
WHO

Whether you're already part of a fencing club or curious to try this extraordinary sport, we've got something for you. From beginner sabre classes to one-to-one coaching and competitive squad training, our programme give you the quality time and support you need to progress. We're especially focused on student-athletes and senior and veteran competitive fencers, but anyone with the passion to pick up a sword is welcome.

WHEN

Monday 4-7pm

Tuesday 11-1pm

Wednesday 2-6pm

Thursday 11-1pm

Keep up to date here on our Facebook page for special events.



WHY

Functional Fitness - Future of Wellbeing

Fencing has often been described as physical chess but it's something much more than that. It's about connection with others, control of yourself and a fun and functional way toward long achievement and long term health and wellbeing. It's safer than badminton and easier than you think, like high speed tag with swords. It takes a moment to learn and a lifetime to master. Challenging? Yes. Fun? Absolutely!

HOW MUCH

From £10 per squad session

Concessions £75 per month (all squad sessions)

£155 per month (all squad sessions and lessons)

£60/hr one-to-one tuition

CONTACT

For more information you can email us at:

prof.carson@yahoo.co.uk

Sabre Fencing PROGRAMME

Venue: **Salle Holyrood**, 41 WEST BOWLING GREEN STREET, EDINBURGH,



WORLD CLASS COACHING



Prof. Phil Carson

Phil is one of the most experienced and highly qualified coaches in the UK.

He has introduced thousands of people to the sport and trained over 100 Commonwealth, British and Scottish Champions and medallists.

What do people have to say about working with him?

“This was a life changing experience, I feel transformed”

“I can’t thank you enough for your years of coaching. It helped make me the person I am today.”

“It’s amazing to watch them grow, lose their inhibition, build their confidence.”

Coaching Philosophy

Prof. Carson is influential world wide ecological coaching and a strong believer that the environment we work in shapes our performance.

“You can’t prepare a tiger for the jungle by training it in a cage!”

Community

To discover fencing is to discover a sport that sharpens body and mind, one that requires us to work hard for ourselves and harder for each other.

Confidence

Fencing builds confidence by challenging you to think and act decisively. Trust your instincts, and back your decisions. Every bout is a chance to test yourself, develop resilience, and leave the piste standing tall.

The Challenge

Step onto the piste, take up the challenge, can you make the cut?

Yes! You can do this!

