



## Académie d'Armes Internationale – AAI

### International Course October 14- 20 2008 in Bad Karlshafen/Germany

<i>time</i>	<i>Wednesday 10-15</i>	<i>Thursday 10-16</i>	<i>Friday 10-17</i>	<i>Saturday 10-18</i>	<i>Sunday 10-19</i>	<i>Monday 10-20</i>
after 07.15	breakfast	breakfast	breakfast	breakfast	breakfast	breakfast
8.15 – 9.00	until 08.30	teaching épée	teaching foil	teaching foil	teaching sabre	until 8.30
9.00 – 9.45	course introduction	teaching épée	teaching foil	examination	teaching sabre	departure
9.45 - 10.30	course introduction	teaching épée	teaching foil	examination	coffee break	
10.30	coffee	coffee	coffee	coffee	teaching sabre	
11.00 – 11.45	fencing terminology	examination	teaching foil	teaching sabre	theory of training	
11.45 – 12.30	fencing terminology	examination	teaching foil	teaching sabre	theory of training	
12.30	lunch	lunch	lunch	lunch	lunch	
13.30 – 14.15	teaching épée	theory of training	FIE rules	teaching sabre	sport pedagogy	
14.15 – 15.00	teaching épée	theory of training	FIE rules	teaching sabre	sport pedagogy	
15.00	coffee break	theory of training	coffee break	coffee break	sport pedagogy	
15.30 – 16.15	teaching épée	15.45 coffee break	teaching foil	teaching sabre	coffee	
16.15 – 17.00	teaching épée	foil system	teaching foil	teaching sabre	examination	
17.00 – 17.45	teaching épée	foil system	teaching foil	teaching sabre	examination	
17.45	dinner	dinner	dinner	dinner	dinner	
18.45 – 19.30	teaching épée	teaching foil	conditioning	teaching sabre	evaluation	
19.30 – 20.15	teaching épée	teaching foil	conditioning	teaching sabre	evaluation	
20-15 - 21.00	teaching épée					
	12	12	12	12	12 (1 unit = 45 min)	total 60 units

Tuesday 10-14 arrival 14.00 - 22.00

course fee 300,- € full pension 300,- € (Tuesday dinner until Monday breakfast)

course instructors:

foil, FIE rules, fencing terminology, course organisation: Mike Bunke, Maitre d'Armes AAI

épée: Rorik Janssen, Maitre d'Armes AAI

sabre: Felix Becker, A-level coach DFB

theory of training, sport pedagogy, conditioning, course organisation: Regina Faust, Maitre d'Armes AAI