



Foil Fencing (Sports and Fitness Series)

Muriel Bower

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Foil Fencing (Sports and Fitness Series) Muriel Bower

This highly readable, low-cost text meets the needs of beginning students and more experienced players by providing a comprehensive resource. It covers all aspects of fencing, from clear explanations of techniques, strategies, and physical preparation/conditioning to the rules of the game, tips on care/selection of equipment, and a history of the sport.

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