



Fencing Training Journal

Richard Hoefler

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Fencing is both a mental and a physical game. This fencing training journal helps you set "stretch goals" to keep yourself motivated to achieve more by tracking your progress. By the time you complete this journal, you'll have a record of where you started and how far you've come. Enjoy the process and enjoy the outcome! It's been created by a fencer, like you, to enhance your fencing experience.

Take this easy-to-use journal to practice and to tournaments. Use the 8"x10" size and high quality paper to describe your successes as well as what didn't work. Use the pages to set goals and to keep track of what "Coach" tells (yells at) you. List your opponents and how you can score on them. The possibilities for how you can use this journal to improve your fencing game are limited only by your imagination, whether you fence foil, epee or saber.

Research shows, again and again, that setting goals helps you achieve them. Your Fencing Journal is a place for your goals, thoughts, dreams, and ponderings about all things fencing.

This journal has been developed by Dr. Richard Hoefler, a veteran fencer whose first National Championship experience was in 1981. His experiences have helped him put together a wonderful tool to help you learn more about yourself, and the wonderful sport of fencing.

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