

Kickboxing Training Manual

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Fencing is a group of three related combat sports. The three disciplines in modern fencing are the foil, the épée, and the sabre (also saber); winning points are made through the weapon's contact with an opponent. A fourth discipline, singlestick, appeared in the 1904 Olympics but was dropped after that, and is not a part of modern fencing. Fencing was one of the first sports to be played in ...

Fencing - Wikipedia

Sport Hall is a 16,000 square feet gym equipped with bikes, stair climbers, ellipticals, manual treadmills, dumbbells, benches, cable machines, squat racks, and heavy duty platforms. Pop-Up (East Auxiliary Gym - IWC): Mon-Thu 10:30am-11:00pm; Fri-Sun 10:30am-8:00pm

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