



Birmingham Fencing Club

How to Get Started

Welcome to Fencing!

We are so excited you're here! We put together an overview below for you to start classes. All of the information can be found on our website as well.

The Typical Class

Once you've got your basics, most classes follow a similar structure. They will typically begin with warm-up exercises, which are sometimes in the form of games. Next, coaches will introduce a new skill or strategy. Mainly, the class will fence each other with side-coaching, individual goals, and/or strategic practice.

What to Wear/Bring

You will need loose, comfortable clothes (no shorts or jeans) and athletic shoes (no sandals or loose shoes). Bring a water bottle to stay hydrated (no glass). A water fountain is also available.

Children 6-12 – Tuesday and Thursday 5:00-6:00

These beginning level classes Age 6 through 12 will introduce students to the basics of the sport of fencing, specifically foil. The classes will cover footwork, handwork, rules, and strategy. Each class will stretch and do warm-up activities, work on building skills, and fence bouts. Our two head coaches, Coach Wang and Coach Sun, or assistant coaches will teach this class.

Teens/Adults – Monday 6:00-7:30 and Saturday 10:30-12:00pm

The Teen/Adult Class provides an opportunity to start fencing at all ages (ages 13 and up). We will focus on epee. We focus on building technique, developing skills, and creating personal strategies for each fencer. Some days you might leave completely exhausted while gaining endurance, and other days you might leave with new skills or competitive strategies. Either way, our goal is that you leave a better fencer than when you walked in each class and to have fun of course.

Gear

Students will wear protective equipment that is provided by the club for the first month. Towards the end of that month, we can place an order with Coach Wang for their gear. We have a starter package that includes the fencing gear you need for class and carrying bag from Absolute Fencing Gear with a club discount (no markup). The gear is required, but doesn't have to be ordered through the club.

Membership Registration

The BFC Membership Form can be found in the link below or on paper at the club office. These are for our reference, your safety, and aren't shared with anyone outside the club or fencing organizations.

<http://fencingclub.org/members/>

For insurance purposes, we must have each fencer register with the national organization, United States Fencing Association. You are registering as "Non-Competitive" at \$10 annually. If you decide to compete in tournaments, you can upgrade at any time to a "Competitive Membership" at \$70 annually.

<https://member.usafencing.org>

Payments

Class fees are \$130 each month. We ask fencers to pay their class fees through PayPal using the link below or through our website before the 10th of each month. If more than one member of your family attends class, the second and subsequent family members receive a 10% discount!

<http://fencingclub.org/members/>

Note about Fencing

There are no physical prerequisites. All classes are designed for men and women. Fencing is a sport that physically demands more from you as you learn. This emphasizes our nickname, physical chess. Like we always say, I've lost to a 6 year old and a 96 year old.

Office

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