

## **Beginning level classes**

The beginning level classes will introduce you to the basics of saber fencing. Classes will cover footwork, handwork, rules and strategy. You will begin each class with stretching and warm-up exercises.

All classes will provide the opportunity to fence wearing protective equipment that consists of a mask, glove, jacket, and sword that will be provided by the club.

Training is directed by Coach Yuanjing Wang, Birmingham Fencing Club head coach and former coach for the Chinese Olympic Fencing Team.

Assistants: Gina Knox, 7th place in the 50 age group and D.D. Nicolau, 1st place in the 60 age group at the 2009 National Championships in Grapevine, TX.



**Birmingham Fencing Club**

### **Fitness for Women**

**Enjoy learning the basics  
of saber fencing**

### **Women's Saber Class**

**Yuanjing Wang, Saber Coach**

**1425 Montgomery Highway, Suite 25  
Birmingham, AL 35216**

**Contact: 205-567-5918**

**Email: brmfencingclub@bellsouth.net**

**There are no special physical  
requirements for the sport of  
fencing!**

**Fencing provides a  
good work-out!**

**Tuesdays and Thursdays  
from 9:00am –11:00am.**

**Fees:  
\$20 per class  
\$80 per month**

## Need to Know



**Where: Classes will be held at Birmingham Fencing Club, 1425 Montgomery Hwy, Vestavia Hills; located in Suite 25 of the Park South Shopping Plaza.**

**What to bring: You will need to wear loose, comfortable clothes. (sweat pants or jeans, no shorts) and athletic shoes.**

**Changing rooms are provided.**

**Drink machine and water fountain are available.**

## Fencing Class Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship to Person: \_\_\_\_\_

\$20 per class     \$80 per month

Make checks payable to:

**Birmingham Fencing Club**



## Directions

From I-65 heading North, take Exit 252 to the Montgomery Highway (Highway 31). At the bottom of the exit ramp you will turn right and merge into traffic. About one mile on the right, you will see a Vestavia Lanes bowling alley. You will take the next right into a driveway that runs along the side of a small strip mall and a Pier 1 Imports store. The driveway goes downhill, past a few small shops, then continues around to the back of the building. Our Club is about in the center of the building. From I-65 heading South, take Exit 252 to the Montgomery Highway (Highway 31). At the bottom of the ramp, turn left and go under I-65. You will be heading in the correct direction to see the bowling alley on your right.

