

FUNDAMENTALS OF FENCING AND MENTAL TRAINING

Dr. Naci KALKAN

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ISBN

978-625-7106-70-2

Book Title

Fundamentals of Fencing and Mental Training

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Publishing Coordinator

Yasin Dilmen

Page and Cover Design

Typesetting and Cover Design by Akademisyen

Publisher Certificate Number

47518

Printing and Binding

Printing press Sonçağ Matbaacılık

Bisac Code

SPO071000

DOI

10.37609/akya.1028

GENERAL DISTRIBUTION

Akademisyen Kitabevi A.Ş.

Halk Sokak 5 / A

Yenişehir / Ankara

Tel: 0312 431 16 33

siparis@akademisyen.com

www.akademisyen.com

PREFACE

As fencers, we know that in fencing, to be physically superior is not the only factor of success for athletes. Athletes and coaches experience that features like attention, concentration, ambition, belief, and being able to keep calm make us more successful on the pistes. The book in your hand has been written as a guide for the application of methods that are scientifically used in bettering the athletes' mental skills in fencing. The primary purpose of this book is to help you become more successful on the pistes. It is aimed at the techniques in this book that will guide the coaches and enable positive contributions to the athlete's performance.

Dr. Naci KALKAN



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