

FENCING

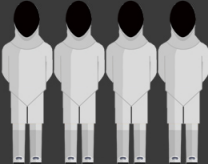
WHY SHOULD MY CHILD START FENCING?

IT IS NOT EXPENSIVE

The equipment is not much more expensive than with other popular sports or event clothing. Most clubs will let you borrow it for a few months.



Fencing stimulates speed, balance, mental focus and coordination. But it is also a great tool to teach fair play and self-discipline.



TEAM SPIRIT

They will learn to compete individually as well as in teams.

They will learn how to celebrate victory and accept defeat.



AN EXCELLENT PHYSICAL EXERCISE

A typical fencing practice will burn between 420 & 700 kcal/h, depending on the intensity.



FENCING= A SAFE SPORT

Despite the fact of being a combat sport, fencing is a very safe sport. The fencing gear is designed to protect you.

MASK

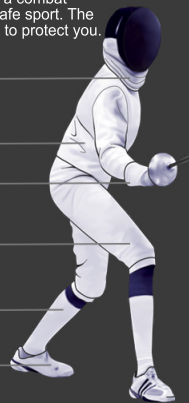
JACKET

GLOVE

KNICKERS

LONG SOCKS

SHOES



Fencing is one of only the four sports that has been at every single Olympic games.



Traditionally, both girls and boys started practice fencing not earlier than 10 years old.

But now many clubs start teaching fencing to kids as young as five years old. Specially designed equipment makes it possible.



They acquire excellent behavioral habits coming from fostering self-discipline and respect for your opponent.

It increases oxygen flow to the brain, improving their ability to focus.



THEY LEARN HOW TO MAKE COMPLEX DECISIONS, ANALYZE PROBLEMS AND THINK FAST.

A STRONG HEART

Excellent Cardio exercise prevents rising glucose levels, reduces triglycerides and lowers blood pressure.



BEHAVIORAL IMPACT

Increases self-control and their ability to funnel aggression, improving the way they overcome physical and psychological tensions.

It also reduces stress levels and frustrations.

Helps to establish good working habits that can help with academic performance.

Learning, memory and attention abilities improve significantly.

All of this helps girls and boys to achieve their highest potential in areas completely unrelated to fencing.



There is a significant positive impact on the development of their abstract thinking as they learn how to combine speed, distance, strength and timing.

25%



GLOBAL FENCING NETWORK

www.globalfencing.net

www.sandiegofencing.com

SAN DIEGO FENCING CENTER



designed by Valladolid Club de Esgrima