



## Sharpen up this September

If you prefer individual pursuits to team sports, or find exercise more fun if it engages your brain as well as your body, or you simply fancy a new challenge, then fencing could be just the thing for you to try this autumn.

A traditional sport of quick reflexes and tactical thinking, fencing will stimulate your mind whilst sharpening up your body. In fact, fencing torches so many calories that it'll keep you warm even when the temperature drops.

Sounds splendid, doesn't it?! In which case you'll be interested to hear that Royal Tunbridge Wells Fencing Club is starting a new epee course for adults and teenagers at 7pm on Thursday 6th September. Epee is a great weapon to start with as there are no tricky rules and no limit to the target area. Each of the 14 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 (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](mailto: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 simultaneously fires up the body..

*Prof. Steve Paul*

3 x Olympian, 3 x national champion

### Course Information

#### **Location**

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

#### **Course**

Classes will start on Thursday 6th September 2018 and run for 14 weeks; the course finishes on 13th December. There is no class on 25th October due to half term. 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

**Chris Higginson**, Level 2 coach

#### **Cost**

The course fee is £126.00 (£9 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](mailto:rtwfencingclub@gmail.com)

Mobile: 07768085735

Website: [www.rtwfencingclub.com](http://www.rtwfencingclub.com)