatic for competition.

24. The Cold-Start Bout

Competition Application: *Training the ability to perform in a first pool bout with minimal warm-up.*

Arrive at training. Do only a 5-minute abbreviated warm-up (half your normal protocol). Then immediately fence a 5-touch bout at full intensity. Track your performance. This simulates the tournament reality of a tight schedule where you can't get a full warm-up, or where check-in runs late and you're on the strip before you feel ready.

Coaching Notes: Some of the worst pool results happen because fencers aren't ready for their first bout. This drill teaches you to be dangerous even when you don't feel fully prepared. The mental shift from "I'm not ready" to "I'm always ready" is as valuable as any physical conditioning.

Volume: Once per week. 5-minute warm-up followed by immediate full-intensity bout. Track first-bout performance over time.

25. The Peak-and-Valley Drill

Competition Application: *Training the ability to re-activate after extended rest periods between bouts.*

Fence a full-intensity 5-touch bout. Then sit completely still for 20 minutes (simulating the wait between the end of pools and the start of DEs). Then immediately fence another full-intensity bout. Compare your performance in the second bout to the first.

Coaching Notes: The 20-minute rest is the killer. Your body cools down, your muscles tighten, your heart rate drops, and your mind disengages. Then you're expected to perform at maximum intensity again. This drill trains the transition. During the 20-minute rest, practice your mental warm-up: visualization, focus word, and light movement to stay loose.

Volume: 5-touch bout + 20-minute rest + 5-touch bout. 3 cycles per session. During rest: stay warm with light movement, practice mental preparation routine.

COACH'S TIP: Tournament-day readiness is 50% physical and 50% logistical. These drills build the physical stamina. But you also need to train the logistics: knowing when to eat, when to hydrate, when to warm up, when to rest, and how to manage your energy across 8-10 hours. Treat practice tournaments as rehearsals for the real thing.



Sample Weekly Integration

Integrate these sport-specific drills into your training week alongside your general conditioning and technical fencing practice.

Monday – Technical Practice + Blade Endurance: Normal fencing practice. Add the 100-Extension Drill and Finger Control Drill at the end of the session when you're already tired.

Tuesday – General Conditioning: Conditioning Foundation program (lower body, core, agility).

Wednesday – Technical Practice + Bout Simulation: Normal fencing practice. Replace some practice bouts with the Pool Bout Interval or Back-to-Back Bout Drill.

Thursday – Sport-Specific Conditioning: En Garde Endurance drills + Lunge Power drills + Reaction drills. 40–45 minutes.

Friday – Technical Practice + Competition Prep: Normal fencing practice with emphasis on full-speed bouts. Add the Cold-Start Bout or Peak-and-Valley Drill.

Saturday – Long Session or Competition: Tournament, 4-Hour Training Block, or Half-Day Endurance Test.

Sunday – Active Recovery: Light movement, stretching, foam rolling. No intense work.

Adjust this schedule based on your competition calendar. Increase sport-specific conditioning intensity 4–6 weeks before major tournaments. Taper volume (not intensity) the week before competition.



Final Coach's Note

General conditioning makes you a better athlete. Sport-specific conditioning makes you a better fencer. Both matter, but the fencer who can hold en garde for 3 minutes, lunge explosively after 30 touches, maintain blade accuracy at hour 6, and recover between bouts like it's nothing – that fencer has an advantage that no amount of technique can overcome.

These 25 drills are the bridge between fitness and performance. They take the strength, speed, and endurance you've built in general conditioning and apply them directly to the demands of competitive fencing. Every drill is designed to replicate or exceed the demands you'll face at a tournament.

Train harder than you compete. Train longer than you compete. Train more specifically than you compete. When tournament day arrives, your body will already know what to do. It'll feel like you've been here before. Because you have.

– Coach Derek