



ROAD TO HANGZHOU 2022

TEAM INDIA – 2023 ASIAN GAMES
FENCING ASSOCIATION OF INDIA



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FENCING AT THE HANGZHOU ASIAN GAMES



23 September 2023 – 8 October 2023



There are 12 competition events in fencing from which 48 medals are up for grabs at the Hangzhou Asian Games. The fencing competitions are scheduled to take place between 26th September 2023 and 1st October 2023.

STRUCTURE OF INTERNATIONAL FENCING COMPETITIONS IN THE SENIOR AGE – GROUP



FIE SATELLITE TOURNAMENT	Varies per weapon per gender, total 20 – 35 + tournaments per year.
FIE WORLD CUP	Five (5) Individual & Five (5) Team World Cup/ per weapon/ per gender/ per year.
FIE GRAND PRIX	9/ per year – Three (3) Individual Grand Prix per weapon (both genders)/ per year.
FCA ASIAN CHAMPIONSHIP	Once every year
FIE WORLD CHAMPIONSHIP	Once every year

The Asian Championship and World Championship are held back-to-back in June and July, where only four fencers per weapon, per gender participate, and is ideal for honing the skills of the Team before the Asian Games.

COMPETITIVE EDGE

The necessary requirement for fencers to be competent and excel internationally are as follows:

1

PARTICIPATION IN FIE & FCA COMPETITIONS – One of the most important elements is to participate in at least a few select FIE and FCA Competitions, which has not been entirely possible in the past owing to a lack of funds.

2

DOMESTIC TRAINING – There should be training at regular intervals, as possible, in India, to continue the momentum in performance.

3

OPTIMAL FITNESS – Apart from the coaching of fencing skills, fencers necessarily require guidance in fitness, strength and conditioning, nutrition and sports psychology.

v5 of the Plan

Further to the ACTC Meeting with SAI on 12th April 2023 and as per the information from SAI official on approved ACTC budget, the plan was first revised. It was further revised two more times. Thereafter, as per the information from SAI on 24th May, v5 was drafted.

v5 TRAINING AND COMPETITION PLAN

The revised plan spanning from June to September and covers training and competitions in the lead up to the Asian Games.

EPEE

- 2 International Competitions
- 51 Days Training in India

FOIL

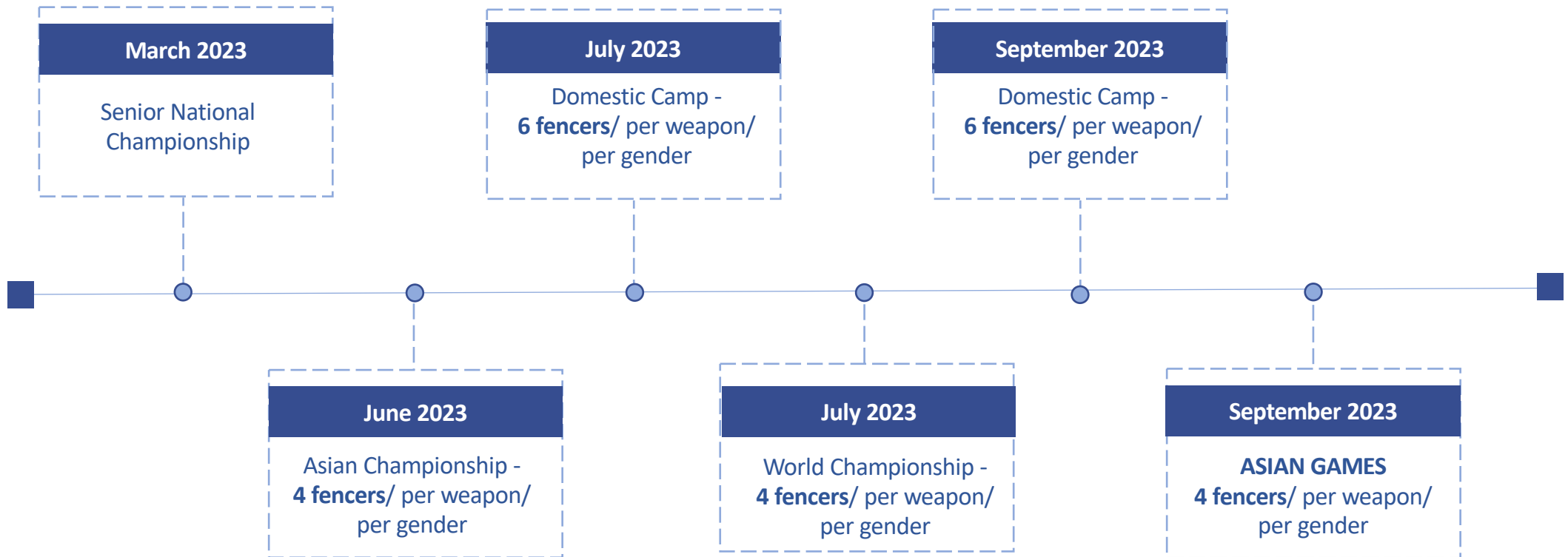
- 2 International Competitions
- 51 Days Training in India

SABRE

- 2 International Competitions
- 51 Days Training in India



v5 TIMELINE AND PERFORMANCE PATHWAY



v5 TRAINING AND COMPETITION PLAN – COMBINED

No	Training/ Competition	Title, Venue, etc.			Comp. days	Trav. days	Total (days)	Team	Team No.
1	FCA Competition	Asian Championship, Wuxi, China	14-Jun-23	22-Jun-23	7	2	9	24 athletes + 06 coaches	30
2	Domestic Training	3 different sites* NB	29-Jun-23	19-Jul-23	--	--	21	36 athletes + 09 coaches	45
3	FIE Competition	World Championship, Milan, Italy (22-30 July)	20-Jul-23	30-Jul-23	8	2	10	24 athletes + 06 coaches	30
4	Domestic Training	3 different sites* NB	23-Aug-23	21-Sep-23	--	--	30	36 athletes + 09 coaches	45

NB:

DOMESTIC CAMP SITES

Epee – SAI Patiala, Punjab or ASI, Pune

Foil – Sanskardham Academy, Gujarat

Sabre – ASI, Pune



A. Participation in international competitions



C. Domestic Training

THANK YOU