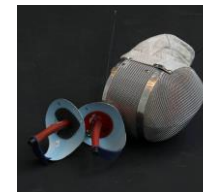




# FENCING for adults



## INTRO COURSE on SABER Winter '25

Learn fencing **7 evenings** for **395,- DKK**

**Tuesdays 19.30-21 from 14.01. to 25.02.**

The training sessions are in English

If you do not have time to join and fence saber, we also offer courses on épée 13.01.-24.02., 05.03.-16.04. and more courses later in 2025. Contact us for other offers.

## Registration

Mail to [info@hellerupfaegteklub.dk](mailto:info@hellerupfaegteklub.dk)  
Write "Intro Course Tuesday" as subject.  
State your first and last name, age, and phone number.

**Deadline for registration:** 09.01.

**Payment by credit card – DKK 395,-**  
We will send you a payment link shortly before your first training session. You may only attend the course, if you have prepaid the fee. The fee can not be refunded after start of the course.

Having finished the course, you can sign up as a member and continue fencing on our adult team.

## At the intro course in HFK you can

- ✓ Engage in a unique sport
- ✓ Live out your musketeer dream
- ✓ Fence saber from the 1. evening session
- ✓ Be thoroughly introduced to fencing
- ✓ Practice a martial art without physical contact
- ✓ Get in shape, while practicing basic fencing
- ✓ Have fun, while learning

**The classes are held in our atmospheric fencing hall on Strandparksvej 46, DK 2900 Hellerup**

The only things, you need to bring, are: Long sports trousers, indoor sports shoes, a T-shirt and a towel for an optional shower. You will become sweaty from fencing.



## FAQ

**Am I good enough?** Yes, the course is an introductory course for beginners. All participants will be beginners.

**Do I need to be in good form to start?** No, but you will get in shape by fencing.

**Am I too old?** No, the classes are adapted to adult hobby practitioners.

**Do I need to have fencing gear?** No, as a student you borrow our equipment.

**Is it dangerous?** No, we will lend you safety equipment and instruct in safety.

**Contact: 45 3962 3111 - Tap 1**

[www.hellerupfaegteklub.dk](http://www.hellerupfaegteklub.dk)