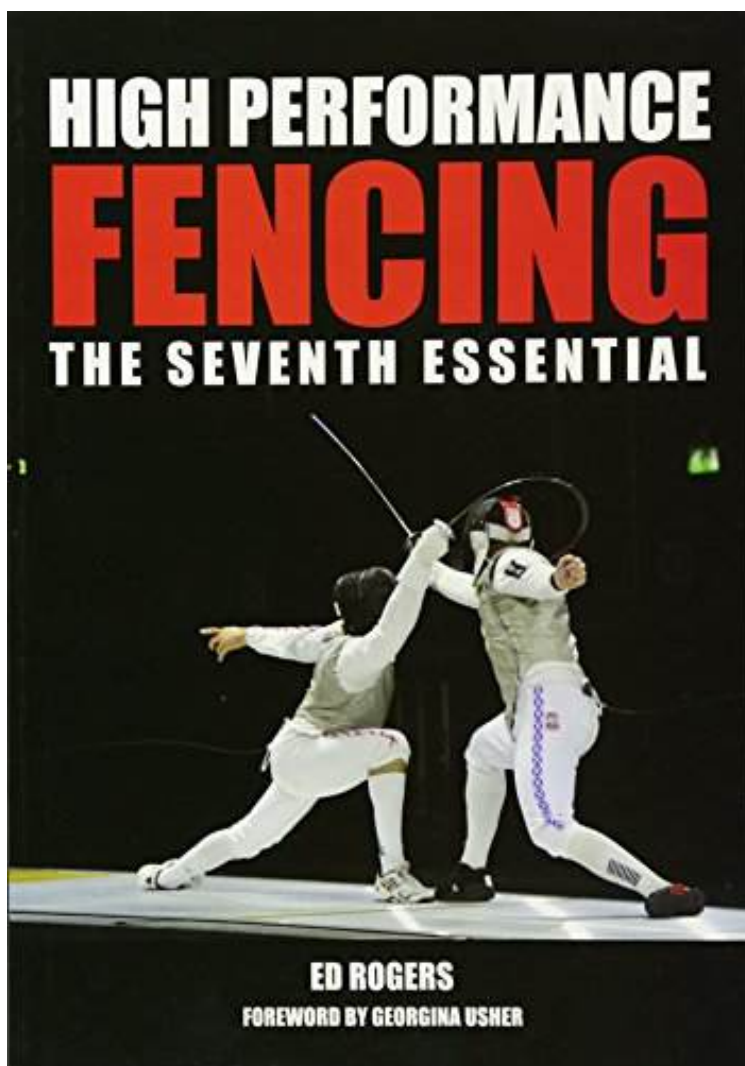


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High Performance Fencing: The Seventh Essential

By Ed Rogers

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instructor Maitre Bac H Tau described what he called the six essentials that are in a fencer's mind The first is called spirit The second rhythm The third thought The fourth technique The fifth tactic and the last is strategy As a fencer you can fight with spirit experience rhythm think your way around problems and develop technique tactic and strategy by training with top flight fencing masters But there is more Modern fenci About the Author Ed Rogers is on the board of Scottish Fencing and on the list of examiners for the British Academy of Fencing in Scotland His first book Fencing mdash Essential Skills Training nbsp was placed on British Fencing's recommended

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