



## Why fence?

### What Will Fencing Do For Your Child?

Fencing provides a unique mix of physical, intellectual and emotional stimulation. It is a great way to stay fit and make new friends.

#### Teaching your child to fence can...

- non-violently appeal to their sense of play
- channel their physicality into sport
- promote self discipline, self assurance and responsibility
- help them learn good sportsmanship
- provide a fun way to stay or get fit
- develop co-ordination, speed, agility and strength
- provide positive interaction with other children and adults
- help them learn to compete individually as well as for a team



#### Teaching your child to fence also has mental benefits...

- can help relieve stress and be a great way to let off steam and frustration
- help develop powers of observation and understanding of strategy
- help develop judgement and deduction so as to anticipate their opponent's actions
- help develop problem solving skills

These skills can help children excel in areas of their life other than fencing



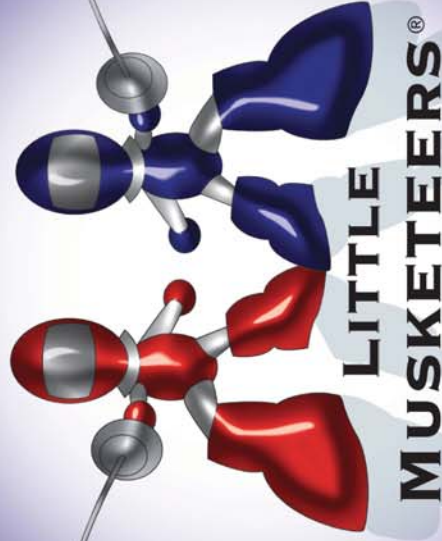
## 'Creating the Champions of Tomorrow'



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**James Beevers**