



Sharpen up in 2018

The festive season is a woolly time of year – and it's not just the knitwear we're talking about: a few days of over-indulgence can make both the mind and the waistline slip into soft focus.

If you would like to sharpen up but would rather not endure the monotony of some fitness classes then fencing is the perfect solution! It's a sport that fills the mind with technique and tactics, so you won't even realise how much exercise your body is getting!

Interested? If so, you don't have long to wait. On Thursday 4th January at 7pm, Royal Tunbridge Wells Fencing Club is starting a new epee course for adults and teenagers. Epee is a great weapon to start with as there are no tricky rules and no limit to the target area. Each of the 12 sessions will consist of a general warm-up, reaction games, footwork, technical exercises and the opportunity to duel with other class members. All equipment is provided, just wear tracksuit bottoms and trainers – and bring a drink (alternatively a water cooler is available).

If you wish, you can pay for the first session as a taster then decide if you'd like to commit to the full course. To book your place on the taster / course, please call 07768 085 735 or email: rtwfencingclub@gmail.com. See the column to the right for further details.

So why not get in touch and learn a new sporting skill that focuses the mind and secretly sharpens the body too (but not, alas, Christmas jumpers).

All the very best,

Prof. Steve Paul

Course Information

Location

Territorial Army Centre, St John's Road, Tunbridge Wells, Kent TN4 9UU

Course

Classes will start on Thursday 4th January 2018 and run for 12 weeks. There is no class on 15th February due to half term. The course finishes on 29th March. The class runs from 7-8.00pm, with the option of staying on for the advanced class warm-up and footwork from 8-8.45.

Coaches

Paul Beasley, Level 3 coach

Don Coe, Level 2 coach

Chris Higginson, Assistant coach

Cost

The course fee is £108.00 (£9.00 per session)

Payment

Payments may be made via:

- Cash (in an envelope, please, with the pupil's name on the front); or
- Cheque made payable to RTW F/C; or
- By bank transfer to: The Royal Tunbridge Wells Fencing Club, Account number 03045237 Sort Code 30-98-77.

Contact details

Course enquiries:

Email: rtwfencingclub@gmail.com

Mobile: 07768085735

Website: www.rtwfencingclub.com