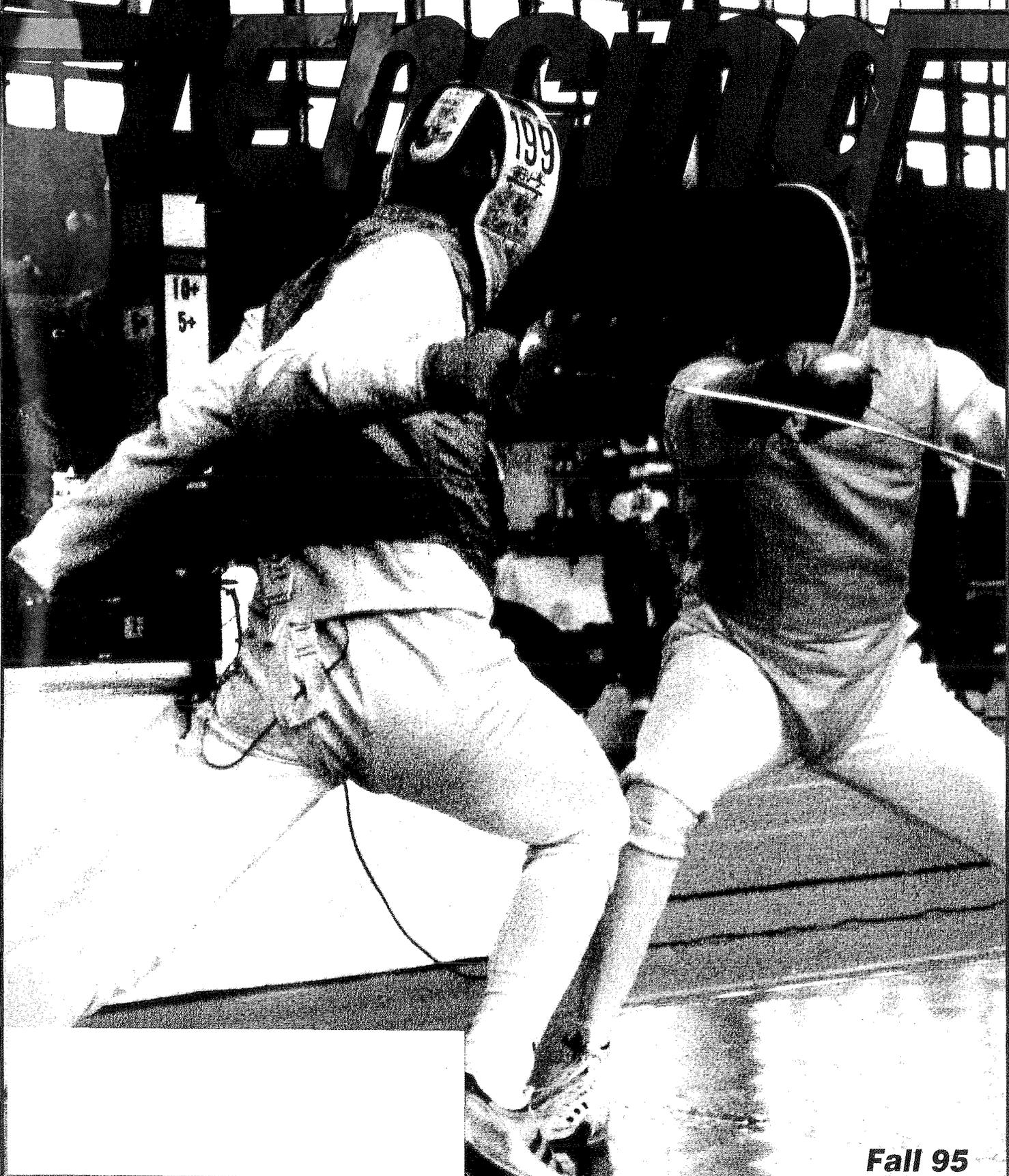
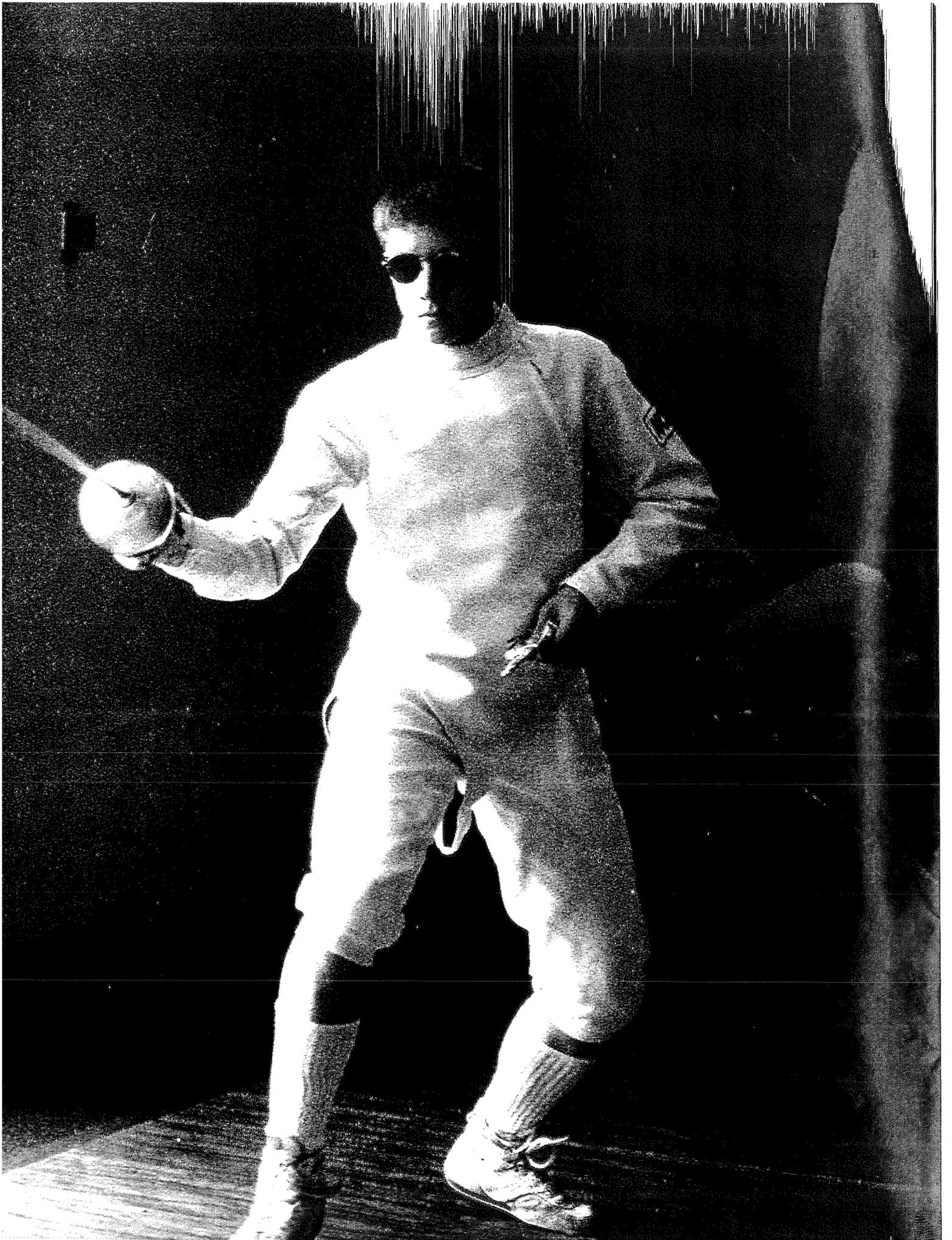


# American



Fall 95



**United States  
Fencing Association  
1992 - 1996**

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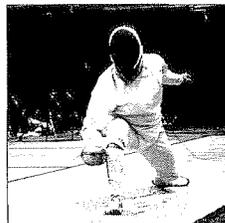
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# American Fencing

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On the cover: National Champion Cliff Bayer winds up for a touch while locking knees with the eventual gold medalist Elvis Gregory, Cuba, during the individual competition at 1995 World University Games in Fukuoka, Japan. Photo: Bob Largman. Inside cover: Northern Colorado Fencer John St. Francis enjoys the ultimate warm-up: sunshine, a PowerBar, and footwork to music. Photo: Candi MacConaugha

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# By Our Actions You Shall Know Us

**Sportsmanship extends far beyond a well-executed parry-riposte.**

BY STEVE SOBEL, PRESIDENT USFA

**Y**ou can enjoy most professional sports simply by buying a ticket, sitting back in your comfortable chair and letting the athletes entertain you. All it takes is the price of a ticket; then everything is done by someone else.

Fencing demands more of us than the price of a ticket. Fencers must be willing not only to fence, but to volunteer. There is a critical shortage of volunteers at all levels of the administration, from candidates for office to scorers and timers for competitions.

The Nominating Committee charged with developing a slate for the next quadrennial faces an absence of volunteers for some of the most critical positions. The FOC has a shortage of developing referees. Divisions lack meet managers; sections scurry for chairs. The USFA as a business must run fencing as a

sport, an impossibility if fencers are unwilling to volunteer their help. When you enter a competition without enough referees, the question is not, "Why don't they have enough officials?" Rather, it is, "Why haven't we volunteered to serve?"

In addition to increasing the number of volunteers, we need to ensure the success of their training by adopting a mentor system. As they say in hospitals: See one, do one, teach one. When the FOC assigns two officials to a strip, a less experienced referee should accompany an experienced one so that the novice learns by watching. When running a local competition, explain the process to a newcomer, a volunteer who might then take over the job one day. In the higher echelons of our Association, officers and committee chairs need to demystify the decision-making process and share the substance of debate to prepare others to take their place.

## **Be a life champion as well as a fencing champion**

Following disciplinary hearings at the last Olympic Festival, two fencers were sent home, one for being drunk and another for staying out all night. A third fencer was prohibited from fencing in the team event and restricted to quarters for a curfew violation. At the World University Games, one USA fencer refused to shake hands after losing a closely contested bout to his teammate in the individual direct elimination. Another fencer stayed out all night and a third violated curfew on more than one occasion. This disregard for our Code of Conduct is unacceptable and must not be tolerated.

## **An Olympic sport is a part of education, not apart from it.**

Our coaches must be teachers of character as well as instructors of fencing. No teacher in any subject in school has a better opportunity to teach character than the coach of a sport. The very word "sportsmanship" connotes a model of behavior off the playing field as well as on. In fencing, it is not enough to teach a student to lunge correctly and then permit him to throw a mask whenever he gets mad.

I still remember one experience I had in a high school fencing match when I thought I had won the touch but the referee disagreed. "Wasn't that my touch?" I asked my coach, Eddie Lucia. He calmly replied, "Fence the next touch with your sword, not the last touch with your mouth." Instead of brooding over the referee's mistake, I concentrated on how to get the next touch.

Has that wisdom become obsolete in the 90s?

I also remember before the advent of electric sabre when a young fencer was attacked by Tybor Nylias, many times National Champion, in a bout. The attack missed, but both judges, who actually couldn't see the action, just assumed that Tybor hit and raised their hands to call the touch. The young fencer was furious and yelled out,

***"Fence the next touch with your sword, not the last touch with your mouth."***

"Tybor, you know you only got that touch on your reputation!" "So, why don't you get yourself a reputation?" replied Tybor.

Fencing is an Olympic sport that requires commitment in the pursuit of excellence. This activity is not reserved for the strip.

Fencers must exhibit proper behavior between bouts and in front of the public. They must learn how to respond appropriately to the media's questions, how to behave on team trips, and how to maintain their concentration on winning the next touch rather than complaining about the last one.

Education is the first and most important responsibility of the coach. Coaches must not only tell their fencers how to act; they must also set the example of good competitive behavior.

## **A special thanks and tribute to Bill Goering**

The USFA Executive Director resigned during the 1995 National Championships. Bill agreed to become Interim Executive Director during the hiatus of office leadership, taking a leave of absence from his position of USFA Vice President during this term. The USFA was fortunate that Bill, living in Colorado Springs and experienced in all aspects of USFA administration, was willing to accept responsibility for this task. Without Bill's willingness to serve, the USFA could have suffered serious injury during this pre-Olympic year. I wish to express personally my thanks and appreciation, as well as those of the association, to Bill for assuming these responsibilities when critically needed and for performing his duties in an exemplary manner.

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# Better Fencing Through Technology

Let the latest scientific conclusions of researchers improve your game!

BY JOHN HEIL, PH.D.

Excellence grows out of a balance of opposites — planning and intuition, emotion and rationality, restraint and risk-taking. Often this melding of opposites is conveyed in the metaphor of “art and science.” In fencing, the art lies in the everyday application of performance principles by the coach and the athlete. It is in the heat of the action where insights initially develop and where found knowledge is ultimately applied. The role of sport science is to enhance performance by identifying key questions and arriving at specific answers through a precise and objective process of measurement and evaluation. Once in the hands of the coaches and athletes, new sport science principles may be applied, tested and refined. In this way the blending of art and science leads to optimal performance in sport.

Through the last quarter century, an increasing trend toward specialization in the sciences and the growing appreciation of the value of sport and fitness have resulted in the emergence of the sport sciences. Out of the sciences of physiology, nutrition, psychology,

biomechanics and medicine have emerged specialized subdisciplines focused on athletic performance. Supporting these sciences is an increasing array of complex technology.

In the last dozen years, there has been a virtual explosion of information in the sport sciences. At the 1995 meeting of the American College of Sports Medicine, there were nearly 1500 scientific presentations. In sport psychology alone at the upcoming meeting of the Association for the Advancement of Applied Sport Psychology, approximately 200 papers will be presented. Increasingly, coaches and athletes have needed to turn to sport scientists to utilize this growing body of knowledge with optimum effectiveness. Collaborative relationships between coaches and athletes and sport scientists are growing in the Olympic movement as well as in professional and collegiate sports.

The goal of this regular column in AMERICAN FENCING is to bring practical, useable sport science information to the fencer:

- √ How much and what type of liquid should a fencer consume during a long day of competition (especially in a hot gymnasium) to maintain adequate metabolism and performance readiness?
- √ Can imagery and mental rehearsal prepare a fencer for a particular opponent?
- √ Would a base of aerobic conditioning help a fencer maintain good form (and thereby avoid injury) when fatigued?
- √ Can cost-effective modification of equipment reduce fencing injuries?

Readers are encouraged to ask questions and present topics for inclusion in this column. Address your suggestions to Dr. John Heil, Department of Psychological Medicine, Lewis-Gale Clinic, Inc., 4910 Valley View Blvd., Roanoke, VA 24012.

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# FIE Changes Require Scoring Machine Modification

Update your club boxes or you'll end up practicing on one kind of machine only to encounter another in serious competition.

BY JOE BYRNES

I recollect an incident that must have happened at least 30 years ago. I was doing the usual at a divisional foil competition; the competitors were a mixed lot: some relative newcomers and a few experienced oldtimers. A new model machine, the division's latest purchase, was set up on one of the strips. The first pool was nearly finished when I noticed something odd about the strip with the new machine. Apparently none of the fencers — or the director (remember that title?) — had noticed anything. What I noticed was that there didn't seem to be any white lights showing.

I very discreetly snooped around and discovered that this new machine had a peculiarity. The changeover switch, foil to epee or vice versa, naturally had to be pressed down, one side or the other; however, if you managed to engage both down (it was possible), you got no epee but a kind of foil without white lights, "no foul foil" system. Yes, we did call off-targets "fouls" in those days; ask the oldest member of your club if you doubt me.

You may ask how come nobody found this out during the pre-bout tests. Well, you test your point on your opponent's target, right; who cares about the arm or leg? Well, what about the weight test, you may ask. What weight test, I ask. This was in the good old innocent days when there was probably one weight on the premises and I had that. The individual officials would not have had weights at their strips.

Nobody ever noticed, as I said, and I didn't tell them. I just set things to rights and nobody caught on that anything had changed so far as I could tell. Maybe some of the oldtimers were a bit suspicious, but nothing was ever said.

Why do I go into this bit of ancient history at this time? Because we may be heading back to the days when things rather like that experience may recur — all as a result of the recent FIE changes in specifications for scoring machines. Epee fencers can relax; there hasn't been much done about their favorite toy, the "fluking iron" as it used to be called in England. Yes, there has been talk about "wireless" epee (three different systems have even been demonstrated, with some success, supposedly, in Switzerland), but any real

implementation seems still quite some way in the future. As presently offered in experimental form, wireless epee (and foil) would require all-new types of points — and that is something that the FIE, for once being sensible, evidently does not think is a good idea.

In foil, experienced fencers will have noticed of late that the new machines (for over a year now) do one thing very obviously different from the way foil machines have always worked in the past. Specifically, they register only one touch to a side. Where, traditionally, you could have had three or even all four lights on, now there can never be more than one to a side, whatever color. The change seems to have been pushed because we realize how confusing three or four lights would be to the huge boob-tube audience that we are sure is out there,

panting to turn the television to fencing bouts in prime time.

What-



***"The new machines chop the window of opportunity down to less than one second."***

ever you may think about it, as changes go this is not a very big one; it is something that everybody should be able to adapt to easily. The point to note is that the possibility of modifying any but the most recent microprocessor-based machines to the new specifications is pretty remote, so there are going to be a lot of obsolete or old-fashioned machines out there in use for years to come — unless some fairy godmother gives all fencing organizations a pot of gold to buy all new equipment. As a result people will have to get used to practicing on one kind of machine and then encountering another in serious competition.

Another change in foil is perhaps more likely to be obvious, perhaps disturbing, to experienced fencers: the reduction of effective scoring time. We are all used to having about two seconds (starting with the first contact of either point) during which the buzzer sounds and either fencer could land on the opponent and have a light come on. That's changed. The new machines chop that window of opportunity down to less than one second (the range called for is 0.7 to 0.8 second). Once again, this is a specification to which many of the older machines are not going to be easily adapted. Some can be; some cannot, without virtual redesign, and I don't think anybody is likely to undertake that.

In practice (that may even be a pun here, but I'm not apologizing), the implications of these changes are probably minimal for foil fencers. I don't think it is likely to make much difference whether one or two lights can appear on a side; and the scoring window is still long enough not to affect any but very s-l-o-w fencers.

The real complications with the new machinery will show up with the sabre, but then hasn't electric sabre always been a fun thing? Not only has the very tight timing, designed to prevent whipover problems, been adjusted (yet again) within the last year, but the "window of opportunity" has been reduced even more drastically: to half that of the new foil machines (the new sabre range permitted is 0.3 to 0.35 second).

Also of interest to sabre fencers is the likelihood that those wonderful capteurs will be phased out. "Capteur-less" sabre is authorized now, and all signs indicate that eventually it will be the only game in town — provided you've got a machine that can handle it. Once again, not all extant sabre machines will be adaptable, and one has to ask: what is likely to be the future availability of those pesky capteurs?

Trying to use your present sabre scoring machines (unless they are brand new) will produce problems as you can appreciate. Quite apart from the question of "capteur" vs. "capteur-less" sabre, the new reduced scoring time and the change in whipover specifications are likely to throw off fencers who practice diligently with the wrong (i.e., old) timing. For that reason owners of sabre machines are advised to have their models adapted to the latest timing, if at all possible. Otherwise, label them appropriately to warn those practicing with them (and that's all that they should be doing with them) that the timing is not what they will encounter in an all-up competition with the latest equipment.

*Head of the USFA's Technical Committee for ten administrations, Joe Byrnes also directs the Graduate Program at New York University's English Department.*

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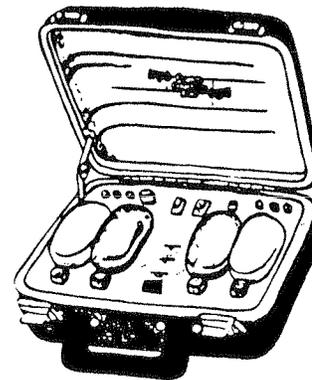
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# Pain in the Name of Sport Still Hurts Like Hell!

The rules of fencing allow for the infliction of a fair amount of pain; likewise they require tolerance at an equal level.

BY WILLIAM CRACRAFT

You don't have to like pain but it is hard to deny its lessons. Athletes in all sports deal with deterioration of cartilage and carpal tunnel, sprains and other soft-tissue damage, but fencing — armed combat — offers unique opportunities for the infliction and acceptance of pain, intentional or otherwise. Each tempers the fencing psyche; each is given and received in a different spirit.

## Training Pain

In the beginning, at the source of pain, there is the coach. One Eastern Bloc transplant warned his student two weeks before landing the first blow that he would whack the student's drifting elbow if it wandered too far from the line. After two-week's warning, the coach made several warning swipes during the next ten days, the blade whistling through air recently vacated by elbow. Finally, like a striking snake, the punishing slash landed. I remember the blow like it struck yesterday: the room, what the coach was wearing, the inscrutable look on his face and the bubble on my elbow I only looked at after the lesson was over. By the end of the night, all that remained was an angry red spot on my elbow and another in the neural net.

## The Rookie, Part I

As a fencer, one confronts the rookie problem twice, once as a rookie and once more as the experienced fencer. How many times has this happened to you: On the command to fence, someone you never saw before launches down the strip at you. Maybe you got a parry in, maybe not. Maybe someone got a touch. But, for sure, you earned a sore spot on your back arm or on your thigh or your ribs ached from the whipping they just experienced. Suddenly the defensive maneuvers drilled into your head had a practical application. The object now was to keep the slasher's blade from your body and to win as quickly as possible. Those who fence wildly are usually easily beaten but the threat of pain hones the parry and makes for a conservative, distance-governed attack. Rather like real sword fighting.

## The Rookie, Part II

On the other hand, the rookie often suffers aggression and an odd lack of humor from a previously unfenced but more experienced opponent. The rookie comes flailing in and is rewarded with a couple of stiff jabs in the chest. The remainder of the bout sees the rookie running away from merciless attacks. It's so easy for the accomplished combatant to drop the hand at the last minute and stomp the blade into an overeager fencer's chest. Sounds dangerous and painful, eh? They learn fast.

## The Flick

One of the more exquisitely painful actions visited upon any fencer is the "coupe a la kopf," the slash to the scapula, the flick to the flank. Bad enough when six to twelve inches of steel whip down one's back. Worse when the steel tip hits that vulnerable place on the back of the head, just below the mask restraining strap. Grown men drop to their knees, grimacing in pain. Anyone who can score a touch on a flick possesses more than a fair amount of skill but the pain doesn't diminish knowing that a pro scored a valid touch.

There are effective parries that protect the forward flank, but against over-the-mask shots, a clean high-nine is pretty tough to execute in the whirligig action of foil.

Distance is the key. Against a rookie, stepping in with a stiff counterattack compensates for a 12-inch welt. In fact, if done correctly the move can even evade the touch completely.

On occasion the rookie flick may score, but more often the counter will prevail. Regardless the infliction of that instant of pain teaches every rookie to respect the distance.

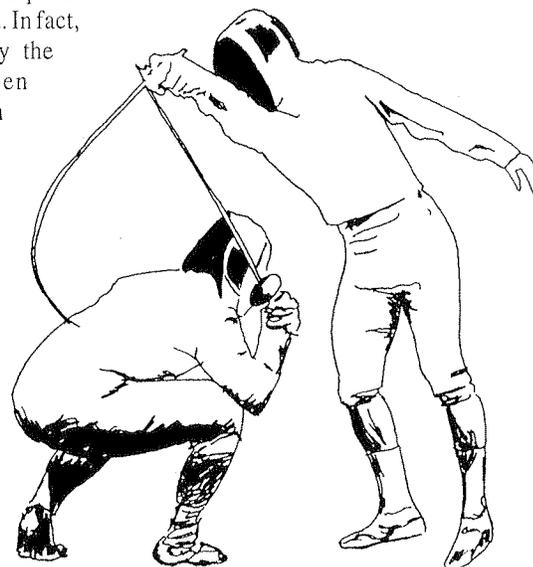
Counterattacks are not so successful against more proficient fencers, but changing the distance is. Fortunately the good fencer recognizes the danger of a well-timed counter offense and, as a result, reduces the incidence of pain-inflicting flicks.

## Blisters

Self-inflicted wounds, blisters on the hands and feet, result from strong, fast repetitive movement. Infinitely more painful than the smashed toe-nail or burning callus, you can't call it quits in a tournament because a blister threatens. And, as the bouts go by, the blister rapidly progresses from a hot spot to a bubble to an open wound glued to your sock or glove. With a blistered palm or finger, each attempted attack is an invitation to pain. Tiny disengages reduce the degree to which your metal grip grinds into your tender flesh. The smaller the movement, the less pain experienced. Wide parries disappear as blisters appear. Sounds like clean fencing.

Winners of almost all competitions will have fought more bouts than the rest of the field that day. To prevail, the winner must slough off blisters, battered joints, burning feet, muscle fatigue, bruised fingers and dehydration. That's when the reward of winning makes all the pain worthwhile.

*Freelance journalist William Cracraft fences for Letterman Fencing Club/USF and chairs the Northern California Division.*



# It's a Long Way to Lodi

How a group of recreational fencers from an isolated club found a future for their sport.

BY FRANK LURZ

It really is a long way to Lodi from Mill Valley. In fact, after two hours driving at freeway speeds through marshlands, cornfields, pastures and vineyards it seemed that the Pillars of Hercules couldn't be further. The question was, would we drive off the edge of the earth before or after we found Lodi? Well, perhaps that's a bit extreme, but not necessarily from a fencer's point of view. A little over a hundred miles inland from the San Francisco Bay Area, Lodi isn't exactly a world-class fencing center. Fencers there are few in number and isolated and the informal group, comprised of former students of the local college fencing class, has consequently been unable to develop a core of proficient escrimeurs.

Last spring the group's members decided to join the USFA and set out with high hopes to get in some fencing and obtain some badly needed experience by entering a foil competition in San Francisco. The result was an unqualified disaster. Subjected to seemingly endless running attacks by fencers with bent arms and withdrawn weapons, the hapless foilists frequently responded with stop thrusts only to have the actions adjudged late, again and again. After being repeatedly whacked about the head and shoulders by yet another tiresome flick artist, one member withdrew in frustration. Saved by the Bay Area foilists, only a handful of touches was scored by the entire group. Before they realized what hit them, the Lodi fencers had been summarily dismissed. They definitely got experience, but certainly not the kind they had come so far to gain.

Considering the small size of the group and its remote location, the demoralizing episode in San Francisco might well have precipitated the end for these fencers. Undoubtedly, other small clubs have already perished for having had similar experiences. Fortunately the Lodi fencers have an enterprising member in Dr. David Stadtner and a caring coach, Arthur Blansitt, formerly a pupil of George Santelli and a coach himself at Delta College for 20 years. Finding common concerns in a letter to the editor in this magazine by the coach of a small club in Mill Valley, California, David and Arthur extended an invitation to the members of *La Salle d'Armes*, not to compete in the usual tournament fashion, but to simply pay a visit and spend the day fencing their hearts out.

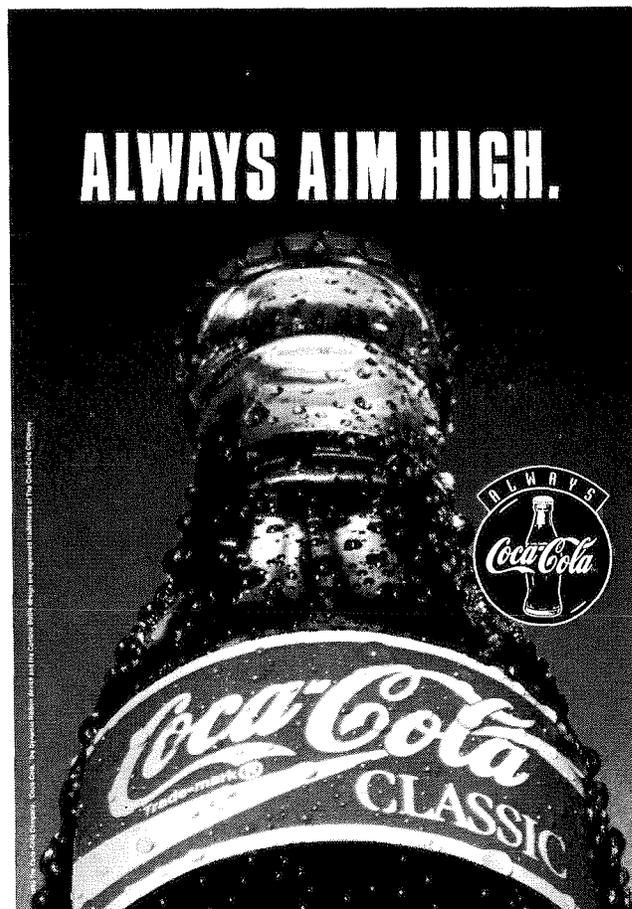
It took several weeks to get people together at the same time, but the day finally arrived and at 10 am on a Saturday morning six fencers from Mill Valley showed up on the doorstep of the National Guard Armory in Lodi. The greeting was a warm one and within a half hour everyone was thrusting and parrying away. By agreement, all foil was standard. No one wasted precious time standing around waiting his or her turn on scoring machines and without devices, everyone was compelled to make every effort to hit the target squarely and cleanly. When fencers chose to bout they agreed that questions about priority or validity of touches from either opponent would serve as grounds to automatically throw out the touche. The call for "five good ones" served as a welcome substitute for the all too frequent bickering between fencers more concerned with winning than fenc-

ing. Coach Blansitt remained on the sidelines, filming the action for later study. As the hours passed it was clear to see that the exchange of experience and ideas was flowing freely and the extension of an anticipated three hours of fencing to four would have been more generous had it not been for the 90 degree heat.

Was the effort worth it? Absolutely! The smiles alone made that clear and the numerous questions that arose during the day showed that new ground had been covered and that the learning process had been well stimulated. True, no one came home at the day's end bearing the usual assortment of trinkets, but no one returned a loser, either. Encouraged by the experience both groups now contemplate meeting again and possibly seeking out other small, isolated clubs.

The most valuable lesson learned from this present day "knight errantry" is that isolated assemblages concerned with developing greater proficiency through practical experience can set aside an occasional day to visit a "sister group." Avoiding the use of electrical equipment (which many schools and clubs can't afford anyway) enables fencers to work simultaneously in larger numbers and avoiding the tournament format guarantees that everyone can get in just as much fencing as time, space and his or her own endurance will allow.

What role can the USFA play? Many fencers today remain unaffiliated with the USFA, maintaining that the organization doesn't offer them anything. Providing the structure for tournaments is fine for those of us who live in a locale with a substantial number of fencers, but that same format nearly destroyed the small group from Lodi. To encourage fencers like these to join the USFA and keep fencing, the Association would do well to identify these small, isolated groups and help them to locate one another to start they, too, might be able to arrange "fencing weekends."



# What Is the Point of Foil Fencing

Is it swordplay or is it just play-acting?

BY RICHARD ROSZEL

**W**ith the ascension of America's first World Champion, foil fencing seems to be getting a fair amount of press. I propose we take a look at what foil fencing is, and what it should be.

The foil bout is not exactly a duel (epee), nor is it exactly sword fighting (sabre). The concept of "right of way" and a specifically defined target are not elements of combat action. However, foil fencing does have its roots in the swordsmanship of a bygone era; therefore, the game should resemble that activity. The game, as it is played today, does not.

When a bout is judged by sight, the action is interrupted after a hit to determine if the **target** was hit: Yes — point awarded; No — sorry, continue fencing. It is **not** interrupted for the purpose of determining if an off-target area was hit. There is a difference.

In researching the history of foil and the development, over time, of foil fencing rules, nowhere have I discovered any indication that the game was intended to recognize off-target hits. The right-of-way rule clearly defines the concept of foil fencing to be "defend ... attack

... defend ... etc." (parry-riposte). When a fencer parries an attack into thin air, he/she is free to exercise the right to attack the opponent target, however, if, with a more refined, subtle parry, the attack misses the target by one-half inch it will surely hit something and, whatever sequence of action may have been planned, it is denied by a "Halt!" If in competition I relax my execution skill and carve a "Z" in the floor with my foil tip, why should my opponent suffer denial of the right to attack?

Given the ability of electrical scoring to accurately identify a hit on-target, it seems unreasonable that anything except a score on target (with the exception of safety and rule infractions) should interrupt the flow of action. Nor, as I stated before, have I ever found any indication that was the intent of the sport.

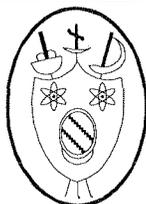
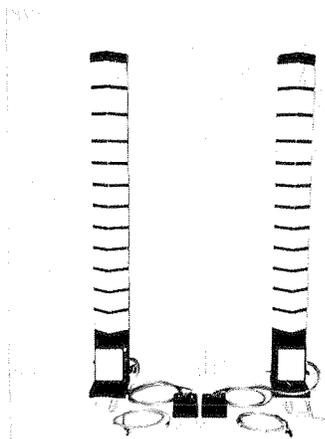
Can't we now come to grips with the problem and decide which game we want to play: Action ... halt ... action ... halt; or swordplay until we have a winner. I emphatically recommend removing those pesky white lights from the scoring boxes. It could have been done with the advent of electrical scoring, but since it wasn't then, why not now? Are there benefits? Sure: swordplay is more accurately emulated; bout time shortened; more excitement; less confusion to an uninformed gallery; and less expensive scoring equipment. Are there negative? Sure: requirement of a period of time to modify existing equipment; a period of time for fencers to adjust to the new rules; and fewer periods of down time during which I can catch my breath (at 69 that's important!).

I vote for swordplay on the foil strip! And you?

*Roszel fences for Oklahoma City Fencing Club.*

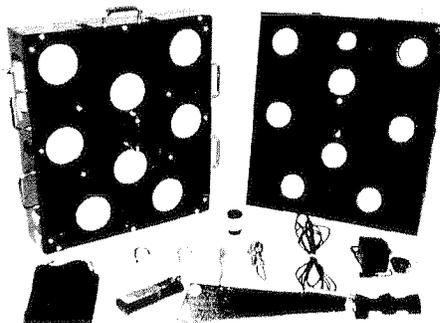
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# Observations on the Fencing Lesson

Part I of this important treatise dissects the structure of fencing's pedagogy.

BY WILLIAM GAUGLER

**G**enerally, fencing masters classify lessons according to their complexity; in other words, they speak of beginning, intermediate, and advanced lessons. Beginning lessons in foil introduce the student to the basic elements of fencing, such as the guard position, the lunge, simple attacks (straight thrust, disengagement, and glide) the parry-riposte (simple parries followed by direct ripostes or ripostes by disengagement), and compound attacks that elude simple parries (for example, feint direct and disengagement, and double feint direct and disengagement).

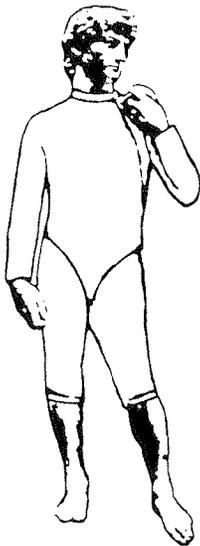
Intermediate or technical lessons develop fencing technique. They encompass the entire range of compound attacks that elude simple and circular parries (for instance, feint direct and deceive; feint direct, deceive, and disengagement; double feint direct and deceive; feint direct and double deceive; double feint direct, deceive, and disengagement; and feint direct, deceive, disengagement, and de-

ceive), actions on the blade (for example, beat direct, feint by disengagement, and deceive), and renewed attacks (for instance, straight thrust parried by the teacher with holding parry in retreat, followed by the student's feint by disengagement with recovery forward and disengagement with a second lunge). Complex foot movements are introduced during this phase of the instruction. These teach the fencer to coordinate hand and foot movements (for example, with the double feint direct and deceive, the right-handed fencer moves the right foot with the feint direct, the left foot with the feint by disengagement, and performs the lunge with the deceive). According to Maestro Enzo Musumeci Greco, his celebrated uncle, Aurelio Greco, defeated the best professionals of his era with combinations of footwork succeeded by the straight thrust (advance, retreat, advance, retreat, advance, straight thrust).

Advanced or tactical lessons develop combat skills. They are characterized by mobility on the fencing strip, actions in time, and selection of the appropriate counteraction (for instance, the master, moving up and down the fencing strip, attempts to engage, so that the student can avoid blade contact by executing a feint by disengagement, which in turn provokes the teacher's parry response: if the parry is simple, it is eluded with a disengagement; if it is circular, it is eluded with a deceive). Counterattacks, countertime, the feint in time, and second intention are also added to the lesson at this time. In the actions that follow both individuals are right-handed:

1) the master advances and attempts to engage in fourth, simulating blade seizure, so that the pupil can elude blade contact with a disengagement in time to the outside high line and lunge (counterattack). *continued on following page*

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## Coaches' Column, cont.

*continued from page 11*

2) the student is directed to step forward and attempt to engage in fourth, so that when the teacher disengages in time to the outside high line with an advance, the pupil can parry counter of fourth and riposte along the blade to the inside high line (countertime).

3) The master steps forward and tries to engage in fourth, so that the student can feint by disengagement in time to the outside high line and elude the teacher's counter of fourth with a deceive to the outside high line and lunge (feint in time).

4) On the master's invitation in fourth the pupil is instructed to attack with the feint direct to the outside high line and disengagement to the inside high line with a lunge, so that when the teacher parries fourth, the student, while still in the lunge, can counterparry fourth, riposte direct, counterparry fourth, and riposte by disengagement (second intention).

The older generation of fencing masters relied on the technical lesson to achieve its pedagogical aims. This provided the fencer with a degree of mechanical precision that could carry him or her through competition even on an off day. Such a lesson often included compound parry exercises. Maestro Aldo Nadi called these combinations a "shield of steel." Here is an example of one of the parry-riposte progressions used during the early decades of this century—the pupil's engagement is in third (French sixte), and the retreat is always one step backward:

1) Parry second (French octave) in retreat and riposte along the

blade to the outside low line. The body must be lowered with the parry and inclined slightly forward during the riposte, with blade motion kept as tight as possible by use of the fingers alone.

2) Parry second and third in retreat and riposte along the blade to the outside high line.

3) Parry second, third, and counter of third in retreat and riposte along the blade to the outside high line. From the invitation in third the point describes two small half circles and a tiny full circle.

4) Parry second, third, and double counter of third in retreat and riposte along the blade to the outside high line.

5) Parry second, third, and double counter of third in retreat and, on the master's counterpressure, riposte by disengagement to the inside high line, opposition to the left.

6) Parry second, third, and double counter of third in retreat and, on the teacher's counterpressure, riposte by feint by disengagement to the inside high line and disengagement to the outside high line, opposition to the right. The arm must be fully extended for both the feint and the disengagement. The half-circular movement of the disengagement should be no larger than the diameter of a dime.

7) Parry second, third, and double counter of third in retreat and, on the master's counterpressure, riposte by feint by disengagement and deceive to the inside high line, opposition to the left. Again, the arm must be completely extended for both the feint and the deceive. The circular motion of the deceive should be the size of a dime.

*Next issue Gaugler cites Maestro Livio Di Rosa, whose fencers include champions Mauro Numa, Dorina Vaccaroni and Andrea Borella, in his discussion of the contemporary pedagogical model.*



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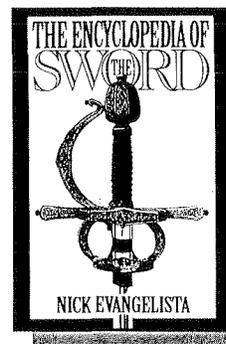
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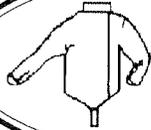
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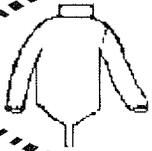
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# U.S. Olympic Festival-'95

## A Showcase for Colorado and Its Athletes Turns into the Festival's Final Curtain.

BY P. ANDREW WALIGOWSKI, JR., USFA INTERN

**H**ometown enthusiasm provided by families of an unusually large contingent of local athletes plus a sentimental return to the birthplace of the Olympic Festival set this year's event apart from those held previously. The tragically true rumor that 1995 was to be the last ever Olympic Festival only fueled excitement for this multi-sport extravaganza that played out over 15 days along Colorado's north-south axis from Boulder to Denver and Colorado Springs.

The University of Colorado's Student Rec Center in the quintessentially college town of Boulder held the four-day fencing competition. Fencers from 15 to 50 assembled in a shared vision of Olympic glory and competed before an eclectic crowd of fencing faithful bolstered by large numbers of uninitiated drop-ins.

The East dominated the medal count, winning 12 out of a possible 30, including 4 out of 5 team gold medals. The North, South and West teams finished with six medals apiece.

In the first final of the Festival, the East defeated the West 25-21 for the Men's Team Epee gold. The West took a quick 5-1 lead behind Tom Peng, before East's Marc Oshima fought to the lead in the third period 18-17 just as time expired. Ben Atkins then scored seven touches to secure the win. In an equally ferocious bout, North's James Carpenter scored nine points to come from behind and win the bronze medal 25-23.

In Women's Team Foil the West jumped out to a 5-0 lead behind local favorite Kate Rudkin. Margaret Super extended the East's lead to 10-9 before East's Juliana Sikes defeated Sara Walsh for the second team gold medal. The bronze medal match saw the South take a commanding lead and never look back, winning 25-11. Jennifer Tondu set the stage for another local favorite Kate Drenker, by keeping opponent Nhi Lan Le scoreless. Drenker improved the South's score to 15-3 enroute to the bronze medal.

In an emotion-laden Team Sabre Final, a mature and regrouped team of West juniors upset a more experienced South team for the gold. Taking a 5-2 lead behind a Cliff Bayer substitution (replacing Patrick Durkan), the West rebounded from the 18-7 trouncing by the South in preliminary play, won the match 25-18. Chip Crane and local Coloradoan Jonathan Pollack traded touches in the second period, and the West increased their lead, 10-6. A passionate Sean Bates, exhorting the crowd to cheer louder, increased the lead to 20-

13 lead after the fourth period. Jeremy Summers secured the first gold for the West in three tries by beating Peter Cox.

Capturing their third team gold medal the East men defeated the West in the Men's Team Foil. Behind 5-3 after the first period, Ben Atkins took control in the second period scoring six straight touches to put the East ahead 10-8. The teams went back and forth, up and down the strip until East's Alan Weber pulled away with a four point lead. Extending Weber's run, teammate Zaddick Longenbach scored four successive points, eventually winning the match 25-17 for the East's third gold in as many tries.

Surviving both a tough East team and a power outage, North men captured the sabre bronze. North led 17-8 when the lights in the Student Rec Center went out. After a ten minute delay, the North advanced to a 25-16 win behind Donald Anthony and Michael D'Asaro.

A closing surge by Alex Wood brought the South a win over the North for the Men's Team Foil bronze. South's Nick Bravin edged the voice of the Festival, Terrence Gargiulo, in a closely contested fifth period 25-23.

Laura Maskell led her South team into the gold medal match with a 4-1 record in the final round of preliminary pool play. But, in the end, East Women's Epee Team rolled to a victory over the

South women,king home yet another gold medal.

In Individual Men's Foil, an all-East final pitted Zaddick Longenbach against Jason Narkiewicz resulting in a 15-8 win for Longenbach. A five point run put Longenbach ahead 13-7 before Narkiewicz scored his final point.

In another tough duel, Iris Zimmermann defeated Sara Walsh 15-13 in an intense Women's Foil match. Down 5-9 Zimmermann scored four straight touches before winning the match 15-13.

An incredible performance by Marc Oshima put him in a grueling battle for the gold against James Carpenter. Ahead 12-11, Oshima surrendered three straight points to let Carpenter take a 14-12 lead, and eventually win 15-13.

Shortly after the Festival's Closing Ceremonies, the United States Olympic Committee announced that this Festival would be the last in the current format. For at least the first two years of the next quadrennial, 1997 and 1998, no multi-sport USOC-sponsored event is planned, but hopes are high that a reconstituted 1999 festival will preview the Olympic Games in Sydney, Australia.



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# Building a Better Rating System

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The USFA experiments with a more precise ranking system in order to accurately gauge the strength of a competition

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BY GEORGE G. MASIN

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**T**he USFA Operations Manual states: "For the purpose of providing reasonable equality of strength in the seeding of competitions, fencers are classified nationally on the basis of competitive experience and achievement into the following classifications: Class A (highest), Class B, Class C, Class D, Class E, and Class U (Unclassified, lowest)."

If the purpose of classifications is to aid in the seeding of our competitions by factoring in a measure of the competitive achievement of the individual fencers, there is one thing that most fencers and fencing administrators are in agreement on: the current system is not achieving this goal. In an attempt to address some of the more blatant problems, over the last fifteen years I have introduced a number of changes to the classification system (e.g., Group I-A competitions, the D and E classifications, the automatic demoting of classifications). While these changes have helped, serious problems still remain. These problems seem to be caused by several innate features of the current system:

The system rates competitions into Groups based on several specific criteria. If a competition fails to meet

all of the criteria for a Group, it falls to a lower Group. But the relative strengths of competitions really do not fall into such sharply defined groups.

For example, let's say that one competition with 15 competitors has 2 A's, 2 B's, 2 C's, and 9 U's and another competition with 60 competitors has 2 A's, 1 B, 56 C's, and 1 U. An unclassified fencer finishing 6th could win a C in the first competition, but could win no more than a D in the second. And yet everyone would agree that the second fencer is more deserving of a C than the first.

An article in Smithsonian magazine compared the swimming programs in the United States and Brazil. The US has had far greater success than the differences in the countries' populations and number of competitors would indicate. It was found that, while the Brazilians emphasized just whether or not the swimmers won a competition, the US placed greater emphasis on how the swimmers did relative to their personal record (PR) in each swimming event. As a result, the US swimmers had a better indication of how well they were progressing. They were also better able to establish realistic training and competition goals.

Restricted (e.g., age group, novice, High School) and mixed (i.e., co-ed) competitions have always presented problems.

The following is a proposal for an all numeric rating system to replace the current classification system of "A", "B", "C", etc. Each fencer would have a number which would indicate their level of fencing achievement. (I'll refer to these numbers as the fencers' "rating" to differentiate it from their current "classification.")

The following proposal is based to a large part on the system which has been used successfully for many

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---

years for rating chess players by both the US Chess Federation and the international chess federation, FIDE. Modifications were made to accommodate the differences between chess competitions and fencing competitions.

## Basic Concept

If ratings could be assigned with absolute reliability, the fencers would finish in the exact order of their ratings. A fencer's actual placement can thus be compared to his/her theoretical placement and his/her rating adjusted appropriately.

For example, say that eight fencers entered a competition. If the ratings were absolutely reliable, we would expect the fencers to finish in the order of their ratings.

EXPECTED FINISHER	RATING OF EXPECTED FINISHER
Arthur	1800
Betty	1760
Charlie	1720
Debra	1660
Edward	1500
Fay	1200
Gregory	1150
Harriet	1000

However, let's say that the actual results were:

	PRE-COMPETITION RATING	RATING OF EXPECTED FINISHER
Fay	1200	1800
Arthur	1800	1760
Betty	1760	1720
Edward	1500	1660
Debra	1660	1500
Gregory	1150	1200
Charlie	1720	1150
Harriet	1000	1000

It can be seen that Fay did much better than expected since she was rated only 1200 but finished in a place where we expected an 1800 rated fencer to place and ahead of places where we expected 1760, 1720, 1660, etc., rated fencers to place. Fay's rating should go up by a large amount.

Charlie did much worse than expected since he was rated 1720 but finished in a place where we expected an 1150 rated fencer to place and behind places where we expected 1200, 1500, etc. rated fencers to place. Charlie's rating should go down by a large amount.

The other fencers did about what was expected. Their ratings should change by smaller amounts.

## Proposal

Upon adoption of this rating system, ini-

tial ratings will be assigned based on classifications and national rankings. Once the numeric rating system has been adopted and numeric ratings assigned, the letter classifications will be dropped. Only the numeric ratings will be used when seeding competitions.

Ratings will then change based on competitive results in any USFA competition with eight or more USFA members. Rating will change based on:

- ▼ how a fencer does in the competition relative to how he/she should have done, and
- ▼ the size of the competition, and
- ▼ the strength of the competitors in that competition.

### STEP 1

The ratings of the competing fencers will be arranged in descending order (as was done above) in order to determine the ratings of the expected finishers.

Using the example above:

RATING OF EXPECTED FINISHER
1800
1760
1720
1660
1500
1200
1150
1000

### STEP 2

When each fencer's actual place is determined, he/she will be credited with:

- ▼ a tie with the fencer who was expected to finish in that place,
- ▼ wins against the "n" fencers who were expected to finish below that place, and
- ▼ losses against the "n" fencers who were expected to finish above that place.

The number "n" is the Size Factor. It is determined by the size of the competition as follows:

SIZE OF COMPETITION	SIZE FACTOR
8 - 15	3
16 - 31	4
32 - 63	5
64 - 127	6
128+	7

To continue with the above example, the competition had 8 competitors and so its Size Factor is 3. Each fencer's rating will change based on the rating of the fencer who was expected to finish in that place, the ratings of the 3 fencers who were expected to finish ahead of that place, and the ratings of the 3

fencers who were expected to finish below that place.

	PRE-COMPETITION RATING	RATING OF EXPECTED FINISHER
Fay	1200	1800
Arthur	1800	1760
Betty	1760	1720
Edward	1500	1660
Debra	1660	1500
Gregory	1150	1200
Charlie	1720	1150
Harriet	1000	1000

Fay finished in first place. She will be credited with a tie (with a fencer rated 1800 who was expected to finish in first place) and 3 wins (against fencers rated 1760, 1720, and 1660 who were expected to finish in places 2, 3, & 4). She will not be credited with any losses because no one finished ahead of her.

Arthur finished in second place. He will be credited with 1 loss (against a fencer rated 1800 who was expected to finish in first place), a tie (with a fencer rated 1760 who was expected to finish in second place), and 3 wins (against fencers rated 1720, 1660, and 1500 who were expected to finish in places 3, 4, & 5). He is credited with only 1 loss because only 1 fencer finished ahead of him.

Betty will be credited with 2 losses (against fencers rated 1800 and 1760), a tie (with a fencer rated 1720), and 3 wins (against fencers rated 1660, 1500, and 1200). She is credited with only 2 losses because only 2 fencers finished ahead of her.

Edward will be credited with 3 losses (against fencers rated 1800, 1760, and 1720), a tie (with a fencer rated 1660), and 3 wins (against fencers rated 1500, 1200, and 1150).

Debra will be credited with 3 losses (against fencers rated 1760, 1720, and 1660), a tie (with a fencer rated 1500), and 3 wins (against fencers rated 1200, 1150, and 1000).

Gregory will be credited with 3 losses (against fencers rated 1720, 1660, and 1500), a tie (with a fencer rated 1200), and 2 wins (against fencers rated 1150 and 1000). He is credited with only 2 wins because only 2 fencers finished below him.

Charlie will be credited with 3 losses (against fencers rated 1660, 1500, and 1200), a tie (with a fencer rated 1150), and 1 win (against a fencer rated 1000). He is credited with only 1 win because only 1 fencer finished below him.

Harriet will be credited with 3 losses (against fencers rated 1500, 1200, and 1150) and a tie (with a fencer rated 1000). She is credited with no wins because no fencers

*continued on following page*

# New Rating System

continued from page 17

finished below her.

### STEP 3

The amount of the rating change will be based on the probability of the fencer beating, tying, or losing to the fencers that he/she is credited with having fenced. The probabilities are shown on the following table where the first column (A) is the difference in rating between the two fencers, the second column (B) is the winning probability of the higher rated fencer, and the third column (C) is the winning probability of the lower rated fencer.

A	B	C	A	B	C
0	.500	.500	500	.947	.053
10	.514	.486	510	.950	.050
20	.529	.471	520	.952	.048
30	.543	.457	530	.955	.045
40	.557	.443	540	.957	.043
50	.571	.429	550	.960	.040
60	.585	.415	560	.962	.038
70	.599	.401	570	.964	.036
80	.613	.387	580	.966	.034
90	.627	.373	590	.968	.032
100	.640	.360	600	.969	.031
110	.653	.347	610	.971	.029
120	.666	.334	620	.973	.027
130	.679	.321	630	.974	.026
140	.691	.309	640	.975	.025
150	.703	.297	650	.977	.023
160	.715	.285	660	.978	.022
170	.727	.273	670	.979	.021
180	.738	.262	680	.980	.020
190	.749	.251	690	.982	.018
200	.760	.240	700	.983	.017
210	.770	.230	710	.983	.017
220	.780	.220	720	.984	.016
230	.790	.210	730	.985	.015
240	.799	.201	740	.986	.014
250	.808	.192	750	.987	.013
260	.817	.183	760	.988	.012
270	.826	.174	770	.988	.012
280	.834	.166	780	.989	.011
290	.841	.159	790	.990	.010
300	.849	.151	800	.990	.010
310	.856	.144	810	.991	.009
320	.863	.137	820	.991	.009
330	.870	.130	830	.992	.008
340	.876	.124	840	.992	.008
350	.882	.118	850	.993	.007
360	.888	.112	860	.993	.007
370	.894	.106	870	.993	.007
380	.899	.101	880	.994	.006
390	.904	.096	890	.994	.006
400	.909	.091	900	.994	.006
410	.914	.086	910	.995	.005
420	.918	.082	920	.995	.005
430	.922	.078	930	.995	.005
440	.926	.074	940	.996	.004
450	.930	.070	950	.996	.004
460	.934	.066	960	.996	.004
470	.937	.063	970	.996	.004
480	.941	.059	980	.996	.004
490	.944	.056	990	.997	.003

From this table it can be seen that, if two fencers have ratings that are 200 points apart, the higher rated fencer has a winning probability of .760 (i.e., should win 76% of their bouts) and the lower rated fencer has a winning probability of .240 (i.e., should win 24% of their bouts).

For those mathematically inclined, the formula used to derive these probabilities is given in Appendix A. It is not necessary to understand the underlying mathematics to compute the rating changes. All of the rating changes in a competition can be easily computed using a spreadsheet program. The ex-

amples in this paper were computed using a spreadsheet set up to handle any competition with 255 entries or less.

For each fencer, the number of wins the fencer was expected to have is computed by subtracting the fencer's rating from the ratings of his/her credited opponents, looking up the winning probabilities, and summing them. The difference between the number of credited wins and the number of expected wins indicates how much better or worse the fencer did than expected. The rating change is computed by multiplying this difference by 32.

Continuing the example, Fay is credited with three wins and a tie and so has 3.5 credited wins<sup>2</sup>. Her theoretical opponents had ratings of 1800, 1760, 1720, and 1660. Subtracting her rating of 1200 from these ratings gives 600, 560, 520, and 460. Looking up each of these differences in the table, we see that she was expected to have .031 + .038 + .048 + .066 = .183 wins. Subtracting the expected wins (.183) from the credited wins (3.5), we find that she had 3.317 more wins than expected. Her rating change is 32 \* 3.317 = +106.

Arthur has 3.5 credited wins. His theoretical opponents had ratings of 1800, 1760, 1720, 1660, and 1500. Subtracting his rating of 1800 from these ratings gives 0, -40, -80, -140, and -300. Looking these number up in

the table, we see that he was expected to have .500 + .558 + .613 + .691 + .849 = 3.211 wins. He had 3.5 - 3.211 = .289 more wins than expected. His rating change is 32 \* .289 = +9.

Betty has 3.5 credited wins. The differ-



Monique DeBruin (left) lunges at her collegiate counterpart from Italy during the 1995 World University Games in Japan.

ence between her rating and the ratings of her theoretical opponents is +40, 0, -40, -100, -260, and -560. She was expected to have .443 + .500 + .557 + .640 + .817 + .962 = 3.919 wins. She had 3.5 - 3.919 = -.419 less wins than expected. Her rating change is 32 \* -.419 = -13.

Edward has 3.5 credited wins. The differences in ratings are +300, +40, 0, -40, -100, -260, and -560. He was expected to have .151 + .183 + .220 + .285 + .500 + .849 + .882 = 3.070 wins. His rating change is 32 \* (3.5 - 3.070) = 32 \* .429 = +14.

Debra has 3.5 credited wins. The differences in ratings are +100, +60, 0, -160, -460, -510, and -660. She was expected to have .360 + .415 + .500 + .715 + .934 + .950 + .978 = 4.851 wins. Her rating change is 32 \* (3.5 - 4.851) = 32 \* -1.351 = -43.

Gregory has 2.5 credited wins. The differences in ratings are +570, +510, +350, +350, 0, and -150. He was expected to have .036 + .050 + .118 + .429 + .500 + .703 = 1.836 wins. His rating change is 32 \* (2.5 - 1.836) = 32 \* .664 = +21.

Charlie has 1.5 credited wins. The differences in ratings are -60, -220, -520, -570, and -720. He was expected to have .585 + .780 + .952 + .964 + .984 = 4.266 wins. His rating change is 32 \* (1.5 - 4.266) = 32 \* -2.766 = -89.

Harriet has 0.5 credited wins. The differ-

ences in ratings are +500, +200, +150, and 0. She was expected to have  $.053 + .240 + .297 + .500 = 1.090$  wins. Her rating change is  $32 * (0.5 - 1.090) = 32 * -.590 = -19$ .

In summary:

	RATING CHANGE
Fay	$1200 + 106 = 1306$
Arthur	$1800 + 9 = 1809$
Betty	$1760 - 13 = 1747$
Edward	$1500 + 14 = 1514$
Debra	$1660 - 43 = 1617$
Gregory	$1150 + 21 = 1171$
Charlie	$1720 - 89 = 1631$
Harriet	$1000 - 19 = 981$

Given the inaccuracies in the current classifications, it is expected that large rating changes will be especially prevalent during the first few years after this rating system is adopted.

## Ties

It is possible for two fencers to finish in a tie for a place. For example:

- ▼ a direct elimination final is held with no bout for third place, or
- ▼ a final pool is held and two or more fencers finish with exactly identical indicators. If a fence-off is used to resolve a tie (e.g., for first place or because it is a qualifying competition and the tie is for the last qualifying spot), then the fencers are not considered to have finished tied. The result of the fence-off is used.

In case of a tie, the fencers will be credited with more than one tie when computing the ratings. In the example, if Betty and Edward finished in a tie for third place, Betty and Edward will be credited with 2 losses (against fencers rated 1800 and 1760), two ties (with fencers rated 1720 and 1660), and 3 wins (against fencers rated 1500, 1200, and 1150). They are credited with only 2 losses because only 2 fencers finished ahead of them.

In the extremely unlikely case that more than two fencers are tied for a place, the size factor for the fencers who are so tied is reduced by one if three fencers are tied, by two if five fencers are tied, etc. In the example, if Edward, Debra,

and Gregory had finished tied for fourth, they would be credited with 2 losses (against fencers rated 1760 and 1720), 3 ties (with fencers rated 1660, 1500, and 1200), and 2 wins (against fencers rated 1150 and 1000).

Fencers are not considered tied just because they were eliminated in the same round of pools or in the same direct elimination tableau. Fencers eliminated in the same round of pools must be placed by ordering them by their victory ratio, touch differential, and touches received. They are considered tied if and only if all three indicators are identical. Fencers eliminated in the same direct elimination tableau must be placed by ordering them based on their original seeding into the direct elimination. They are considered tied if and only if they were tied in their original seeding.

## Excluding Fencers from Rating

In certain cases, fencers are excluded from the rating process. Ratings are computed as if the fencer had not competed in the competition at all. This means that:



*Matt Andresen (left) and Peter Cox rally the troops with the US flag before World University Games Opening Ceremonies.*

- ▲ the excluded fencer's rating is not included in the "Rating of Expected Finisher" column,
- ▲ the placing of fencers who finished be-

low the excluded fencer is moved up by one, and

- ▲ the size of the competition is reduced by the number of excluded fencers when determining the size factor of the competition.

In the example competition, if Arthur were the excluded fencer, his 1800 rating would not be included in the "Rating of Expected Finisher" column, Betty would be treated as if she had finished second, Edward third, Debra fourth, etc., and the size of the competition would be reduced by one to seven. (Competitions with fewer than eight competitors can not be used to determine rating changes, so this competition would become a non-rated competition.)

In the following cases, fencers are excluded from the rating process:

- ◆ A fencer who is allowed to withdraw from a competition for a bona fide medical reason. The medical reason must be sufficiently severe as to force the fencer to withdraw from the competition. Competitors cannot claim after they have been eliminated that they should be excluded from the rating process because they really hadn't been feeling well. (The chess player Judith Polgar was once asked what she would most like to achieve. She replied that once in her life she would like to beat an opponent who was not ill.)

Note that the fencer is excluded only from the rating process. Fencers who are allowed to withdraw due to medical reasons are still entitled to whatever prizes and awards they would be entitled to for the place where they finish. For example, if Arthur twists his ankle in a fence-off for the gold medal and is forced to withdraw, he is still entitled to the silver medal.

- ◆ A fencer who is excluded from a competition because of a black card.
- ◆ A fencer of ability who does not have a USFA rating (e.g., a foreign fencer). It is a goal to eventually provide a means of assigning ratings to such fencers but this will require more research. While USFA fencers will be given initial ratings based their current classifications, Canadian fencers should not be given initial ratings based on Canadian classifications. While they also use "A", "B", and "C" classifications, experience has shown that these classifications are not equivalent to USFA classifications.

- ◆ A fencer who is declared *hors concours* (above competition). An example might be if a Division wishes to fly in the national cham-

*continued on following page*

## New Rating System

*continued from page 19*

pion to compete in a local competition for promotional purposes. The national champion may not want to compete if all of the local fencers are much lower in rating since only a small rating gain is possible while the possibility of a large rating loss is large if the fencer does not finish first.

A fencer can be declared hors concours only if all the following conditions are met:

The declaration must be made to all of the competitors before the competition begins.

Both the bout committee and the fencer involved must agree to the declaration (i.e., fencers cannot unilaterally declare themselves hors concours nor can the bout committee unilaterally refuse to allow a fencer to earn a rating change).

Once the competition begins, the declaration is non-revocable (i.e., the fencer cannot be given a rating change when its determined that the placement would result in a rating gain).

### Initial Ratings

To convert over to the new system, fencers would be given a rating based on their current classification and National Ranking. Once these initial ratings have been made, there will be one set of epee ratings, one set of foil ratings, and one set of sabre ratings – no differentiation will be made between the rating of a male fencer and a female fencer in the same weapon.

Fencers ranked in the top 24 of the senior point standings will be given 2101 points minus their standing as their initial rating. For example, a fencer ranked 5th will have an initial rating of  $2101 - 5 = 2096$  points.

Fencers not ranked in the top 24 of the senior point standings will be given the following initial ratings based on their classification:

Class A5 2000	Class C2 1480
Class A4 1960	Class C1 1440
Class A3 1920	Class D5 1400
Class A2 1880	Class D4 1360
Class A1 1840	Class D3 1320
Class B5 1800	Class D2 1280
Class B4 1760	Class D1 1240
Class B3 1720	Class E5 1200
Class B2 1680	Class E4 1160
Class B1 1640	Class E3 1120
Class C5 1600	Class E2 1080
Class C4 1560	Class E1 1040
Class C3 1520	Class U 1000

Fencers ranked in the senior point standings below the top 24 will have 100 points minus their standing added to the initial rating determined above. For example, a B3 fencer ranked 31st will have  $100 - 31 = 69$  points added to the 1760 points that he would be entitled to because of his B3 classification for a total of 1829 points.

Once the rating system has been established, previously unrated fencers will be assigned a rating of 1000.

### Administration

Ratings will be administered by a rating service (either a volunteer or the National Office). The complete results of a competition must be submitted to the rating service in order for its results to be used to compute the changed ratings.

Initially, updated ratings will be published twice a year: after the JOs and after the Nationals. Ratings will also be placed on the labels used to mail out AMERICAN FENCING magazine and the USFA newsletters. Fencers can bring their latest magazine or newsletter to a competition to have their current rating used for seeding. The latest ratings of fencers will also be printed on the members' USFA membership cards when they renew their memberships.

It is hoped that eventually a computer bulletin board system will be established on which current ratings will be available as soon as the competition results are processed.

Note, it is currently very difficult to get a classification change. If the proposed system is adopted, the opportunities for rating changes will greatly increase. The numeric rating will more closely track the continuing development of the fencer and the need to be credited with any one individual result will be less important.

### Rating Intervals

Numeric ratings enable fencers to gauge their steady progress in the sport since they'll be able to compare the current rating to:

- ◆ their personal best,
- ◆ the ratings of those in their area against whom they practice and compete,

- ◆ the ratings of other fencers their age,
- ◆ the ratings of all fencers throughout the country, etc.

### Appendix A - Hard-Core Math

The probability that one fencer will beat another is given by the following formula:

$$\frac{1}{\frac{\Delta R}{10^{400}} + 1}$$

Where  $\Delta R$  is the rating of a fencer subtracted from the rating of his/her opponent.



*Author George Masin, perennial Bout Committee Chair, announces the next round at JOs.*

(When an opponent has a rating of under 1000, the difference is calculated as if the opponent had a rating of 1000.)

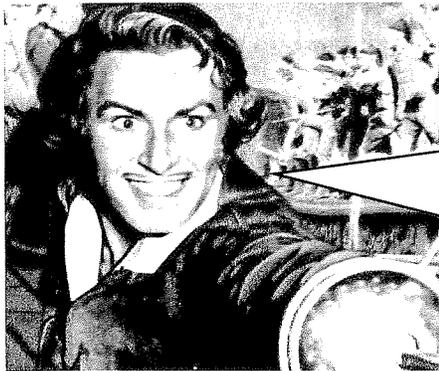
This is the exact formula used by the chess federations. While this formula may look complicated, it is actually easily computed using a spreadsheet program. The examples in this paper were computed using a spreadsheet set up to handle any competition with 255 entries or less.

The amount of the rating change is computed according to the following formula:

$$K*(C - E)$$

Where:

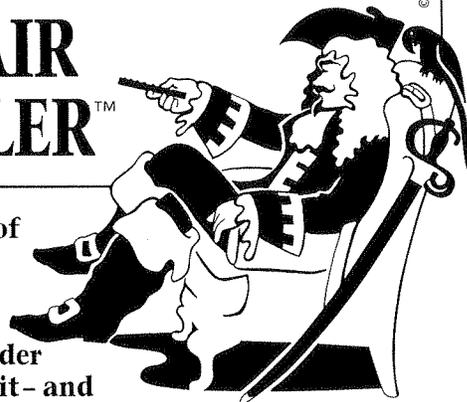
- ▲ K is a constant (32 for fencers rated 2099 or less, 24 for fencers rated 2100-2399, and 16 for fencers rated above 2400).
- ▲ C is the credited wins of a fencer. It is the sum of 1 for each credited win and .5 for each credited tie.
- ▲ E is the expected wins of a fencer based on the ratings of his/her opponents. It is the sum of the numbers determined from the first formula.



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# The Athlete's Diet

## Fencers can make food choices that lead to an optimum performance

BY JACKIE BERNING, PH.D.

**A**thletic performance depends upon a number of factors including genetics, training and motivation. Many of these factors are difficult to control, but one can be controlled — selecting foods that contribute to peak performance. Like all athletes, fencers require a nutritionally balanced diet that contains nutrients to sustain normal daily activities and those associated with training and competition. Making wise food choices can provide muscles with the proper fuel and allow swimmers to train longer and harder.

Remember these points when making food choices:

- ▲ To achieve peak performance, a well-balanced diet, high in carbohydrate is essential during heavy training periods, tapering and competition
- ▲ To reduce the risk of dehydration and maintain endurance, drink fluids before, during and after practice and competitions
- ▲ Avoid high-fat diets to increase the risk of unwanted weight gain
- ▲ Good daily nutrition and proper weight control is vital to peak athletic performance

### Pre-event Nutrition

The type of food fencers eat prior to competition influences how well they perform on the strip. The best pre-event meal should contain primarily carbohydrates. Carbohydrate-rich foods like pasta, cereals, bagels, and fruits and vegetables are easily digested and absorbed. The general rule of thumb is to consume 0.5-2.0 grams of carbohydrate per pound of body weight one to four hours prior to exercise. For example, a carbohydrate feeding of 0.5 grams per pound is appropriate an hour before exercise, whereas 2.0 grams per pound can safely be consumed four hours before a bout.

Fatty foods such as potato chips, doughnuts, french fries, and pastries, take longer to digest and provide little energy during competition. Protein foods that are likely to contain high amounts of fat (peanut butter, cheese and high fat meats like bacon and ribs) are also more slowly digested. Eating foods high in fat and protein and low in carbohydrate can actually diminish your performance. For this reason, it is

recommended that athletes eat high-carbohydrate foods like pasta, cereals, bagels, whole grains, fruits and vegetables.

### Eating at All Day Meets

Fencing tournaments can last all day, and competition may continue for several days. For this reason, the following recommendations have been included to help swimmers prepare for these all day events.

When there is less than one hour between rounds, fencers should consume high carbohydrate foods like fruit juices, bananas, crackers, plain toast or a fluid replacement drink like Gatorade®.

When there are 2-4 hours between events, fencers should add more high carbohydrate foods like bagels, hot cereal such as oatmeal or English muffins along with some type of fruit juice or a sport drink like Gatorade®.

When there are four hours or more between rounds, add small amounts of protein with carbohydrate foods. For example, lowfat yogurt or a light spread of peanut butter on a bagel with fruit juice, or a turkey sandwich on whole wheat bread with lowfat milk, fruit or a sport drink like Gatorade® are all appropriate.

United States Swimming and the Gatorade® Company have developed an 18-page brochure providing the sport community with practical, up-to-date information on sports nutrition. To request up to 100 free brochures for use in school based or club programs, send the number of brochures requested, your name and shipping address to:

The Swimmer's Diet  
847 West Jackson, 5th Floor  
Chicago, IL 60607

### Nutrition Quackery

Nutrition quackery has existed for more than a century, but relatively few people paid much attention to it until recently. Over the past decade various personal and societal concerns, including the desire for optimum health and athletic performance, have joined to create a mass market for advice about nutrition. Capitalizing on people's fears and hopes, food faddists are instrumental in enticing many athletes, including fenc-

ers, to purchase and use unnecessary and sometimes harmful nutrition products.

## How to Recognize a Food Quack

It is often difficult for an athlete to distinguish between the reputable nutrition scientist and the self-proclaimed nutrition expert. Nutrition quacks often promote products based on unsubstantiated scientific claims. They try to establish their credibility by associating themselves with professional and amateur athletes, and generally promise superior health and performance. They rely heavily on testimonials and case histories to promote their product's effectiveness, and typically find fault with an individual's eating habits.

## The Danger

Nutrition quackery would not be a problem if all the advice were cheap and safe. Too often it is neither, and in some cases it can be life threatening. For example, potassium chloride, a substance often sold as a diet supplement, is potentially dangerous and overuse can be fatal.

Fencers who consume Chinese herbs and teas to enhance performance may find themselves eliminated from competition after drug testing. Herbs and herbal teas contain many different chemical compounds, some of which may be listed on the banned drug list. Amino acid supplements are often promoted as being beneficial for strength because they claim to provide a safe anabolic or muscle-building effect. The amino acids arginine and ornithine are theorized to increase the levels of human growth hormone (HGH), which has a strong anabolic effect. Research has found that injections of large doses of amino acid arginine may cause the body to release greater amounts of growth hormone, however, the small amounts found in food supplements do not increase levels of growth hormone or provide an anabolic effect.

Exercise itself normally promotes a much greater increase in growth hormone secretion than taking supplements. In addition, excess growth hormone does not increase athletic ability or help eliminate fat from the body. Instead, it may lead to acromegaly, which is characterized by disfiguring enlargements of the bones of the face, hands and feet.

Food faddists may also convince athletes to use popular fad diets to control weight and alter body composition. Many of these popular fad diets supply large amounts of saturated fat and cholesterol, which are associated with cardiovascular disease. The very low calorie diets are not appropriate for training athletes because they cannot meet the training needs and probably will promote loss of lean body mass and depletion of carbohydrate stores.

## Beware

Combatting nutrition quackery is no easy task. Parents, coaches and athletes need to critically evaluate nutrition claims and products and learn to ask specific

questions. If fraud is suspected, they may wish to contact law enforcement agencies, legislators, reputable nutritionists or nutrition organizations. The best weapon against nutrition misinformation is the dissemination of sound information.

## Reliable Nutrition Information

It is easy to find books about nutrition. What is not so simple is evaluating these books to find one that is accurate and reliable. Before purchasing a nutrition

## SAMPLE PRE-EXERCISE MEALS

BODY WEIGHT	CARBOHYDRATE INTAKE	FOODS TO MEET RECOMMENDATION
120 lbs (54.5 kg)	54 grams (1 hour before the event)	2 slices of toast jam 1 tbsp 8 oz. skim milk
	163 grams (3 hours before the event)	2 slices of Toast jam 2 tbsp 8 oz nonfat yogurt 1 1/4 cup grapes 8 oz. orange juice
190 lbs (86.4 kg.)	86 grams (1 hour before the event)	2 slices of toast jam 1 tbsp. 8 oz skim milk 8 oz. orange juice
	259 gram (3 hours before the event)	2 English muffins jam 3 tbsp. 2 c. oatmeal honey 1 tbsp 1 banana 8 oz. skim milk 8 oz. orange juice

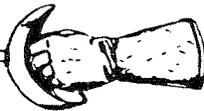
resource, review the table of contents and ask the following questions:

What credentials and/or what degrees does the author have, in what field and from what institution? Is the author a member of a reputable organization? Does the book encourage lifelong gradual changes or does it promise to dramatically enhance performance or guarantee fast results? Does the author promote eating a wide variety of foods or does he or she improperly recommend the elimination of certain food groups? Does the author recommend relying on foods or using large amounts of expensive supplements to obtain nutrients? Is the information factual and specific or vague and highly emotional? Are recommendations based on scientific evidence or on personal testimonials and anecdotes? Does the author seem to agree with most recommendations from medical and sports science professionals?

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#### FOILS - COMPLETE

201	French foil - aluminum guard - leather grip.....	30.95
202	French foil - COLONIAL - aluminum guard - aluminum NON-SLIP grip.....	29.95
203	Pistol grip foil - aluminum grip of your choice (German - Italian - Belgian or American).....	32.95
204	French electric foil - wired with tip - leather grip.....	43.95
205	Pistol grip electric foil - wired with tip - aluminum grip of your choice (German - Italian - Belgian or American).....	45.95
Specify bayonet or 2 prong body cord socket for electrical foils		
Non-electrical foil with practice electrical blade add 3.95		

#### EPEES - COMPLETE

301	French epee - aluminum guard - leather grip.....	44.95
302	French epee - COLONIAL - aluminum guard - aluminum NON-SLIP grip.....	43.95
303	Pistol grip epee - aluminum guard - aluminum grip of your choice (German - Italian - Belgian or American).....	46.95
304	French electric epee - wired with tip - leather grip.....	54.95
305	Pistol grip electric epee - wired with tip - aluminum grip of your choice (German - Italian - Belgian or American).....	56.95

#### SABRES - COMPLETE

401	Hungarian sabre - aluminum guard - leather grip.....	42.95
403	COLONIAL sabre - aluminum guard - aluminum NON-SLIP grip.....	41.95
405	Electric - competition sabre - aluminum guard.....	65.95
406	Electric sabre sensor.....	28.95

#### BLADES

502	Foil blade - non-electric - premier - French or pistol grip.....	18.95
503	Electric foil blade - French or pistol grip.....	28.95
505	Unwired electric foil blade - French or pistol grip.....	20.95
506	Epee blade - non-electric - French or pistol grip.....	26.95
507	Electric epee blade - French or pistol grip.....	34.95
508	Unwired electric epee blade - French or pistol grip.....	27.95
509	Sabre blade.....	26.95
511	Practice electric foil blade with dummy tip - French or pistol grip.....	23.95
512	Practice electric epee blade with dummy tip - French or pistol grip.....	29.95

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#### GUARDS

601	French foil guard - aluminum.....	4.95
602	French epee guard - aluminum.....	9.95
603	Sabre guard - Hungarian - aluminum.....	11.95
604	Sabre guard - electric - competition.....	32.95

#### GRIPS

701	French foil or epee handle - leather wrapped.....	5.95
702	French foil or epee handle - COLONIAL - aluminum - NON-SLIP surface.....	4.95
703	Sabre handle - leather wrapped.....	5.95
704	Sabre handle - COLONIAL - aluminum - NON-SLIP surface.....	4.95
705	Pistol grip handle - aluminum (German - Italian - Belgian or American).....	9.95
706	Pistol grip handle - aluminum - Russian.....	13.95

#### POMMELS

801	French pommel - foil or epee.....	2.50
802	Sabre pommel.....	1.75
803	Pistol grip pommel.....	1.00
805	Pistol grip lock washer.....	.05
806	French pommel - foil or epee - insulated.....	3.50
807	Sabre pommel - insulated.....	2.95

#### GLOVES

3	Foil sabre glove - padded cuff - leather.....	22.95
4	(3) weapon glove - padded hand - quilted cuff - soft leather.....	8.95
5	(3) weapon glove - white - elastic cuff with velcro.....	20.95
6	(3) weapon glove - padded back - full elastic cuff - soft leather.....	8.95
7	Electrical sabre overlay glove - STAINLESS STEEL.....	14.95

#### MASKS

11	Foil epee mask - insulated - white trim (12 kilo).....	63.95
12	(3) weapon mask - white trim (12 kilo).....	68.95
13	Foil epee mask - F.I.E. approved - Kevlar Bib.....	129.95
14	Electric sabre mask.....	96.95

#11 & #12 ARE ALL USFA TOURNAMENT QUALIFIED

#### EQUIPMENT BAGS

21	Equipment bag - standard - (2) tone color - blue or black - full length zip - durable Cordura nylon.....	24.95
22	Equipment bag - DELUXE - (2) tone color - inner shell and outside compartment - full length zip - blue, silver, red or black durable Cordura nylon.....	27.95
23	Equipment bag - tubular - 48" long x 12" square - durable Cordura nylon with carrying strap & handle.....	33.95
24	Le Bag - waterproof divider - 2-way zipper - side handles - shoulder strap and pad - (3) inside pockets - outside pockets - double bottom - durable Cordura nylon.....	43.95

#### JACKETS - NEW - LIGHTER - MORE COMFORTABLE & DURABLE

31	Men's (3) weapon jacket - padded duck - front zip.....	47.95
32	Men's (3) weapon jacket - stretch nylon knit - front zip.....	60.95
33	Woman's (3) weapon jacket - padded duck - front zip.....	47.95
34	Woman's (3) weapon jacket - stretch nylon knit - front zip.....	60.95
35	Men's jacket - padded duck - back zip.....	33.95
36	Women's jacket - padded duck - back zip.....	33.95
37	Men's metallic jacket - front zip - STAINLESS STEEL.....	96.95
38	Women's metallic jacket - front zip - STAINLESS STEEL.....	96.95
39	Half jacket - men's or women's - padded - duck.....	33.95
40	Padded chest protector.....	20.95
41	Instructor's jacket with leather front.....	96.95
42	Instructor's plastron with leather front.....	74.95
43	Metallic sabre jacket - front zip - STAINLESS STEEL.....	135.95

SPECIFY RIGHT OR LEFT HAND AND CHEST SIZE FOR ALL JACKETS

#### KNICKERS

51	Men's (3) weapon knickers - duck.....	
52	Men's (3) weapon knickers - stretch nylon knit.....	
53	Woman's (3) weapon knickers - duck.....	
54	Woman's (3) weapon knickers - stretch nylon knit.....	

SPECIFY WAIST SIZE FOR ALL KNICKERS

#### PLASTRONS

61	Underarm protector - duck - man's or woman's.....	12.95
62	Underarm protector - nylon - man's or woman's.....	13.95

#### SHOES AND STOCKINGS

72	Adidas fencing shoes - German made.....	Market
74	Knee length white socks - cotton.....	5.50
75	Knee length white socks - deluxe.....	7.50

#### TOOLS

81	Die holder.....	4.25
82	Die 12-24 or M6 x 1.....	3.15
83	Screwdriver set for electric foil and epee points.....	4.25
84	Gauges for blade and point settings - set (includes sabre).....	9.50
85	Test weight - foil or epee.....	18.95
86	Weapons tester.....	14.95
87	Point setter - foil or epee.....	3.25
88	Alligator clips.....	80
89	Blade tape - large roll.....	11.95

#### ELECTRICAL PARTS

1001	Electric point - complete with wire - foil or epee.....	7.00
1003	Electric point tip-foil or epee.....	2.75
1004	Electric point screw - foil or epee.....	.25
1005	Electric point wire - foil or epee.....	2.50
1006	Electric point barrel - foil or epee.....	2.05
1008	Electric point pressure spring - foil or epee.....	.25
1009	Electric epee point contact spring.....	.25
1010	Foil body cord - (2) prong.....	13.95
1011	Foil body cord - bayonet.....	14.95
1012	Epee body cord.....	13.95
1013	Electric foil guard socket - (2) prong.....	4.25
1013	Electric foil guard socket - bayonet.....	5.50
1014	Electric epee guard socket.....	5.50
1015	Spaghetti wire - per foot.....	.15
1016	Blade wiring glue.....	3.25
1017	Dummy practice point - foil or epee.....	1.70
1018	(2) Prong body cord plug.....	4.25
1019	Bayonet body cord plug.....	5.50
1020	(3) Prong body cord plug.....	4.25

#### SCORING APPARATUS

2001	Scoring machines.....	290.00 to 1,600.00
2002	Foil epee reets.....	120.00 to 390.00
2003	Connecting cables - machine to reel - pair.....	43.95
2004	BUZZ BUSTER - touch indicator for training - pair.....	47.95

Exact amounts and other items are available on request

#### MISCELLANEOUS

3001	Foil Tip.....	.25
3001B	Rubber Tip - For use on an electrical or dummy foil tip.....	.25
3002	Woman's breast plates - aluminum - rubber edge - pair.....	6.95
3003	Wrist strap - velcro - white.....	2.25
3005	Score pad - team and individual.....	5.50
3006	Elbow protector for sabre.....	5.50
3007	USFA rules book.....	8.50
3008	Foil guard pad - felt - standard or electric.....	.75
3009	Epee guard pad - felt.....	.95
3010	Sweat bands - head - white elastic.....	1.95
3011	COLONIAL T-shirt - white.....	7.95
3012	Fencing mats - black ribbed rubber - regulation size.....	6.50
3013	Metallic fencing strips - regulation size.....	market
3014	FENCING BOOK - illustrated.....	14.95
3015	Bib for mask.....	6.95
3016	U.S.A. fencing T-shirt.....	7.95
3017	Practice wall target.....	20.95
3018	Padded epee sleeve.....	16.95
3019	Ball on a rope - for speed and accuracy practice.....	2.75

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## Bylaws Amendments Due for Vote at February Membership Meeting

The USFA membership will assemble during the 1995 Junior Olympic Championships in Louisville, KY to vote on changes to the bylaws. The first would delete the provision that "only amateurs may be elected as officers of the Corporation" [Article IV, Section 2]. From a practical perspective, the change ensures the election of those most qualified to serve. In addition, with the erosion of the definition of amateur status under the Amateur Sports Act to include any athlete eligible to compete, the current bylaws' prohibition is anachronistic.

The adoption of an amendment to Article VII, Section 1(b), of the Bylaws would make that subsection read as follows:

(b) The President of the US Fencing Coaches Association of America, if also a member of the Corporation, and any member of the Corporation who serves on the Executive Committee of the FIE shall ex officio be a Director of the Corporation.

The membership will also vote on an amendment to Article XIII, which will add a new section to read as follows:

Section 13. Removal of Officers. Officers of the Divisions and Sections may be removed for cause. The Board of Directors may prescribe procedures for removal that provide the accused officer with notice of the asserted grounds for removal and due process during the removal proceedings. Should the Board of Directors fail to adopt such procedures, the Executive Committee of the USFA may remove an officer of a Section or Division if it finds there is cause for such removal after notice to the accused officer and a hearing or other appropriate proceeding in which that officer was accorded due process rights.

Finally, approval will be sought for an amendment to Article VII, Section 14, repealing the present text of that section and adopting the following text in its stead:

Section 14. Disciplinary Powers of the Board of Directors. The Board of Directors by a two-thirds vote of the members voting shall have the power to suspend, expel, deny continuation of membership or deny readmission to membership of any member whose conduct may be deemed detrimental to the welfare, interests or character of the USFA. Any other legal sanction may be imposed by the Board of Directors or the Executive Committee upon a majority vote or by action of any committee or group designated by the Board of Directors. Sanctions shall be imposed only after adherence to procedures for the protection of the due process rights of the accused as adopted by the Board of Directors or, in default thereof, by the Executive Committee.

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## In Time for Holiday Giving, *The Living Sword* Looks at a Legend

Imagine the large, festive Cirque de Paris, crammed full with spectators wearing tailcoats and evening gowns: 5,000 men and women, each having paid between 100 and 1,000 1920s French francs for a seat. Outside, another thousand fans have to be turned

*continued on page 26*

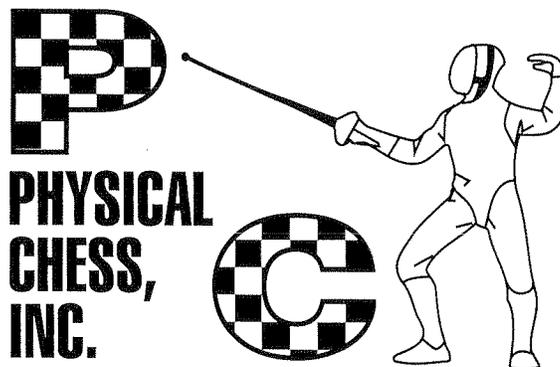
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away; the hall is filled to capacity. But it is not Enrico Caruso they have come to watch. The center stage is taken by two men in white, masks tucked under their arms, foil blades bending on the fencing strip. The Frenchman Lucien Gaudin and the Italian challenger Aldo Nadi are taking position ...

For fencing as an art and as a sport, this 1922 showdown between the most sophisticated fencers in the world was a swan song. The end of an era. Never again would a fencing match draw the same degree of interest and attention. For Aldo Nadi, the celebrated bout would mean the last (political) defeat in his stellar fencing career.

Aldo Nadi's autobiography *THE LIVING SWORD* (originally entitled *MASKS OFF!*) has finally found a publisher. (Nadi had given his manuscript to his most promising American student, Dr. William Gaugler, who today can be considered one of the most successful and prominent authors of the Italian School of fencing.) After four decades of obscurity piqued by an occasional tantalizing glimpse in an international fencing magazine, Laureate Press of Sunrise, Florida collaborated closely with Dr. Gaugler to turn the manuscript into the logical sequel to its 1993 edition of Nadi's *ON FENCING*.

The book is a first-hand account of the Golden Age of Fencing, written by the man who is considered (and considered himself) one of the three best swordsmen of the 20th Century. It presents a string of famous bouts between the legendary fencers of the bygone days of non-electric competition. More importantly, it allows a rare glimpse into the genesis of a fencing system that radically sacrificed tradition to perfection.

Aldo Nadi's personality may not strike a chord with readers used to humbleness and self-deprecating rhetoric, but it sure is difficult to argue with the Maestro whose disregard for fencing bureaucracies

went so far that he made the Italian fencing federation waive the required written and oral examinations for his grudgingly accepted Master of Arms degree — and made his opponents in the practical exams pay money for the honor of bouting with the champion.

The *Living Sword* is currently the best buy on the fencing book market. The book is available from Laureate Press, P.O. Box 450597, Sunrise, FL 33345 for \$17.95 plus \$3 shipping/handling. Credit card orders call 800/946-2727. J. CHRISTOPH AMBERGER

## USFA Board of Directors Considers Changes to the National Schedule for '96-'97 Season

The Tournament and International committees issued a position paper at the last Board meeting summarizing some competitive concerns and recommending radical changes to the national tournament schedule for the coming season. The primary issues prompting discussion included: a desire to provide more competitive opportunities for non-elite fencers who represent the majority of our membership; a prevailing opinion that the Junior Olympic Championships has grown too large due to the inclusion of non-championship competitions; the qualifying paths to our championships need to be revamped to ensure that those most deserving are able to compete; a commitment to eliminate school conflicts (graduation, final exams) with our National Championships; a need for additional training time between selection and competition at the World Championships or

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Olympic Games.

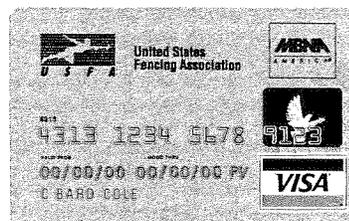
The major points in their proposal to address the above concerns include: that the Division I and Open Team National Championships be held over Martin Luther King, Jr. Birthday Weekend (Friday through Monday) each year; that the Junior Olympic Championships include only Under-20 and Under-17 events; that the remaining non-championship events (Division II, Division III, Wheelchair, Senior Age, Under-19, Under-15, Under-13, Under-11) be held in conjunction with a National Fencing Convention to be held each summer, probably around the Fourth of July.

As these changes can affect every fencer in our Association, you are strongly urged to make your opinion (in the form of constructive comments and suggestions) known to your representative on the USFA Board of Directors. Discussion is expected to continue at the February Board of Directors meeting in Louisville, KY.

## Save Fencing in the 1997 World Police & Fire Games

Our competitive sphere threatens to shrink once again. The World Police & Fire Games, an Olympic-style multi-sport competition for fulltime fire fighters and police officers, is scheduled for Calgary, Alberta Canada in 1997 but it may be contested without fencing. Letter Campaign Coordinator Jeff Rosen urges fencers to write protesting the removal of our sport from the Games. Write 1997 World Police & Fire Games, 270-144 4th St. SW, Calgary, Alberta, Canada T2P 3N4.

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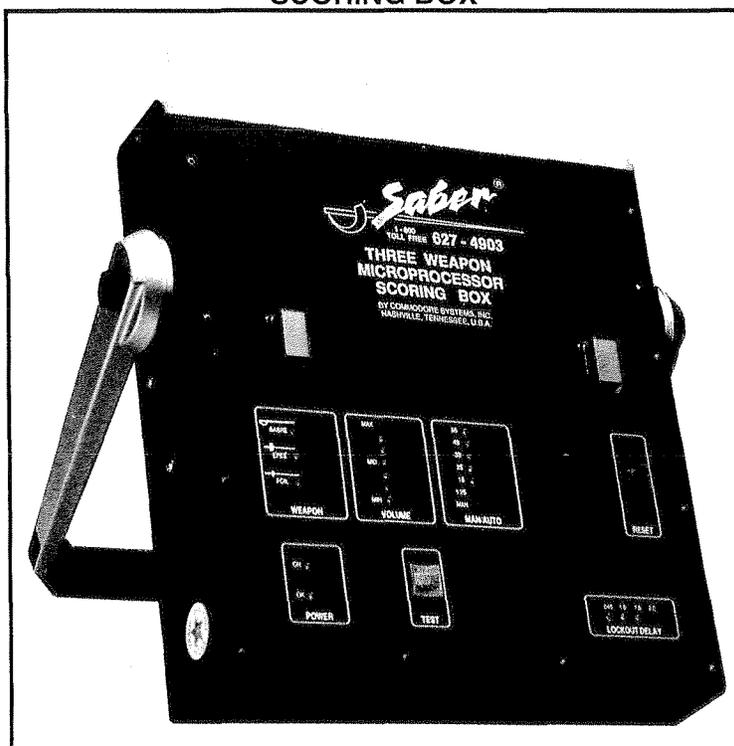
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## NORTH AMERICAN CIRCUIT #1 KANSAS CITY, KS SEPT. 30, 1995

### Men's Epee

1. Michael Marx, West. NY
2. John Moreau, S. Texas
- 3T Laurie Shong, Canada
- 3T Ben Atkins, Metro
5. Jon Normile, Metro
6. Allen Francis, Canada
7. Matt Andresen, Metro
8. Marc Oshima, Metro
9. Chris O'Loughlin, Metro
10. Chris Kelly, Metro
11. Janusz Kalina, Canada
12. Jesse Orman, Minn.
13. Tris Thompson, Cent. CA
14. Michael Gostigian, Metro
15. Tamir Bloom, NJ
16. Geoff Russell, So. CA
17. Jim O'Neill, Metro
18. Sandro Dicori, Canada
19. Sean Kline, New Eng.
20. Chris Klaus, NJ
21. Jim Carpenter, Metro
22. Farooq Habib, Canada
23. Jason MacGregor, Canada
24. Dan Korschun, Nat.
25. George Masin, Metro
26. Claus Dieter Block, No. CA
27. James DeWitt, No. TX
28. Dale Brynstad, So. TX
29. Ryan Shams, No. TX
30. Charles Schneider, MI
31. Aly Khamis, Egypt
32. Charles Speegle, So. TX

### Men's Sabre

1. Jean-Paul Banos, Canada
2. Tony Plourde, Canada
- 3T Adam Skarbonkiewicz, Ore.
- 3T Peter Westbrook, Metro
5. Michael Lofton, Metro
6. Elliott Clinton, Ore.
7. Serge Lilov, NJ
8. Robert Crane, GA
9. Peter Cox, KS
10. Chris Reohr, Metro
11. Jean-Marie Banos, Canada
12. David LaValle, Metro
13. John Friedberg, Metro
14. Tomas Strzalkowski, CenPA
15. Michael D'Asaro II, Metro
16. David Cox, KS
17. Terrence Lasker, KS
18. Bill Lester, IN
19. Don Anthony, Sm. OH
20. Keeth Smart, Metro
21. Evans Gravel, Canada
22. Herby Raynaud, Metro
23. Paul Palestis, NJ
24. Akhnaten, Spencer-EI, Metro
25. Sean Bates, KS
26. Jerome Cordero, LI
27. David Mandell, Metro
28. Dmitry Guy, San Diego
29. Brian Walther, Cent. PA
30. Luke LaValle III, Metro
31. Jonathan Maggio, Metro
32. Aaron Stuewe, West. NY

### Women's Sabre

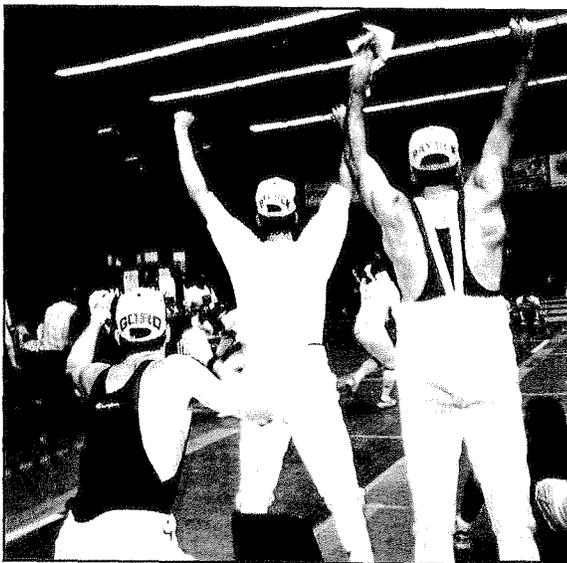
1. Victoria Bengualid, Metro
2. Caroline Purcell, Metro
- 3T Marisa Mustilli, NJ
- 3T Sue Bartholomew, MN
5. Diane Dominguez, IL
6. Diane Ferguson, VA
7. Amy McDowell, St. Louis
8. Mary Freeman, Ark-La-Miss

## NORTH AMERICAN CIRCUIT #1 STANFORD UNIVERSITY OCT. 6 - 7, 1995

### Men's Foil

1. Zaddick Longenbach, Metro
2. Cliff Bayer, Metro
- 3T Sean McClain, Cent. CA
- 3T Nick Bravin, Cent. CA

9. Jujie Luan, Canada
10. Sara Walsh, IN
11. Julie Smith, UT/So. ID
12. Nhi Lan Le, GA
13. Jane Hall, New Eng.
14. Margaret Martin, West. NY
15. Ute Breden, West. NY
16. Jenny Posthumus, Cent. CA
17. Maggie Super, Cent. PA
18. Susan Jennings, West. NY
19. Jennifer Tondou, No. CA
20. Tasha Martin, Ore.
21. Jennette Starks-Faulkner, CT
22. Linda Campbell, Canada



*Men's Epee Team (Bloom, O'Loughlin, O'Neill) cheer Marx victory at World Championships.*

51. Al Carlay, Metro
- 5T. Peter Devine, Metro
7. Peter Grandbois, IL
8. Maher Hamza, Egypt
9. Stanislas Kalina, Canada
10. Josh Keckley-Stauffer, C.CA
- 11T. Kwame Van Leeuwen, Metro
- 11T. Andy Gearhart, West. NY
13. Alan Weber, Metro
14. Terrence Gargiulo, New Eng.
15. Gael Paul, So. TX
16. James Borin, CT
17. Nicholas Bergeron, Canada
18. Jeremy Siek, Ore.
19. Mathieu Brouillet, Canada
20. Jason Narkiewicz, Metro
21. Donn Mueller, Cent. PA
22. Alban Wood, Canada
23. fencer excluded
24. Rob Carion, No. CA
25. Maxime Soucy, Canada
26. Dan Maristany, Gold Coast
27. Sasha Zucker, Cent. CA
28. Marty Yu, So. CA
29. Timothy Chang, Cent. CA
30. Raul Pomares, No. CA
31. Amir Monsefi, So. CA
32. Stanton Brunner, West. NY

### Women's Foil

1. Ann Marsh, West. NY
2. Monique DeBruin, Ore.
- 3T Olga Chernyak, West. PA
- 3T Suzie Paxton, Cent. PA
5. Marie Fran Hervieu, Canada
6. Felecia Zimmermann, WNY
7. Julianna Sikes, West. NY
8. Iris Zimmermann, West. NY

23. Magda Krol, Canada
24. Merryn Edwards, Canada
25. Erinn Smart, Metro
26. Kate Rudkin, CO
27. Julie Mahony, Canada
28. Tracey Thorne, Metro
29. Sandra Sassine, Canada
30. Melissa DaSilva, NJ
31. Jennifer Trabert, Canada
32. Ruth Reux, So. CA

## JUNIOR & CADET NORTH AMERICAN CIRCUIT #1 PENN STATE OCT. 20 - 23

### U20 Men's Foil

1. Alex Wood, West NY
2. Dan Kellner, Metro
- 3T Donald McGill, Cent. PA
- 3T Sasha Zucker, Cent. CA
5. Reinhold Longenbach, Met
6. Timothy Chang
7. Ayo Griffin, Metro
8. Darren Raphael, NJ
9. fencer excluded
- 9T Gregory Basaraba, GA
- 9T Jonathan Charles, N. CA
12. David Bornier, Puerto Rico
13. J. Keckley-Stauffer, Cent. CA
14. Raphael Bruckner, NewEng
15. Garrick Bernstein, Metro
16. David Lidow, Cent. PA

### U20 Women's Foil

1. Iris Zimmermann, W.NY
2. Monique DeBruin, OR
- 3T Erinn Smart, Metro
- 3T Ute Breden, West. NY
5. Susan Jennings, West. NY
6. Alysa Batson, Ut/S.Id.
7. Patricia Ulatowski, Phil.
8. Katherine Lane, Metro
9. Hannah Appel, N. CA
10. Andrea Ament, N. OH
11. Kathryn Cavan, Metro
12. Melanie Takagi, GA
13. Caitlin Brown, S. TX
14. Guerly Cadet, Canada
15. Myriah Brown, IN
16. Anna Carnick, IN

### U20 Men's Epee

1. John Gringeri, NJ
2. David Bornier, Puerto Rico
- 3T Patrick Fraede, Germany
- 3T Alden Clarke, Colo
5. Ryan Shams, N. TX
6. Lorin Kobashigawa, N. CA
7. Rashaan Greenhouse, Metro
8. Alexi Moiseenko, Kaz
9. Scott Rostal, MN
10. Drew Slipper, OR
11. Arnold Casas, IN
12. Jason Burrell, Capitol
13. K. Bogolyubov, W. WA
14. Richard Hung, Cent. CA
- 15T Steve Wang, NJ
- 15T Tom Peng, Cent. PA

### U20 Women's Epee

1. Elizabeth Mann, Colo
2. Kari Coley, Phi
- 3T Jessica Burke, National
- 3T Nicole Mustilli, NJ
5. Caitlin Rich, NJ
6. Andrea Ament, N. OH
7. Lindsay Campbell, N. OH
8. Lindermarie Santiago, P.R.
9. Lauren O'Brien, Colo
10. Alex Korfanty, OR
11. Kate Rudkin, Colo
12. Wendy Hall, Colo
13. Meredith Rising, Colo
14. Whitney Anderson, Colo
15. Sarah Powell, Phil.
16. Amal Kabil, IN

### U20 Men's Sabre

1. Elliott Clinton, OR
2. Keeth Smart, Metro
- 3T Jeremy Summers, KS
- 3T Luke LaValle, Metro
5. Terrence Lasker, KS
6. Robert Crane, GA
7. A. Spencer-EI, Metro
8. Paul Palestis, NJ
9. Brian Walther, Cent. PA
10. Patrick Durkan, Metro
11. David LaValle, Metro
12. Michael Takagi, GA
13. Michael Baughman, NJ
14. Daniel Pratt, IN
15. Andrew Bednarski, IN
16. Maxin Pekarev, NJ

### U17 Men's Foil

1. Peter Rosen, Metro
2. Jedediah Dupree, Metro
- 3T Greer Rabiaga, OR
- 3T Joseph Fisher, West. NY
5. Distin Reagan, OK
6. Michael Mosca, OK
7. Roland Breden, Capitol
8. James Flanagan, MN
9. Joel Magnum, West. WA
10. Cameron Hill, S. CA
11. Joshua Stuart, OR

12. Justin Maggio, Metro
13. Nicholas Furrow, Phi
14. Sam Richardson, NewEng
15. A. Jablonowski, GA
16. Andrew Ross, Capitol

### U17 Men's Sabre

1. A. Spencer-EI, Metro
2. Joseph Hoover, AZ
- 3T Arthur Lam, West. NY
- 3T Jeffrey Colella, NJ
5. Mohamed Kabil, IN
6. David LaValle, Metro
7. Michael Topper, MI
8. Robert Owens, IL
9. Darrin Whitmer, MI
10. Robert Crane, GA
11. Richard Glod, IL
12. Guy Loftin, IL
13. Kyle Girard, Canada
14. Bob Romanski, OR
15. Robert Tepiak, IL
16. Aaron Stuewe, West. NY

### U17 Men's Epee

1. Victor Bernier, P.R.
2. John St. Francis, Colo
- 3T Kraig Peterson, West. NY
- 3T Rashaan Greenhouse, Metro
5. Jan Viviani, Metro
6. Arnold Casa, IN
7. Frank Tool, N. CA
8. Tad Ludvigson,
9. Andrew Hilton, GA
10. Weston Kelsey, OR
11. Nick Filley, IN
12. M. Matheke-Fischer, Cap.
13. Alexander Welsey, Cap.
14. Charles Hamann, LI
15. John Fisher, IN
16. Eric Speights, Cap.

### U17 Women's Foil

1. Iris Zimmermann, West. NY
2. Erinn Smart, Metro
- 3T Myriame Petit, Canada
- 3T Ute Breden, West. NY
5. Elspeth Wilson, Colo
6. Anna Carnick, IN
7. Lindsay Campbell, N. OH
8. Elizabeth Thottam, S. CA
9. Andrea Ament, N. OH
10. Melanie Takagi, GA
11. Debra Moore, West. PA
12. Kathryn Cavan, Metro
13. Karen Borresen, Phil.
14. Jaime Beecher, LI
15. Megan Prifrel, MN
16. Gina Deleso, NJ

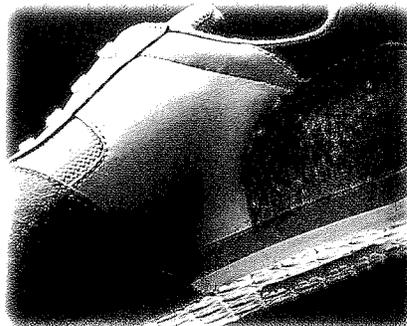
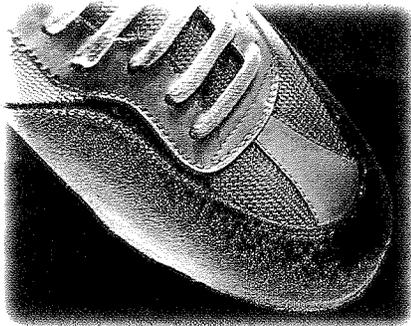
### U17 Women's Epee

1. Jessica Burke, National
2. Kate Rudkin, Colo
- 3T Lidiermarie Santiago, P.R.
- 3T Lindsay Capbell, N. OH
5. Julia Korony, Piedm.
6. Elspeth Wilson, Colo
7. Erika Anden, MI
8. Sarah Hobstetter, N. CA
9. Kathryn Cavan, Metro
10. Andrea Ament, N. OH
11. Estee Marchi, Colo
12. Irina Dinu, Canada
13. Debra Moore, West PA
14. Sharon Negron, P.R.
15. Elizabeth Mann, Colo
16. Katherine Decker, Cent. CA



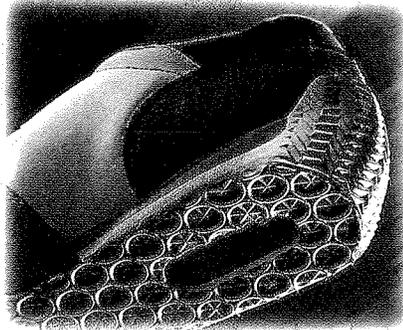
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