

# EXPERIENCE LIFE BY THE SWORD

## TRY 'DUEL ACTION'

This is our 1 hour fencing masterclass which can be followed up with a 5 week course according to demand. You'll learn the basics of fencing and by the end of the class you'll know how to handle a sword safely and with confidence. New technology ultra-safe swords and safety equipment is provided.

Please check our website for details.  
[www.swordfightinginternational.com](http://www.swordfightinginternational.com)



## DUAL HEALTH BENEFITS...

- **Endurance and conditioning:** gets your heart pumping.
- **Co-ordination and balance:** helps develop and maintain manual dexterity.
- **Flexibility and suppleness:** fencing specific stretching and footwork to music.
- **Strength and plyometric training:** builds explosive power.
- **Mental and physical training:** helps develop concentration as fencing moves become more advanced.
- **Strategy and tactics:** teaches how to second guess your adversary and change tactics when needed.



## BE READY FOR THE DUEL AT DAWN...

Contact Nick on 07799 346 829 or  
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**PRIVATE ONE ON ONE LESSONS ALSO AVAILABLE**



[WWW.SWORDFIGHTINGINTERNATIONAL.COM](http://WWW.SWORDFIGHTINGINTERNATIONAL.COM)

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