



FENCING PROGRAMS FOR YOUR BUSINESS



832.674.0774
houstonwordsports.com



Bring Houston Sword Sports to Work With You!

What is fencing?

Fencing is an exciting, safe, alternative sport. Although fencing is as old as the pharaohs, modern fencing is rooted in the swordplay of the European Renaissance. The gentry would practice as a sport and fight the occasional duel, with the emphasis always to hit without being hit.

Fencing is finding the right time to strike while defending against your opponent. It develops the mind as well as the body.

Why your business needs fencing

“But, you’ve also bested my [swordsman], which means you must have studied!”

—Vizzini, *The Princess Bride*

■ Physical Workout

Fencing is one of a few sports that meets every recommended requirement for adult activity. It improves aerobic and anaerobic conditioning, strength, flexibility, and balance.

■ Mental Workout

Studies show martial arts like fencing develop focus, control, and goal setting. Fencing also teaches strong physical and emotional self-discipline, self-confidence, sportsmanship, and tactical flexibility.

■ Safe and Fun

Fencing is safe, with fewer time-loss injuries to keep you away from your desk than most other types of exercise.

■ Inclusive

Fencing is equally suited to men and women at all levels of fitness. It is also a popular sport for people with physical disabilities. We can include wheelchair fencing lessons.

Start Today: We provide equipment and instructors. You provide students and space. We look forward to working with you.

Different Programs to Suit Your Needs

Fencing Retreat

Your first blade. We will do a two-hour interactive program that’s perfect for a company picnic or a teambuilding event. This introduction to fencing includes footwork, bladework, history of the sport, and bouts. All equipment will be provided.

Beginning Fencing

A taste of steel. Experienced fencing coaches will bring our full beginner class to your facility for four weeks of one hour sessions. You will learn the fundamentals of footwork, bladework, and tactics. All equipment will be provided.

Custom Programs

Fight club. We will work with you to create a fitness program for your employees. We can run classes, speak on tactics of fencing in the business world, build your own competitive club, or some combination. All equipment will be provided and sets will be available for purchase.

“SWORDPLAY is like conversation. You have to learn to listen to your opponent.”

—Max Suba, *By The Sword*

To start your program contact us at info@houstonwordsports.com or 832.674.0774

Visit us online at houstonwordsports.com