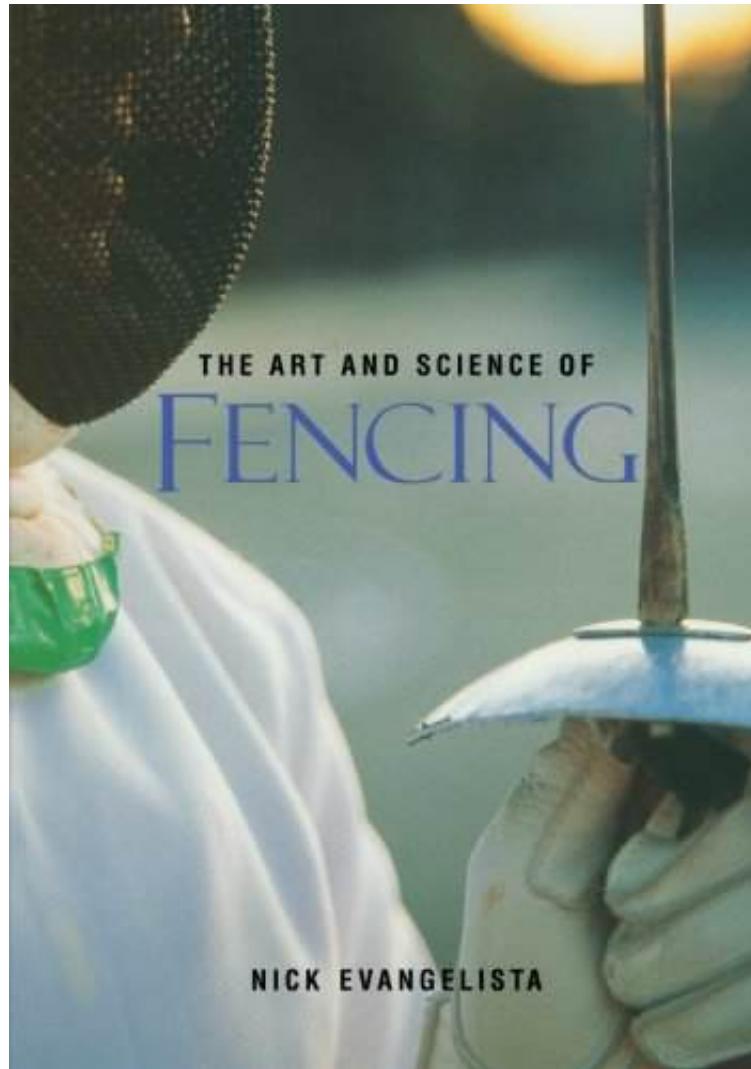


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1 of 1 review helpful A tremendous book By C Gardel I'm new to fencing and have joined an excellent school This book has given me a lot of information on what I should expect from the teachers and how to proceed with this sport I have a much clearer understanding on what constitutes a proper teaching program and how to proceed I bought about 6 books on fencing to guide my progress and this should be required reading Often thought of as an activity just for actors or an elite few fencing is actually an ideal sport for people of all ages Fencing develops dexterity endurance flexibility grace and overall fitness while also allowing participants the opportunity to hone the mind's problem solving abilities It is easily learned and practiced by both young and old men and women boys and girls It has even been molded to fit the needs of the blind and individuals using wheelchairs About the Author Nick Evangelista has taught fencing for more than 30 years He is also the author of The Art and Science of Fencing

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