



Levels Fencing

N1

You do not have to meet any prerequisites to take part in N1 courses. These courses are aimed at people who have never fenced before.

N2

The N2 offerings build upon the N1 course. In order to be able to take part in these offerings, you must be able to

- equip yourself with the necessary fencing equipment.
- attach and detach yourself on the fencing piste.

You also know

- the relevant safety aspects and can name them.
- the differences between sword and foil fencing.
- the technical and tactical basics of direct and indirect attacks.
- the technical and tactical basics of simple parries.
- the fencing position, steps forward and backward, and lunge.

N3

The N3 offerings provide a further in-depth look at the content of the N2 offering. Requirements for participation are:

You can

- keep and change the mensur on the piste.
- take or leave the initiative, depending on the score and time in the bout.
- fence with a second intention.
- attack with a blade strike or prise de fer.

If you would like to extend your knowledge and skills even further, we recommend taking the offering provided by the Bern Academic Fencing Club (www.afcbern.ch).