



High Performance Fencing: The Seventh Essential

Ed Rogers

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Legendary fencing 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 fencing is a highly competitive speed and endurance sport and the 'seventh essential' in a high-performance fencer's mind is how to prepare themselves physically and mentally to fence. In *High Performance Fencing: The Seventh Essential*, Ed Rogers covers every aspect of the preparation required by a fencer competing at the highest level. The book provides sound practical advice and is based on tried-and-tested training principles that have repeatedly proved successful. Aimed at intermediate to advanced level fencers, coaches, teachers and all those involved in competition fencing, and fully illustrated with 148 colour images and diagrams.

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