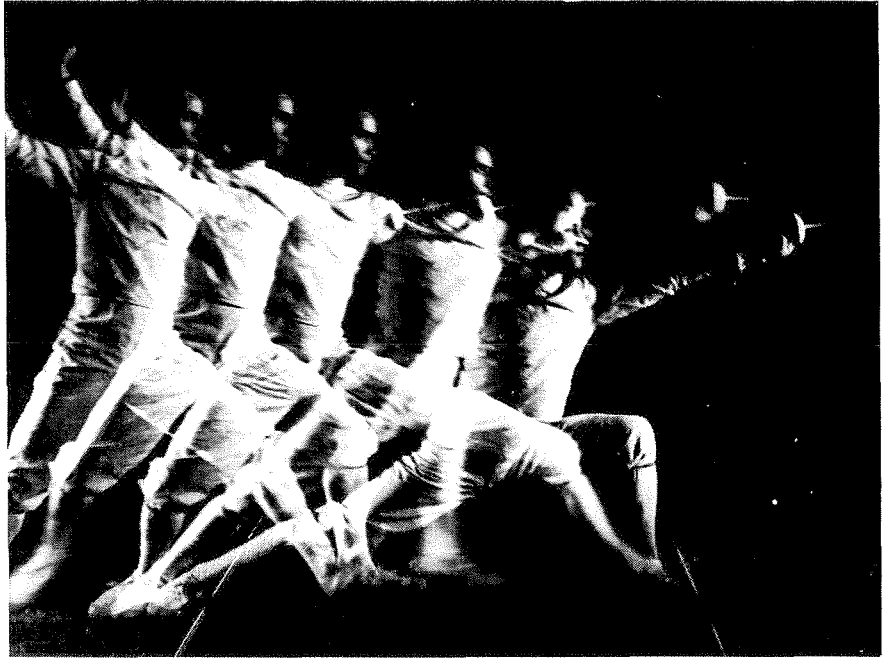


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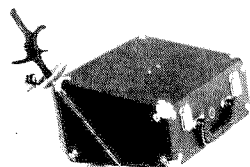
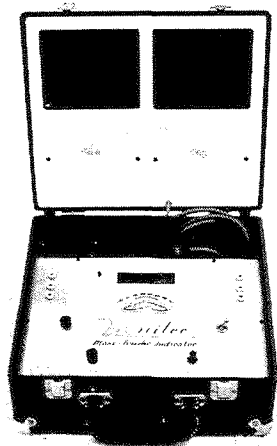
Volume 28, No. 4
March/April 1977



THE LUNGE
executed by Jean Claude Magnan

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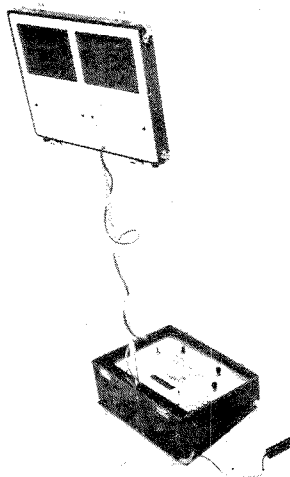
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American FENCING

Volume 28
Number 4

Official publication of the Amateur Fencers League of America, Inc.

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Dedicated to the memory of
JOSE R. deCAPRILES, 1912-1969

Second Class Postage
paid at Berkeley, CA 94704
and at additional mailing offices

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AFLA, 601 Curtis St., Albany, CA 94706

Published six times a year. Subscription for non members of the AFLA is \$4.00 in the U.S. and \$5.00 elsewhere. Opinions expressed in signed articles do not necessarily reflect the views of American Fencing or the AFLA. Copies of American Fencing in 16 and 35 MM Microfilm are available from University Microfilms, Inc. 300 N. Zeeb Rd., Ann Arbor, Michigan 48106. Prices on request. CONTRIBUTORS PLEASE NOTE: Articles, results of competitions, letters to the Editor, photos and cartoons are cordially solicited. All manuscripts must be typewritten, double spaced, on one side of the paper only, with wide borders. Photos should be glossy finish and with a complete caption. Unsolicited manuscripts cannot be returned unless submitted with a stamped self addressed envelope. No anonymous articles accepted.

DEADLINE FOR 1977 ISSUES

Issue Date	Closing Date	Mailing Date
		For Copy
July/Aug.	June 10	Aug. 1
Sept/Oct.	Aug. 10	Oct. 1
Nov/Dec.	Oct. 10	Dec. 1
Jan/Feb.	Dec. 10	Feb. 1

Table of Contents

Article:

From the President	by Irwin Bernstein
The Olympic Challenge	by Steve Sobel
Budapest Sabre Seminar	by Jack Keane
Junior Olympic Qualifying	by Lawrence Calhoun
How To Train For Top Perform	
Raoul Sudre	by Bob Kane
World & Olympic Gold Medal	
	by John McKee
Technical Talks	by Joe Byrnes
How To Run A Competition	by Emily Johnson
The Standard Epee Tip	by Dan Dechaine
Competition Results	

ABOUT OUR COVER:

Jean Claude Magnan, former world and Olympic medalist, was a long stay of the French national foil team. sidered one of the great foil fencer times. Here he demonstrates, in s the classic modern lunge.

From the President by Irwin Bernstein



Sometimes when the days's mail and the evening's telephone calls are filled with complaints from fencers about their local division officers and from division officers about their members, I am reminded of the famous cartoon character, Pogo, who adapted a well known quotation to say, "We have met the enemy and he is us". We tend to bemoan the inadequacy of our financial resources and the lack of recognition our sport receives from the media and general public, but while these are significant problems, they should not deter us from doing our best with what we do have.

This spring, as in prior years, we will receive petitions to fence in the Nationals from fencers who could not compete in their division qualifying events because those events were scheduled without proper regard for other fencing activities. At least one division scheduled a senior qualifying event on the weekend of the National Junior Olympic Championships, 3,000 miles away. Another, a few years ago, held a senior qualifying event on the evening before the sectional Under-19 event in the same weapon, about 500 miles away. Both conflicts put unfair pressure on conscientious young fencers, create additional work for the National Executive Committee, and usually end up rewarding the offending divisions by allowing them an extra representative in the Nationals.

Each June, when qualifiers for the Nationals are checked against our membership roster and discrepancies investigated, we discover that some fencers paid their dues at local events months earlier but were never registered nationally (and thus never received magazines) because the division was negligent in forwarding the money and membership information to the National Secretary. This deprives the member of basic membership services and creates additional work during a very difficult part of the fencing season.

One of the common complaints from the fencers about their division officers is that

they have acted arbitrarily, either exceeding their authority or failing to consult with their Executive Committees. Analysis of the facts, however, often leads to the conclusion that the actions taken were valid but showed poor judgment. Further probing may then reveal a situation in the division in which different factions take turns being the "ins". When a group is "out", it cooperates as little as possible and criticizes at every opportunity. Then, when it enjoys its turn to be "in", it tries to have its way to make up for the injustices it believes it has suffered in the past. This phenomenon results in frequent wholesale turnover of division administrations, lack of knowledge of basic operating procedures, and institutionalized divisiveness within the division. In a sport as small as fencing we can hardly afford such organizational illness.

On the other side, the most common complaints by fencing administrators about fencers are the difficulty in getting compliance with paperwork deadlines and the lack of cooperation in housekeeping at competitions. No matter how well publicized deadlines might be, some fencers will enter late and then bully the meet manager who tries to uphold the rule. What is even sadder about this is that some of the other fencers, who are inconvenienced by the delay in starting the event, will support the rule breaker against the meet manager. The housekeeping problem has more lasting impact since it has cost us the hospitality of many schools and other facilities suitable for holding local events. The half filled beverage cups and orange peels that litter the gymnasiums, the spilled drinks left to damage floor finishes and the other signs of careless guests have made the work of our volunteers much more difficult and far less pleasant than is really necessary.

If Pogo is right about our being our own worst enemies, then perhaps another familiar slogan contains the answer: "Do unto others as you would have them do unto you". If each fencer assumed that he or she would someday carry the responsibility, perhaps cooperation would come easier, even at the expense of some minor self-denial. Then, if each division officer would consider that his or her tour of duty is only one phase of a continuous involvement in the sport, more effective, unselfish service might be the rule.

Before I leave my readers with a totally pessimistic view, let me hasten to point out that as a professional manager and troubleshooter I am accustomed to attacking problems and striving for excellence; this can sometimes lead to overlooking what is already in good shape. During my years of fencing service I have met some of the most dedicated, unselfish, and capable people in positions of responsibility. I have also enjoyed the friendship of true sportsmen and sportswomen of all ages and competitive competence, who not only cooperate without prodding, but do more than their share without even being asked. It is these people who make fencing worthwhile for all of us. The next time you are ready to complain about the action or inaction of another fencer, first ask yourself whether you are doing your share.

**American Fencing
Wishes All
Competitors
Good Fencing
At The Nationals.**

MORE ON THE 197 NATIONAL CHAMPIONS

The 1977 National Championships hosted by the Oregon Division at the Portland Hilton Hotel, 921 SW 6th Street, Portland, Oregon, June 25 thru July 2, 1977 will be weapons check and Junior committee meeting, as well as a

FORMAT OF NATIONALS: The event will be conducted by round robin method through the final. All ties carry over to the next round will be resolved by use of indicators, with a fence off if a tie on indicators.

CHECK-IN TIME FOR BOTH TEAM AND INDIVIDUAL EVENTS: 6 PM DAY PRIOR TO THE CHAMPIONSHIPS GALA NIGHT: All registered fencers will receive a ticket to the gala held Saturday night July 2. Fencers may pick up their tickets at the registration desk.

Room Reservations: The official hotel for the Championships is the Portland Hilton and the Oregon Division urges all fencers to make reservations there.

Single \$19, Double \$27, Trip \$45. For reservations, write to the Portland Hilton, 921 S. W. 6th St., Portland, Oregon 97201.

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The Olympic Challenge for Amateur Sports in a Free Society

by Steve Sobel

(The opinions expressed in this article are those of the author only, and do not necessarily represent the views of the U.S. Olympic Committee or the AFLA)

The games of the 21st Olympiad are now history. The athletes returned home with a better understanding of the Olympic ideals, and an education not taught in any classroom nor subject to measurement in any final exam. The Montreal Olympiad communicated a crucial message. Behind the five ring symbol there was a special flame which was not extinguished during the closing ceremony. It was an SOS call to save the Olympics. Emergency action now will preserve a living moment; later it may be too late to give life to an idea which has died from callous neglect.

The Munich Olympiad brought tragedy through terrorism, but the warning signals were heeded. Adequate preparation created sufficient security precautions and the realistic possibility of repetition was avoided. The security was effective, successful and necessary, although perhaps in the future, safety can be achieved in a less cumbersome manner. The many problems which have emerged in 1976, however, are far more complex and will not be solved simply by enlisting a larger police force.

There was political interference manifested by the exclusion of Taiwan competing under its IOC recognized identity, the African boycott, and the Soviet threat of withdrawal following an athlete's defection. There was increased commercialism evidenced by ticket scalping. The different concepts of amateurism, and the enormous cost of staging an Olympiad were also prevalent for all to observe. Legally valid loopholes may have been created in the doping control by the possible use of special blood transfusions, which had not been considered prior to these games. These are just a few of the problems on the international level.

There are other serious shortcomings in the United States. The national sports governing bodies are in urgent need of funds to finance development programs, reimburse out of pocket expenses to athletes in training, build essential training facilities, and conduct the everyday business of the federations. For example, United States fencing teams are selected annually to compete at the World Championships and World Under 20 Championships conducted by the International Federation. The teams authorized to compete select themselves under an objective point system established by the fencing committee and warmly received by the athletes. Unfortunately, the teams which actually compete are determined by entirely different criteria — who can afford to go at their own expense. The Americans who go travel as individuals but they compete against fully supported foreign teams staffed with coaches, trainers, and physicians.

In some sports, effective athlete representation free from jealous organization rivalries must be developed. Ironically, the most affluent sports have the greatest difficulty since most disputes usually involve control and distribution of gate receipts and lucrative TV funds. In fencing, however, without those sources of revenue there are no rival groups vying for control. There is one single rules book containing the rules of the International Federation for all competitions, published by the NCAA with the full cooperation of the AFLA. This should serve as an excellent example for all sports, and a happy augury for the future. Through cooperation among all the National Sports Governing Bodies and all organizations interested in promoting amateur sports, the difficulties facing each sport, and their respective accomplishments as well, can be shared and each sport can derive the benefit of the experience from the other.

All amateur sports in the United States face enormous problems. We want to win

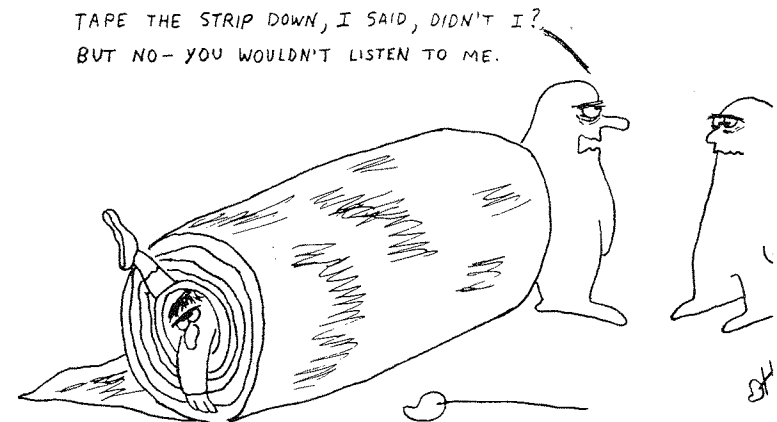
medals, but not at the expense of compromising our democratic principles and individual freedom; we need government funds but not for the price of accompanying government intervention; we want to send our best athletes, but at the same time preserve an opportunity for an amateur to achieve athletic success without sacrificing an education, a job and family interests to a professional training schedule. Other countries may not have these same values. Nevertheless, our requirements demand that success be achieved within the democratic framework of a free society. This makes our job difficult, but not impossible.

What must be done? First and foremost, money must be made available to finance the training needs of the athletes, create the necessary training facilities, compensate the professionals who are essential to any training program, such as coaches, physicians and trainers, and enable our national sports governing bodies to operate with paid staffs and adequate funding. Most of the sports federations in this country have capable leadership, but they are rendered impotent to act in the creation of dynamic development programs with their limited resources. The largest part of most budgets is air fare. A simple solution would be to approve reduced air fares to athletes and administrators travelling to sports events sanctioned by a national or international federation. Second — The national sports governing bodies must be provided with the organizational assistance necessary to function — adequate insurance programs,

necessary TV coverage, public promote the underdeveloped sports, sponsorship of programs such as Olympic events and international ionships. Third, amateur sport need public help, without government. Once these general go derstood and appreciated, the be worked out without delay.

This is the beginning of a r quadrennial, and a new U.S. f administration. The time to star for the 1980 Olympiad is nov prehensive study of amateur spc been concluded by the Presid mission on Olympic Sports, and report of over 600 pages has bee This is a major step in the right dir report must be carefully studie non-controversial recommenda be implemented immediately. Ea sports governing body, and all parties should be given the op; submit recommendations withou any proposals which they oppo that the issues can be resolved taken as soon as possible basec ful analysis of all applicable poli

The athletes take the Olympic the games open. We must take i pledge when they close. Betw piads, we must pledge to make e ble effort to strive for the attainr Olympic goals, and to create the mosphere and conditions for prepare for participation in the g; next Olympiad.



Important Interpretations from the Budapest Sabre Seminar

by Jack Keane

The F.I.E. held a special seminar for the "ameliorization of sabre fencing" in Budapest from November 21 to 27. Fourteen nations were present. I attended for the United States.

The F.I.E., in Pal Kovacs' opening statement, expressed alarm at the drift in sabre fencing. This is a problem of fencers, coaches, and directors.

He stated that the balance of sabre fencing had swung toward the attacker's favor. He expressed the opinion that the imbalance must now be corrected lest sabre fencing deteriorate further.

In three days, all phases of the rules for sabre, philosophies of sabre, problems in sabre judging and so forth were examined. Videotape and films with comments by Rudolf Karpati, were presented.

The highlight of the seminar was a round robin using the members of the Hungarian junior team, including Nebald, the junior world champion.

Fifteen presidents participated, including Mavlikhanov of Russia, Muresanu of Rumania, Wardzinski of Poland. I also took part.

The summation of the conference is contained in five major points, developed by Messrs. Karpati, Kovacs and Mercier. These will be distributed soon as a result of American suggestion at the seminar conclusion:

1. **The Attack** must be continuous and threatening at every moment. There must be no mere "carrying" of the blade; it must be a clear cutting action. Of course, as usual, no withdrawal or holding the cut.
2. **Preparation.** When a fencer prepares a long feint prior to the attack AND EVEN IF HE HAS NO REAL INTENTION OF ATTACKING AT THE MOMENT and he then sustains a counterattack on this feint, the President will reconstruct the action as "Attack trop court; the counterattack has the right."
3. Directors *must* stress the difference between the coup double and the simultaneous action. Less than 5% of actions

are true simultaneous, the rest are coup double and one fencer is at fault. The President must distinguish.

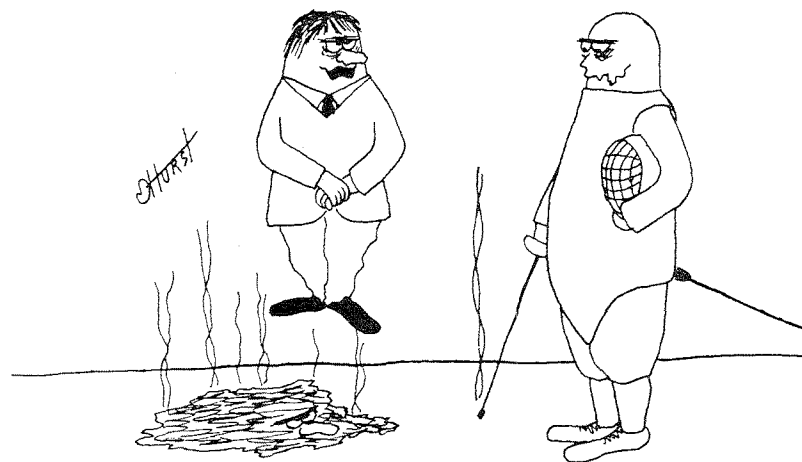
4. There will be a seminar for Presidents on interpretations before each Class A competition internationally.
5. The F.I.E. Commission will work on a precise definition of the word "running" and submit to the Congress.

For the general guidance of the League, here are the specific practical effects of these points:

SABRE

1. **Attack with running** (crossing the legs). Such an attack — to be honored — must start with arm extension clearly *before* any counterattack. If same tempo, the counterattack will be awarded against the runner. This "same tempo" rule will be practiced to discourage running.
2. **Running after a fleche.** At the moment the foot regains contact with the strip, the fleche action is over. If a succeeding action made by the flecher arrives at the same time as the counteraction, the touch shall be against the flecher. The flecher must go back on guard, *or the element of tempo must be clearly present* for him to regain rights. That is to say, the defender reacted very slowly and was clearly touched in a noticeably earlier tempo.
3. **Running with point in line.** If the defender counterattacks against a runner who is advancing with point in line, the counterattacker is hit. This upholds the principle that the line is always correct. If the runner with point in line *himself runs onto* a point in line, then the runner will be hit.
4. **Point in line** (foil and sabre). The arm must be fully extended although not necessarily locked. The point must always be on the target. This allows for small movements both horizontally and vertically. The line is correct whether the liner moves forward, backward, or stands still.

DO YOU MIND IF WE CHECK YOUR WEAPON AGAIN, CARRUTHERS?



5. The **beat attack** must be made by the strong of a blade against a weak part of the opponent's blade, i.e., the middle on up, practically speaking.
6. The **cut** must arrive clearly. If it is a clear case of mal parré, O.K. But if there is a lot of blade and a "whip-over," reward the defender by calling "parry."
7. "**Simultaneous actions**" — less than 10% qualify as real ones. The President must discriminate precisely and award right of way.

FOIL

The new rule on turning the back while making a touch went into effect Jan. 1, '77.

Add to Article 638 the following:
"5. For fencing with the back turned to the adversary, the same sanction as 4."

Please note the following additional interpretation from Mr. Mercier given at Budapest: If the fencer already has a "turning the back penalty" and, on a subsequent action, he again turns the back and is hit while doing so — there is only one touch awarded, *not two*.

The "short action" in foil or sabre. If a fencer attacks with point and is short, and, he makes a remising action *without withdrawal of the arm* or just simply leaves his point in line, the counterattacker must remove the blade before he gains right of way.

The members of the Directors' Commission have been charged with coding these new interpretations to fit divisions through directing seminars. Interpretations are included in the completed manual "Giving a Clinique" and will be translated to cartridges as soon as possible.

The new interpretations have been tried at two important sabre tournaments in New York — the Michel Alaric and the Piller Memorial.

The most immediate finding is a number of simultaneous actions reduced to almost non-existent proportions. There was only *one* instance of this situation in the Alaux for all the semifinal bouts. There was *no* instance of this same number of bouts in the Piller Memorial.

The new and stronger interpretation caused the counterattacker to become confident of seeing his action rewritten as stop point or cut. There is much to be learned also. The attacker becomes aware of a greater need for preparation and execution of the cut. Fencers with a technique were polled and unfavorably for the rules.

The F.I.E. definitely has found a solution to many of the problems of modern sabre fencing.

The Junior Olympic Program

by Lawrence Calhoun

Many people have asked for a recap on how to qualify for the national junior tournaments and how rankings are obtained. Here's the explanation. Please, all juniors, when you've finished reading, take the time to respond to the questions at the end. These are essential for the program and only useful if all fencers respond.

RANKINGS: Adult rankings are in the rules book. Look them up and understand how they work, since the Jr. Olympic rankings follow this same format and are linked to them. There are two ways to obtain Jr. Olympic rankings: (1) by competing in adult meets, and (2) by competing in JO meets.

Adult meets (Opens): Granting of JO ranks at adult meets: a. Class I competition. Semi-finalists receive a "3A", Quarter finalists a "3B". b. Class II competition. Finalists (4,5,6) receive a "3A", semi-finalists a "3B". c. Class III competition. Finalists (2,3) receive a "3B", finalists (4,5,6) a "3C". d. There must be 1 or 2 or more preliminary rounds prior to the appropriate quarter, semi or final rounds, and the competition must be a Class I, II, or III meet. Novice or Unclassified tournaments do not permit obtaining any of the above ranks.

Junior meets: a. Age classifications are: Under-14 (U-14) 1-A, 1B, 1C; Under 16 (U-16) 2A, 2B, 2C; Under 20 (U-20) 3A, 3B, 3C. b. If a meet has 2-3 strips of 5,6,7 fencers, meet is a 1,2,3 "C" classification, with a 1,2, or 3C to the winner only (similar to a Class III adult meet). c. If a meet has 4-7 strips of 5,6,7, meet is a 1,2,3 "B" meet, with a 1,2,3 B to the winner, and a 1,2,3, C to second and third (similar to a Class II adult meet). d. If a meet has 8 or more strips of 5,6,7, meet is a 1,2,3, A class meet with a 1,2,3, A to winner, 1,2,3, B to second and third, and 1,2,3, C to 4,5,6th places. (Similar to Group I adult meet).

Note: An adult ranking is treated for what it is in seeding fencers for a meet at junior events. Also junior rankings should come after senior rankings, especially the 3 level ranks. Use the same rationale for deciding the level of classification at junior level as at

senior levels, i.e. two 3A and two 3Bs in a finals would make it a 3A meet (similar to adult system). If you have any adult ranks (A,B,Cs in the junior meet), they can be considered as 3As if that is easier to understand. Obviously if there were some 3Bs or Cs (adult) in the junior meet, it would be a 3A meet.

Hopefully, this is not too complicated. Remember the senior logic and merely apply the numbers which indicate the age level and all the rest is the same. There are patches for each of these junior ranks. Obtain certification from your division that you earned a particular rank, and send for the patch by enclosing a stamp for return mail.

You should know the level of your meet before the finals begin. Ask the tournament director to determine it. Ranks are automatic from the moment you win them. You will not receive separate notification.

QUALIFYING FOR THE JUNIOR OLYMPICS AND NATIONAL CHAMPIONSHIPS

Under 20 competitions: all competitions held prior to the AFLA Jr. Olympics in February are designated as U-20 events, and they qualify fencers to the Junior Olympic Championships. Under 19 competitions: all competitions after the Junior Olympics are designated as U-19 competitions and these are: divisional and sectional qualifying meets, and the national championships for the current year.

How to qualify to the AFLA U-20 Jr. Olympics

1. Qualify through your division: a. all divisions may send a minimum of 2 fencers per weapon. b. if qualifying tournament has 12-20 fencers, 3 qualify. c. if qualifying tournament has 21-29 fencers, 4 qualify. d. if qualifying tournament has more than 30 fencers, 5 qualify. Exceptions: host division for the U-20s may have double the above entries for the number of qualifying fencers; each division may send 2 fencers only in each weapon of the U-16 level.

2. Be a finalist (1-6) at the previous year's National U-19 Championships.
3. Be a finalist (1-6) at the previous year's JO Championships.
4. Win the title: U-16 Champions are automatic qualifiers to the next JO Championships if they meet the age requirements. Any U-20 fencer who wins the event is automatically qualified to all JO and National Championships as long as he/she meets age requirements.

Exclusions: all foreign temporary residents are excluded from the AFLA Junior Olympics at both the U-20 and U-16 levels, as well as being excluded from the US Nationals.

How to Qualify to the AFLA National Championships

1. Be an automatic qualifier. a. be a finalist from the current JO Championships.

- b. be a finalist from the previous U-19 National Championship requirement is met.
2. Qualify from the Section. Each shall be entitled to a minimum maximum of 6 qualifiers, depending on the number of eligible qualifiers as follows: less than 20, 2 qualifiers; 21-25, 4 qualifiers; 26-30, 6 qualifiers; 31 or more, 6 automatic qualifiers to National in the Sectionals shall not be the eligible fencers. (NOTE: This is up for re-evaluation at a higher level.)
3. By appeal. See adult manual. If appeal is granted, this does not count toward the number of Sectional qualifiers.
4. Make the USA team to the Championships as a starter (1-4).

REVISED POINT SYSTEM FOR UNDER-20 TEAM SELECTION

The AFLA Board of Directors, at its February 1977 meeting, decided to revise the point system for Under-20 team selection to give greater weight to the February Under-20 comparison to the June Under-19. In accordance with these instructions the AFLA Board of Directors has developed a new point system which will go into effect at the 1978 Under-19, which is the first of the two events used to select the 1978 Under-20 team. At the same meeting, the Board decided to utilize the current international format of pools direct elimination with repechage as long as it remained the format for the World Under-20. This reason the International Committee has provided alternate point scales for the Under-20 as well as the more familiar pools only format.

The new point system is as follows:

	Pool/Direct Elim. with Rep.		All Pools-Current For
	National U-19	National U-20	National U-19
1	25	50	25
2	18	27	18
3	16	24	16
4	14	21	14
5	12	18	12
6	10	15	10
Semis -7	5	10	5
8	4	9	4
9	3	8	3
10	2	7	2
11	1	6	1
12	1	5	1
13	0	4	
14	0	3	
15	0	2	
16	0	1	

NOTE: In Direct Elimination with repechage, the standings for 7-16 are determined on a basis of indicators within the direct elimination with repechage, and going out in the same bracket.

How to Qualify to the Jr. World Championships

The top 4 in total points from both Junior Olympics and National Championships will be selected to the USA team with a set number of alternates. This is explained in the manual and yearly at the February tourney.

It is recommended that those who have a good chance, or think they do, of making the USA team, obtain a passport early in the year. The World Championships are always held at Easter time, but if you should become the alternate late, without a passport, you would not be able to go.

Please send the following information to Rev. Lawrence Calhoun, Moreau Seminary, Notre Dame, Ind. 46556. This is very important.

Your full name (print), Birthday. Do you have a passport? What is the number and when does it expire. What is your current AFLA rank and in what weapon. Do you have a director's rating? What school do you attend. Are you a member of a school team, club, YM/YWCA? What is your coach's name and address? We can only be of service to you if we know who you are. If you need information, patches, booklets send a letter, stamp and return address.

Fencing Masters Available

Steve Cook
Gene Gettler
Marc Toomey
John Wills

They will graduate this June from the two year program of the American Fencing Academy. In addition to the 63 credit hours toward the master's in fencing, each of them has at least one academic degree or more.

Interested parties may reach them at:

American Fencing Academy
118 Fayette Street
Ithaca, N.Y. 14850

Or by telephone: 607-256-2368.

Starting Young Fencers

by Rev. L. W. Holifield

Fencing has been a successful varsity sport for grades 9-12 for several years at St. John's Military School, Salina, Kansas. The program has produced several divisional Under 19 Champions, two sectional champions and one national contestant in the last four years.

This year, we began an intramural program for grades 3-8. Father Holifield, the high school coach, assisted by one of the high school varsity, began the basic instruction in September. As in all fencing instruction, we began with basic footwork and then went on to the simpler aspects of foil fencing.

By January, the boys were ready for intra-mural tournaments. They separated into two categories: elementary school (grades 3-6) and junior high (grades 7-8). Each had a double elimination tournament and the winner had his name inscribed on a plaque kept on display at the school.

The only way to keep our sport alive and to keep improving its quality is by beginning to teach small children the fine art of fencing and encouraging them through high school and college. If we do this, the US will begin to again produce quality experienced fencers.

1977 NATIONALS SCHEDULE:

June 24 Jr. Olympic Comm. Mtg.
Weapons Check
June 25 Epee Prelims
June 26 Women's Foil Prelims
Epee QF, SF, F
June 27 Men's Foil Prelims
Women's Foil QF, SF, F
June 28 Epee Team
Men's Foil QF, SF, F
June 29 Sabre Prelims
Women's Foil Team
June 30 Men's Foil Team
Sabre QF, SF, F
July 1 Under 19 Women
Under 19 Epee
Under 19 Sabre
Board Meeting
July 2 Under 19 Foil
Sabre Team
Administrative Clinic
Annual Meeting
Gala Night

How To Train for Top Performance — Part II

AEROBIC TRAINING

This phase is based on Dr. Kenneth Cooper's basic program, discussed fully in his book, *Aerobics*. The key is to raise your level of performance to the following:

Men - 1¼ miles in 12 minutes

Women - 1½ miles in 12 minutes

Refer to the Cooper manual. Remember, runs of more than a mile and a half are better for your aerobic build-up. These goals are *minimum*.

For your information, below are the average pulses for fencers who were members of the Pan American team — at the start of the program and six weeks later.

	Start	After
Pulse at 10 seconds	195	156
3 minutes	110+	90
5 minutes	110	88+

Note: Swimming is an excellent replacement for a running program.

INTERVAL TRAINING

The idea here is to increase the capacity of your body to put out and recover from short sustained bursts of energy.

There is an entire book of computerized programs which can be referred to. For our purpose, however, we will concentrate on three series —

Series One:

Men - 220 yards in 38 seconds with 30 seconds rest. Goal: 20 repetitions.

When you are trained to handle 20 reps, lower the running time and rest period.

Women - 140 yards in 33 seconds with 30 seconds rest. Goal: 20 reps.

When you reach 20 reps, lower running time and rest period.

Series Two:

60-yard, then 40-yard, then 20-yard dashes at 90% full speed. 15 repetitions. Walk back to start mark after each dash.

Series Three:

30-yard dashes at 90% speed. 20 reps. Start with a minimum of 8-10 reps then work up to 20 reps run *perfectly* to time.

For your information, these sprints produced an average pulse of 156 beats per minute in a well-trained Pan American athlete. Three minute recovery was in the area of 120-95 beats per minute. Take first pulse no later than 10 seconds after running.

(OPTIONAL) RAIN DANCE - Organize a line of 4-6 (or more) runners. The line will run one mile total at a 6:15 pace. As the line proceeds, the last runner will sprint to

the front position and continue line at the 6:15 pace. As he head of the line, the new last to the front, etc.

This is a combination exercise enjoyable because of group pace.

Here are some pulse count Pan Am taken in Mexico City competition.

10-second High Range 3:00
174-132

FOOTWORK SERIES

The major technical flaw in the majority of American fencers is leg

There are many reasons for it not the place to discuss them.

Rather, this program shall emphasize to the re-establishment of footwork foundation.

We are relying on the coach, fencer and coach to help us reach level of technical polish. COACH ON PROPER FOOTWORK IS

Footwork is the least glamorous work in fencing. But it is perhaps

important in the sense that it corrects other errors you may be making.

proper hand technique. LENTING ON FOOTWORK REF

System '76 will ask you to correct doing the following things perfectly.

1. On Guard - You must be positioned, leaning

way nor the other

2. Step Forward - Your back come up on

your front foot

and it *must* at the same

front toe.

HANDWORK

The major technical flaws of into three areas.

1. Failure to start with the point. the reason for countless

and/or "searching" for the otherwise good attack (po

lands invalid, etc.).

YOU MUST START WITH THE OF THE ARM AND POINT

TACK BEFORE ANY LEGWORK (The above does not refute o

actions used on certain opposition training discipline which is

mandated.)

Salute to Raoul Sudre

by Bob Kane

(Note: Raoul Sudre resigned as head fencing coach at Cornell University last year "over a principal disagreement with the administration over a pedagogical and administrative philosophy." In his 15 year career, he produced several national champions, team and individual, and did much to further the art of fencing at his alma mater. He remains at Cornell as Director of Martial Arts. The following article is excerpted from the Cornell University Alumni News.

Cornell sports coaches over 110 years have demonstrated two abilities: their level of competence has been generally high and they have not run to pattern. None has had the comfort of tenure. And, unlike their counterparts in academia, their pupils are tested then and there, right out in the open for all the world to see, against rival collegians — a severe examination because Cornell students are chosen for their academic, not sporting accomplishments.

One coach who measures up in performance and in personal magnetism with any of his colleagues, past or present is Raoul A. Sudre, '60, of Casablanca, Morocco; Paris, France; and Ithaca, New York; fencing coach for 15 years, until his resignation in June of 1976.

His men's fencing team was second in the nation in 1975. His women's team won the national title in 1972 and 1973 and was second in 1974, the same year Peggy Walbridge won the women's intercollegiate national title. He was All-American Coach of the Year in 1969 and was named Coach of the Year by the National Intercollegiate Women's Fencing Association in 1972 and 1973.



Raoul Sudre

Raoul also just may be the only Cornell coach in history who underwrote his own sport's deficit, which he did in 1975 when, upon being apprised that the men's fencing had overspent its budget, he asked "by how much?" He was told it was \$1,300. He sat down immediately and wrote out a check for \$1,300 to cover it. He owns a Mercedes 450 SE, which is his Ithaca automobile. He owns a Maserati, which is his car in Morocco. He owns a Piper Navajo airplane, which he uses as his USA-based aircraft, and a Regent, a French-made plane, which is waiting for him in Morocco.

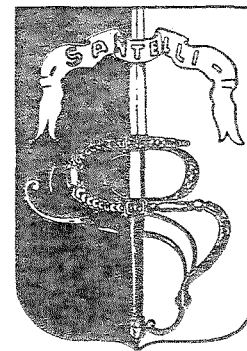
He speaks French, Spanish, English, and Arabic. He designed his showplace home himself, with furniture and decor designed and made by Morocco's King Hassan's own decorator.

Raoul is, in addition to fencing, an expert in judo, karate, and all of the martial arts and instructed in them both in the physical education department and the Arts College, Theatre Arts Department. In judo, he is 3rd degree Black Belt; in aikido, 2nd degree Black Belt; in karate, 1st degree Black Belt; in kendo, 1st degree Black Belt; in ju-jitsu, 1st degree Black Belt. He is also an international skier.

Raoul came to Cornell's School of Hotel Administration shortly after his father's death, in 1956, to prepare himself to take over the family's hotel and exporting business. He favored Cornell, not only for its international reputation in hotel education, but also because George Cointe, a transplanted Parisian, was considered one of the finest fencing masters in the world. His was a well-known name in Europe and Raoul had won several junior fencing titles in Europe. As an undergraduate at Cornell he had a brilliant record, and in his senior year was chosen for the Illinois Memorial Award, emblematic as the NCAA's outstanding fencer of the year.

Coach Cointe engaged Raoul to help coach some of his freshman and varsity fencers while he was competing and, upon graduation, Coach Cointe asked him to stay on to assist. Raoul figured he might do it for a couple of years before returning home to tend to his family businesses.

George Cointe died of a heart attack two years later and Raoul took over as head coach. He loved what he was doing and he did it with great gusto. But he was not exactly



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a benign teacher. The men were able to accept his hard-nosed approach better than the women. In 1969-70 the women's team would not compete because of their disenchantment with his methods; this in spite of the fact they were the national champions the year before. The team was disbanded. It took only 2 years for a new, completely inexperienced team to win the national championships, in 1972 and 1973. They also came in 2nd in 1974, when Peggy Walbridge won the individual championship. Raoul did not alter his approach. He was a rugged competitor himself and expected the same kind of dedication in his students.

In 1960, Raoul was All-American Fencer of the Year and All-American, 1st Team; finalist in the World Masters' Fencing Championship in foil and sabre in 1966; and as captain of the American team at the World Masters' Fencing Championships, he was gold medal winner in both foil and sabre in 1970. He was a finalist in the 1974 World Masters' championship.

Of his coaching career at Cornell, Raoul says, "I enjoyed my early years as a coach, but not the last five. Teaching and coaching at Cornell had been a most stimulating experience and it was greatly rewarding to

work with such fine young men a But starting in 1969-70 the moor iversity began to change and th appear to be any real resistance dent militants who wanted to. Rather, there was pacification. I sick. Athletics and physical educ targets for the dissidents and v audible or visible help we had t and declare our rights. Over the five years I spent too much of my t ing meetings, debates, and hea to defend the athletic departm people who knew very little, c about our work and were bent c stroying it. The morale of the stal criticism, became lower and lov began to feel it was a losing ba after five years of constant figl wasn't much joy left in the job. Wood (soccer coach) decided t his resignation in 1975. I thoug make for a dramatic impact on had not been listening if I made same time. I would have left a cause my mother was not in good no longer could have handled ou interprises. It got their attention. things will get better, I hope so.'

1904 TO 1976

DISTRIBUTION OF GOLD MEDALS WON IN THE
WORLD AND OLYMPIC FENCING CHAMPIONSHIPS

These charts were compiled by John
McKee, fencing master. Among his pupils
he has coached Olympian Maxine Mitchell.

BY COUNTRY	SYMBOL	INDIVIDUAL EVENTS				TEAM EVENTS				COMPOSITE			% TO TOT	
		FOIL -M	FOIL -W	EPEE	SABER	FOIL -M	FOIL -W	EPEE	SABER	FOIL	EPEE	SABER		TOTAL
HUNGARY	H	2	10	6	26	1	13	5	24	26	11	50	87	23.90
ITALY	I	17	3	10	9	16	1	16	7	37	26	16	79	21.70
USSR	SR	6	10	6	8	12	14	3	10	42	9	18	69	18.95
FRANCE	F	16	1	16	11	2	13	13		30	29		59	16.20
POLAND	P	3		1	4	1		1	4	4	2	8	14	3.82
WEST GERMANY	WG	2	2	2		1		1		5	3		8	2.17
GERMANY (PRE-WAR)	G		4		1		1		1	5		2	7	1.89
DENMARK	D		2	1			3			5	1		6	1.62
SWEDEN	S			3				4			7		7	1.89
AUSTRIA	A		4	1						4	1		5	1.35
BELGIUM	B		1	2				2		1	4		5	1.35
HOLLAND	HO			2	3						2	3	5	1.35
ROMANIA	R	1	2			1	1			5			5	1.35
CUBA	C	1		1	1				1	1	1	2	4	1.10
GREAT BRITAIN	GB	1	2	1						3	1		4	1.10
CZECHOSLOVAKIA	CZ		1							1			1	.26
TOTAL GOLDS		49	42	52	52	43	35	45	47	169	97	99	365	100.00%

STATISTICAL ANALYSIS BY WEAPON

	ALL FOIL		ALL EPEE		ALL SABER	
HUNGARY	26	15.4%	11	11.3%	50	50.5%
ITALY	37	21.8%	26	26.8%	16	16.2%
USSR	42	24.8%	9	9.3%	18	18.2%
FRANCE	30	17.7%	29	29.9%	0	0
ALL OTHER	34	20.3%	22	22.7%	15	15.1%
TOTAL	169	100.0%	97	100.0%	99	100.0%

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* = Olympic Years

1950 Women's Foil Individual
declared a tie.

OLYMPIC AND WORLD FENCING GOLD MEDALS
WON BY COUNTRIES

EVENTS	1904	1905	1906*	1907	1908*	1909	1910	1911	1212	1913	1914	1915	1916	1917	1918	1919	1920*	1921	1922	1923	1924*	1925	1926	1927	1928*	1929	1930	1931	1932*	1933	1934	1935	1936*	1937	1938			
	INDIVIDUALS																																					
MEN'S FOIL	C		F	F					I								I					F		I	I	F	I	I	F	I	I	I	I	I	I	I		
WOMEN'S FOIL																						D				G	G	B	G	A	GB	H	H	H	G	CZ		
EPEE	C	F	F	F					R								F	F	N	HO	B		F	F	F	F	F	F	F	I	F	H	S	I	F	F		
SABER	C	G	H						H								I		HO	HO	H	HO	H	H	H	H	H	H	H	H	H	H	H	H	H	I		
TEAM EVENTS																																						
MEN'S FOIL																																						
WOMEN'S FOIL																																						
EPEE			F	F					B																													
SABER	C	G	H						H																													
INDIVIDUALS	1939	1940	1941	1942	1943	1944	1945	1946	1947	1948*	1949	1950	1951	1952*	1953	1954	1955	1956*	1957	1958	1959	1960*	1961	1962	1963	1964*	1965	1966	1967	1968*	1969	1970	1971	1972*	1973	1974		
MEN'S FOIL									F	F	F	I	J	F	F	F	H	F	H	I	GB	SR	P	SR	F	P	F	SR	SR	R	WG	WG	SR	P	F	SR		
WOMEN'S FOIL									A	H	A	F/A	H	I	I	D	H	GB	SR	SR	SR	WG	WG	R	H	H	SR	SR	SR	SR	SR	SR	SR	F	I	SR	H	
EPEE									F	I	I	D	I	I	I	I	I	I	I	I	F	GB	SR	I	F	H	I	SR	SR	H	P	SR	SR	H	S	S	S	
SABER									I	I	I	I	H	H	H	H	H	H	P	SR	H	H	SR	H	SR	H	P	P	SR	P	SR	H	I	SR	I	I		
TEAM EVENTS																																						
MEN'S FOIL									F	F	I	I	F	F	F	I	I	I	H	F	SR	SR	SR	SR	SR	SR	SR	SR	R	F	SR	SR	F	P	SR	SR		
WOMEN'S FOIL									D	D	F	F	H	H	H	H	SR	I	SR	H	SR	H	SR	H	SR	H	SR	H	SR	H	SR	R	SR	SR	H	SR	SR	
EPEE									F	F	I	I	F	I	I	I	I	I	I	H	I	SR	F	P	H	F	F	SR	H	SR	H	H	WG	S	S	S	S	
SABER									I	H	I	I	H	H	H	H	H	H	H	P	H	P	H	P	P	P	SR	SR	H	SR	SR	SR	SR	I	H	SR	SR	

TECHNICAL TALKS

by Joe Byrnes



I recently attended three sizeable competitions on three successive weekends, doing the usual with the equipment. In the course of these events, I had experiences wacky enough to strain the patience of any technician, and maybe drive a novice up the wall. For example, to be handed an electric foil that "wouldn't work," only to find that it didn't have any wire glued into the blade groove, might discourage some people. To be handed another, that "isn't working right," only to see that a pair of nuts (the ones that should be holding the foil wire tightly between them) are a good quarter of an inch apart — now that is calculated to dishearten a man. To get a whole batch of epees, the point screws on which were so loose that the whole point assemblies were on the verge of flying out, is not encouragement either. For somebody who has been preaching basic maintenance all these years, it's doubly discouraging — it looks as though all these words of wisdom just fall on deaf ears.

Now, if I remark that two of these competitions were Olympic Squad tryouts and the other a big state-wide event for high-schoolers, you'll all say: oh, well, you have to make allowance for the kids; they'll learn. Ha, have I got you. All those boo-boos mentioned above, plus others, showed up at the Olympic Squad events. Now these were all seasoned competitors, what the fight racket would call konTENDuhs. (The high school contingent produced their own crop of wild cases — so don't you kids get swelled heads.) What it all proves, I suppose, is that a lot of fencers need to be preached at all the time.

Very well, let's go back over some basic points that my recent observations suggest need resaying. Fortunately, anybody can pick up these things with the naked eye, once you've learned to look for them. Blades are supposed to be free of rust, and should be — and are — rejected at major events for being rusty. (If you skewered somebody by accident, would you want to give him tetanus too?) Guards, for electrical fencing, must be even more rust-free than the blades. Even all-aluminum guards, especially for

epees, may need a brisk rubbing down to remove some almost invisible deposits. Rubbing down with what? Well, sandpaper will do; so will steel wool. I prefer a fairly fine grit emery cloth myself. On electric foils, the tape at the end of the blade needs to be unbroken. Nothing is sloppier than just slapping down new tape over the chipped up stuff. Take the time to get the old tape off there before you replace it. If you find it really sticking, or more likely if you find that bits of it or the old adhesive are sticking, try a few solvents. The simplest general purpose remover that I know, that works on most of these adhesives, is ordinary lighter fluid. As I've remarked before, you do yourself a favor by taping the long way, starting just behind the point screws; finish off the cylinder holding the point by a small piece that can thus be removed separately to get at the screws when necessary. Incidentally, heavier taping than is absolutely required — more than one layer, in other words — just puts extra weight at the end of your blade. Unless you like to fence with that probable handicap (it depends on your style, if any), it would pay to use the least tape that will do the job.

The attachment of the blade wire(s) to your socket should be firm: check for loose nuts or screws or sloppy solder joints, if your weapon is assembled that way. The insulation on the wire(s) must be complete all the way up to the place where they are attached. By "insulation" is *not* meant the double thread wrap that customarily comes on these wires. That is never enough to protect them from accident, or — dare it be said? — from hanky-panky. Separate solid sleeving is *required* for each wire, and the wires must not coil around in a rats' nest effect under the thumb pad, which is also required. These days the FIE wants the wires as short as possible — long enough to reach the socket, but not longer. (Of course, if a wire breaks, that makes repair or re-attachment difficult, but who cares about the fencer's troubles?)

One point often overlooked is the possible gradual build-up of corrosion on the inside of sockets. It pays to clean them out, with elec-

tronic contact cleaner, if you've got it, lighter fluid if you haven't. A bit of cotton on a match stick, or a bit of regular pipe cleaner, is helpful here. The ordinary "Q-tip" you'll find too fat for anything but the bayonet catch type of foil socket. Yet another occasional cause of grounding troubles can come from corrosion built up between the metal bracket (usually steel) holding the socket and the metal of the guard (often aluminum). The reaction of these two metals can eventually produce increased resistances. Loosening and retightening the handle — carefully, so as not to injure the wires — will often be enough to cure this source of trouble. Really bad cases would require disassembly and the application of emery and elbow grease. While we're at it, remember that your body cord pins also can develop corrosion; they will stand a tubbing down to make them shiny every so often. If you have the kind of body cord (epee or 2 pin foil) that has one flat spring on one side of each pin, be warned. The FIE, although it didn't say outright that nobody can use these any more, did announce that they are regarded as less effective than other types. I take that as a preliminary rumble of the volcano, before it belches out a prohibition.

American Fencing Academy

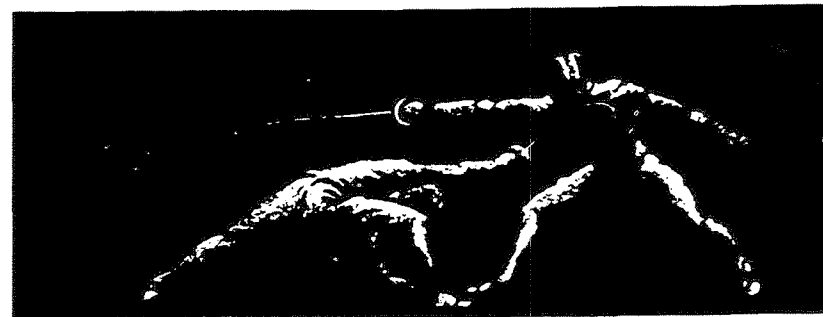
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How To Run A Competition

by Emily Johnson

Part One dealt with choosing the site and making preliminary arrangements for your major, multi-weapon competition. Here we'll discuss what must be done before the first day of competition. (Some of what I say may be irrelevant for competitions other than national ones.)

It takes organization, cooperation and planning to get ready. Try to get everyone who is interested involved from the beginning, give them specific duties and see how well the assignments are carried out. Remember some people are long on talk and short on accomplishment but that no one takes kindly to being treated like an overpaid, half-witted flunky. Handle with care.

The first appointment should be the chairperson of the organizing committee. The organizing committee gets everything ready so that the head of the bout committee can walk in the day before the competition starts, complain bitterly if everything is not perfect,

and take all credit for everything that is done well. And, incidentally, devote *full* time to running the competition. The jobs should not be combined — you can't handle a lighting problem and a protest at the same time.

Second, decide who will be the chairperson of the bout committee. This can be a local person or someone from the outside.

The organizing committee chairperson should set up appropriate committees as soon as possible with much flexibility and overlapping.

A budget must be prepared. Get copies of previous budgets and final financial reports from previous events. These can be obtained from the national secretary or whoever put on this competition in the past. Maybe. The tentative schedule should also be prepared so that everyone will have lots of time to complain about it. Unless there is a reason to change, it would be best to stick to the same schedule. Any changes should be cleared with the appropriate governing body.

Posters, shoulder patches, T-shirts, pins and similar items can be designed and ar-

rangements made in advance although you may have to wait for some entry fees to come in before you say "Go." People come to fence, not to buy patches, so remember your priorities.

Medals for the U.S. Nationals are purchased through the national secretary. Medals for other competitions including the Junior Olympics are usually supplied by the host division.

Plan your program. It needs a cover, articles, pictures, advertisements, etc. It has to be printed. The list of competitors will be supplied at the last minute so give a thought to logistics.

Prepare the announcement for inclusion in *American Fencing*. Specify whether times are check-in times or starting times. If the competition is held at a hotel, urge the competitors to stay there. Tell them about the discount.

Who will be receiving the entries? This is in the announcement. Almost everyone enters on the last possible day so there may be a deluge of mail that might cause a problem with the postman. There will be frantic telephone calls and special delivery letters with a variety of excuses as to why the entry was not postmarked on time. Acknowledgements should go out as soon as possible with other information you might want to send. Be wary of stuffing the envelopes with too much paper. Extra stuff is extra work and extra postage. I believe in demanding a self-addressed stamped envelope from each entrant — this cuts down on time and costs. In my opinion, an entry without an entry fee is not an entry. Others may disagree.

A special bank account should be set up to deposit the checks and pay the bills.

One of the special, colored, printed 3 by 5 cards should be prepared for each entrant in each event. These can be alphabetized when the list of competitors is prepared and rearranged by events for the use of the bout committee in seeding.

Make your plans with the armorer. What supplies will be needed? What assistants will be needed and at what times? How will the fencers' equipment be marked after inspection? Can the boxes, reels, strip wires and cords be checked in advance? Will the armorer be doing fencing repair work and, if not, who will? All this should be coordinated with the armorer.

Do you have enough scoresheets mechanisms? Weights? Gauges? Office equipment (typewriter, paper carbon paper, stapler etc)?

You need signs like "Bout Con Stenciling equipment is helpful.

The top part of the score sheets prepared in advance, so that all that be done is to fill in the names. For competitions the score sheets should duplicate so that the second copy used to keep a running account of the *American Fencing*.

If you are going to use a large score sheet for the finals, prepare it in advance.

Recheck with the hotel or other location site to be sure that the place available for setting up and the janitor have locked up all the tables and chairs left for the day, that you have the key to the armorer's room and the trophy room, bulletin boards are available.

By this time you should have your "gangs" lined up. You need a setting taking down crew, knowledgeable and careful. If possible, have lots of help to pay them something for their services. They will probably need a truck to carry the strips. They will have the strips to boxes and reels to hook up, tables and chairs for equipment and fencers' baskets to put around, tables and chairs for the bout committee, the hospital table if you have one, and the food table if you have one, and the hospitality desk.

You need people to cover the hospitality desk. They also sell local national patches etc., and provide information about the area. This goes on through competition.

If you are going to provide food and drink to the competitors this has to be arranged.

Someone should be in charge of providing scorers and timers and assistants to the bout committee (people who score sheets and compute indicators) to the organizing committee. Prepare event chairpersons and directors in the head of the bout committee and the organizing committee working together.

I reiterate, I am only touching the surface. I can think of other things that should be mentioned but this is not a manual meant to be an aid.

In the next part, we will discuss about setting up and the actual running of the competition.

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A Few Thoughts About The Directors' Ratings

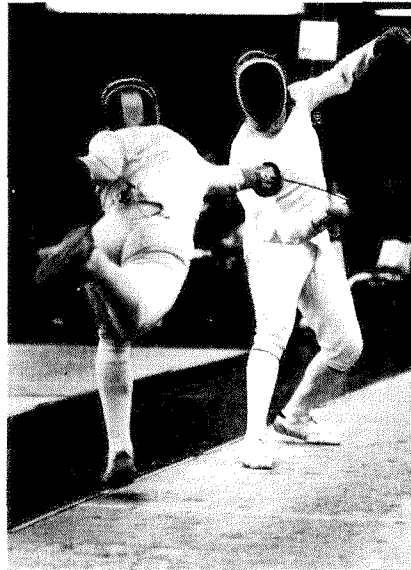
by Brooke Makler

American Fencing deserves applause for publishing the domestic and international ratings of directors in the United States. However, I would like to suggest to the officers of the league that certain changes be made.

In looking over the list, I noticed names of friends I have not had the pleasure of seeing in a fencing room in many years. However, their director's ratings were unchanged! From this information it is clear that once a rating is earned, it's for life. And we all know that one's eye for timing requires constant attention. Directors should be re-evaluated at least every quadrennial, if not semi-annually.

Which brings to mind another subject. Fencers should be required to re-earn their

rating every quadrennial also. What does it mean to win a Group 1 tournament in which all six fencers are Class A but have not fenced in 20 years? Seeding for tournaments at all levels would be more accurate with closer participation on the part of the AFLA and American fencing would benefit from the improvement in directing which would result from those directors with ratings being required to keep their sense of timing sharp. A side effect would be that people would have to practice in local tournaments prior to being retested and the constant problem of finding officials for divisional tournaments would be partially alleviated



Parry Quarte defends Franciscan Bonifina (Brazil), right, from fleche by Rod Marin (San Antonio), left. Action from Texas International Tourney (see page 24).

Come to the Senior Olympics

by Fred Rayser

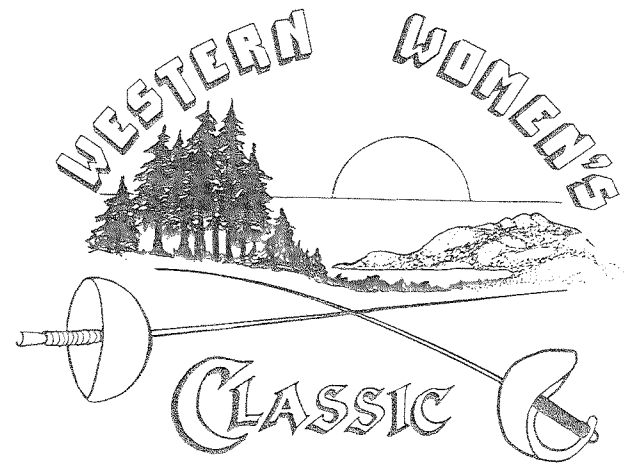
Fencers 35 or older are invited to compete in the 8th Annual Senior Olympics Fencing Championships to be held Saturday, July 2, and Sunday, July 3, in Los Angeles, California.

Los Angeles Athletic Club will host the events in the 6th floor gymnasium. The club is located in downtown Los Angeles at 431 West 7th Street, corner of Olive. Sabre will start 1:00 p.m. Saturday; foil, 11:00 a.m.

Sunday. Epee will start upon completion of the foil events. Due to the lack of interest, no women's foil is scheduled.

A feature of the competition is that fencers are pitted against their peers. Events are staged in age groups in 5-year increments and awards given in each age group. Fencing is one of 40 Senior Olympics events, ranging from archery to wrestling, which are held annually to encourage continued participation in sports and physical fitness.

For information and entry forms send a stamped, self-addressed envelope to: Senior Sports International, Mutual of Omaha Bldg., Suite 302, 5225 Wilshire Blvd., Los Angeles, CA 90036.



by Eleanor Turney

The Western Women's Classic will be held following the National Championships on July 10, 1977. The event will be held at the University of California, Berkeley. If you are coming to Nationals this year, come to San Francisco and investigate the alternatives to foil. We have this annual event as a forerunner to a US National Championships in the future annual event was held in Portland at the Pacific Coast Championships in 1976. It was successful, prompting us to attempt to hold a truly national event for all women interested in fencing sabre or epee.

July 9	Epee	9:30 AM Weapons Check	July 10	Sabre	9:30 Weapons Check
		10:00 AM Entry Closing			10:00 Entry Closing
		10:30 AM Fencing Begins			10:30 Fencing Begins

Evening Party

HALBERSTADT FENCERS CLUB

944 Sutter St.

San Francisco, CA

The cost will be Registration Fee \$3.00, to cover the cost of commemorative "T" shirt. \$5 fee per weapon. American Fencers Supply has generously contributed awards for 11 places. Maxine Mitchell is handcrafting championship rings for the champions.

ENTRY FORM

Name _____ Division _____ Club _____

Address _____ City _____ State _____ Zip _____

Check weapons you will fence

Epee _____ \$5.00 Reg Fee \$3.00 Total _____

Sabre _____ \$5.00 Reg Fee \$3.00 Total _____

TOTAL

(Pay registration just once, even if you fence both weapons.)

Foil Classification _____

"T" Shirt Size _____ S M L X-L Circle one.

Mail Entries to Lynne M. Antonelli
2371 Morepark Ave
San Jose CA 95128

Or enter at the armorer's table at the N

Texas International Epee

by Lewis I. Smith

An international epee yeam match competition hosted by Southwest Texas State University was held on February 1, 1977, in San Marcos, Texas. Brazil, the United States Modern Pentathlon team, a composite International team and Southwest Texas provided approximately 400 spectators with some thrilling epee fencing.

First round matches paired Brazil against Southwest Texas and the US Modern Pentathlon team against Team International. Brazil held off a surprising Southwest Texas, 9 to 7, as Arthur Cramer, the '71 Pan American Games gold medalist, won the final bout to clinch the victory.

The Modern Pentathlon team, composed of Bill Matheson, Rod Marin, Jim Cherry and Mike Burley, defeated Team International 9 to 5, and then took Brazil in the finals by the same score. Southwest Texas, led by John Moreau and David Morris upset Team International 9 to 5, as they captured third place. Moreau was the only undefeated fencer all evening, as he finished with an 8-0 individual

record. Valadick Komassirov, former Russian pentathlete, and Johann Raud, Swedish Junior National pentathlon champion headed the International team.

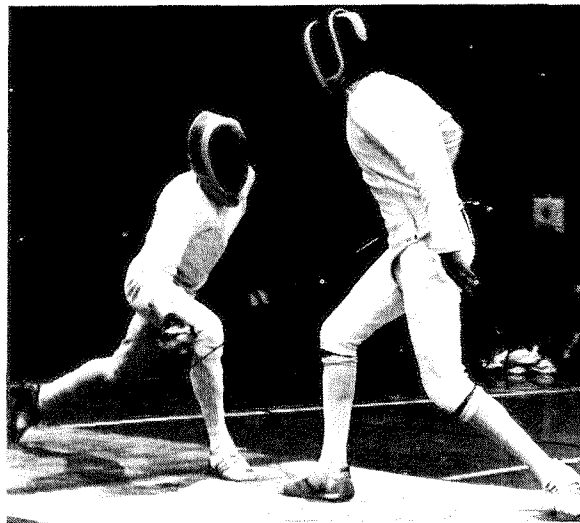
This event sponsored by the South Texas Division of the AFLA was the first international sports competition ever held at Southwest Texas State University, and may become an annual affair after the Modern Pentathlon Open meet. If interested, write to Lewis Smith, SWTSU, HPE Dept., San Marcos, TX 78666.

Standings:

- RESULTS: 1 US Modern Pentathlon team (Matheson, Marin, Cherry, Burley)
 2. Brazil (Cramer, Bounafina, Franca, McClintock)
 3. SWTSU (Moreau, Morris, Schooley, Anderson)
 4. Team International (Komassirov, Raud, Tempey, Paulson)

SCORES: Brazil-9 US Modern Pentathlon-9
 SWTSU-7 Team International-5

FINALS: US Modern Pentathlon-9 SWTSU-9
 Brazil-5 Team International-5



John Moreau, Southwest Texas State (left) moves in for a score against the 1971 Pan American Game Gold Medalist Arthur Cramer of Brazil. Moreau went on to defeat Cramer 5-3, and was the only fencer to go undefeated during the team matches (8-0). (Photo by Paul Gilbert)

At Last, The Standard Epee Tip?

By Dan Dechaine

The last few years have seen a great increase in the number of American fencers participating in international competitions, and often, upon their return they would bring with them large numbers of blades purchased abroad. As a result it became common to see in a single fencer's arsenal, tips from France, Germany, Poland, England, the Soviet Union and Hungary, as well as an occasional Italian or Japanese point.

When these blades were new and functioning, all was well, but eventually they failed and needed replacement parts, and then the trouble began. With the exception of the French and German tips, there was virtually no possibility of interchangeability between parts of various origins. The problem was further compounded by the fact that most U.S. importers carried tips from only England, France and Germany. But only the French/German tips were interchangeable originally, the English tip being of a completely different design.

But what about the fencer who had blades with exotic tips from the Eastern European countries? He had 3 choices: 1) use them until they failed and then scrap the parts; 2) scrap the tips right at the beginning and install French, German or English tips; or 3) find someone who carried replacement points, screws and springs. This last option was more easily contemplated than consummated. On rare occasions you would run into an armorer (or fencer) who had a sort of clearing house for exotica, but even then it was pretty chancy that he would have just what you needed.

The problem was also multiplied by the fact that in each of the Eastern European countries the specs and designs changed more often than the weather. (4 different Polish epee tips in a 2 year period). Further, certain types, like the Soviet "Dynamo" tip had such poor quality control that points from the same batch were not interchangeable — one point, one barrel that matched, each with its own screws which often were not interchangeable. Frequently, losing a tip screw meant rewiring the whole blade with a French or German tip.

Take heart. Of late a trend is becoming apparent, which indicates that for some reason the manufacturers of epee tips are

heading for at least a partial standard. One by one the holdouts are swayed toward a single style of tip.

As you can see in the table below the points, springs and screws are interchangeable without grinding, filing. The same screws can be used on garian, French, German, English Soviet points. Points are interchangeable among English, French, Polish and springs are universal for Polish, French, German and Hungarian

	A	B	C	D
Hungarian	7mm	5.5mm	5mm	1
Prieur	7mm	5mm	5mm	1
Uhlmann	7mm	5mm	4.8mm	1
Paul	7mm	5mm	5mm	1
(Latest)				
Soviet	7mm	6mm	5.6mm	1
Polish	7mm	5mm	4.8mm	1
(Latest)				

*Interchangeable with each other

The major holdouts are the Scythians who so far have virtually no signs. The Hungarian tip (now finished and precision-made unlike the French but its point is not interchangeable with any others. I would not be surprised to see them eventually also.

A word of caution about the latest design seems to vary from batch to batch, so that I have found at least two different diameters and two different pitch screws. One screw, with the "fine" thread is interchangeable only with Polish tip. Also, you should keep which Soviet point you have in mind. Yet, it seems that slots in the barrels (allow for the screws) are not often cut at 180 degrees, and a 180 degree point becomes a fun thing. When the point that matches the diameter of the screw holes won't line up with eventually you find a combination of matches, do you have the right well, at least they are cheap.

However, and in spite of the fact that the fencer can finally maintain a veritable tasmagoria of equipment with a few spares. A real step forward!



COMPETITION RESULTS



Lajos Csiszar presenting the Csiszar trophy to Lee Shelley, winner of the 7th Annual Csiszar Epee Invitational, Dec. 12, 1976.

Csiszar Invitational by Connie Latzko

On December 12, 1976, forty-nine epee fencers competed in the 7th annual Csiszar Epee tournament. Hutchinson Gym at the University of Pennsylvania was the scene of some hotly contested bouts by international team members and national champions. The final of 6 consisted of 5 members of various Olympic Teams, but was won by non-olympian Lee Shelley. It should be noted, however, that Lee had taken sixth place in the World Under-20 Championships in Poznan, Poland, and is a promising international-level competitor.

Results in the finals were:

Lee Shelley	5/0
Brooke Makler	3/2
Hans Wieselgren	2/3
George Masin	1/4
Risto Hurme	1/4
James Melcher	1/4

Cornell Open

Nov. 6-7, 1976

Women's Foil

- | | |
|----------------|---------------------------------|
| 1. Greenishpon | - Pennsylvania State University |
| 2. Blagowidow | - Cornell University |
| 3. Frezell | - Fencing Club Ottawa |

Men's Foil

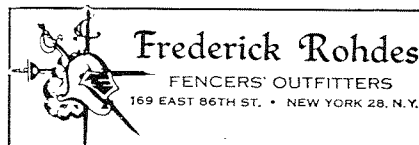
- | | |
|---------------------|-----------------------------|
| 1. Bonacorda, Jim | - New York Fencers Club |
| 2. Pichler, Ron | - University North Carolina |
| 3. Budofsky, Daniel | - Cornell University |

Men's Epee

- | | |
|------------|---------------------------|
| 1. Shelley | - Princeton University |
| 2. Cardin | - Mousquetaires, Montreal |
| 3. Rhoades | - |

Men's Saber

- | | |
|----------------------|--------------------------------|
| 1. Rabinovich, Yuri. | - Michigan Fencers Academy |
| 2. Sarikas, Tom | - Cornell Fencing Club |
| 3. Weil, Richard | - University of North Carolina |



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June 13-18, 1977

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Heizaburo Okawa, international caliber fencer and fencing instructor
Charles Selberg, member of U.S. World Masters Championships and author of *Foil*
Dan DeChaine, Pan Am and Olympic team armorer
Marty Lang, Pan Am foil champion and Olympic team member
Marty is also member of U.S. Officiating Rules Committee.

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- * mobility training
- * advanced fencing techniques
- * specific electrical foil techniques
- * competitive drills in foil, epee and sabre
- * electrical and video equipment
- * movies, video tapes, lectures, discussions
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- * coaches seminar
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Office of Continuing Education
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1 unit of college credit

\$48 including a workshop T-shirt!

Pentathlon Open by Lewis I. Smith

The United States Modern Pentathlon Training Center hosted its annual tournament on January 29-30, 1977, at Fort Sam Houston, Texas. Women's foil and open epee were the events contested.

The epee proved to be a superb Group I competition with entries including members of the U.S. Training squad and the Brazilian national epee team. Individuals from Sweden, Antarctica and various areas of the United States also competed. Rod Marin of Hedgehog FC, San Antonio, fenced brilliantly to defeat a very strong field in the final.

Women's foil resulted in Judy DeName, Itinerant Fencing and Chowder Society, edging teammate Lois Goldthwaite, 5-4, in an exciting barrage.

This quality tournament occurs annually the last weekend of January, and information may be obtained from Fencing Master Gerard J. Poujardieu, USMPTC, Bldg. 189, Fort Sam Houston, TX 78234.

30th Dallas Invitational

The Dallas Fencer's Club celebrated 30 years of southwest tournament (1946-1976) with the Dallas Open Invitational held November 6 & 7 at the University of Texas at Dallas School. Winner of the Golden Aztec presented by Mexicana Airlines and the Zales Foil Award for men Rodrigo Marin of San Antonio. The Club Saber Plaque was won by Fred Dallas Fencers' Club. The Zales for women's foil was won by Mayr San Antonio Fencing Society.

SABER: 1. Ed Sims, DFC, 2. C. Mel, New Orleans FC, 3. Spencer DFC.

WOMEN'S FOIL: 1. Mayme Che 2. Patricia Dillman, Houston Goldthwaite, IFCS, 4. Nat England 5. Mary Jane Burton, DFC (3-4).

EPEE: 1. Rod Marin, SA, 2. Ji Pent., 3. Bob Hurley, Rice U.

MEN'S FOIL: 1. Rod Marin, SA, Baum, Univ. Houston, 3. S. John:

(Continued on

AFLA DIRECTORY CHANGES

Chairmen:

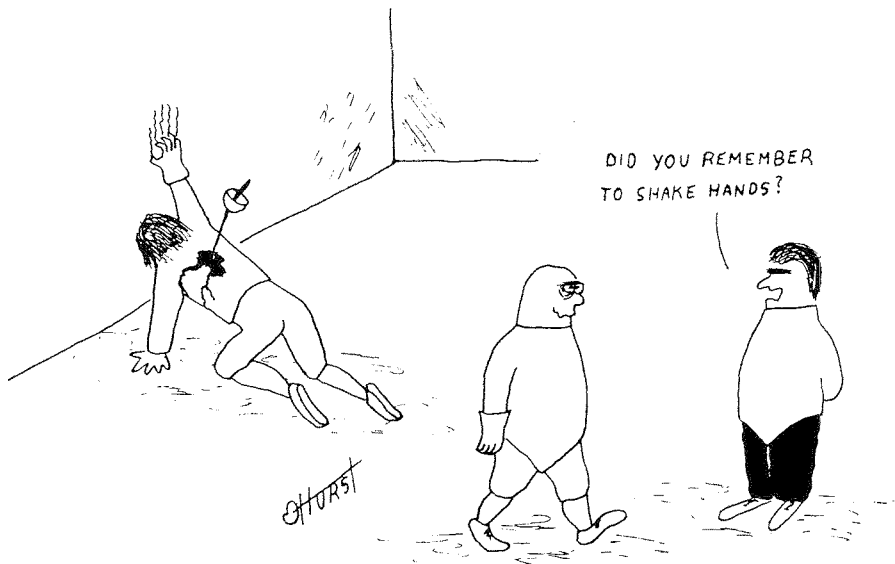
09 Connecticut	John Nayden Jr.	31 Joan Rd.	Stamford	C
23 Kansas	Steve Corson	11007 W. 100 St.	O.P.	K
57 Virginia	Charlie Hurt	Engineering Library		
		Thornton Hall U of V	Charlottesville	V
62 Piedmont SC	Bill Shipman	5 B Lee T.	Clemson	St

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58 Alabama	Regina Kinsaul	29 Cherokee Hills	Tuscaloosa	Al

Additional Director

40 Lewis & Clark	William L. Kullman	27265 33 Place So.	Kent	W
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**PROXY FOR ANNUAL MEETING SOLICITED
ON BEHALF OF NATIONAL OFFICERS**

The undersigned hereby appoints Eleanor Turney, William A. Goering and Mary Huddleson, or any of them, in his stead, attorneys and proxies to vote with all powers which the undersigned would possess if personally present at the Annual Meeting (including all adjournments thereof) of members of the Amateur Fencers League of America, Inc. to be held on July 2, 1977 in Potland, Oregon at the site of the National Fencing Championships as follows:

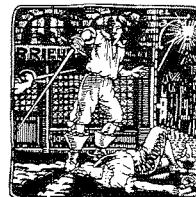
1. Appointment of National Nominating Committee for 1978-80
2. Upon other business as may properly come before the meeting, or an adjournment. This proxy shall be voted as directed, and if no direction to the contrary is indicated, it shall be voted for the nominees to the committee.

PLEASE SIGN HERE IF OVER 18. (I hereby certify that I have attained my 18th birthday and am eligible to vote.

Signed _____ Date _____

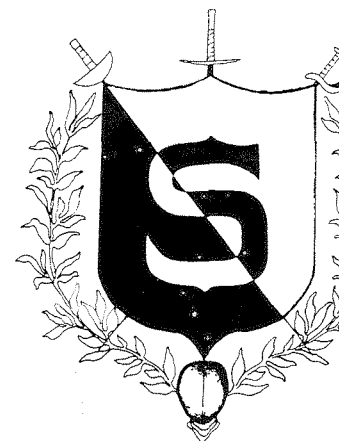
SEND PROXY TO: Eleanor Turney, 601 Curtis St., Albany, CA 94706

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How to train . . .

(Continued from page 13)

2. "Lingering" on the blade. A "quick" blade on beats — especially in foil — is a must. We will emphasize getting off the blade instantaneously. (Tactical considerations are excepted.)
3. Failure to step back with the parry. Many "cheap" hits occur because of this oversight.
4. Poor blade position. Perpendicularity to the target will be stressed in foil and epee.

BOUTING

Four-man team events should receive the emphasis in large sessions.

In smaller sessions, games can be played. For example:

"IT" - One fencer is "it" and must fence all the others on the team in quick succession.

"PIGEON" - One fencer is secretly elected the "pigeon" of the opposing team and your squad must concentrate on defeating him.

"HERO" - One fencer is secretly told he must win *all* his bouts.

ROUND-ROBIN - Winner stays up.
(There are many games to play. Invent some on your own.)

FOOTWORK SERIES II

Activity One -

10-minute reprise of basic footwork.

Activity Two -

Special across-the-floor (gym or room) step exercise. (Pattinando.)

Many fencers can execute a very good single or double step forward lunge.

However, it has been observed that very few fencers can continuously step forward or backward quickly with perfect balance.

Since this is the fundamental need of the great majority of attacks in international fencing, we are at a disadvantage *immediately* if we cannot execute.

System '76 will concentrate on producing excellence in this area of footwork.

You will be asked to quickly traverse a gymnasium length (or salle length) doing nothing but step forward or backward.

Foilists must concentrate on shortening their steps.

All must concentrate on perfection in the distance between the feet and the harmony of making the feet hit the floor simultaneously.

THERE MUST BE NO BOBBING OR ROCKING IN THIS EXERCISE.

Neither must you lean (especially going back).

Many hits are incurred by the failure to keep the distance in a retreat after the first one or two steps!

This is a rather demanding exercise which will surprise you with the pain it can produce if you do it correctly.

For your information, just quickly going up and down a 100-foot gym twice has elevated pulse counts at 10 seconds to the 200's. It appears that this is an interval training exercise in itself.

IMPORTANT NOTE: The "mortal sin" in this exercise is to allow the rear hip to begin to collapse forward. The lunge then loses all its power, the attack loses all its surprise, the point loses much of its ability to feint.

You must get the feeling that the feet are "roller skating" you *in a perfect on-guard* across the gym.

Practice it. IT IS VITALLY IMPORTANT.

Do for 5-10 minutes with 30-seconds rest when you feel very tired or tight.

RECORD KEEPING

You and your coach can keep your own record.

First, record your weight, resting pulse, on a card.

Then, keep a section to record your jogging runs.

Keep another section for your interval runs.

After each kind of run, keep three separate sections for pulse counts. These are 10 seconds, 3-minute recovery, 5-minute recovery. Keep the count by counting for ten seconds then multiply by 6.

It will be interesting for you to see how your pulse decreases as you get into better and better shape.

Also note what your counts are after a lesson, a bout, the footwork exercises, etc.

Dallas Invitational

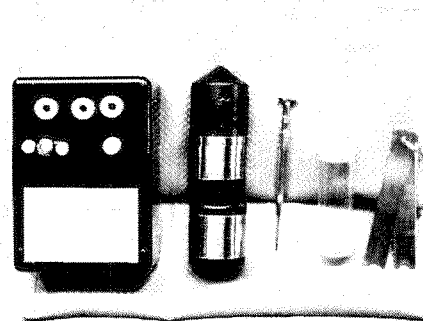
(Continued from page 27)

Spencer Johnson of the Dallas Fencer's Club won the Three-Weapon Award based on total point placement in the three-weapons.

THREE-WEAPON AWARD: 1. Spencer Johnson, DFC. 2. Ed Sims, DFC. 3. Jesse Brown, OSU.

Unitec

MINI CHECK



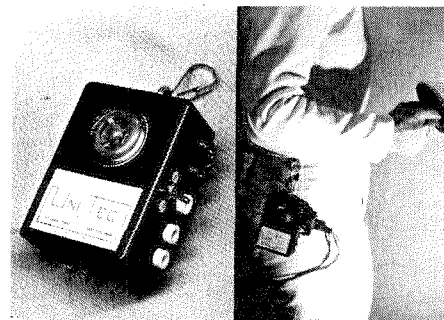
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