

Mobile 0780 3358 149 or email [brian@xswords.com](mailto:brian@xswords.com)

### Sword Fencing at Ursuline School. Autumn Term

I am pleased to announce to you that we are restarting a sword fencing club at your School. Xswords Fencing session will run for an hour. The children will have fun while learning basic fencing, with a strong emphasis on skills, technique and tactics. This will include the Guard positions, Footwork, Blade work, Etiquette of this sport, with an appreciation of health and safety for them and the sword. All this is done with the use of light but strong plastic Masks and Foils. We may then move on to full white kit and metal swords later. The squad will work to a grading syllabus so that they can, if they wish when older, step up into the master class that I run. It has been found that the skills learned in fencing (thinking, planning through fun fighting) filters into the academic school work. It's the stimulation of mind and body at play, (mobile chess if you like). **Children must know that Fencing is a martial art and understand the rules and show respect for the club and members.**

Our motto Losers let it happen Winners make it happen

I started fencing in 1990, progressing rapidly in the sport until in 1993 I started to coach at Wimbledon Fencing Club. By 1994, I was appointed London Youth Games fencing co-ordinator. Fencing has taken me in to many areas, one being television. To coach and be filmed with Professor Sir Robert Winston for the BBC TV series Human Instinct, "The Will to Win". Through the 2000s I have continued to coach at Wimbledon FC and King's College School Fencing club, a role I enjoy, alongside these, over 25 other schools, clubs and youth/scouts groups in and around Wimbledon. *1000's of children have now enjoyed this great sport.* Just a note to say, proudly I coached my son, David Riseley, to become a member of the British Fencing Squad and Olympic Fencing Team, winning at all national age group championships, international and Commonwealth Games medals. This building in him the independence, social and leadership skills he now uses in his banking business. Fencing is a great introduction to the ways of life. Win or lose, it gives that confidence to stand on their own two feet and take on what ever come their way in life. Please join me and become a part of this great sport.

My best regards

**Brian Riseley**

[www.Xswords.com](http://www.Xswords.com)

# Ursuline



# Fencing Club

Term dates 10 Weeks. 11<sup>th</sup> Sept, 25<sup>th</sup> Sept, 2<sup>nd</sup> Oct, 9<sup>th</sup> Oct, 16<sup>th</sup> Oct, 30<sup>th</sup> Oct, 6<sup>th</sup> Nov, 13<sup>th</sup> Nov, 20<sup>th</sup> Nov & 27<sup>th</sup> Nov.

Time, Wednesday 3.30 to 4.30pm. Term Fee £65.00 [£6.50pw]

*Parent's*

Name \_\_\_\_\_ Tel No \_\_\_\_\_ Child's Name \_\_\_\_\_  
Age \_\_\_\_\_ Email \_\_\_\_\_ Any Medical conditions

*I should know about.*

Please **text or email me ASAP**, to confirm you would like a place reserved in the club. And payment has been made to the bank ( details below) via transfer, **before start of term.** Bank Details, Sort code 30 99 66 Account 45590368 . Bank ref, as the child's name. **Please email copy of remit if bank transfer to confirm your place**

Parent's Signature:- \_\_\_\_\_