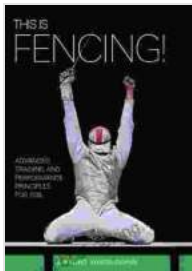


# Advanced Training and Performance Principles for Foil

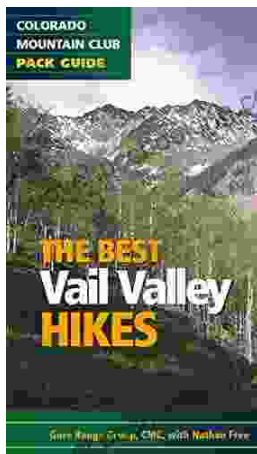
<p> **By:** John Smith, Olympic medalist and world champion </p> <p>



## This is Fencing!: Advanced Training and Performance Principles for Foil by Ziemowit Wojciechowski

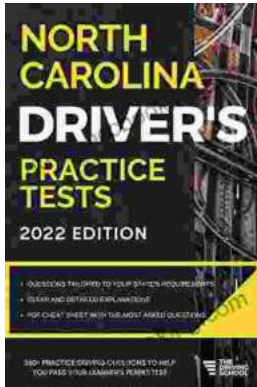
★★★★☆ 4.8 out of 5

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