

## What We Offer

Parafencing is an exciting, dynamic and fast-paced Paralympic sport that offers a wealth of opportunities, one-on-one training (coach/athlete), fencing bouts with others, tournaments, and training camps - both nationally and internationally.

Our parafencing methodology is to develop individual fencing skills (technical), introduce tactics, encourage independence, physical exercise, and have lots fun fun!

## Our Coaches...

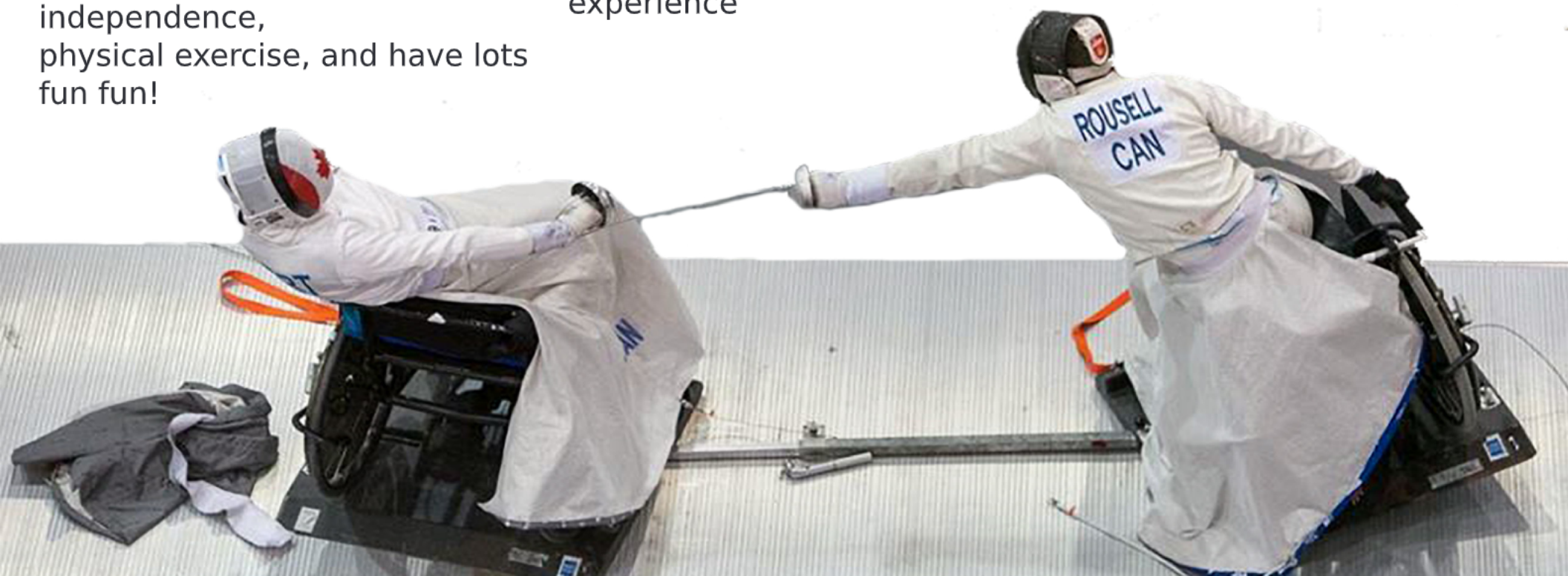
- Are NCCP certified, with many at Fencing Master level in all three fencing weapons (epee, foil & sabre)
- Have completed courses in Making Ethical Decisions and Respect in Sport, and have vulnerable sector police clearance
- Have more than 80 hours of parafencing coaching experience

## The Sport

Parafencing uses most of the same rules as fencing, but with modified weapons that are used to score points on specific areas on the body, depending on the weapon type.

### Parafencing is...

...an exciting, dynamic, fast-paced Paralympic sport played by two athletes either as an individual event or as part of a team.



# Programs

The CFF offers para fencing programs to beginner fencers of any age, through to advanced fencers who regularly take part in international tournaments, including the Paralympic Games.

## Beginner Program

This program includes:

- Becoming familiar with the fencing wheelchair
- Learning how to hold a fencing weapon
- Introduction to fundamental fencing actions
- Learning how to fence a fencing bout
- Developing confidence, and understanding of the sport of para fencing

## Learn More

Please visit

[www.fencing.ca/para-fencing](http://www.fencing.ca/para-fencing)

for more information on our program, key contacts, profiles of our para fencers, and more!

## Para | Fencing Escrime



## Contact

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