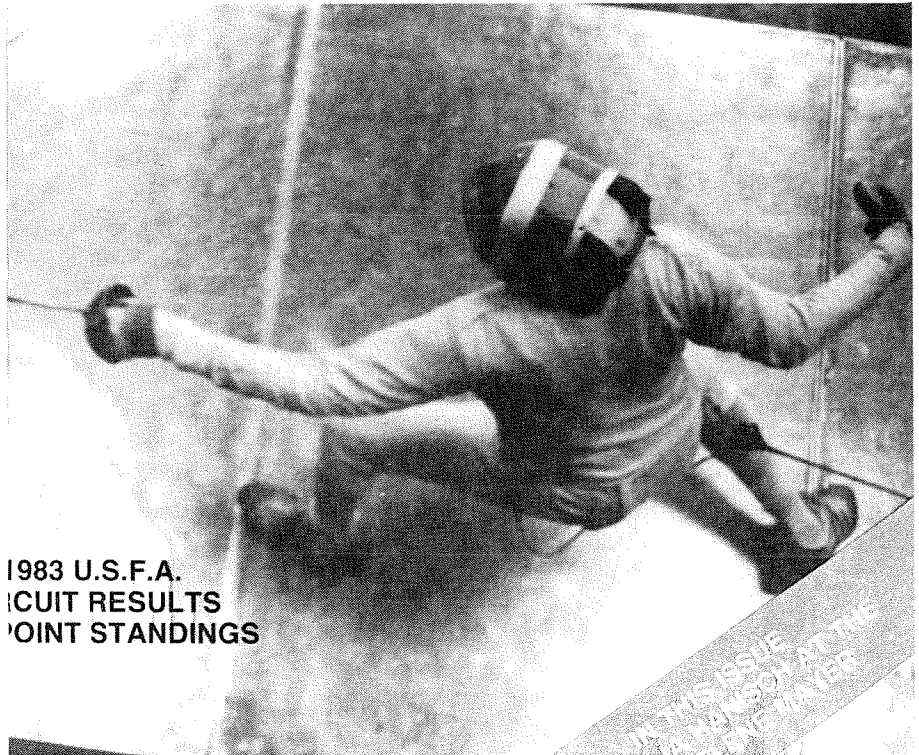


American  
**FENCING**

**MAY/JUNE 1983**  
**Volume 34, No. 5**



**1983 U.S.F.A.**  
**CIRCUIT RESULTS**  
**POINT STANDINGS**

**IN THIS ISSUE**  
**BY JIMSON AT THE**  
**THE MAVER**



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#### DEADLINE FOR ISSUES

| Issue Date | Closing Date<br>For Copy | Mailing Date |
|------------|--------------------------|--------------|
| JUL/AUG    | JUN 10                   | AUG 1        |
| SEPT/OCT   | AUG 10                   | OCT 1        |
| NOV/DEC    | OCT 10                   | DEC 1        |

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## ON THE COVER

Larry Neuman at the Pentathlon  
1983.  
Photo by Sean Mulcahy.

We have received several queries as to why we were so late in delivery of our last (March/April) issue. It was, as usual, held out two weeks beyond the deadline in order to include the results of the National Junior Olympic Championships. This threw our printer and mailer off schedule, with the consequence that another week or two was consumed. We are sorry for the delay, but we are glad that you noticed it.

In planning ahead for deadlines and schedules, we point out to all aspiring office seekers that, according to the proposed changes in our By-Laws, the Nominating Committee (elected at the June Annual Membership meeting in San Francisco) must file its nominations by **December 15**, additional nominations must be filed by **April 1**. (There goes our March/April deadline out the window again!)

It is enlightening to browse through old copies of *American Fencing*. There are many gems and some real dillies to be found there. Bearing in mind our present problems, one frequently gets the feeling of *deja vu*, but one is also made aware that progress has been made on several fronts. As examples, we cite the successes of the National Junior Olympic Championships, the point selection system for our national and Olympic teams, the National Circuit events, and, more recently, the establishment of a professional staff for the USFA in Colorado Springs.

The above programs and operations were all suggested, outlined, hammered out, and criticized, and fiddled with for some time before their adoption, but their essential worth has been proven. They will doubtless be criticized and fiddled with some more, but we applaud those whose long term efforts led to their acceptance and adoption.

Now, about our editorial policy:

"Recently, at a major competition, we were approached by a reader of *American Fencing* and roundly rebuked for a photograph and caption which we had printed. The reader felt that we had taken unwise editorial license in publishing this photo and that some bad effects might result from this. We had to admit that he had a good point. He might not have been entirely correct (in our opinion) but he certainly had thought about the question. It would have been a good idea to let the rest of our readers know how he felt. So we asked him to write us a letter to the editor.

The reaction? Horror! What, me write a letter

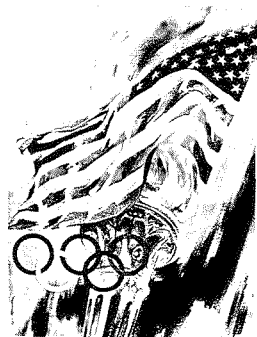
to the editor? And he swiftly retreated to a neutral corner.

We were really disappointed. Here we have tried, as well as we could, to open our pages to all the members of the League for the free expression of their views and found that, somehow, facing a blank sheet of paper seemed to stifle a good idea.

Don't let this happen to you! If you read or don't read something in our magazine that you have an opinion about, get out that paper and pen and let us and the rest of your fellow fencers know." (from *American Fencing, Editorial, May/June, 1972*)  
Right on! Let's continue to hear from you.

— MTH

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# LETTERS TO THE EDITOR

## Gentlemen

RE: AMERICAN FENCING, Jan/Feb '83, pp. 16 and 17.

Maintenance of Electrical Equipment. GREAT! Many thanks. This is very useful.

— John H. Wollerton

## Jules Campos

The book *Fencing* by Jules Campos was reviewed by Ralph Goldstein. I knew M. Campos from his teaching days at Salle Santelli during the early nineteen fifties when it met at the Henry Hudson Hotel on West 57th Street, New York City.

It happens that the author lives in Scarsdale, NY, as do I. After some months of intermittent phone calls, I finally reached M. Campos. We had a delightful conversation of remembrance about the "old" days, when Peter Mijejer was a seventy-two year old epeeist impaling younger fencers with his point in line, Joe deCapriles was fencing on another strip with Norman Lewis, and George Worth was being whisked through a lesson with Maestro Santelli.

I arranged to purchase *Fencing* from Jules. What a book! I would rave about this book for fencers. If you think you have discovered secrets about fencing no one else knows, read this book and meet your secret in print. This book is a must for your collection and an inspiration for all teachers.

— Neil J. Lazar

## Bed And Breakfast

Ask anyone — it was definitely a positive experience! Even though we couldn't guarantee poached eggs or homemade blueberry muffins EVERY morning for breakfast, we did provide comfortable accommodations, excellent meals, and good company for many fencers attending the January, 1983, D'Asaro Foil in San Jose, California.

Families of our junior fencers adopted out of town fencers for the week end and satisfied every possible whim. For \$15.00 per night a fencer was housed, fed, and trans-

ported. Although only breakfast included, in most cases fence packed lunches, were wine and given bedtime snacks.

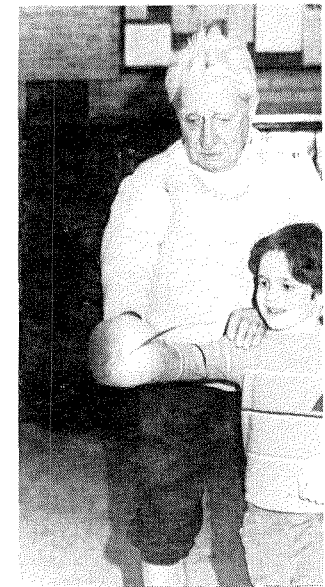
Other than a few no-shows and flights, our fund raiser ran Fencers preferred to donate the a junior fencing program instead local Holiday Inn. Approximately raised. This represented financial electrical equipment for San fencers who went to the J.O.'s

"Adopting a fencer" is an effort for parents of junior fencers to be able about sending youngsters home from home to fence in major

I'd like to thank all of the families who opened their homes to strange week end. Also, a big thanks to "strangers" who became friends for taking a chance on us. Any to better the program for next let us know.

— Sherr

Maestro Lajos Csizsar, age 80, teaching Micahnik, age 6.



# NATIONAL NEWS

## Sports Medicine On Drugs

The USOC Sports Medicine Council has announced three basic conceptual premises concerning drug problems in sports:

1) It is unethical in sport to turn to artificial aids in the pursuit of excellence and unethical in medicine to administer drugs where there is no clinical benefit to justify the risks involved.

2) Any chemical or drug that is sufficiently potent to alter the body's system has the potential of being harmful.

3) An athlete's attention to, if not reliance on, drugs diverts his/her attention from many aspects of an effective training program that would produce reliable optimal performance.

The council further announced, as one of its basic premises for action, that "Drug problems in sport should be categorized for action purposes into five respective contexts: (1) drug use in the attempt to increase performance; (2) injudicious clinical use of prescription drugs; (3) recreational use of drugs; (4) drug dependency; and (5) sale and distribution of illegal drugs. Each has its own perspective; to confuse one with the other is counter-productive in designing effective drug abuse programs."

(from *Sports Mediscope*, Nov. Dec., 1982)

## Biomechanical Analysis

BIOMECHANICAL ANALYSIS of fencers was conducted during a training and data collecting session at the JFK Medical Center in N.J. Utilizing a light source placed at the wrist during a lunge and advance lunge, motions of the wrist were tracked and comparisons made of the two movements. Vertical jump height was also measured via a light source placed at the hip. This research, along with other on-

going research on vision, etc., should help our fencers at the 1984 and future Olympics.

(from *Sports Mediscope*, Jan.-Feb., 1983)

## Steven Sobel

Steve Sobel, Secretary to the USOC and Counsel to the USFA, has been appointed Deputy Chef de Mission of the U.S. team to the Pan American Games, which will be held August 20 - September 3 in Caracas, Venezuela.

## Change in Date

The South West Section Junior Olympic camp dates have been changed from July 18-22 to August 8-12. All interested Juniors please note. For further information, contact David Ladyman, 8028 Gessner Drive, Austin, TX 78753.

## Travelin' Time

Our top fencers will have a busy time this summer, competing in major competitions which serve as tune-ups for the '84 Olympics.

We have already sent a complete team to the World Under-20 Championships (March 31 to April 4) in Budapest, Hungary. Our senior fencers have spent several weeks in Europe this spring competing in World Cup "A" events.

The U.S. National Championships (June 4 to 11) in San Francisco are only the beginning of another series. The U.S. Olympic Committee hosts the National Sports Festival in Colorado Springs, with fencing scheduled June 24 through 26. Eighty fencers (16 seniors and 4 juniors per weapon) will compete.

Those fencers selected for the Pan American Games according to the na-

tional point system will have a training camp from June 19 to June 30 in Colorado Springs.

The World University Games team will fly directly to Edmonton, Canada, from Colorado Springs for the July 1 opening ceremonies. Fencing goes on there from July 2 to July 10.

Members of the Pan American Games team depart from Miami for Caracas, Venezuela, on August 11; the fencing events are scheduled for August 15 through August 23.

All of the above will have cadres to accompany them: managers, coaches, armourers, even "chefs de mission" in some cases.

To one and all we wish you the best of luck!

AN AD IN AMERICAN FENCING REACHES FENCERS THROUGHOUT THE COUNTRY. WRITE US FOR RATES TODAY!

## OUR UNDER-20 WORLD CHAMPIONSHIPS

|                      |   |
|----------------------|---|
| <b>Women's Foil:</b> | Andrea Metk<br>Caity Bilodea<br>Lisa Piazza   |
| <b>Men's Foil</b>    | Wilbur Whee<br>Stefan Kogle<br>Mark Griffin   |
| <b>Epee:</b>         | Steve Trevor<br>James Pitt<br>Bentley Stor  |
| <b>Sabre:</b>        | Michael Loft<br>Russell Wills<br>Michael D'A  |
| <b>Cadre:</b>        | Nancy Sabas<br>Chief of M<br>Ed Richards,<br>Coach<br>G. Kolombat<br>Coach<br>Dave Micahr<br>Armourer |

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# COLLEGIATE NEWS

## 50 Years of Fencing

The 50th anniversary of fencing at Haverford College, Pennsylvania, was celebrated on January 29, 1983, in the Alumni Field House. Haverford's "Varsity Letter" (Dec. 1982) celebrated also the 50 years of teaching fencing there by Henri Gordon. His father-in-law, Robert Grasson, and brother-in-law coached at Yale, and his wife, Harriet, did the same for 25 years at Bryn Mawr. Henri Gordon still instructs even the novice fencers at Haverford.

## Schmitter Collection

"The University Library," bulletin of Michigan State University Libraries, has announced that Prof. Charles Schmitter, for 45 years the fencing coach at MSU, has donated his outstanding collection of books on fencing to the MSU libraries. The collection of 600 titles is to be housed in the Special Collection Division.

Of particular interest to practising fencers who want to know about the development of style are the 1568 edition of Achille Marozzo's *Arte dell'Armi*, which is devoted to the cut and slash technique; and Camillo Agrippa's 1568 edition of *Trattado di Scienza d'Arme*, which championed the use of the point. The jewel of the collection is the 1763 folio edition of Domencio Angelo's *L'Ecole des Armes*.

An exhibit of a selection of works from the Schmitter Collection is scheduled for April-May 1983 in the Library's main lobby display cases at MSU in East Lansing.

## 86th I.F.A. Championships

by Vincent Surdi

-Supervisor of Fencing Officials  
Eastern College Athletic Conference

The University of Pennsylvania, coached by David Micahnik, won its fourth consecutive three-weapon title at the 86th I.F.A. Championships at Cornell University, March 5-6. Penn has now won the three-

weapon title seven times in the last eight years, and its four consecutive victories tie N.Y.U.'s record in that category.

Penn also won the epee team and sabre team championships, the latter for the fifth consecutive occasion, tying Columbia's record.

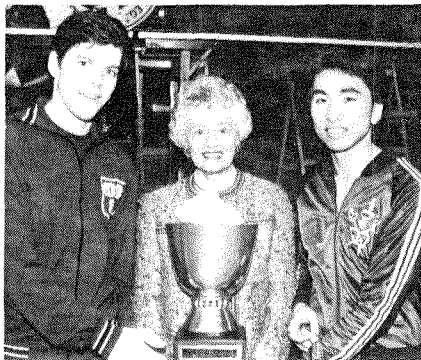
Princeton University, coached by Michel Sebastiani in his first year there, won the foil team championship.

Doug Powell, a Penn sophomore who was second last year on the barrage, this time won the sabre individual title. Stephen Trevor, a Penn freshman, won the epee individual title with an undefeated record in the final.

Russell Holtz, an M.I.T. junior and its #2 foylsman, provided the surprise of the meet by capturing the foil individual title. To do so, he vanquished his teammate, Oscar Estell, the 1981 I.F.A. champion as well as Paul Schmidt, of Princeton, the defending I.F.A. champion. Schmidt finished third, Estell seventh.

Special mention should be made of Richard Blum, captain of Pennsylvania, whose undefeated record in the team round for the fourth straight year led Penn to both the sabre and three-weapon champion-

*Lucille Conte, daughter of George Cointe, presents the Conte Memorial Trophy for Sportsmanship to David Merner, Harvard foilsman, and Tai Park, Columbia sabreur.*



ships. Blum is only the third fencer in I.F.A. history to be a member of four championship sabre teams; a record he shares with Thomas Losonczy and Brian Smith, both of Columbia. Blum is also the first fencer ever to be a member of four championship three-weapon teams. Finally, he shares the distinction of being a member of eight championship teams with Arthur Tauber, of New York University, who fenced all three weapons from 1940 to 1942.

The George L. Cointe Sportsmanship Award will be shared between David Merner, of Harvard, and Tai Park, of Columbia.

Ralph M. Goldstein, the captain of the 1960 U.S. Olympic Team and old friend of the I.F.A., was the first recipient of a new award honoring presidents of jury for their contributions to the association.

The I.F.A., founded in 1894, is the oldest intercollegiate fencing championship and is the model on which all others are based. A history of the organization is currently being prepared by Jeffrey R. Tishman, with publication expected this fall.

The 87th I.F.A. Championships will be at M.I.T. on, March 3-4, 1984.

## RESULTS

### IFA INDIVIDUAL CHAMPIONSHIPS

#### Foil:

1. Russell Holtz, MIT (6-2)
2. Donald Steinberg, Princeton (5-3, +9)
3. Paul Schmidt, Princeton (5-3, +6, 26tr)
4. Valery Rayzman, Columbia (5-3, +6, 27tr)
5. Demetrios Valsamis, NYU (4-4, 0)
6. David Merner, Harvard (4-4, -4)
7. Oscar Estell, MIT (4-4, -5)
8. Viktor Altschul, Columbia (3-5)
9. Ashton Thorogood, Pennsylvania (0-8)

#### Epee:

1. Stephen Trevor, Pennsylvania (9-0)
2. Stefan Cook, St. John's (6-2)
3. John Leung, Pennsylvania (5-3, +7)
- 4T. Brian Lee, Princeton (5-3, +2, 29tr)
- 4T. James Pitt, Columbia (5-3, +2, 28tr)
6. Tony Teelucksingh, Penn. (3-5)
7. Michael Quattro, Cornell (2-6, -3)
8. John Rodriguez, NYU (2-6, -16)
9. David Humphreys, MIT (0-8)

#### Sabre:

1. Douglas Powell, Penn. (6-2)
2. David Heyman, Harvard (5-3, +8)
3. Russell Wilson, Columbia (5-3, +1)
4. Yiu Wai Cheung, Princeton (4-4, +7)
5. David Donadio, Penn. (4-4, +1)
6. Richard Blum, Penn. (4-4, -6)
7. Erik Reuter, Navy (3-5, -1)
8. Tai Park, Columbia (3-5, -8)
9. Walter Klein, Yale (2-6)

## I.F.A. Three-Weapon Results

| School       | 3-Weapon |
|--------------|----------|
| Pennsylvania | 67       |
| Columbia     | 60       |
| Harvard      | 55       |
| Princeton    | 52       |
| M.I.T.       | 50       |
| Yale         | 45       |
| Cornell      | 42       |
| Navy         | 39       |
| St. John's   | 37       |
| N.Y.U.       | 34       |
| C.C.N.Y.     | 14       |

### FOIL TEAM

1. Princeton
2. Columbia

### EPEE TEAM

1. Pennsylvania
2. Cornell

### SABRE TEAM

1. Pennsylvania
2. Columbia

### THREE-WEAPON TEAM

1. Pennsylvania
2. Columbia

## Ivy League Final Standings

|              | Men        | Women        |
|--------------|------------|--------------|
| Pennsylvania | 5-0 (7-2)  | Pennsylvania |
| Columbia     | 4-1 (12-2) | Cornell      |
| Princeton    | 3-2 (8-3)  | Yale         |
| Harvard      | 2-3 (9-4)  | Barnard      |
| Cornell      | 1-4 (6-4)  | Harvard      |
| Yale         | 0-5 (4-6)  |              |

## New England Women IFA Championships

March 13, 1983

Results: Team (12)

1. MIT
2. Yale
3. Harvard
4. Brandeis
5. Wellesley
6. RIC

Junior Var.

1. Yale
2. RIC
3. Harvard
4. Wellesley
5. Brandeis
6. Brown

### Individual

1. Y. Chang, MIT
2. D. Mendley, Yale
3. V. Fuchs, Harvard
4. J. Yanowitz, MIT
5. J. Liebschutz, Yale
6. N. Facher, Brandeis

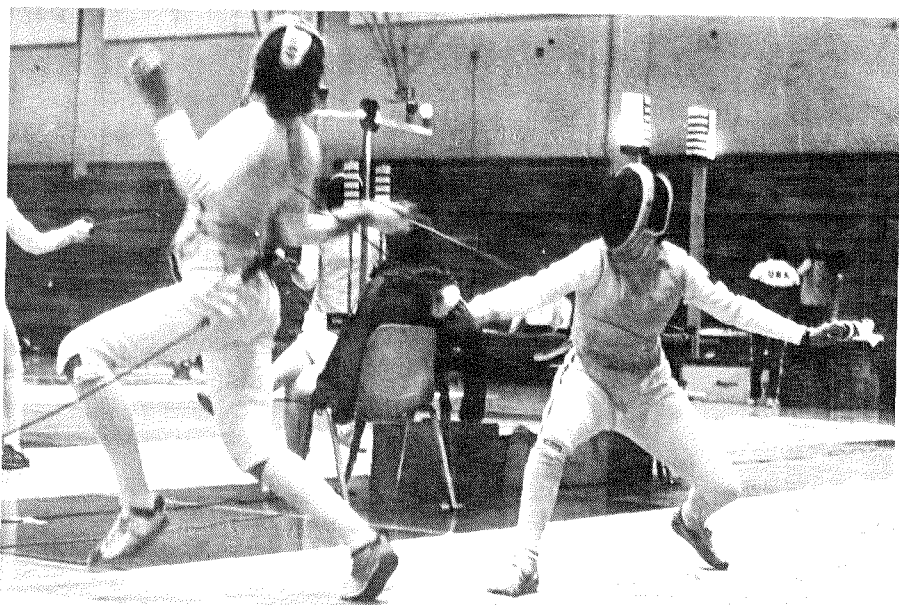
### Individual

1. L. McLaugh
2. L. Stein, H
3. C. Bagt, Ye
4. K. Simmor
5. K. King, R
6. M.L. Pickel

(continue)

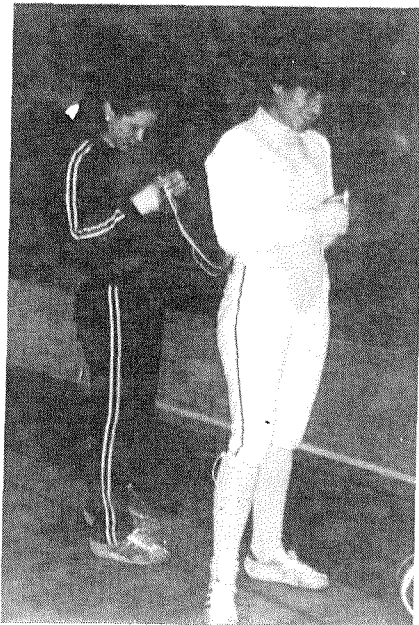
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TODAY!

## AT THE 1983 HELENE MAYER



Mitchell of Canada (left) vs. Hanisch of West Germany. (Photo by Kathy Aanestad).

Lisa Piazza hooks up her team-mate. (AF staff photo).



Cornelia Hanisch, Club Offenbach, West Germany.



# RESULTS

NORTH AMERICA

## The Helene Mayer

Two time world champion (1977 and 1981) and World Cup leader in 1982 in women's foil fencing, Cornelia Hanisch made a flying visit to San Francisco and the College of San Mateo to participate in the 29th annual Helene Mayer International tournament on March 12 and 13.

Hanisch teaches school in Offenbach, West Germany, and belongs to the same fencing club there as the famous Helene for whom the tournament is named. The appearance of one of today's premiere women fencers caused quite a stir at the meet and everyone from the lowest unclassified to national champion was anxious to fence her. "Connie," as she is known, lost two bouts in the course of the two-day meet, individual and team, and proved to be a gracious guest as well as a tough competitor.

Jana Angelakis sprained her ankle and had to withdraw before the final elimination of eight. The Canadians made a strong showing (results are listed below) and Vin-

nie Bradford's 3rd place was the USA.

The 4-woman team event is one. The top-seeded 5 US women to fence in the "USA #1" team, and other foreign team with as many as anyone can composite with any that. This year, Hanisch composed the "USA #2" team and Canada only its usual strong #1 team, USA #1 last year, but a strong selection (RA). which made for some matches. There were team congratulations at the end of each routine Hanisch was particularly into her team's yell, which she wrote take home with her:

"US Two is on fire,  
Take our advice  
And do retire!"

### RESULTS: (68 entries)

- |                           |              |
|---------------------------|--------------|
| 1. C. Hanisch, W. Germany | 6. T. Hur    |
| 2. L. LeBlanc, Canada     | 7. J. Elling |
| 3. V. Bradford, USMP      | 8. H. Cor    |
| 4. M. Phillion, Canada    | 9. J. Ange   |
| 5. C. Bilodeau, MIT       | 10. S. Mo    |

1983 Helene Mayer Teams: USA #1: Waples, Handelman, Ellingson, Monplaisir; CANADA: Wisl Poirier, Steiner, Phillion; USA #2: Hanisch, Metkus, Piazza, Miller.



- |                         |                           |
|-------------------------|---------------------------|
| 11. R. Botengan, CSUN   | 18. C. Wishart, Canada    |
| 12. J. Poirier, Canada  | 19. C. McClellan, TCFC    |
| 13. S. Steiner, Canada  | 20. A. Metkus, Yale       |
| 14. C. Handelman, Halb. | 21. J. Starks-F., Csis.   |
| 15. I. Maskal, Santelli | 22. D. Waples, Auriol     |
| 16. M. Madon, LAAC      | 23. E. Cheris, Cheyen.    |
| 17. M. Miller, Mori     | 24. A.F. Miller, Penn St. |

### Team Results (8 teams)

(1st) USA #1 (Bradford, Ellingson, Waples, Monplaisir, Handelman) def. 9-4 (2nd) CANADA (Philon, Poirier, Cormier, Steiner, Wishart).  
 (3rd) USA #2 (Hanisch, Metkus, A.F. Miller, Piazza) def. 9-2 (4th) R.A. Canada (LeBlanc, Dufour, Mitchell, Coliati).  
 (5th) Auriol, (6th) Auriol Composite, (7th) Cheyenne, (8th) Halberstadt.

## Chicagoland Men's Foil

(88 entries)

- |                          |                          |
|--------------------------|--------------------------|
| 1. G. Massialas, D'Asaro | 13. P. Burchard, D'Asaro |
| 2. P. Lewison, NYFC      | 14. L. Siegel, NYFC      |
| 3. M. Smith, Atlanta FC  | 15. E. McNamara, NYAC    |
| 4. P. Gerard, Auriol     | 16. P. Posner, Colum.    |
| 5. J. Tichacek, NYFC     | 17. J. Bukantz, NYFC     |
| 6. L. Rochleau, Can.     | 18. M. McCahey, NYFC     |
| 7. H. Hambarzumian, LFC  | 19. E. Wright, Santelli  |
| 8. G. Nonomura, LFC      | 20. F. Fox, Mori         |
| 9. J. Biebel, GLFA       | 21. D. Orlikow, Can.     |
| 10. E. Rosenberg, NYFC   | 22. W. Bischoff, GLFA    |
| 11. P. Mathis, Santelli  | 23. J. Powers, NYAC      |
| 12. S. Gross, Capitol    | 24. D. Rainford, NYFC    |

## Governor-General Sabre

Canada (48 entries)

- |                         |                        |
|-------------------------|------------------------|
| 1. J.M. Banos, Can.     | 13. M. Sullivan, NYAC  |
| 2. P. Reilly, NYAC      | 14. W. Goering         |
| 3. P. Westbrook, NYFA   | 15. W. Balk, Can.      |
| 4. J.P. Banos, Can.     | 16. Y. Bergeron, Can.  |
| 5. S. Lekach, NYAC      | 17. B. Keane, NYAC     |
| 6. S. Mormando, NYFC    | 18. F. Nagorney, Kadar |
| 7. M. Lavoie, Can.      | 19. P. Ott, Can.       |
| 8. E. House, NYAC       | 20. D. Anthony         |
| 9. P. Friedberg, NYAC   | 21. C. McCraw, Sebast. |
| 10. G. Gonzales-R. NYAC | 22. G. Rodriguez       |
| 11. J. Glucksman, NYFC  | 23. J. Berson          |
| 12. C. Marcil, Can.     | G. Bartos, NYAC        |

## General Dynamics Epee

(84 entries)

- |                            |                           |
|----------------------------|---------------------------|
| 1. R. Marx, Auriol         | 13. P. Schifrin, D'Asaro  |
| 2. R. Stull, USMPT         | 14. L. Siegel, NYFC       |
| 3. P. Pesthy, NYAC         | 15. D. Wells, Veysey      |
| 4. J.M. Chouinard, Can.    | 16. S. Trevor, Penn.      |
| 5. A. Cote, Can.           | 17. W. Gelnaw, 49ers      |
| 6. L. Shelley, Orsi        | 18. I. Varadi, Mori       |
| 7. G. Masin, NYAC          | 19. J. Moreau, USMPT      |
| 8. T. Glass, Sebast.       | 20. H. Cain, Stanford     |
| 9. D. Perreault, Can.      | 21. M. Hynes, S. Cal.     |
| 10. R. Nieman, USMPT       | 22. R. Frenson, NYAC      |
| 11. W. Steegmueller, Germ. | 23. T. Eckersdorff, USMPT |
| 12. C. Michaels, USMPT     | 24. K. Lee, Borracho      |

## Cherry Blossom Open Epee (97 entries)

- |                          |                        |
|--------------------------|------------------------|
| 1. S. Trevor, Penn St.   | 13. P. Pesthy, NYAC    |
| 2. R. Neiman, USMPT      | 14. L. Siegel, NYFC    |
| 3. G. Masin, NYAC        | 15. A. Bombale, Cuba   |
| 4. D. Portello, Cuba     | 16. R. Marx, Auriol    |
| 5. P. Merencio, Cuba     | 17. M. Sodi, NYAC      |
| 6. L. Shelley, Orsi      | 18. C. Michaels, USMPT |
| 7. T. Glass, Sebast.     | 19. J. Melcher, NYFC   |
| 8. I. Dornutti, Cuba     | 20. H. Farley, Dargie  |
| 9. A. Nussa, Cuba        | 21. L. Morch, NYFC     |
| 10. A. Franklin, Cuba    | 22. W. Landers, DCFC   |
| 11. P. Schifrin, D'Asaro | 23. G. McMullen, DCFC  |
| 12. R. Frenson, NYAC     | 24. G. Pena, PRico     |

## Cherry Blossom Open Men's Foil (104 entries)

(104 entries)

- |                          |                         |
|--------------------------|-------------------------|
| 1. A. Garcia, Cuba       | 13. P. Gerard, Auriol   |
| 2. M. Marx, Auriol       | 14. S. Gross, Unatt.    |
| 3. M. Smith, Atlanta     | 15. P. Lewison, NYFC    |
| 4. G. Massialas, D'Asaro | 16. L. Siegel, NYFC     |
| 5. J. Tichacek, NYFC     | 17. D. Valsamis, NYAC   |
| 6. M. McCahey, NYFC      | 18. E. Kaihatsu, GrLFC  |
| 7. E. Wright, Santelli   | 19. M. Gross, Atlanta   |
| 8. J. Biebel, GrLFC      | 20. E. McNamara, NYAC   |
| 9. J. Bukantz, NYFC      | 21. J. Bonacorda, NYAC  |
| 10. E. Ballinger, Sant.  | 22. J. Rodrigues, PRico |
| 11. P. Matthes, Sant.    | 23. D. Comas, FCFC      |
| 12. G. Nonomura, Lettm.  | 24. P. Bennett, NYFC    |

## Mardi Gras Sabre (68 entries)

- |                        |                            |
|------------------------|----------------------------|
| 1. P. Westbrook, NYFC  | 13. F. Nagorny, Kadar      |
| 2. P. Reilly, NYAC     | 14. S. Blum, NYFC          |
| 3. S. Lekach, NYAC     | 15. S. Mormando, NYFC      |
| 4. M. Sullivan, NYAC   | 16. P. Friedberg, NYAC     |
| 5. B. Keane, NYAC      | 17. P. Potopowicz, NYFC    |
| 6. G. Gonzales-R. NYAC | 18. R. Wilson, Columbia    |
| 7. E. House, NYAC      | 19. G. Chiang, Halberstadt |
| 8. J. Glucksman, NYFC  | 20. M. Benedek, UFC        |
| 9. G. Bartos, NYAC     | 21. H. Cash, Stanford      |
| 10. A. Orban, NYAC     | 22. B. Reed, San Jose St.  |
| 11. J. Friedberg, UNC  | 23. D. Anthony, UFC        |
| 12. M. Lofton, NYFC    | 24. J. Berson, UFC         |

## Csiszar Women's Foil

- |                            |                            |
|----------------------------|----------------------------|
| 1. E. Cheris, Cheyenne     | 13. C. Bilodeaux, MIT      |
| 2. J. Angelakis, Penn. St. | 14. S. Monplaisir, Hunter  |
| 3. D. Waples, Auriol       | 15. N. Murray, Csiszar     |
| 4. A. Metkus, Yale         | 16. T. Burton, Barnard     |
| 5. R. Botengan, Mori       | 17. C. Handelman, Halberst |
| 6. V. Bradford, USMPT      | 18. T. Hurley, Sabastiani  |
| 7. A. Miller, Penn St.     | 19. H. Valkovich, S. Escr. |
| 8. H. Konecny, NYFC        | 20. E. Grompone, Unatt.    |
| 9. I. Maskal, Santelli     | 21. D. Mendley, Yale       |
| 10. M. Miller, Mori        | 22. J. Camiener, Alcazar   |
| 11. C. Wishart, Canada     | 23. S. Moraites, NYFC      |
| 12. C. McClellan, TCFC     | 24. M. Madon, Unatt.       |

# USFA CIRCUIT POINT STAND

May 1, 1983

### Men's Foil

- |                        |     |
|------------------------|-----|
| 1. Michael Marx        | 294 |
| 2. Gregory Massialas   | 290 |
| 3. Mark Smith          | 268 |
| 4. Jack Tchacek        | 240 |
| 5. Heik Hambarzumian   | 228 |
| 6. Pascal Gerard       | 220 |
| 7. Joseph Biebel       | 212 |
| 8. Michael McCahey     | 209 |
| 9. Peter Lewison       | 196 |
| 10. Jeffrey Bukantz    | 184 |
| 11. George Nonomura    | 176 |
| 12. Peter Burchard     | 136 |
| 13. Philip Mathis      | 130 |
| 14. Lewis Siegel       | 108 |
| 15. Demetrios Valsamis | 102 |
| 16. Ed Wright          | 98  |
| 17. Ed McNamara        | 94  |
| 18. P. Bennett         | 90  |
| 19. S. Gross           | 86  |
| 20. James Bonacorda    | 82  |
| 21. William Gelnaw     | 60  |
| 22T. E. Rosenberg      | 56  |
| 22T. Ed Ballenger      | 56  |
| 23. Ed Kaihatsu        | 54  |
| 24T. James Powers      | 42  |
| 24T. Wilbur Wheeler    | 42  |

### Women's Foil

- |                       |     |
|-----------------------|-----|
| 1. Jana Angelakis     | 284 |
| 2. Vincent Bradford   | 264 |
| 3. Joy Ellingson      | 256 |
| 4. Andres Metkus      | 220 |
| 5. Margo Miller       | 200 |
| 6. Caty Bilodeaux     | 196 |
| 7. Debra Waples       | 188 |
| 8. Sharon Monplaisir  | 182 |
| 9. Connie Handelman   | 174 |
| 10. Elaine Cheris     | 158 |
| 11. Anne Miller       | 156 |
| 12. Ilona Maskal      | 152 |
| 13. Tracy Hurley      | 140 |
| 14. Ruth Botengan     | 132 |
| 15. Hope Konecny      | 120 |
| 16. Jenette Starks-F. | 96  |
| 17. Cathy McClellan   | 94  |
| 18. Tracy Burton      | 90  |
| 19. Michelle Madon    | 74  |
| 20. Stacey Moraites   | 48  |
| 21T. Sharon Everson   | 38  |
| 21T. Laurie Clark     | 38  |
| 23T. Marta Nagy       | 36  |
| 23T. Natalie Murray   | 36  |

### Men's Sabre

- |                       |    |
|-----------------------|----|
| 1. Peter Westbrook    | 34 |
| 2. Phil Reilly        | 30 |
| 3. Stan Lekach        | 27 |
| 4. Steve Mormando     | 24 |
| 5. Edgar House        | 24 |
| 6. Michael Sullivan   | 23 |
| 7. Joel Glucksman     | 20 |
| 8. George Gonzales-R. | 20 |
| 9. Paul Friedberg     | 18 |
| 10. George Bartos     | 16 |
| 11. Steve Blum        | 16 |
| 12. Brian Keane       | 14 |
| 13. J. Frieberg       | 11 |
| 14. Frank Nagorney    | 10 |
| 15. Michael Lofton    | 10 |
| 16. Alex Orban        | 9  |
| 17. C. McCraw         | 8  |
| 18. P. Potopowicz     | 8  |
| 19. Don Anthony       | 6  |
| 20T. Gordon Chiang    | 4  |
| 20T. J. Fazekas       | 4  |
| 22. H. Cash           | 4  |
| 23. William Goering   | 3  |
| 24T. D. Koser         | 3  |
| 24T. W. Balk          | 3  |

### Men's Epee

- |                      |    |
|----------------------|----|
| 1. George Masin      | 28 |
| 2. Steve Trevor      | 25 |
| 3. Lee Shelley       | 24 |
| 4. Robert Nieman     | 23 |
| 5. Paul Pesthy       | 22 |
| 6. Tim Glass         | 20 |
| 7. Holt Farley       | 20 |
| 8. Peter Schifrin    | 18 |
| 9. Robert Marx       | 16 |
| 10. Lewis Seigel     | 14 |
| 11. Charles Michaels | 11 |
| 12. John Moreau      | 11 |
| 13. Robert Hurley    | 11 |
| 14. Robert Frenson   | 10 |
| 15. Robert Stull     | 9  |
| 16. T. Eckersdorff   | 6  |
| 17. W. Landers       | 6  |
| 18. William Gelnaw   | 5  |
| 19. Harvey Cain      | 5  |
| 20. Arnold Messing   | 5  |
| 21. James Melcher    | 4  |
| 22T. Paul Soter      | 3  |
| 22T. D. Wells        | 3  |
| 24. J. Rodrigues     | 3  |

# MAINTENANCE OF ELECTRICAL EQUIPMENT

by Dan  
Armorer, 1983 Pan A.

(reprinted from "Guide", National Assoc. of Girls and Women in Sports, May 1980)

## PART III - EPEE

The epee does **not** utilize a fail-safe circuit. If a break occurs in the body cord or in a wire in the weapon, no one may know about it for quite a while during a bout. The epee, contrary to the foil, uses a **normally open** type of switch.

In the epee, there are two wires in the blade, each terminating inside the tip with a separate contact held in place by a plastic button. One style of tip has these two contacts in the form of a central contact with a concentric ring, but by far the commonest type is the side-by-side contact arrangement. (Figure 3)

The point (in the case of the concentric ring contact) will contain a spring-loaded brass rod which, when the tip is depressed, contacts the central contact (A), thus completing the circuit. (The second wire is in constant contact through the tip to the brass rod via the large tension spring.) By far the more common system however, is the side-by-side type of contact in which a single contact spring on the tip "shorts" (makes an electrical connection between) the two wire terminations (or contacts) (C) and (D) in Figure 3. Since the small contact spring must touch both the brass contacts, it is imperative that it be exactly centered and flat on the end (Figure 4). Unless the spring makes a firm contact against **both** brass terminations, the current cannot flow and no touch can be scored. This contact spring can usually be straightened out by carefully using your fingernails. If it is banged up beyond any hope of repair, replace it. The contact spring simply screws onto a threaded shaft on the tip. The spring screws on easily, but usually doesn't want to unscrew. When the time comes for replacement, it is often easier to simply pull the little spring off.

When adjusting this spring, which may need to be done often, test for travel at the same time. With a 0.5mm shim inserted

between the flanged collar and the base (see rule 732), depress the tip. With the tip depressed, the contact spring should not quite touch the two brass contacts inside the tip. Whenever adjustment of the contact spring is needed, it can be shortened by screwing it farther onto the shaft or lengthened by unscrewing it slightly. When it doesn't want to unscrew, it can be stretched slightly. When stretching it, please observe the above precautions regarding straightness and flatness on the end.

To adjust the tension (large) spring, simply stretch it a small amount to increase its tension. Make sure that it remains straight as a slight curve will result in a "sticky" point. Never use heat to soften or weaken a spring. If you want to weaken spring tension, first try replacing the spring with a weaker one. Failing that, and as a last resort only, clip off a small amount (about 1/8 of the length) of the spring at one end, and then replace it by putting the clipped end of the spring down in the barrel. If you have clipped off too much, and the spring is now too weak, simply stretch the spring a little.

Cleaning the tip is a necessary and frequent part of maintenance. With the point removed from the barrel, sand the end of the contact rod or spring. Next, using your

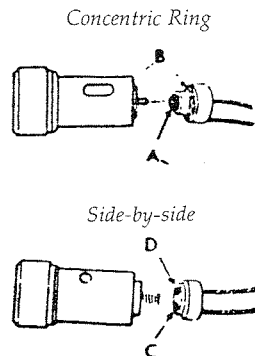


Figure 3

jeweler's screwdriver, carefully scrape the central or side-by-side contacts (inside the barrel) until they appear shiny. In the case of the concentric-ring tip, sand both ends of the large tension spring.

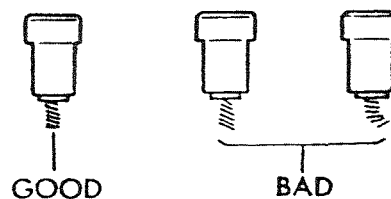


Figure 4

Keep the barrel tightly screwed onto the blade at all times. Check this frequently. Loose barrels will eventually cut through the insulation on the wires and will occasionally even break the wires. Keep the wire glued into the blade and make sure that there is not too much glue in the groove.

What was said in the foil section about guard connectors, assembly, and body cords applies for epee as well, the only change being that there are two wires attached to two contacts, (A) and (B), on the guard connector in addition to the grounded (C) socket.

**"Don't wait until just before a competition to check your equipment."**

A final word about weapon maintenance. Don't wait until just before a competition to check your equipment. Try to make frequent inspections and set up a regular maintenance schedule. This way you can avoid most emergencies and disasters.

## SIGNALING APPARATUS AND REELS

This subject is one which cannot be prop-

erly covered in this article, and respectfully submit that in case of the central apparatus and reels, your neighborhood fencing technician, in most cases, extreme skill and expertise are required to repair them, and an untutored hand could cause costly and extensive damage. I speak in word of caution here. Let me stress that a fencing technician is required, not a television repairman. Get to the nearest fencing technician well advanced if he is capable to do it.

Many well-meaning armorer are willing to try to repair an apparatus which have occasionally had to reassemble which appear to have been worked on with a hammer. Avoid this type of person. Often he will not only cause more problems but he may indicate your equipment beyond repair.

A **good** technician can be worth his weight in gold. Do not hesitate to hire him. Often he may be able to give you information you need to repair your equipment yourself. In any case, he will give you the best and most reliable advice you can get.

A final suggestion: have your signaling system on a regular basis. This will provide you inexpensive and reliable operation. This preventative maintenance by a technician is most important for a major competition, and at the end of the school year or fencing season.

The hints in this article should help you solve most of your problems. Just remember that prevention of problems is the easiest and most effective way to solve them on the strip.





# RESULTS

## Chicagoland Open

Women's Foil (42 entries)

1. L. Girard, UW
2. M. Gillman, MFC
3. C. Massiala, FAM
4. T. Malinstrom, NU
5. C. Albertson, ND
6. G. Klutke, FAM
7. J. Lattigue, WSU
8. J. Farkas, GLFA

Men's Epee (31 entries)

1. C. Schneider, FAM
2. G. Masin, NYAC
3. J. Tivenius, ND
4. D. Rainsford, Cap.
5. G. Pecherek, IFC
6. R. Mellen, TSU
7. C. Funai, ND
8. R. Levine, IFC

Men's Sabre (22 entries)

1. J. Kroeten, MFC
2. B. Kogler, FAM
3. D. Markham, TOSA
4. A. Gillham, MFC
5. S. Williamson, ISU
6. N. Kessler, WSU

Women's Epee (13 entries)

1. V. Bradford, S. Tx.
2. E. Erdos, Kadar
3. N. Plotz, Iowa

## Marathon Epee

Ft. Sam Houston, TX  
November 20-21, 1983

Saturday Sunday  
(Men)

- |              |             |
|--------------|-------------|
| 1. T. Glass  | M. Storm    |
| 2. J. Moreau | C. Michaels |
| 3. M. Storm  | G. Losey    |
| 4. D. Wells  | T. Eckersd  |

Overall

1. M. Storm, Penn.
2. J. Moreau, USMP
3. C. Michaels, USMP
4. D. Wells, Veysey

Women

- |                   |                |
|-------------------|----------------|
| 1. V. Bradford    | L. Goldthwaite |
| 2. L. Goldthwaite |                |

## Pentathlon Epee

Ft. Sam Houston, TX  
January 29-30, 1983

Saturday Sunday  
(Men)

- |                 |              |
|-----------------|--------------|
| 1. G. Masin     | JM Chouinard |
| 2. JM Chouinard | A. Cote      |
| 3. L. Shelley   | J. Moreau    |
| 4. R. Nieman    | P. Pesthy    |

Overall

1. JM Chouinard
2. J. Moreau,
3. R. Nieman
4. P. Pesthy

(Women)

- |                   |           |
|-------------------|-----------|
| 1. V. Bradford    | S. Pierre |
| 2. S. Pierre      | W. Norman |
| 3. R. Hayes       | R. Hayes  |
| 4. L. Goldthwaite | E. Turney |

Overall

1. S. Pierre, USMP
2. R. Hayes, USMP
3. W. Norman, GB
4. P. Hollar, USMP

## Bluegrass Open

Lexington, Ky.  
April 9-10, 1983

Men's Epee

1. T. Hensley, LFC
2. J. Yarger, SWIF
3. R. Hensley, LFC

Women's Epee

1. L. Felty, FCL
2. E. Caldwell, LFC
3. A. Grizzell, LFC

Women's Foil

1. C. Moorman, Cinc.
2. B. Hofer, Cinc.
3. L. Felty, FCL
4. S. Kargl, SHA
5. A. Grizzell
6. T. Craycroft, SHA

Men's Sabre

1. M. Szathmary, Knox.
2. T. Hensley, LFC
3. W. Bowman, LFC

Women's Sabre

1. L. Felty
2. A. Grizzell

Men's Foil

1. J. Yarger
2. T. Hensley
3. V. Miller, Sw IF
4. W. Bowman
5. S. Scheff, LFC
6. C. Stagner, FCL

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# CHINA

The "Sleeper" in F

by John Lillback, our Australian Correspondent

It was Napoleon who cautioned about China, "Beware, the sleeping giant", and this could well be the watchword for the fencing world. Observers at the Pacific and Oceanic Games narrowed their eyes when they saw Chinese fencers, none of them young by Western standards, do their warm-ups and later fence on the strips.

We have already become used to the creeping domination of world industry by such countries as Japan, who put the British motorcycle makers out of work, handcuffed the Yank car manufacturer and obsoleted the German camera specialists and Swiss watchmaker, and then for seconds thwarted the colossi of the silicon computer chip. In company with the four dragons of Asia, Taiwan, South Korea, Singapore and Hong Kong, Japan has successfully made supply yards of most of the western world. However, they have never succeeded in dominating world sports, and more to point, overcoming the power of Europe in fencing. The sixth claw, China, is now gradually unfolding and testing the sharpness of its points.

The Chinese approach to fencing is similar to its approach to westernization. However, the ubiquitous Coca Cola bottle belies

**"the flowing tranquility of Tai Chi is blended into awareness of Kung Fu"**

the serious single-minded effort to learn more about fencing. The fencers you see are future coaches — no borrowed Russians, Poles or Yanks here. Detailed observations are made of training, technique, strategy and strip behaviour and then assiduously applied in intensive repetition. Like their famed acrobatic teams they practice, practice, and more practice, eight hours a day — smilingly and willingly. In a country where now only one child per fam-

ily is permitted, with severe penalties for breaches of commi Chinese fencer endures situatio westerner would find intolerable

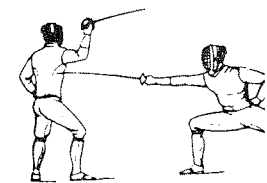
The flowing tranquility of blended into awareness of Kung utilization of "KI" common to martial arts. The opposing fer into the 'zone' of flow of the

**"...hallmark of the Chinese fencer... has been the determined pressure of the attack and the quick parry-riposte..."**

Chinese fencer, thus triggering which would be similar to an attack preparation. (Incidentally, this thing which I was teaching to my students prior to my leaving the was a practitioner of Aikido for so

So far, the hallmark of the Chinese to Australian eyes, has been the constant and continuous pressure of the attack the quick parry-riposte that surprised counter. This will be seen more at international meets, without the Italians, the arrogance of the Russians, East Germans, or the cool detachment of the Swiss and Swedes.

Yes, beware of "the sleeping giant" time to come you may have to contend with a smiling fencer who will much ceremony or sanctity, put y



## HEY SPORTS!

People who defend the unsportsmanlike antics of an athlete on a field or court as part of his/her "determination to win" have simply got their priorities mixed up. Athletic competition is designed to bring out the best that is in you, not the worst, and the best includes a decent appreciation of the efforts of your rivals, who are as much your comrades as your enemies.

Disputing calls, attacking umpires, and throwing tantrums on a field or court is unfair to one's opponents, denigrating to the game itself, and insulting to the spectators. It places the naked ego above everything else, and is in direct opposition to the whole spirit of sportsmanship. If every player did it, the whole sports world would degenerate to shambles.

Sports without sportsmanship is little more than a dirty business. But this ancient and honorable concept has partially vanished from modern athletics, where the doctrine that "winning is everything" has perverted and corrupted nearly every form of competition, amateur as well as profes-

sional. (The preceding words were from and article written by Sidney Harris, newspaper writer.)

Let's start a crusade to bring back true sportsmanship, sports. You, as an individual, can start today and encourage other sports participants to get "Sportsmanship Fever"! (from the "Interservice Sports Newsletter, Volume 1, No. 1, Jan. 1983).

*Note from Michel Mamlouk, who sent in the above: "I think the enclosed is very appropriate for our sport."*

### Wedding Bells

Robert Marx and Suzanne Brown were married on 8 May in Portland, Oregon, surrounded by their many fencing friends. Bob's proud mother, Collen Olney, made mounds of Italian pasta for the occasion. Congratulations, Bob and Suzanne!

### Fencing Camp In Santa Barbara

July 25-30, August 1-6 in Santa Barbara, Calif. All weapons and ages. Contact: Mark Berger, 1521 Laguna Street, #5, Santa Barbara, CA 93101. Telephone: 805-965-5431.

# SPORTS INJURIES

## A CONSERVATIVE APPROACH

### PART II

by Rob I

#### PREVENTION OF SPORTS INJURIES

Prevention of injuries should be one of your major goals and that of anyone responsible for your training. Fencers should realize that some injuries are unfortunately due to circumstance and are unforeseeable and unavoidable accidents. This article concerns self-inflicted injuries that are due to lack of proper precaution, preparation, or execution of the sport.

Injuries can interrupt your training schedule and can be psychologically disruptive for a long time. Let's look at a program with a sensible, balanced approach to training that will minimize your chances for injury on the fencing strip. Such a program should include 1) a conditioning program; 2) warm-ups and cool down; 3) practice of properly executed technique; 4) safe officiating and use of safe equipment; 5) avoidance of mechanical and environmental problems.

Before we discuss some of the above topics in detail, you should consider undergoing a fitness check to determine the level of activity you can safely handle. Cardiovascular checks include blood tests for lipid triglyceride and cholesterol levels, physical exam of the heart, and blood pressure. A fitness assessment can also be performed for flexibility, strength, body composition (% of body fat), and aerobic capacity for cardiovascular endurance. With knowledge of your basic fitness level, the fencer can plan a program of goals that can be achieved with exercise, nutrition, and training.

**Conditioning** should be based on yearly goals with your fitness levels improving throughout the season. **To be fit** is to be able to stand the stress and demands of the activities of your sport. Conditioning improves your 1) strength, 2) endurance, 3) speed, and 4) flexibility and agility.

There are innumerable conditioning programs, many of which can be tailored to your needs. Any lengthy, serious pro-

gram of conditioning should be by your coach and/or your doctor.

The remarks below are to be considered as general suggestions and should be carefully checked out before you upon your own program.

**Muscle strength** is acquired repetitious exercises against resistance. Weight training will increase muscle strength, speed, and endurance. Depending on the workout approach, training with weights should be supervised and monitored unless you already have a good deal of experience with this type of workout. You should refer to the article on weight training by Peter in this issue. For young fencers, intensity of lifting should be kept below 15 reps with light resistance. Interval training, i.e.: weight stations through which large muscle groups will reduce any one location of the body. Weighing in for all fencers must concern balancing muscle groups. To keep the body symmetrical, extra sets of reps may be done on the fencer's non-dominant side. Imbalanced muscles may cause back pain and increase incisions, strains and cramps.

**Endurance**, both cardiovascular and muscular, may be improved by aerobic type of workout (running, swimming, etc.). Continuous running for 40 minutes, three to five times a week will condition muscles, tendons, ligaments, and the cardiovascular system to maintain your target heart rate (which varies with age and weight from approximately 120 to 160 beats per minute) during training.

**Speed** may be developed by **training**. This is also well suited to the fencer's need for endurance. Some fencers do interval work only at short distance, but others should be sure to have a base of endurance developed before attempting this.

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**SPECTRUM**  
ACTION WEAR

val schedule may consist of repetitive speed runs of 220, 100, 50, 30, and 15 yards. The fencer may start from the en garde position, say "ready - fence" and fleche into the run, building up to 90-100% speed at the midpoint distance and slowly decreasing the speed until the end of the interval. Take your pulse; it should not exceed the target maximum; wait until it drops below 120 before the next interval. Try to run these intervals on a soft track or surface. For more details, read "Aerobics," by Kenneth Cooper and "Running," by Jim Fixx.

**Speed** work may be further developed by footwork interval training drills. The fencer, with or without a partner, may execute fast advances and retreats for 30 to 60 seconds with 30 second rest intervals. These one minute exercises may have one fencer with a weapon as the leader and the other fencer following and trying to avoid getting hit.

The above footwork drills, along with top speed practice of hand actions, will develop the fencer's fast nerve fibres and increase bouting speed. Sprinting in place for 5 seconds just before a bout will also excite the fast nerve fibres and increase bouting speed and performance.

**Warmups** slowly adjust the body to the increasing demands of bouting and competition. The fencer should first place the entire body through general stretching and flexibility exercises. Next, work on the specific muscle groups and areas vital to fencing. The warmup should increase flexibility and bring more blood supply to the muscles, ligaments, and tendons.

**Stretching must not** focus prolonged force on intolerant structures such as the intervertebral discs in your spine. It must focus on static (non-bouncing) stretching, progressive resistance exercises, and balancing stretches in all directions. The fencer should be lightly sweating at the end of the warmup and should not feel fatigued. (See the stretching program\* in

\* Editor's note: If there is enough demand for it, we intend to reprint parts of this program, originally prepared in 1976 by Jack Keane and Dr. Marius Valsamis.

the Jan/Feb, 1977 issue of AMERICAN FENCING.)

The **cool down** period is often forgotten, but slowly jogging in place and then stretching will help prevent tight muscles and waste product buildup.

The practice of **proper technique** should be learned from a qualified professional. Coaches must be sure to increase slowly the intensity of their lessons, with drills that start slowly and increase in speed. To avoid undue fatigue, alternate attack and defense drills, allowing the fencer to rest. Warmup and cool down drills should always precede and finish a lesson.

Remember that you know your body better than anyone else. When fatigued, you should back off schedule and allow the body to adjust to new stresses and training demands. If you push yourself too far, fast, or frequently, you will suffer **overuse injuries**: tendonitis, bursitis, stress fractures, shin splints, etc.

The following chart will describe some common errors in the **execution of technique**. Usually these errors are repeated many times over before an injury is caused.

Finally, the use of **safe equipment** is to the advantage of all athletes. Don't wait until the officials flatten your mask; change it yourself when you see the first signs of its weakening. **Mechanical problems** are easily avoided if you check the strip before fencing: is the reel in your way? Is the strip too loose? Are there holes or rips to be avoided? Is the table too close to the fencers? Get the problem fixed before you continue.

Environmental problems of high altitude and overheating, with dehydration, are complicated issues and cannot be covered adequately in this article. In brief, a normal **water intake** is about eight glasses per day. Always drink before you feel thirst and try to drink one cup per bout or 200-300 ml. per 15 minutes of strenuous activity. Vegetable juices help to store up and replenish electrolytes in an easily digestible form.

The next article will cover rehabilitation techniques for injuries.

## Chart of Possible Injuries Due to Errors of Tchr

| ACTION                             | BODY POSITION   | POSSIBLE INJURY  |
|------------------------------------|---|--|
| En Garde                           | Body weight too far forward on front leg (Front knee leans past toes).  | Muscle strains (quads, groin)<br>Scoliosis (curvature of spine). H<br>lems. Low back imbalances.   |
|                                    | Head tilted to one side.  | Imbalance of cervical (neck) musc<br>Rotation of cervical vertebrae<br>, nerve problems.<br>Subluxation (malposition of bone)              |
|                                    | Tight high shoulders  | Fatigue<br>Development of pain points in sh<br>ger points.   |
| Advance                            | Front foot turns in (due to weak external rotators) or  | Rotational stress to ankle knee lig.<br>Wear to cartilage.<br>Patellar (knee cap) pain.<br>Subluxation of femur and tibia (l<br>position). |
|                                    | Front knee turns in (due to tight adductors or weak external thigh muscles)   | See above.<br>Groin muscle strains<br>Chronoromalia of patella   |
|                                    | Exagerated curve of low back<br>Buttocks not under trunk (due to subluxation of hips, weak abdominals, tight hip flexors) | Poor balance with possibility of in<br>Low back pain and stress.   |
| Retreat                            | Body weight on back leg with feet too close together  | Falls with ankles sprain.<br>Hip trauma with subluxation<br>sequent sciatica   |
| Lunge                              | Front foot shoots pas the 90° position with knee over extended  | Hamstring strains<br>Stress to knee ligaments<br>Subluxation of foot and ankle   |
|                                    | Back knee hits strip or remains bent at end of lunge  | Damage to patella, cartilage and knee  |
|                                    | Rear arm swings behind you<br>Elbow lifts out and away from body with extension of weapon                                 | Rotational stress and strain to low<br>Tendonitis of elbow and shoulder  |
| Return en garde                    | Body weight mostly on front leg   | Strain of quads, groin, adductors<br>back.   |
| Corps-a-corps with force or fleche | Varied (due to poor balance).   | Whiplash of neck muscle, ligament<br>Bruises, contusions.  |

## WHY I LIKE FENCING

by Brad Dowling  
(13 years old)

Fencing is a competitive sport. When you are fencing, you are the only one out there, the other person is just an opponent. Fencing is very individual; if you lose, you have no one to blame but yourself, but if you win the glory is all yours.

Fencing is like a physical game of chess. It

challenges your mind as well as  
and reflexes.

Most fencers are good sports plain nice people. No fencer would teach another fencer something everyone has room for improvement

Fencing does not discriminate size or sex. Quick reflexes, concentration and endurance are more important physical strength. And that's w  
fencing

## WHY I LIKE FENCING

by John Knoll  
(14 years old)

The only sport I used to participate in was baseball until my friend asked me to take fencing lessons. My first reaction was that fencing was dangerous. I said maybe later. About six months later, I accepted. When I got there, I was totally confused. I put on what I called a helmet and held what I thought at the time was just a simple metal rod with a guard on it.

I was wrong.

Within six months I found myself at the Junior Olympics. I survived through that. I learned a lot in that six months. At the Junior Olympics I learned a lot about fixing electrical weapons. Those are some of the reasons I like fencing. The experience with the weapons is really good to have.

I think sabre is the most fun because it's very free. Epee is my second favorite weapon.

It's also helped me with Dungeons and Dragons. Now I know that some of the feats that people put their characters

through are impossible.

It is a very good exercise also. It strengthens your legs especially. It helps you develop better hand-eye coordination. It's a fast action sport.

I really enjoy it.

## COACHES CLINIC

An International Coaches' Clinic and Summer Camp will be held August 6 through 12 at Montclair State University in Montclair, N.J. For details, contact Stan Bardakh, 2067 Broadway, New York, N.Y. 10023 or phone (212) 496-8255.

## Fencing In Historic Marblehead

From July 6th to August 31st on Wednesday evenings from 7:30 to 10:30 PM at the home of Aaron Bell, 52 Pickwick Road, Marblehead, Mass. No fee and all are welcome. Telephone: 617-631-0180.

# WEIGHT TRAINING

## A REVIEW OF SOME RECOMMENDATIONS

Prepared by Ron Miller for the use at Junior Olympic Training Camp in Squaw Valley, Calif.

Emphasis on the development of endurance as well as speed and power is desirable in general weight training programs for fencing. The following programs are recommended:

- 1) a. Moderate number of repetitions (12-17)  
b. Higher number of sets (3-5)  
c. Moderate weight, 1/2 to 2/3 maximum load  
d. Moderate speed
- 2) a. High number of repetitions (18-30)  
b. Moderate number of sets (2-4)  
c. Lighter weight, less than 1/2 maximum load  
d. Faster speed

If more strength is needed, for example in the legs, the training program would need to be as follows:

- 1) a. Fewer repetitions (5-12)  
b. Fewer sets (1-3)  
c. Higher weight, 2/3 or more of maximum load  
d. Slow to moderate speed

Other points to remember:

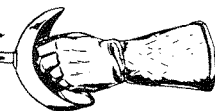
- 1) Breathe, don't hold your breath.
- 2) To determine your maximum load, use trial and error to find the highest weight with which you can do only one repetition.
- 3) Speed does no good if you cheat: use correct technique on all exercises.
- 4) A set is a uniform group of repetitions.
- 5) A good method of determining what weight you should use is as follows:
  - a. Select a program (examples above).
  - b. Using trial and error, select a weight in the correct range for your program.
  - c. If you cannot finish any of the sets, the weight is too high. Re-

duce the weight until the weight is just barely possible.

- d. If the last set is too heavy, decrease the weight until the weight is just barely possible to finish the repetition. (This increase in weight should be done the next time you train, not the same day).
- e. Once your correct weight is determined, begin attempting repetitions as possible in the set. When you do more repetitions, add approximately each additional repetition until you reach the limit for arm exercise: approximately 10 lbs. for men and 5 lbs. for women.
- 6) Rest is important, DON'T skip rest days; every other day is good for development, and two or three rest days a week are adequate for maintenance.
- 7) Don't use free weights without a spotter, safety is important!
- 8) It is important to do some stretching and other warm up exercises before lifting and even more important to run a moderate to long distance before you lift.
- 9) You are going to be sore the next day if you start if you are doing a good program you select. You must learn to deal with the new soreness and give it time to adjust. Don't skip workout just because you are sore. Adequate stretching before, during and after your workout will help in minimizing the soreness.
- 10) Weight exercises do not substitute for other forms of conditioning. They are a part of a well rounded program.
- 11) Remember that when you have reached the development stage (6 to 8) you can maintain your program with fewer workouts. You should continue working out even in off seasons. Substitute calisthenics and other exercises using your body weight.

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# A TRAINING TIP

by Rudy Volkmann

How accurate is your offensive hand—really? “Not bad,” you might say; “I usually hit what I’m aiming at.” But is it your hand that is accurate? or are you spending precious concentration effort guiding your weapon—making mid-course corrections in the process?

Ideally, a fencer should have nearly all the concentration focused on the defender’s motions in the last microseconds of an attack—and many fencers (not just beginners either) fail to land otherwise excellent offensive moves because they are busily watching the progress of their own weapon when they should be sensitive to the defense instead.

John Myrden suggested a variation of the following “hand independence” drill to me several years ago; this is just an updated and simplified version of the same. It seems that some of the old gunslingers were keenly aware of this tendency to follow one’s own motions for purposes of correction rather than the concentration on the opponent. To develop a truly independent gun hand they often practiced with their chins on a board, or with their guns under a shelf, or in some position which shielded their gun from their own vision in some fashion. The same principle can be applied to sword play.

Take a target on the wall (or hanging in the doorway, etc.), and light it in such a way as to exclude light from the rest of the room. An example would be to bring one of those little “high intensity” lights close to the wall on which the target is hanging so that the light shines only on the target. Any lighting arrangement that shines only in one direction will do—the idea is that the target must be visible while you (your arm, your weapon) are not. Turn out the rest of the lights in the room.

Start at simple extension distance—move on to advance distance, and finally to lunge/fleche distances. Once you become proficient at that, come back to extension distance and practice angulated attacks,

ripostes from the various parries, those little arm/wrist “flicks” often used in combination with a quick retreat to execute a stop out of time while taking distance to avoid the attack.

Move the target around on the wall so that you are not simply developing a “muscle memory” sensitivity for a particular point in space. A moving ball, of course, is harder to hit than a stationary target.

A few weeks of these drills can do amazing things for your self-confidence; and keep your mind free to concentrate on your opponent at the instant that you need that concentration most.



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## TECHNICAL TALKS

Two recent major collegiate championships have given me a sharp reminder of the sort of problem that can develop, even innocently, with a fencer having the lamé jacket grounded. At both events, which took place about a thousand miles apart, three cases of trouble appeared at first as though they could have been caused by the fencers who were being hit. That would have meant that they were being naughty and at least pulling the blade or guard back onto the lamé, if not even doing something more dishonorable. But nothing of the sort was happening. All concerned, including the invulnerable ones, were thoroughly mystified.

It could have been that the fencers being touched were perspiring up a storm and thus shorting out through the guard. But that wasn't happening either. Only one of them was even a bit moist, in fact. It could have been in the reel. In fact, as it turned out, it was, but not as you might at first think.

What was happening? Bear this possibility in mind, if you're fencing or directing foil and one of the competitors doesn't get hit at all, according to the machine, on a clean touch to the lamé. (If the machine goes off-target in such a case, that's a different problem. What we're talking about here is the no-reaction — no indication at all.)

Begin by taking a look at the way the fencer is hooked up to the reel wire. If there should happen to be a short circuit developed inside the connector, between the “C”-ground line and any part of the metal frame of the connector, that grounded condition is pretty likely to be present on the metal clip that is going to be attached to the fencer. And if that clip is connected to the fencer by a metal ring, held to the lamé jacket by a loop of lamé cloth, the whole target will be perfectly grounded out.

Curing all these cases, at least temporarily, called only for moving the clip from the lamé and onto the trousers, or jacket. A final cure, of course, called for disassembly and reassembly of the reel-end connector, to clear up the connection.

### The Famous Yellow Lights

Now this problem is the so-called famous “yellow lights” were investigated to show up and help cure. Not to say, three different scoring machines involved in these incidents — all models and of varying age — were of such advanced niceties as yellow light indicators. Nevertheless, these

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along with their yellow-lamp-less brethren (and that's 99%-plus of the machines in use in the USFA and our schools and colleges), will be in service for many years to come.

Only a few of what I call the mark-1 and mark-2 yellow lamp models are used in this country. Of these, the earlier versions just flash yellow to indicate very brief grounding contacts; some of them lock on for longer contacts, but that's all they show. The later versions flash for all contacts, and, in addition, lock on and the machine buzzes when an otherwise valid touch has been interfered with by a grounded condition. That, under the latest FIE rules, is to be regarded as the equivalent of a red or green light and adjusted accordingly, if it has a right-of-way.

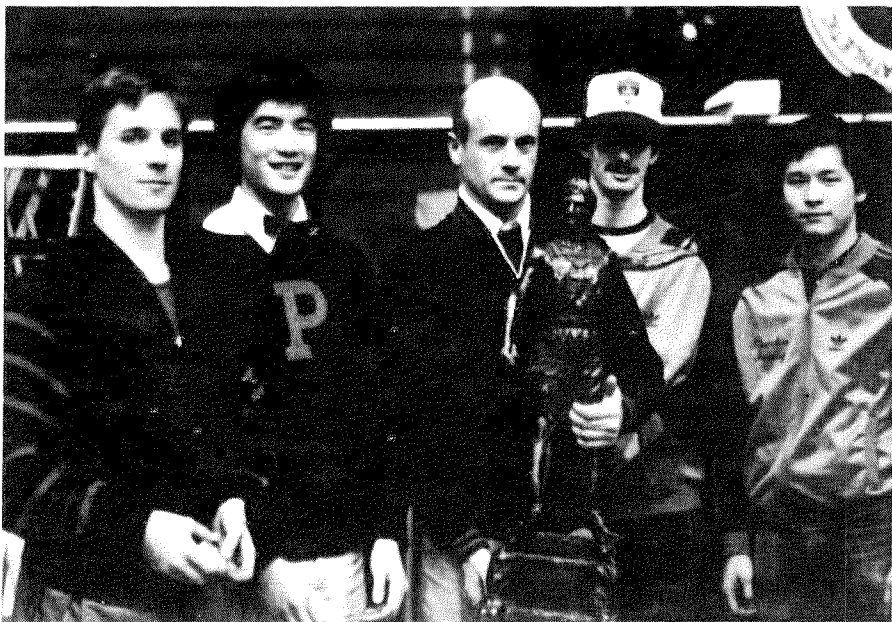
Now comes the latest version down the pike. A couple of years ago, the FIE Congress voted an approval, as an alternative approach, to a machine that would have yellow lamps — but only to indicate potential trouble. With this model, if a grounded condition exists, and the lame' jacket is

touched, the result will be a red or green light anyway. Thus trying to ground out a touch deliberately is no longer possible. Of course, there's a little price to be paid: if the touch lands on the metal of the guard or blade, that's part of the target now, in these cases.

The yellow lamps are obviously going to be helpful to warn of breakdowns in the equipment (as in a reel, for example) that might leave an innocent fencer with a valid hit being registered on his guard, when the guard is way out in front where it belongs. There's also the maddening possibility with this approach that such a reel failure might make the strip itself part of somebody's valid target.

The interesting thing here is that the Russians VISTI machines to be used for the 1984 Olympic Games are apparently going to be of this new "valid-hit-through-a-ground" type, according to the latest I've heard. What their particular characteristics will be, it will be fun to observe.

IFA Foil Team champions, (l. to r.) Paul Schmit, Michael Chin, Mtre. Michael Sabastiani (holding "Little Iron Man" trophy), Donald Steinberg, Douglas Ling.



## NORTHWEST INTERCOLLEGIATE CHAMPIONSHIPS

Clark College, Vancouver, WA  
Feb. 27, 1983

### Men's Foil

1. M. Muntzel, L&C
2. T. Lebenzon, PSU
3. T. Cassidy, UO

### Men's Foil Team

1. Univ. Of Oregon
2. Lewis & Clark
3. Reed College

### Women's Foil

1. T. Ahlers, Clats.
2. L. Botelho, UO
3. H. Dedmon, UO

### Women's Foil Team

1. Univ. of Oregon
2. Clark College
3. Mt. Hood C.C.

## COLLEGIATE OPEN ANNOUNCED

The U.S. Fencing Coaches Association has announced the inauguration of an annual Collegiate Open Tournament to be held January 13-15, 1984 at the University of Illinois at Chicago Circle, Chicago. Both individual and team events will be held in men and women's foil, men's epee and sabre. Entry is open to currently enrolled full time undergraduate students in a U.S. college,

university, or junior college, four per weapon per school events will be by an FIE mi pools and a direct elimination leading to a direct elimination. F.I.E. rules will be followed the 5-touch bouts will be 4 r

George Mason (left) vs. Robert A tathlon Open, January, 1983. (Phot



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