Understanding Fencing

By Zbigniew Czajkowski
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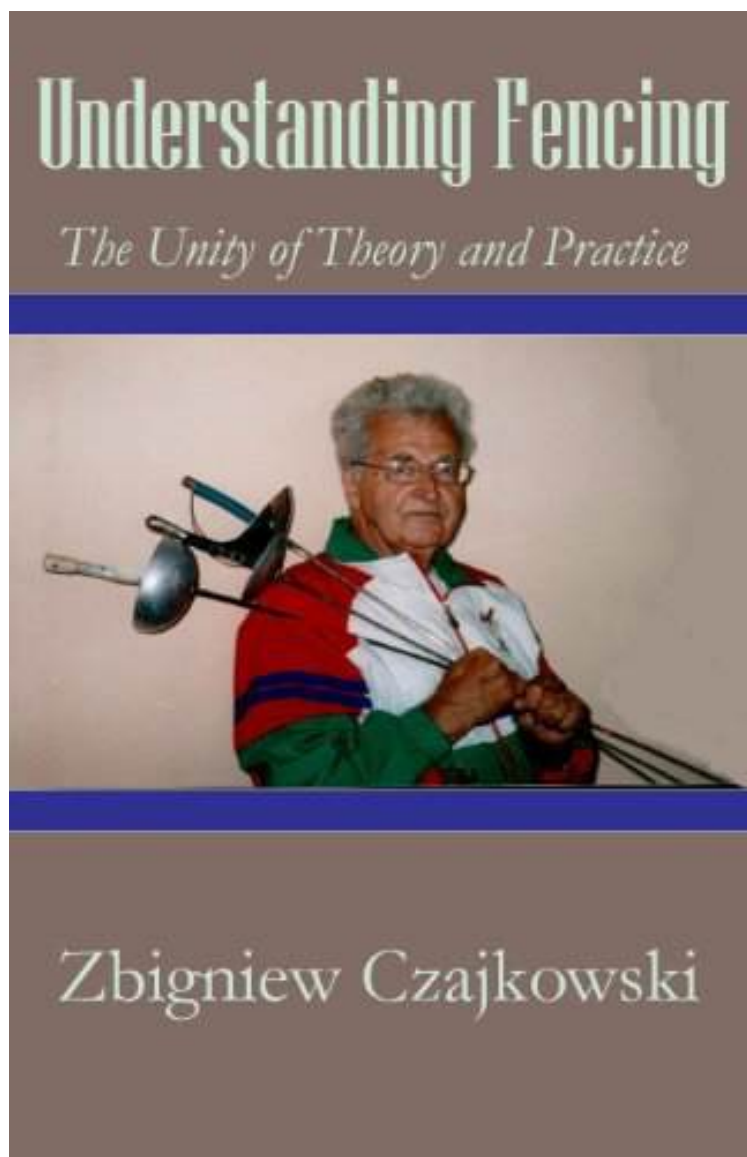
| #1072197 in Books | SKA SwordPlay Books | 2005-08-30 | 2005-08-30 | Original language: English | PDF # 1 | 8.50 x .86 x 5.50l, .0 | File type: PDF | 378 pages | | File size: 75.Mb

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0 of 0 review helpful Five Stars By Laura Confusing as hell but worth it 0 of 0 review helpful A great book but not for everyone By A L Evans If you re looking for another book on how to improve your technical skills in the sport of fencing this is not the book for you While disjointed at times I believe because the book is actually made up of a number of ess The world famous coach who has produced world champions and Olympic gold medalists in all three weapons has finally distilled his teachings in English An in depth look at the coach s work starting with basic theory and progressing through fencing psychology how to conduct lessons at every level how to prepare for top level competitions and what to do at them and so much more It s all presented with the wit charm and depth for which Professor Czajkowski is kno About the Author Zbigniew Czajkowski has produced World Champions or Olympic medalists in all three weapon foil epee and sabre He has conducted coaching clinics around the world and as Professor and Head of the Fencing Department at the Katowice Academy of

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