

Video: The neuroscience of fencing

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Credit: Columbia University

To make it to the Olympics, elite athletes spend countless hours preparing not only their bodies—but their brains, as well.

In this video, Columbia fencing coach Michael Aufrichtig reveals some of the techniques these [competitors](#) use to train their minds, while neuroscientist Daniel Wolpert at Columbia's Zuckerman Institute explores how this training might help achieve superhuman levels of skill

at moving the body.

Provided by Columbia University

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