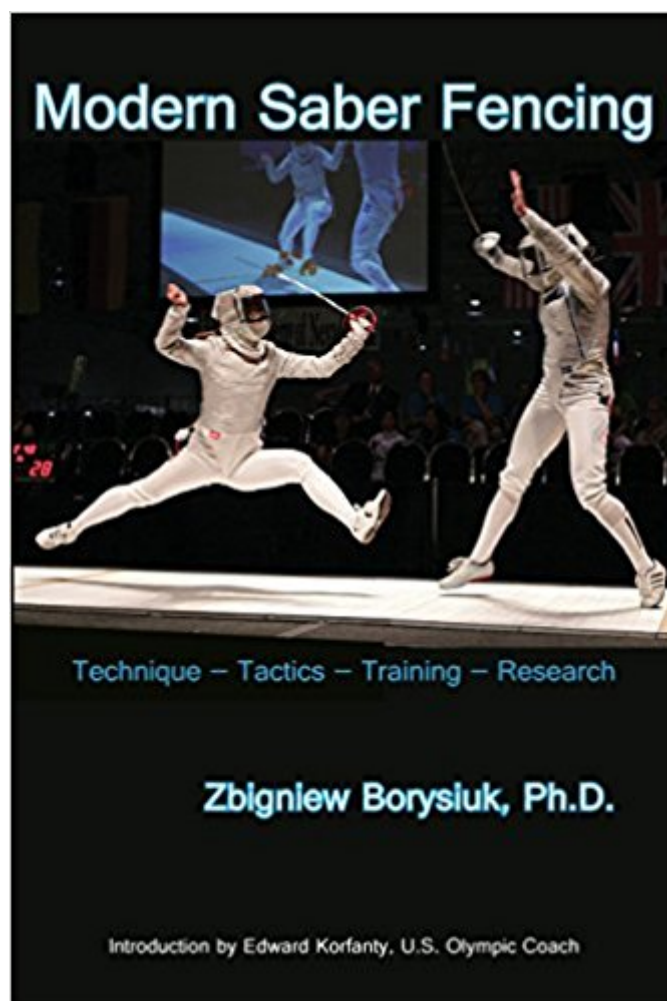


The book was found

Modern Saber Fencing: Technique, Tactics, Training, And Research



Synopsis

This book teaches the NEW saber! Together with the DVD (sold separately on) it provides a complete and contemporary saber method. Before this book appeared, it had been than 75 years since the last English-language book devoted to saber. Those were the days of men-only, visually judged saber, and the US didn't stand a chance. Since then, saber has been revolutionized. Both men and women fence, saber is scored electronically with close calls reviewed on video replay, and the US has emerged as a power. Modern Saber Fencing is the first book to explain and teach the new saber from the ground up. It illustrates the new techniques with over 75 photo illustrations, and the DVD shows the actions and methods in detail. PLUS the book presents the scientific research that underlies the latest training methods.

Book Information

Paperback: 236 pages

Publisher: SKA SwordPlay Books; First edition (January 1, 2009)

Language: English

ISBN-10: 0978902238

ISBN-13: 978-0978902230

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 14.7 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 5 customer reviews

Best Sellers Rank: #849,403 in Books (See Top 100 in Books) #72 in Books > Sports & Outdoors > Individual Sports > Fencing

Customer Reviews

This book will be extremely useful in fencing training and should attract the interest of the fencing community throughout the English-speaking world -- and beyond. â | [It is] â | a valuable training manual and an updated report on â | the newest diagnostic techniques. â | original and innovative research ideas â | One of the strongest features â | is the plethora of photographs illustrating the most important technical actions used in modern saber fencing. --Edward Korfanty, U.S. Olympic Coach

Zbigniew Borysiuk is a successful fencer, top-level coach, and outstanding sports scientist.

Just an overview and not detailed enough for me. The B & W photographs are way too small and

hard to see. didn't include the DVD that is mentioned in the book description.

excellent book for Saber coach's and fencers

Well written, and he covers the material well.

It's a concise book for saber fencing. It's an interesting book. It provides a perspective of how it evolved to current form.

Good book for an overview of sabre fencing. Provides updated information on training. I would recommend it.

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Tactics Time! 1001 Chess Tactics from the Games of Everyday Chess Players (Tactics Time Chess Tactics Books)
Tactics Time 2: 1001 Real Chess Tactics From Real Chess Games (Tactics Time Chess Tactics Books)
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