



EPSOM

COLLEGE

IN MALAYSIA

An International Boarding School



FENCING CAMP

9th TO 10th APRIL 2022



WHAT IS FENCING?

Modern fencing could be compared to a sword duel. Its existence dates back to ancient Egypt and has been an Olympic sport since 1896. Two competitors face off in a match and use their speed, agility and wits to score points on each other with their weapons.

PROGRAMME DETAILS

Date	9th to 10th April 2022
Age	12-16 Years Old
Price	RM1500
Format	2 Days, 1 Night Programme



WHY FENCING?



Safe

One of the lowest rates of injuries in a high impact sport; lower than badminton and table tennis.



Wider Opportunities

A fast growing sport in America, Hong Kong, Japan, Korea, Singapore and China. Get a competitive edge in your university applications.



Fitness

Builds agility and cardiovascular endurance as it requires a lot of interaction and movements.



Body coordination

The sport improves overall body coordination as it requires fencers to learn how to utilise every part of their body for effective footwork and movement.

COACH PROFILES

Mr Fairuz was a professional fencer starting from 1994 and trained under Korea's former National Coach, Mr Jung Choong Hoi. He has also trained with China's national team in Beijing, Shanghai and Tianjing as well as with the Russian national team in Moscow in 2001. In 2011, Mr Fairuz took on a training position with the Polish national team. As a coach, he has helped produce accolade-winning athletes with over 25 years of experience since 1996.

Some of his coaching experiences include;

- National Fencing Head Coach for Paralympic Fencing in Busan, Korea (2002)
- Head coach and Team Manager for World Wheelchair Games in New Zealand (2003)
- Head Coach for Sarawak SUKMA (2004, 2006, 2008 and 2013)
- Malaysian Team Manager for Asian Fencing Championships Grand Prix FIE in Nantong, China (2007)
- Assistant Coach for Malaysian Fencing in the 24th SEA Games in Nakhon Ratchasima, Thailand (2008)
- Won the Best Coach Award under IIUM Sports Award (2019)

Muhammad Fairuz Ibrahim (Head Coach)



COACH PROFILES



**Nor Shahidan
Mohammed**

Mr Shahidan is a well-decorated national fencer winning accolades at national level tournaments from 2002 to 2004, including a bronze medal at the 2004 Grand Prix.

As a coach, Mr Shahidan has also produced top-quality fencers for Malaysia. His coaching experience dates back from 2010 till now.



**Siti Zaharah
Abdul Khalid**

Similar to Mr Fairuz, Ms Siti Zaharah has also been coaching Malaysian fencers since 2001 and has been part of the team of coaches to bring Malaysian fencers to tournaments like SUKMA and also ASEAN games. She was also part of the team that planned the training for Malaysian paralympic fencers for the 2012 London Paralympics. As a coach, she has produced stellar athletes, some who were placed top 10 in the 2010 to 2012 World Cup Fencing.

Ms Siti also trained with national teams from Poland, Russia and China during her fencing career and was part of the French Fencing School in 2008.

PROGRAMME SCHEDULE

Day/Date	Time	Activity	Event
Saturday 9th April 2022	8.30 am	Registration	All
	9.00 am	Ice breaking	
	10.00 am	Introduction & Demo	
	10.30 am	Basic Footwork	
	12.00 pm	Lunch	
	2.00 pm	Advanced Footwork	
	4.00 pm	Fencing Skill (Attack)	
	6.00 pm	Dinner	
	8.30 pm	Theory/Referee	
	9.30 pm	Dismiss	

Sunday 10th April 2022	9.00 am	Advanced Footwork	All
	10.00 am	Fencing Skill (Defence)	
	12.00 pm	Lunch	
	2.00 pm	Sparring Session	
	5.00 pm	Dismiss	

ACCOMMODATION

Students will be allocated single or twin rooms in one of our six boarding houses. All rooms are fully furnished, air-conditioned, and have heated showers. At night, students can look forward to enjoy relaxing with a game of pool, foosball, board games, or even games on our PS4s that are readily available in all houses.



DINING

Three meals shall be provided alongside refreshments throughout the day. An all-day cafe and grab-and-go is also available to meet hunger pangs outside of mealtimes. You will be provided with a wide selection of cuisines from all over the world.



SPORTS & FACILITIES

During the evenings, participants will have full use world-class athletic and leisure facilities across Epsom's 50-acre campus. Enjoy tennis, football, squash, badminton, swimming, or even a jog in the evening.



Registration is accepted on a first-come, first-served basis subject to availability of places. Priority will be accorded to registrations received with payment.



Scan to register

FENCING CAMP



Drop an email to events@epsomschool.com or contact +606 240 4188 for any queries.