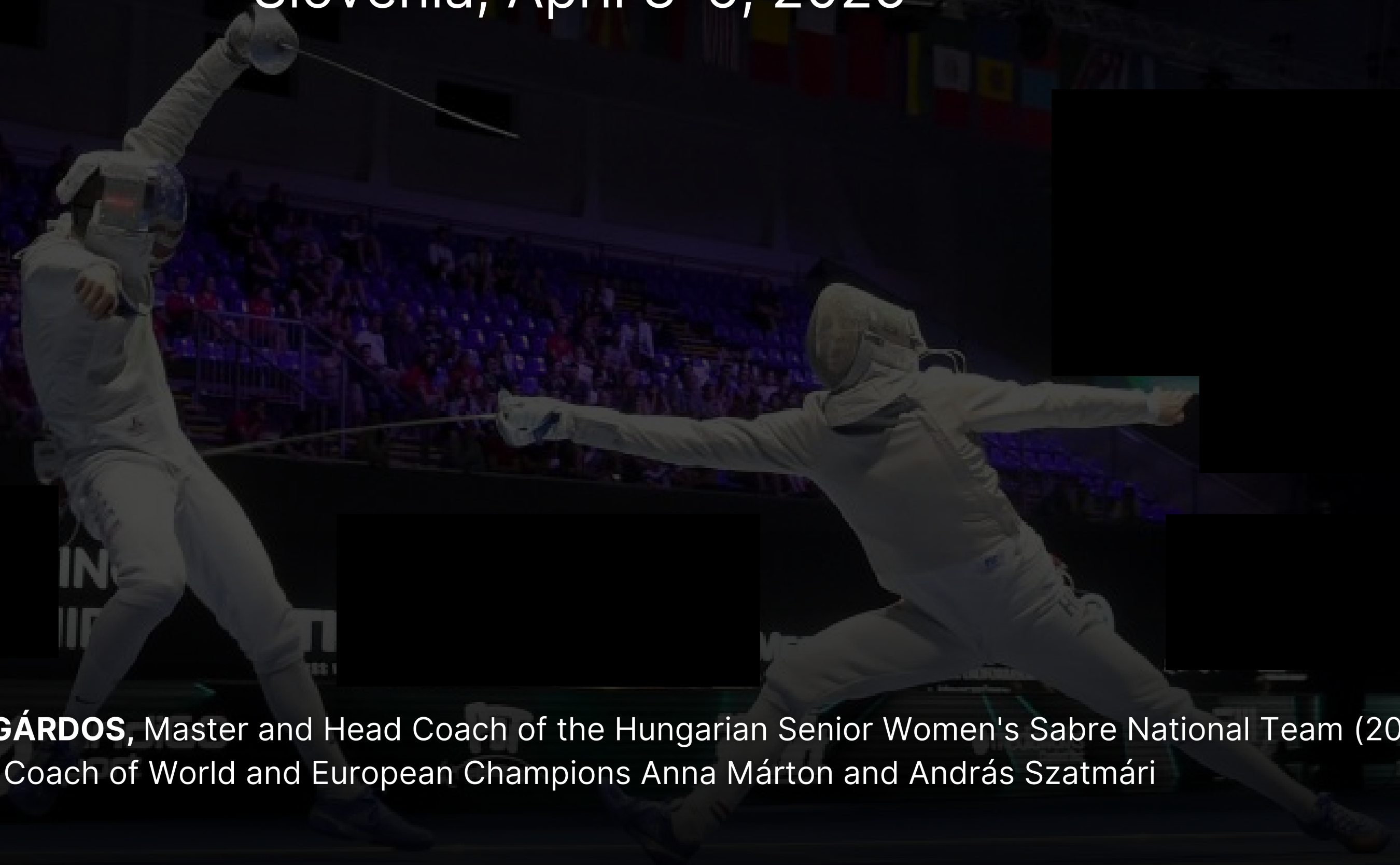


SABRE COACHES TRAINING CAMP

Slovenia, April 3–6, 2025



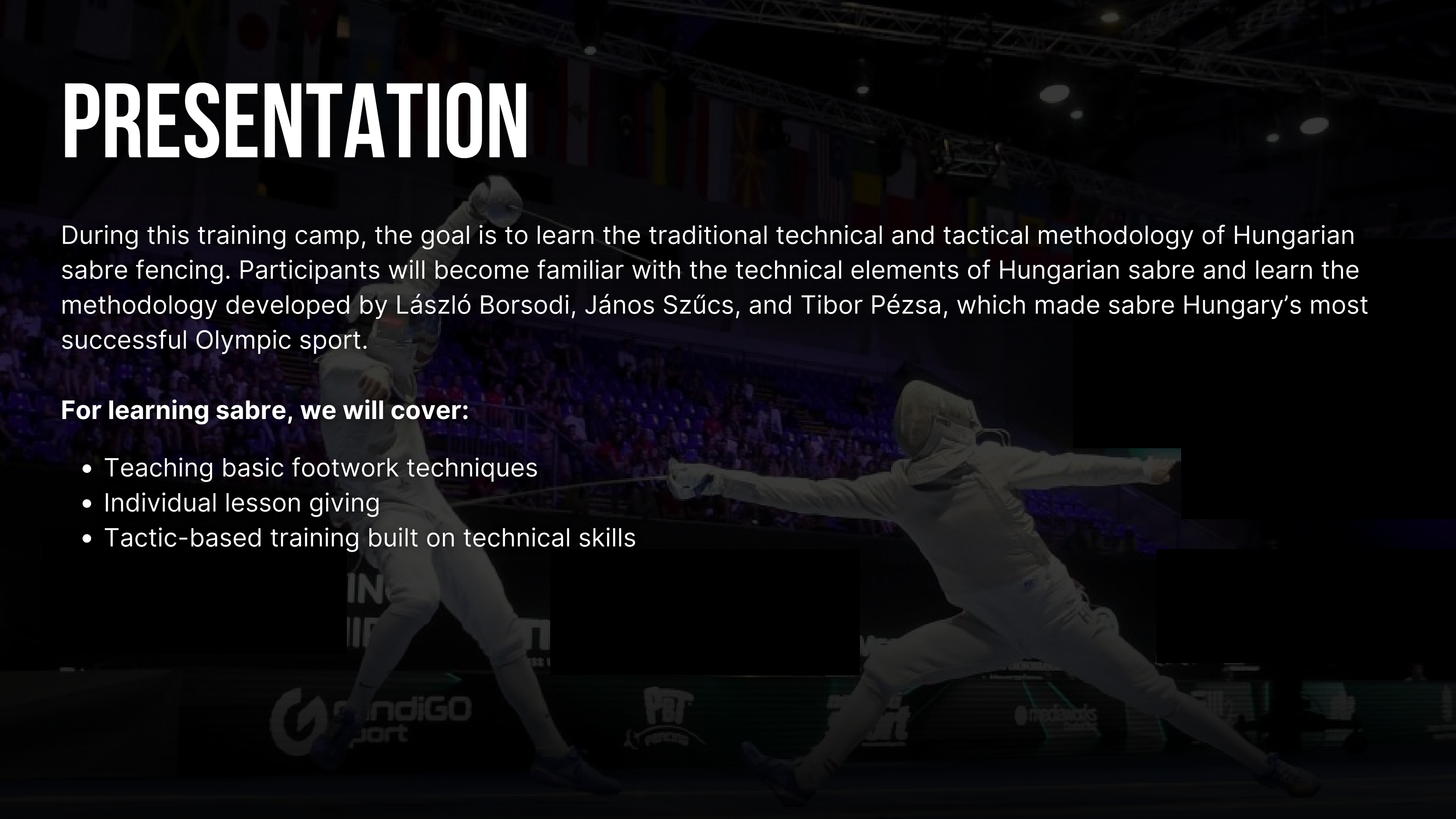
Hungarian Coach: **Gábor GÁRDOS**, Master and Head Coach of the Hungarian Senior Women's Sabre National Team (2012–2024),
Coach of World and European Champions Anna Márton and András Szatmári

PRESENTATION

During this training camp, the goal is to learn the traditional technical and tactical methodology of Hungarian sabre fencing. Participants will become familiar with the technical elements of Hungarian sabre and learn the methodology developed by László Borsodi, János Szűcs, and Tibor Pézsa, which made sabre Hungary's most successful Olympic sport.

For learning sabre, we will cover:

- Teaching basic footwork techniques
- Individual lesson giving
- Tactic-based training built on technical skills



PEDAGOGICAL APPROACH

Step by step, participants will learn how to teach fencing techniques, progressing from basic to more complex actions.

- **Session 1:** Introduction of the technical fundamentals of fencing footwork, the execution of basic cuts, and their parries.
- **Session 2:** Focus on the technical execution of bindings and beat attacks through partner exercises.
- **Session 3:** Teaching blade attacks and their parries in individual lessons.
- **Session 4:** Teaching evasive cuts and feint attacks, along with their parries, using partner exercises.
- **Session 5:** Focus on the technical details of individual instruction, with an emphasis on teaching feint attacks and their parries.
- **Session 6:** Teaching actions executed in hand or foot tempo.
- **Session 7:** Bout-style individual lesson simulation.