



## Coaching Courses

Since the start of the year coaching courses have been run in:

- Harrogate,
- York
- Birmingham
- Gloucester
- St. Albans
- Battersea
- Sutton Coldfield
- Norfolk

If you are interested in furthering your coaching qualifications or alternatively you wish to enquire about the possibility of holding a coaching course near to you, please contact the course officer [courseofficer@baf-fencing.com](mailto:courseofficer@baf-fencing.com)

*"Run by  
Coaches  
for  
Coaches"*



HENRY V  
Shepperton Studios  
1989

## Platinum Anniversary Celebrations *Swordsmen of the Silver Screen*

The Academy will be holding its Platinum Anniversary, on **Saturday 24th August 2024** at the [Great Barr Hotel](#), Pear Tree Drive, Great Barr, Birmingham, B43 6HS

The celebration will consist of an afternoon presentation by Academy Member, Producer and Honorary Professor of Fencing, Andrew Wilkinson.

Andy has extensive experience and knowledge in teaching actors how to fence and perform sword play routines, safely and dynamically. He was recognised by The Academy in January 2011, when he received an Honorary Diploma for "outstanding contribution to the Art of Theatrical Fencing for Stage & Screen".

His training as a swordsman enabled him to enter the film business as a specialist performer, fight choreographer, fencing and swordplay instructor, working on such films as "Robin Hood: Prince of Thieves", "Henry V" and "Nightbreed" to name just a few of the 74 films and TV productions in which he appeared in front of the camera. He is also on the Equity - Theatre Director's Register.

The presentation will commence at 14:30 to be followed by an evening event consisting of a 3-course meal, at which BAF awards will be presented. The cost of the event is **£35** each excluding drinks. If you require an hotel room, please use the promotional code 'wedding2024'. The estimated timing for dinner to start is 19:30.

The event is open all (members and non-members). We hope that you are able to join us for this special event. You are invited to bring family and friends to the presentation and meal.

The event is ticket only, to secure your place send full payment at time of booking to the BAF using ref, sword (your initials), e.g., sword FB.

BAF Account number 41501089 Sort Code: 40-43-37

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## Membership list

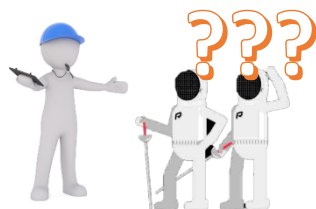
The Academy used to publish a list of members, including contact details.

A request has been made to reintroduce this.

Any published list would need to comply with the requirements of data protection regulations (GDPR). Members would need to **opt-in** to having their details published. It is important to point out that the Academy would not be able to control who has access to the list once published.

It is suggested that basic details would be made available including, name and region, e.g. Jack Jones, Norwich.

If you are interested in being included on a published list of members, please contact the membership secretary (<mailto:membershipsecretary@baf-fencing.com>) to register your interest.



# Coaching Conversations

The word “coach” has a rich history, originating from various European languages and reflecting the evolution of transportation and education.

In 18th century England, the term was used as a verb by students of tutors preparing them for exams. The slang reference for tutors became “coach” because tutors quickly and comfortably carried students to their goal of passing their exams.

Sport coaches were known as “coachers” until the late 1880s, when the name transformed to “coaches.”

For many people in today’s electronic age, a sports coach shouts out instructions, corrections and other ‘vocalisms’. But as we all know this picture could not be further from the truth from what actual goes on when coaching fencers.

Coaching is the art of facilitating another person’s learning, development, and performance through conversations which guide people to find their own solutions, develop their own skills, and change their own attitudes and behaviours. The whole aim of coaching is to close the gap between potential and performance (Jenny Rogers 2012)

There is a plethora of books, videos, courses on coaching and this article does not seek to promote one over another, but rather provide ‘food for thought’ and to focus the mind.

The **GROW** model is a simple coaching method for goal setting and problem solving. It is based around the theory that using questions rather than instructions gets the most from a coaching conversation. The acronym **GROW** stands for **Goal, Reality, Options** and **Will**.



These are some questions that a coach may wish to ask when having the conversation with a fencer concerning closing the gap between their potential and performance.

### GOAL setting – What do you want to achieve?

- What would you like to focus on today?
- What is important to you right now?
- What is your short to medium term goal?
- In the long term, what is your goal?

- What would success look like?
- Where do you see yourself in 5 years' time?
- What new skills do you want to learn or develop?
- Where is your performance out of balance?
- What challenges are you facing at the moment?
- What are you currently working toward?

**REALITY check – Where are you currently at?**

- What is working well at the moment?
- What do you need?
- What excuses have you always used for not achieving your goals?
- What have you done so far to improve things?
- What is stopping you achieving your goal?
- What is the biggest obstacle you are currently facing?
- What is your inner critic saying to you?
- What fears are present?
- What are you passionate about?

**OPTIONS appraisal – What could you do to get where you want?**

- What is your first step?
- If you had 50% more confidence, what would you do differently?
- If success was guaranteed, what would you do?
- If money was not an obstacle, what would you do?
- If someone else came to you with your obstacle, what would you tell them?
- What strengths can you use to move forward?
- If you could do only one thing this week, what would it be?
- What gets you closer to your goal?

**WILL power – What will you do and how well will you do it?**

- On a scale of 1 to 10, how committed are you to achieving your goal?
- What will it take to get that motivation closer to a 10?
- Can you think of anything that might stop you from doing it?
- How do you want to be held accountable for this goal?
- What will you do when you've achieved your goal?
- Who do you need to include in your journey to that goal?
- How will you know you've achieved your goal?

Coaching questions play a crucial role in the transformative process. They should ideally be open-ended, inviting exploration rather than demanding specific answers. They should be free from the coach's biases or assumptions, encourage self-reflection and offer new perspectives. A good coaching question is clear and concise, avoiding complexity or ambiguity. Questions should relate to the pupil's situation, goals, and feelings. They must resonate with their current experience and aspirations.

Effective questions are asked with empathy and understanding, demonstrating genuine interest in the pupil's perspective. While understanding the present is essential, questions often look toward the future, helping pupils envision possibilities and plan for action.

In summary, great coaching questions unlock insights, promote self-awareness, facilitate decision-making, and inspire action, making them indispensable tools in the coaching process.

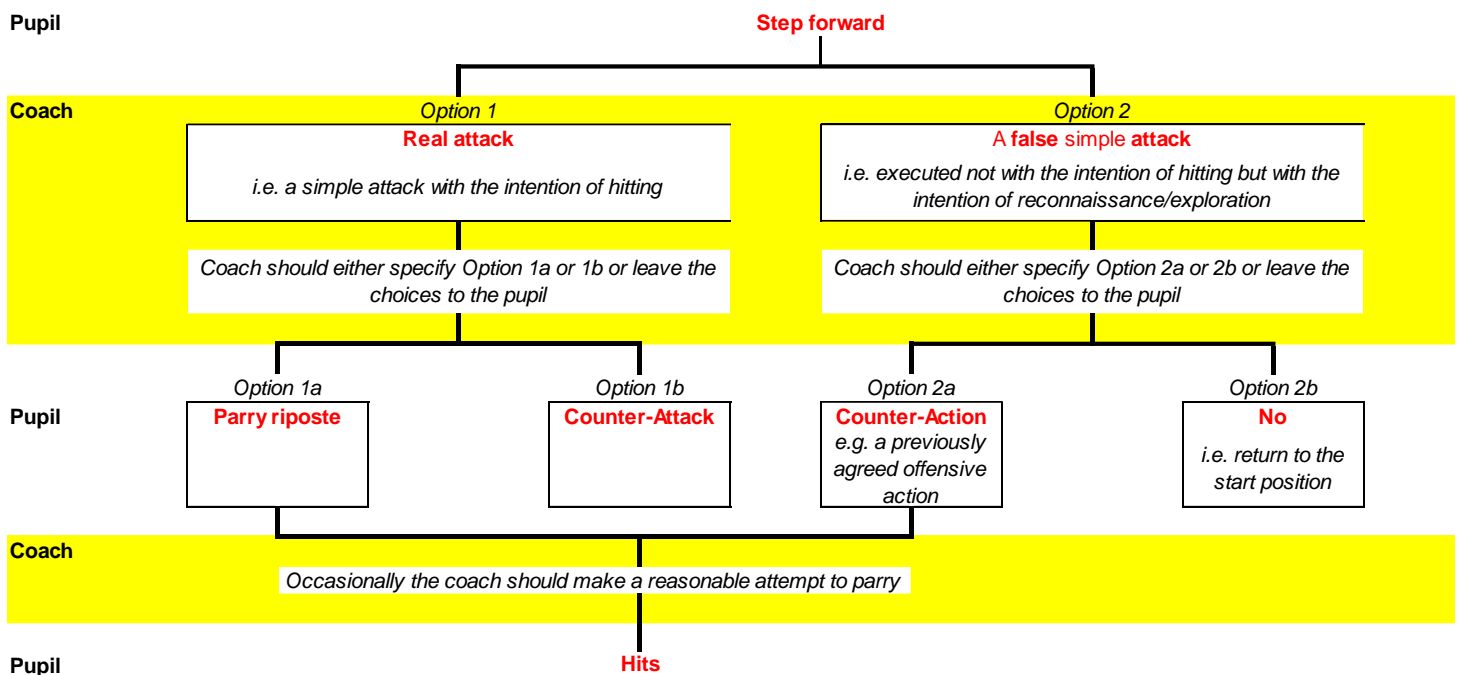
# Lesson ideas

An example of an exercise for use with Foil, Sabre or Epée on

## Differential Reaction

### i.e. Distinguishing between Preparations and Real Actions

<b>Pupil</b>	<i>Aim:</i>	<i>To differentiate between real and false attacks</i>
	<i>Starting Position:</i>	<i>On guard at step-lunge distance</i>
<b>Coach</b>	<i>Aim:</i>	<i>To respond randomly to the pupil's preparation</i>
	<i>Starting Position:</i>	<i>On guard at step-lunge distance</i>



Notes: a) The possible actions of the coach and pupil are not limited to the above.

b) Initially start with two choices and work to achieve success with these. Substitute one of the choices with a third and then work to achieve success with these two. In this way working by substitution of choice until the pupil is capable of completing three or more choices.

Within the Academy there exists a wealth of knowledge, experience and skills that is a much-underutilised resource. The committee encourages all members not to be afraid to ask for help, guidance, ideas, suggestions, clarification etc.. If there is a particular aspect of coaching, you would like help with or to have an example of a possible lesson please contact the secretary in the first instance. One of the joys of this sport is there is never only one answer, and we will endeavour to find something that works for you.

**Remember we are here to help.**



# Theatrical Fencing Course

The British Academy of Fencing is pleased to offer a one-day taster session in the art of theatrical fencing.

The aim of the workshop is to give an insight into how to construct a swordplay combat phase for the stage & film, and how to coach actors safely in the art of Theatrical Swordplay.

The workshop will be run by Andy Wilkinson, who works professionally in the film business and has done for over 35

years. Andy has worked on many films as a sword master, choreographer, film director, screenwriter and film producer. In addition, working as an Executive Producer in Radio/Audio, as an Independent Supplier to the BBC.

For the past 25 years, Andy has run his own Multimedia Entertainment Company, Wilkinson Productions Ltd. He warmly invites you to explore his website for more details about Andy's career and his company, WP. (<https://www.wilkinsonproductions.com>)

Andy will be joined on this one-day special course by Jack Stockdale (BAF member and Equity Registered Fight Director) and Professor Tony Middleton.

Following on from this one-day workshop there is an opportunity to attend a course to gain a recognised qualification in Theatrical Fencing. This could lead to work in theatres, schools and colleges, anywhere drama is taught!



Spaces are limited, so please reserve your place early, to save disappointment.

Provisional Date, **29<sup>th</sup> September 2024**

Venue, Edgbaston High School for Girls, Westbourne Rd, Birmingham B15 3TS

Time, 10am to 4pm

Cost **£25**, payable before the course starts.

Account No: 41501089 Sort Code: 40-43-37 Ref ACT your initials

For further information please email [secretary@baf-fencing.com](mailto:secretary@baf-fencing.com)

## SAFEGUARDING

Should you require help or information on safeguarding then please contact Jacqueline Redikin,

E-mail [secretary@baf-fencing.com](mailto:secretary@baf-fencing.com)

Should you need to report a Safeguarding issue then use the procedures of the organisation that you are working for. Then contact British Fencing (BF), either through your club welfare officer, regional welfare officer, or directly.....

**BF Equality and Safeguarding Manager, Liz Behnke for advice on 077177 40125**

If you have a serious concern and you believe that a child or vulnerable adult is at immediate risk, then in the first instance you must contact the Police or Children/Adult Services in your area



## Food for thought – times gone by!

This is a price list from 1905 for fencing equipment. It is worth noting that the average annual earnings in 1908 were £70. You could enjoy a pint of bitter in the pub for a penny, travel from Birmingham to London for 20p, and see the opening day of the 1908 Games from as little as 12p. If you were among the 50,000 or so individuals who owned a car (around £400), petrol would cost just 4.7p per litre.

**JOHN PIGGOTT, LTD.**  
**GYMNASIUM AND SPORT DEPARTMENT.**  
*Broad Sword & Single-Stick Equipment.*



**FENCING EQUIPMENT.**

**FOILS.**

Solingen Blades, Iron Mounts, Twine Handles . . . . .	per pair	<b>3/6</b>
Ditto, Brass Mounts, Whipcord Handles, Curved . . . . .	"	<b>6/11</b>
Best Solingen Blades, Silver-plated Mounts, for Presentation . . . . .	"	<b>10/6</b>
Italian Foils . . . . .	"	<b>14/9</b>
Wire Masks (for foiling) . . . . .	"	<b>4/11</b>
Ditto, with Earpieces . . . . .	"	<b>6/3</b>
Ditto, with Head and Earpieces . . . . .	"	<b>8/-</b>
Cane Helmets (for Singlesticks) . . . . .	"	<b>8/9</b>
Wire Helmets, very Strong . . . . .	"	<b>21/-</b>
Ditto, War Office Pattern, with Hide Head Covers and Throat Protectors . . . . .	"	<b>32/9</b>
Practice Swords, Sonny Blades . . . . .	each	<b>11/3</b>
Ditto, Italian Blades . . . . .	"	<b>10/6</b>
Regulation Rifle, with Spring Bayonet . . . . .	"	<b>32/9</b>
Leather Jackets, one Sleeve . . . . .	"	<b>11/3</b>
Ditto, two Sleeves (as illustrated) . . . . .	"	<b>14/9</b>
Ditto, Superior Gold Tan . . . . .	"	<b>19/6</b>

Jackets made to special measurements, 2/6 extra.

Fencing Gauntlets, Mock Buckskin, Padded . . . . .	per pair	<b>3/9, 6/11 &amp; 10/6</b>
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**Single Sticks & Baskets.**

Single Sticks, with Wicker Baskets, strong, 1/- per pair.  
Ditto, with Cane Baskets, strong, 1/4 per doz.  
Sticks (only), 1/4 each. 1/4 per doz.

**New Regulation Iron Hilt: Hand Guard.**  
With Leather Grip, 9/- per pair.

**Hide Hilt.**  
(Improved Oval.)  
12/6 per pair.

**117 & 118, CHEAPSIDE & MILK STREET, LONDON.**

## Documentation

The following documentation is available from the Secretary Jackie Redikin.

Key Teaching Points (Weapon specific) £7.35 (**£9.45**) each

Key Coaching Points (Weapon specific) £7.35 (**£9.45**) each

Glossary of Terms (including Translation of Fencing Terms) £7.35 (**£9.45**)

Teaching/ Coaching Tactics (2nd Edition) £16.80 (**£21**)

Examples of past written Papers for Advanced and Diploma examinations - **FREE**

All prices include p & p. Figures in **RED** are for non-BAF members

## Examination Fees

Level 1 Assessment £11.00

Level 2 to Diploma £21.00 (**£26.00**)

These are for "normal" exams - for Special exams, consult the Course Officer. Figures in **RED** are for non BAF members.

## Proficiency Awards

### BAF Members:

1 - 4 Awards £3.70 each

5 - 9 Awards £3.60 each

10+ Awards £3.40 each

### Approved non-Academy Coaches:

1 - 4 Awards **£4.70 each**

5 - 9 Awards **£4.10 each**

10+ Awards **£3.90 each**

Accompanying study guides are also available. For further information please contact the awards administrator Maître Donald Walker at <mailto:proficiencyawards@baf-fencing.com>

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*It is essential that all activities that are undertaken by members (coaches) are risk assessed and the risk assessments are written down and dated. In order to comply with our insurers requirements, Academy members must ensure that they follow the NGB's (British Fencing's) guidelines when coaching and specifically those relating to health and safety. All equipment used must conform to the standards and specifications set by British Fencing*

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Visit the Academy's web site  
[www.baf-fencing.com](http://www.baf-fencing.com)



Articles and other material for Newsletter are welcome and should be sent to the [BAF Secretary](#).

The British Academy of Fencing Ltd Company No. 8540066  
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