

“Team Building, At The Cutting Edge”

“All for One and One for All”

Or Everything You Ever Wanted To Know About Fencing In Just 3 Hours...

So, you're thinking of a group event that would be out of the ordinary? Why not invite your colleagues or friends for an afternoon of swordplay? A lesson in the most glamorous Olympic sport followed by thirst quenching Champagne have a fascinating effect on group dynamics!

Fencing teaches you how to cope under pressure, it develops anticipation, timing, and concentration - qualities crucial for any **“Corporation or Business entity”**. Also, it is great fun, good exercise and the most memorable experience which will stay with your team for years to come. <https://vimeo.com/244983926> (copy-paste onto browser)

If you are planning a **“Groom Stag-Do”**, our fencing session will again provide the perfect starting point for the **Royal Fencing Academy's** stag weekend of a lifetime. Get your mates to compete in courtesy and style, calculate their moves and thrusts with precision, swash and buckle sending sparks with their blades!

The fencing session can also be part of a unique and fun **“Hen Party”**, mixing fitness, glamour, and chivalry.

We will offer you a concise but intensive team building and group bonding programme which will include:

- A brief history and an introduction to the three contemporary weapons
- Fencing footwork including stretching exercises and games - great for group dynamics and loosening everyone up!
- Bladework: thrusts and cuts, parries, and ripostes.
- Basic bout rules and refereeing insight
- And for the “Grand Finale”; **TEAM TOURNAMENT**

All this will take around 3 hours including a short break. Your fencing event will be led by our experienced Fencing Masters. All fencing equipment will be provided. The session can be arranged either during weekdays or on a weekend day.

The group can be anything between **6** and **12** people. Prices start from **\$25** per hour per person!