

## Fencing Referee Instructional Videos

Fencing Referee – by Lisa Campi Sapery

<https://youtu.be/xMOYvD9YxcM>

## Fencing Workout Videos Online

### **Fencer's Edge:**

8 Stage Fencing Workout

[https://youtu.be/5SXD2j2\\_9sA](https://youtu.be/5SXD2j2_9sA)

(chair jump? Need outdoor space for some drills)

Sock Squat Challenge

<https://youtu.be/zp554iiqAbU>

Balance Exercises

<https://youtu.be/w6Js78dhhyw>

(Oops, uses wrong leg in one drill)

### **Sara Kass:**

Basic Advance-Retreat Drills:

[https://youtu.be/t\\_bs1ILCmHw](https://youtu.be/t_bs1ILCmHw)

Basic Lunging Practice:

<https://youtu.be/DnUPFjLCQtQ>

Target Drills:

<https://youtu.be/mkUuVRizc54>

Make a Target:

<https://youtu.be/yBcXN40l0yQ>