



Mental skills in Fencing

CONTROL

Destructive emotions kill awareness, clear thinking and pride in your own performance.

FOCUS

Deal with distractions INSTANTLY and return to what you need to do right now.

CONFIDENCE

A clear picture of your best fencing, your best performance, your best mindset.

INTENSITY

Every action, every second alert, ready and just the right level of fired up

BEHAVIOUR

Nothing and no one takes you away from your high performance routines, body language etc

MOTIVATION

Knowing your big-picture goals. Able to bring a high performance mindset every day

COMMUNICATION

Clear, self-aware, non-judgemental...helping teammates or helping others help you.