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Modern Saber Fencing: Technique, Tactics, Training, and Research

Zbigniew Borysiuk

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Modern Saber Fencing: Technique, Tactics, Training, and Research Zbigniew Borysiuk
This book teaches the NEW saber! Together with the DVD (sold separately on Amazon) it provides a complete and contemporary saber method. Before this book appeared, it had been than 75 years since the last English-language book devoted to saber. Those were the days of men-only, visually judged saber, and the US didn't stand a chance. Since then, saber has been revolutionized. Both men and women fence, saber is scored electronically with close calls reviewed on video replay, and the US has emerged as a power. Modern Saber Fencing is the first book to explain and teach the new saber from the ground up. It illustrates the new techniques with over 75 photo illustrations, and the DVD shows the actions and methods in detail. PLUS the book presents the scientific research that underlies the latest training methods.

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