

# COACHES SEMINAR

with **Hungarian** Saber **Master**

## Peter Frohlich

Olympic coach of Hungarian saber champion  
Gyorgy Nebald 1980 – Bronze, 1988 - Gold, 1992 - Silver  
National coach of Great Britain' saber team.  
Renowned fencing master at international coaches' seminars.



**Sunday, December 30. 2007**

**9:30 AM – 4:30 PM**

**AFA: 280 Route 18 N, East Brunswick**

**Cost \$60**

The seminar is open to all levels of coaching.

One-on-one sessions on request

- Morning session:
- ▶ Advanced foot work
    - Rhythm changes
    - Proper speed implementations
  - ▶ Drills

- Afternoon session:
- ▶ Structure of private lessons
    - Beginner – advanced – top int'l fencers
    - Lesson presentation, practice, Q &A
  - ▶ Today's int'l saber
    - Techniques and tactics
    - Interpretation of rules

Coaching equipment will be required for all practices and demonstrations.

## **Atlantic Fencing Academy**

**280 Route 18 N, East Brunswick, NJ 08816**

Send registration form and payment to: Atlantic Fencing Academy

Fax: 732-942-4553

E-Mail: [agota@atlanticfencing.com](mailto:agota@atlanticfencing.com)

30 Hwy 34  
Colts Neck, NJ 07722



280 Route 18 N  
East Brunswick, NJ 08816

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with Peter Froehlich

December 30, 2007

## REGISTRATION

First Name _____	Last Name _____
Address _____	
City _____	State _____ Zip _____
Home Phone _____	Alternate Phone _____
E-Mail _____	
Club/School _____	

**Payment Method:**  **Check** (make check payable to Atlantic Fencing)  **Credit Card**

Name \_\_\_\_\_  Visa  MasterCard  Discover  Am Ex

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Card Billing Address \_\_\_\_\_

Total amount enclosed \$ \_\_\_\_\_

Authorized Cardholder Signature \_\_\_\_\_

WAIVER OF LIABILITY – I understand and appreciate that participation in a sport carries a risk to me, or my child, of serious injury, including permanent paralysis or death. I voluntarily and knowingly recognize, accept and assume this risk and release the Atlantic Fencing Academy, their managers and coaching staff from any liability.

Date \_\_\_\_\_

Signature \_\_\_\_\_

Send registration form and payment to: Atlantic Fencing Academy  
280 Route 18 N, East Brunswick, NJ 08816 Fax: 732-942-4553 E-Mail: [agota@atlanticfencing.com](mailto:agota@atlanticfencing.com)