



United States Fencing Association 1992 - 1996

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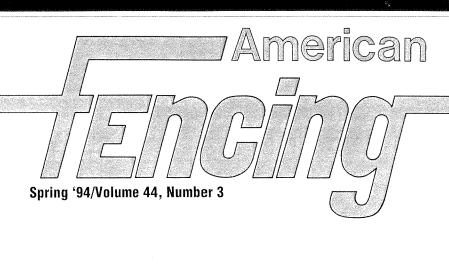
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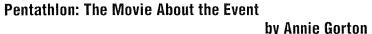
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DEADLINES: AMERICAN FENCING magazine will publish quarterly in January, April, July and October. For inclusion in a particular issue, materials must be received two months prior to the month of issue.





The latest fencing film truly captures the fury, the fun of the sport.

Make a Game of Distance by J. Roberto Sobalvarro Young beginning fencers learn more than just the basics when you make the exercises a game.

A World Record — Just Another Step Along the Way by David Littell

LU Michael Gostigan explains the elements that went into his astonishing world record performance.

C Results from the 1994 Junior Olympics

More than 1100 fencers competed in Little Rock, Arkansas, during four days in February.

On the cover: Jennifer Posthumus prepares for her finals bout at the San Francisco Challenge of the Americas. Photo: Chris Hardy.

DEPARTMENTS

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Survey Results

AMERICAN FENCING wins praise from readers. Chuck Finn wins a free airline ticket.

BY CANDI MACCONAUGHA, EDITOR

E ighty-three percent of readers responding to the readership survey published in the last issue gave the magazine high marks for its new format and content. They read each issue cover to cover, commend the editor for presenting timely and useful information, and (to advertisers' delight) save old issues for at least two years. Generally, readers offered only one suggestion for improvement:

Everyone wants **more**: more pages, more photography, more articles. Increasing the size of the magazine is a priority for all of us, but we have two impediments to overcome before realizing that desire. First, there's the old bugaboo of cost. Currently, the focus of USFA spending must be on earning medals in international tournaments. Only medals will provide the stability and visibility required in this age of increased competition for the Olympic dollar. As we develop the budget for the coming fiscal year, however, we will look for ways to generate more money for magazine production without compromising the association's need for funding our elite athletes.

The second stumbling block to producing a bigger, better version of AMERICAN FENCING is the amount of material submitted each quarter for publication. If you don't send it, we can't print it!

While we fervently urge your contributions, we're also developing

other sources of material for the magazine. Many readers mentioned in the survey that they would like to see more articles on international fencing competition, training and technique. We've asked foreign fencing editors to provide us with articles for excerpt and we've recruited the assistance of bilingual fencers to translate the articles submitted. We've also asked our Weapons Squads to submit reports on their travels to European World Cups.

The readership survey offered respondents an opportunity to win a free round-trip airline ticket from United Airlines. In a drawing held in the USFA National Headquarters, Chuck Finn's submission was pulled from the pile. When contacted, Chuck said he'll probably use his ticket to attend next year's National Championships in Louisville, Kentucky. Congratulations, Chuck!

CORRECTION...

The Winter '94 issue of AMERICAN FENCING included a report on the Men's Foil Weapon Squad which erroneously stated that the fencers trained with Stanford University's team prior to January's Challenge of the Americas. In fact, the national squad maintained a separate training schedule, never working out with or fencing the collegiate team. Our apologies for the mistake.

It seemed as though a phantom vowel corrupted the correct spelling of some "Fencing Masters to the Stars" in the last issue. In fact, it was just this editor's failing eyesight compromised by the too-wellworn typewriter ribbon of the article's author. Joe Byrnes sets the record straight: "I like the article on the Hollywood swashbuckler masters. However, everything I have ever read has given the names of two of those fencing masters as Fred Cavens and Jean Heremans. I took a look at the bible: "Swordsmen of the Screen" by Jeffrey Richards (a British medieval historian from the University of Lancaster as well as editor of a film history series for Routledge and Kegan Paul of London). It gives Cavens and Heremans."



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PRESIDENT'S CORNER

A New Beginning

Bronze Medals at the World Junior and Cadet Championships signal a first step on the road to Olympic Gold.

BY STEVE SOBEL, PRESIDENT

onique De Bruin and Terrence Lasker claimed bronze medals - the first since 1975 — at the World Junior and Cadet Fencing Championships held March 28 through April 2 in Mexico City. Paced by Monique's third place in the U20 women's foil and Terrence's third place finish in the U17 sabre, the USA placed five fencers in the finals (Jennifer Dyer fifth in U17 women's epee, Peter Devine sixth in U20 foil, and Jeremy Summers seventh in U17 sabre) and 19 fencers in the top 32. This is the best result ever for the USA, and as Carl Borack, team captain, commented, "In the 2000 Olympics, I hope we can look back at this tournament as the time when our athletes began to realize that they could win in the international arena." Congratulations to the fencers, their coaches, and to everyone in the USFA who contributed to this success. Let's be proud of our first breakthrough, but not content to stop there. It is just the beginning on the road to Olympic gold, but even the longest journey must start with one small step. The USFA has started.

USOC Continues to Emphasize Medals and Planning

At the last USOC Board of Directors meeting in March, the Member Services Committee announced that it is likely additional funding will be provided to a sport based on the success it had meeting the goals it set for itself. The USFA has already held a "High Performance Plan Meeting" in Colorado Springs April 9 and10. The weapon coordinators met with athlete reps, the chair of the International Committee, our Executive Director and the USOC to discuss our plan, which must be filed in June. The meeting went very well, and there seems to be excellent cooperation among our top coaches, athletes and administrators, assuring that the USFA will be a leader in the pursuit of excellence in Olympic sports.

Increased Participation in Fencing

With the emphasis placed on the USFA goals to achieve significant international results, to increase public awareness of the sport, and to promote its Olympic status, it is not surprising that I received calls last weekend from fencers who practice and compete for recreation wondering if they are being abandoned by the USFA. The answer appeared in the bold subheadline on page 6 of the Winter '94 issue of AMERICAN FENCING: "Recreational fencers have an important place in the USFA, on a local and national level." As Buzz Hurst said in that article, "numbers lead to sponsorships."

The USFA needs more fencers, competitive and recreational, and it needs every person interested in fencing to be a USFA member. We need to expand the membership drive to get parents, sport enthusiasts and former fencers not currently competing to join the USFA as associate members for as little as \$15 per year. Every person interested in fencing is important to the USFA. Fencing is one of the few Olympic sports with lifetime participation opportunities.

Another project to promote fencing participation occurred when Linda Nunn in the USFA office coordinated an effort to showcase fencing at the national and regional AAHPERD conventions this year. Increasing participation in fencing is a top priority for our sport.

The USFA Listens to Its Parents

The USFA conducted its second annual parents meeting at the JO's this year. Attendance was outstanding; so were the suggestions made by parents. Some suggestions were very simple, such as getting



Monique DeBruin prepares to receive the bronze medal in Under 20 Women;s Foil at the Junior Cadet World Championships in Mexico City.

Photo: Carl Borack

referees to standardize communication so that spectators can know who received the touch and what the score was. I took a quick walk around the large fencing room and noticed that some referees point to the fencer who scored, others to the fencer who was hit, others to the fencer who made the attack, and some talk softly and give no signal at all. I've referred this problem to the FOC.

Another comment made, at the meeting and in the mail, is referees apparently overlooking unacceptable behavior by fencers and their coaches. We must insist on better behavior to portray the right public image for our athletes and our sport. Throwing equipment after losing a bout and other displays of poor sportsmanship at the strip are not acceptable.

Drinking on team trips or at the Olympic Festival in violation of our code of conduct will not be tolerated. We've informed everyone of our resolve to strictly enforce this policy. We are receiving the cooperation of the fencers and the FOC in maintaining control, the assistance of the coaches in stressing better behavior by fencers, and support and appreciation from the parents. The parents of fencers are a resource of the USFA not previously developed. We plan to schedule more parent meetings, publicizing them better in the tournament notices; to encourage local divisions and sections to schedule similar meetings; and to include parents on national committees and utilize them in volunteer positions. The Editor of AMERICAN FENC-ING initiated a search for articles of special interest to parents. Any volunteers?

A Special Tribute to our Junior and Cadet Teams

One of our goals is to win international medals. We are determined to achieve this goal, and the young fencers who represented the USA in Mexico City have proved that we can do it. A special thanks to the fencers and their coaches for providing a new beginning to the USFA through the pursuit of excellence in Olympic sport. A special thanks to all who provided assistance and support to the team.

TECHNICAL TALKS

A Non-Test in Sabre Proves a Point

Sabre machines require both the flow of current through the target *and* the opening of the sensor, within a single slender moment.

BY JOE BYRNES

N ear the end of the 1993 Nationals, when the top-of-the-line sabre fencers were swinging away at each other with their usual abandon, someone with long experience in watching sabre remarked

to me: "Compared to the kids earlier, the big boys aren't having any trouble in scoring their points."

That remark was delightfully ambiguous in a couple of ways. Did the speaker mean that the experienced fencers were not undergoing the frustrations in scoring that plague some of the younger and less experienced fencers in age-group and Division II events? Or, did he mean that the less experienced fencers needed to learn more? Or, was the remark confined to the touch with the point?

In electrical sabre the point touch sometimes gives trouble even to the experienced fencer. Ordinary cuts usually go off pretty clearly, and when they don't what is wrong can be tracked down: sticky sensor or defective body cord, or something of the kind. The point touch, however, has always been a bit of a problem, and it is a good thing for sabre fencers to have some idea of what is involved and what they can do about it. Here's a first installment.

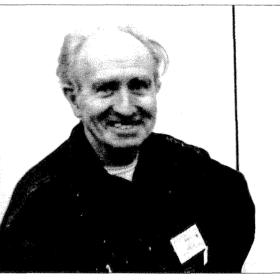
Consider the point touch that we so often used to see: an elegant curve of the blade, with a gentle raising of the hand. It all made a very pretty picture; no visual judge could miss it. And, catching the opponent walking into it, when you have the right of way, is doubtless a very gratifying experience. That style was cultivated to impress the eyes of directors and juries in the pre-electrical days. For nonelectrical sabre, it would still do the trick. Unfortunately, the electrical system probably will not be impressed by a nice soft point landing in a beautiful curve on the opponent's chest, no matter how elegantly you raise the hand. And, electrons know nothing about right-of-way.

What the machine has to sense, first, is a flow of electrons off the tip of your blade back through your opponent's lame materials and the associated wires to the machine. Then it also has to be alerted, from the other (your) side to the fact that your sensor (capteur, accelerometer) has opened up, **in close association with** that flow of electrons. If you have a nice soft blade, the natural damping effect of the flexing metal may slow down the travel of the mechanical shock that is delivered to the sensor down under your knuckles. If it slows it enough, your sensor won't open up fast enough (or at all). The

machine, being deprived of half of what it must know to call a touch, reports nothing.

Scoring machines for sabre are designed to FIE specifications, and require both those signals — flow of current through the target **and** opening of the sensor, within a very narrowly specified time range. A few thousands of a second — that's not much — either way, and nothing happens.

That is the way the machine works. And that is why a kind of test that I have seen people try will not work. I wouldn't even mention this if it were not that I have indeed seen with my own eyes two distinguished directors — oops, referees — who have lots of experience, and lots of technical savvy for foil and epee, do exactly this same incorrect thing. I suppose that by analogy they were trying to apply foil/epee principles to sabre, but in this case such principles won't work. Since last year when I saw these two examples I have heard of a couple more, so I hope I'm in order saying no, no, a thousand times, no.



Joe Byrnes found lots to smile about in Atlanta during the March North American Cup.

Consider the point touch that we so often used to see: an elegant | two such separate signals as meaning one touch.

To put it another way, the instant that the blade was laid onto the target the machine's internal clock began its count — which will last for only a few thousands of a second, after which it locks. The connection, blade to jacket, would have to be broken and remade to restart the clock before a signal from the sensor could be read.

I watched the "test" being performed several times, with no results, with the investigator then disgustedly asserting that the machine "wasn't working right."

If, in this situation, you want to do a genuine test to see if a "sabre machine is working right" (and the reel, too), here's how to do it. You need a couple of those three- or four-inch lengths of test lead wire ending in banana plugs. Disconnect the fencer who isn't being hit. Plug one of the test wires into the B and C (middle and farthest spaced) connections at the reel end. Plug the other test lead into the A jack. Now flip the free end of the lead plugged into A against the sabre blade that didn't want to work. You will create both signals and they will go back to the machine simultaneously. If the touches register this way, the trouble is definitely not in the machine or reel. Q.E.D. More about the sabre and its point next time.

The false test was being done simply to see if the system was working. (There had been a question about a point touch that "didn't go off.") What these hopeful people were doing was to hold the blade against the lame jacket (and that starts the electrons on the move, remember) and then rap, tap, whack, or otherwise bang on the guard, to make the sensor open up.

From what was said above, you can see how this so-called test fails. Yes, it creates the two signals that the machine must have, but creates them at too big a spacing. The electron flow starts far out ahead of the sensor opening, and the machine simply cannot recognize

BOOK REVIEW

Aldo Nadi's Classic "On Fencing"

After too many years out of print, this classic treatise is available once more.

REVIEWED BY WILLIAM M. GAUGLER

F ifty years ago, Maestro Aldo Nadi's landmark publication, *On Fencing*, first appeared in print. On that occasion *Time* magazine (19 April 1943, pp. 54-56) devoted a two-page article to Nadi, in which it noted that he was "acknowledged the world's finest foilsman." In 1943 the hardcover edition of *On Fencing* sold for three dollars a copy. By the late 1950s it had become the most sought after volume of its kind, and a collector's item; in the rare instance that a copy appeared on the market, it cost between \$60 and \$100. Indeed, the book was so difficult to find that third and fourth generations of copies circulated among fencers for years. Now, after decades of scarcity, a reprint at modest cost is finally available from Laureate Press (\$19.95 plus \$2 shipping, P.O. Box 450597-B, Sunrise, FL 33345-0597).

Why was Nadi's publication so important? For one reason, he was one of the most successful fencers of our century, a super champion virtually unbeatable in three weapons. In the 1920 Olympic Games at Antwerp, Nadi won the silver medal in sabre and gold medals for team foil, epee and sabre. After the Games he turned professional, and during the next 15 years defeated every amateur and professional willing to face him on the strip, including a generation of French champions such as Gaudin and Cattiau. Only Nedo Nadi, winner of five gold medals at the 1920 Olympic Games and Aldo's older brother, represented a serious threat (but Nedo studiously avoided fencing Aldo in competition after 1922). Lucien Gaudin, Olympic gold-medal winner in foil and epee at the 1928 Games, said that Aldo Nadi, "the thoroughbred of Italian fencing, will remain invincible for 20 years." And, this proved true.

On Fencing is also highly readable, and contains recollections of Aldo Nadi's duel with Adolfo Cotronei, as well as important insights into his own and his brother's fencing tactics. Referring to his brother, Aldo writes "the only fault in his defense ... lay in its lack of variety. He hardly ever broke the line, and seldom made a counter-of-sixte. The very fact that he did not exploit sufficiently the devastating stop-thrust was additional proof that, at times, he was unable to dictate his will to the hand — for it ran away with its counters"

What, in fact, distinguishes Nadi's book from all textbooks on foil is the wealth of technical and tactical advice he provides. For example, he stresses the importance of a defensive system combining simple and circular parries: "The counter-of-quarte-septime is a powerful combination A still more formidable combination is the counter-of-quarte-septime-quarte. This last parry must always receive the greatest thrust." And, on the subject of gaining or losing ground, Nadi remarks that "ground should be given only when absolutely necessary. Curb your adversary's aggressiveness by attacking every time he comes too near during the preparation of his own offensive ... The best strategy ... is to keep holding the initiative,

upsetting with threats, early parries and effective mobility any and all attempts of your opponent to gain ground. Your aim is to compel him to attack under the worst possible conditions, not upon his own choice of timing.

"Fearful, under pressure, and irritated by the difficulties of getting out of trouble, your adversary will realize only too well his own dangerous position. Thus, it is he who will probably lose control of himself ... he is bound to launch a desperate offensive which ... will be badly executed or out-of-time. It is here that you must drive your point home with an efficient stop-thrust or parry-riposte."

In summary, *On Fencing* is a comprehensive guide to foil technique, suitable for teaching both the beginner and advanced fencer. It takes the reader step-by-step through the fundamental elements of fencing (footwork, simple and circular parries, simple and compound attacks) to the most advanced fencing actions (counterattacks and countertime). For the experienced competitor the sections on combat training and competition will be of unquestionable value. Only a fencer with Nadi's record of achievement could write with such complete authority. And, what is especially significant is the fact that his advice is as valid today as it was 50 years ago, despite electrical weapons and rule changes. *On Fencing* is a work of cardinal importance, the testament of perhaps the greatest swordsman of modern times; it goes almost without saying that it should be in the library of every serious fencer and aspiring champion.

Dr. William M. Gaugler offers courses leading to a Master of Arms in fencing pedagogy through San Jose State University's Continuing Education Program.

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OFFICIAL'S LOUNGE

Sportsmanship Returns to the Strip

Each referee received clear instructions on what constitutes unacceptable behavior and improper attire prior to setting out for '94 Nationals. So did the competitors.

BY GEORGE KOLOMBATOVICH

The Fencing Officials Commission, concerned about demonstrations of unsportsman-like conduct at competitions this year, issued the following strongly worded directive to all participants at this year's National Championships.

Dear Referee:

The United States Fencing Association is working hard to maintain Olympic status for our sport and to make it attractive to new members and sponsors. This means that our sport will be seen by an increasingly large, and in most cases, uninformed audience. This audience will judge our sport in large part by the sportsmanship and appearance of the participants. Accordingly, this letter directs you to scrupulously enforce the following specific rules:

- [°] Throwing equipment (mask, weapon, *et cetera*) is to result in a Black Card.
- Obscene, profane, insulting language, or any other language or gesture deemed inappropriate by the Referee, is to result in a Yellow, Red, or even a Black Card.
- ° Any physical display of temper is to result in a Yellow, Red, or even a Black Card. Examples of such behavior include hitting the

strip, floor, table, equipment, *et cetera*, or even swinging the weapon as if one were going to hit.

- [°] Favoring an opponent for even one touch is to result in a Black Card.
- ^o In all weapons, the lower edge of the jacket must overlap the knickers by at least 10 cm when the fencer is in the "on guard" position. Not having this overlap is to result in a Yellow Card, and the fencer will have to replace the improper jacket and/or the knickers.
- ^o With knickers, the fencer must wear appropriate socks. These must entirely cover the legs right up to the knickers and must be held up in such a way that they cannot fall down. Not having proper socks is to result in a Yellow Card and the fencer will have to replace the unsuitable socks.
- Rips, holes, tears, *et cetera*, are not allowed in the jacket, knickers, bib, *et cetera*. Tape is not considered sufficient to repair these. Having this condition is to result in a Yellow Card for the first piece of defective equipment and a Red Card for each subsequent defective piece of equipment, and the fencer will have to replace the defective equipment.
- ^o Uniforms must be clean. A dirty uniform is to result in a Yellow Card, and the fencer will have to replace the dirty uniform.
- ^o The fencer's last name musty be legibly printed and visible on the back of the cloth or metallic jacket or on the rear leg. Capital, block letters not more than 10 cm high, in navy blue, are required. Not having the fencer's name or having another person's name on the uniform is to result in a Yellow Card, and the fencer will have to have the condition rectified.

Remember, penalties, when appropriate, are to be applied even if a fencer has been eliminated. A copy of this letter will be [sent] with each competitor's confirmation information from the National Headquarters. Forewarned is forearmed. The fencers know what to expect from you and they are expected to act accordingly. Thank you for your cooperation and your compliance.





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IN THE TRENCHES

Structuring a Sturdy **Club or Division**

BY EDWIN (BUZZ) HURST

here is a dangerous misapprehension among may clubs and divisions (and even some sections) that written by-laws are a mere formality and of little or no significance in the real operation of one's organization. The sad result of this misconception is that many clubs and some divisions have no by-laws at all, and many others have very out-of-date ones which nobody can find anyway.

If you look at a good set of by-laws, like the ones in the USFA Division Operating Guide for example, you would do well to remem ber that virtually every single rule or policy therein was the result of a raging fight in some organization somewhere, sometime. A by-law is the settlement of an argument that has previously occurred, and without that by-law the argument will undoubtedly occur again. suspect that the reason by-laws weren't invented during the Renaissance was that people were having too good a time fighting duels.

If your group, however, doesn't care to engage in mortal combat (at least over administrative matters) then I would recommend that you review your by-laws and perhaps compare them with the sample in the Guide, a sample that can also serve as a paradigm for clubs. As to your section, I would refer you to the USFA Guidelines for Sectional Tournaments which contains a sample of the very thoroughly constructed by-laws of the North Atlantic Section.

There are a few policy areas that seem to consistently cause most of the trouble in organizations and so should be given special attention in any set of by-laws.

For example: Let's say that your chairman has started dressing up like a woodchuck and nesting under his front porch. He refuses to perform any of his duties or convene meetings. Do your by-laws provide a method by which he can be removed from office? Do they offer alternative ways to call an Executive Committee or General meeting if he refuses to call one?

Or, a member of your Executive Committee suddenly stands up in a meeting, shouts, "Millard Fillmore would never approve!" and may have. Write in care of the USFA National Headquarters.

storms out, vowing never to return. Can she be replaced? Or, your chair not only dresses like a woodchuck, he plans to spend the entire division treasury on Purina Rodent Chow. Do your by-laws offer you a way to prevent this expenditure?

How about if your Executive Committee decides to withdraw all the club's savings and put the money into cattle futures. Would your by-laws let you put the brakes on this idea?

What if you have served your division in various ways for many years and have been prevailed upon to become the next chair. You have worked hard on a plan and a budget for the coming year and enlisted support. However, at the annual meeting (attended by the

Good by-laws are one of the best ways known to keep a group's collective blood pressure within normal range.

usual ten people) a member of the division whom no one has seen for years shows up with 30 proxies signed by members of the division who have also remained out of touch for years. Do these proxies entitle the interloper to assume the chair? Can candidates for chair be nominated from the floor at the annual meeting or must the announcement of candidacy give members of the division sufficient time for reflection before the vote is taken? Do wanna-be chairs have to submit a program as a condition of candidacy? Are proxies allowed?

What if a new club with many junior fencers organizes in your division and you're already salivating over the boost in revenue and numbers this group will bring. Unfortunately, long, long ago your vice-chair's Rottweiller ate a duck belonging to the new club's president and the president, therefore, refuses to include his club within the boundaries of your division. Is secession allowed?

I could offer myriad scenarios but I suspect you're getting the picture. Remember, the USFA's Committee for Clubs, Sections and Divisions, which I chair, is available to answer any questions you

TIPS FROM THE ARMORY

How to Wire a Bare Electric Blade

Clean the blade by running a knife edge down the groove to pull the wire as you seat the cup with the tool. remove any old glue. Use acetone (or non-oily equivalent) on a cotton swab to clean out the remaining old glue.

Put the blade in a vise with the groove facing upward.

Run the wire between your fingers to straighten out the kinks. Thread the wire through the barrel about three to four inches and lay it in the groove of the blade.

Thread the barrel on. Be careful not to damage the wire or to cross thread the barrel on the blade. Tighten down the barrel and gently pull the wire through. If you over-tighten the barrel, it will split. (Aluminum barrels split more easily than steel.) Seat the plastic cup in the barrel with a point setting tool. Gently

Spread glue down the groove of the blade and lay the wire in it, keeping a little tension on the end of the wire. Use a toothpick or your fingernail to ensure that the wire sits on the bottom of the groove.

Wrap the wire around the tang of the blade and fasten it securely with a rubber band or tape.

Top glue the wire.

Take the blade out of the vise and bend it slightly, anchoring the bend under a table top. Do not remove until the glue is dry. When dry check for the wire popping out. If it does, reglue, then remove excess glue from the wire.

SPORTS MEDICINE

Sprains & Strains

Understanding a common injury can help prevent it or at least minimize its ill effects.

BY ALEX RAMIREZ, P.T.

The 1992 USFA Fencing Injury Survey identified ankle injuries as among the most common and serious physical problems encountered in fencers' careers. Understanding how to prevent, treat and rehabilitate a sprained ankle can minimize the time lost to fencing following an injury.

In an ankle sprain, the ligaments, attaching one bone to another, are overstretched, torn or ruptured, with a reduction in joint support and stability the result. Sprained ankles vary in severity from relatively minor annoyances to ones which cause long term disability.

Of the two types of sprain, the eversion sprain occurs when the weight of the body comes down over the inside of the foot. Although rare, this type of injury is nonetheless serious, often accompanying a fracture. Initial management should include rest, ice, compression wrap, elevation and a trip to the doctor as soon as possible.

The inversion sprain, the classic "twisted ankle," is caused by weight coming down over the outside edge of the foot. The sprain occurs to the anterior talofibular ligament, which lies just in front of the lateral malleolus (the bony projection on the outside of the ankle). In a first degree injury, the ligaments stretch but do not tear.

Although it hurts, there is no loss of motion or strength and only minimal swelling. In a second degree sprain, there is some tearing of the ligament that results in loss of motion and strength, swelling, and point tenderness just below and in front of the outside ankle bone. The third degree sprain involves a complete tearing of the ligament — athletes often report a snapping or popping sensation at the moment of injury. The now unstable ankle joint requires the services of an orthopedist experienced in sports medicine who may recommend prolonged immobilization or even surgery.

Prevention Is Possible

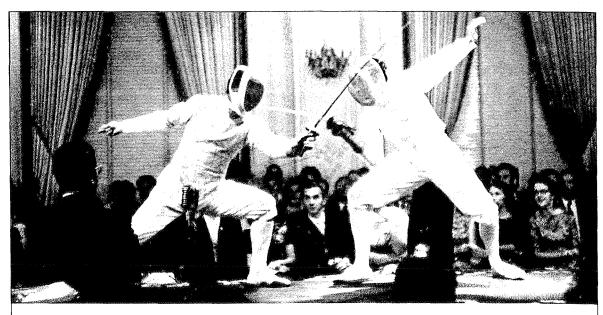
Footwear can prevent many sprains. You wouldn't rock climb in flip-flops, why fence wearing shoes best suited for the basketball court? Good fencing shoes help you maintain proper technique and control; for example, they minimize the front foot turning in during a lunge. And, if you have had an orthotic prescribed, wear it!

Fencing fatigued is an invitation to injury, likewise fencing on anything other than a flat surface. In either situation, good form can be compromised with a loss of balance the result.

If, in spite of your best efforts, an ankle injury occurs, respond with the RICE formula: rest, ice, compression and elevation. With a first degree sprain, reduce weightbearing. Suffer a second or third degree sprain and you should see a physician.

Rehabilitation

The following information is provided as a guide; with a severe ankle injury consult a health professional before embarking on any rehabilitation program. During recovery, enjoy non-weight-bearing aerobic exercise, like swimming or pedaling a stationary bicycle, to *Continued on the following page*



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Sports Medicine

Continued from page 9

stay in shape. Once swelling stops, start light stretching exercises. Use brief, intermittent stretches. Ease into the end of the range of motion. Do not bounce or use ballistic motions. Make certain that pain or discomfort do not worsen after stretching, which would indicate too strenuous activity. Alternating hot and cold soaks of the afflicted joint can be helpful at this stage, too. In our clinic we use ultrasound and/or electrical stimulation to promote healing, decrease swelling and relive pain.

When pain permits, begin light resistance exercise in a nonweight-bearing position. Use manual resistance, weights or rubber tubing. Work on strengthening all planes; give some attention to strengthening eversion — twisting or turning the foot out, the motion opposite that which caused the sprain.

When you are pain-free, begin weight-bearing exercise; strengthened leg muscles provide dynamic stabilization that will supplement the function of the injured ligaments. Additionally, proprioception (the sense of joint position and movement) is often affected by a sprain because the nerve fibers are damaged. Therefore, weightbearing exercises, which restore a normal sense of joint position, are vital. Following are some exercises which do not require any special equipment:

1. Balance on one leg (the injured one), holding on to a stable support with your hands. When you can perform this action easily for 15 seconds without hand support and without swaying, add a variety of parries and thrusts while still balanced on one leg.

2. After mastering the above exercise, try the one-legged stance on a 10° incline. Again, begin by using your hands for stability, then progress to no hands and, finally, parries and thrusts in this position. As the exercise becomes easier, increase the angle by 10° at a time. A 30° to 40° angle is about as steep as you can go.

3. While in a lunge, have a partner try to push you over as you maintain balance. Have your partner start with a light push and gradually increase the pressure.

4. Walk uphill, downhill and across the hill in both directions.

5. Raise up on your toes, first on two feet, then balanced on one foot with hand support, then balanced without support.

The above exercises should be done in a gradual systematic fashion. Establish proficiency at the easier level before attempting the more difficult level. Follow the advice of your health professional on when it is safe to return to fencing. We use the following criteria to determine when a fencer is ready to get back on the strip:

• Fencer can raise up on the toes of the injured foot at least 30 times in rapid succession without assistance.

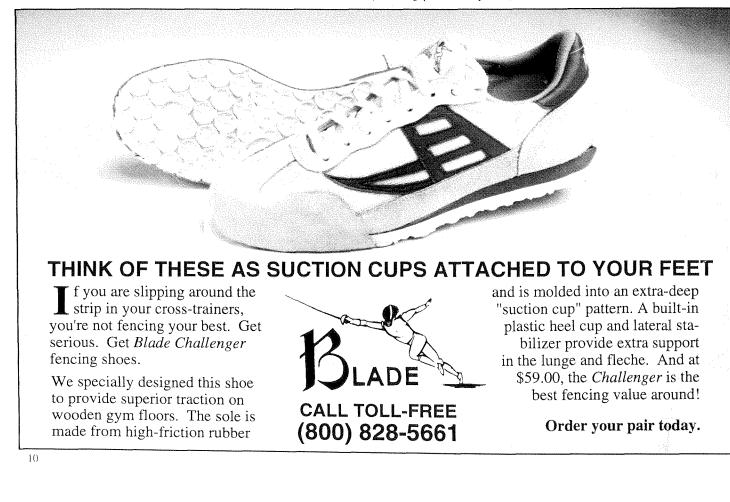
• There is no pain or swelling and full range of motion.

• Strength is at least equal to the uninjured leg.

• Technical mistakes which may have caused the injury have been corrected.

• The following actions can be performed without pain: fencing footwork, sudden starts and stops, wind sprints, quick lateral cuts left and right, high-speed running figure eights.

In summary, practice prevention. If a severe injury occurs, consult a health professional. For minor sprains, follow first aid fundamentals. Follow through, too, on rehabilitation and don't return to fencing prematurely.



STRIP SENSE

Fencing the Referee

There's validity in adjusting your game for anticipated bad officiating decisions

BY STEVE SOBEL

The concept of "fencing the referee" is based on two assumptions: first, a competent and impartial official will make mistakes (no one is perfect), but he or she will be consistent; and second, the primary goal of the fencer is to win the bout. Scoring on an action that is not called in your favor accomplishes nothing. Doing the action again, resulting in two touches for your opponent because of the same basic bad call shows stupidity. After all, if a fencer is able to change the game to adjust to his opponent's good and bad moves, why can't the same idea be used against an official's errors. A few examples will illustrate the point.

Fencer A makes an attack to the head in sabre and hits. The referee, however, calls the attack parried and Fencer A loses the touch to the riposte. Fencer A would now be wiser either to make the head cut clearer, or to attack another part of the body that is easier to see.

Fencer A makes an advance lunge. Fencer B stops into the attack, which is out of time. However, the referee calls the touch for Fencer B, describing the action as an advance and a hesitation, with the stop in time. Fencer A should now either make his attack with a beat or taking of the blade, or attack with second intention by waiting for the stop, then making a parry-riposte. What else can Fencer B do? See the next example.

The first two examples are simple ones; the third is more subtle. In point of fact I lost a fence-off bout when it was used successfully against me. I was losing a bout 4-3 when I made a stop into the attack (just like Fencer B). I got a lucky break when my stop was called in time. The score was now 4-4. I wasn't going to hope for a second bad call in my favor, so seeing the opportunity (which I later learned was created for me), I made a simple advance lunge attack. I was hit by a stop clearly out of time. The referee called the stop good, and in time, and I lost the bout. My opponent then told me that if the referee called the stop in time in the previous action, he assumed he would make the same mistake again, so he set up the opportunity to reverse the previous situation (where he became Fencer B and I became Fencer A). The second bad call was then in his favor.

In addition to adjusting to a particular referee, there are a few general rules fencers would be wise to apply to all officials:

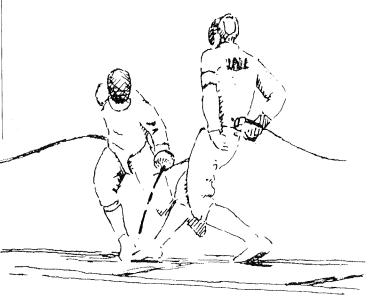
1. Watch the referee. At the start of the competition, in addition to observing the fencers against whom you have never competed in order to learn their style, watch the referees to see how they call the close ones. (If you do you won't have to lose the first touch before you adjust.) Most officials are usually known in advance and, usually, it can be assumed that they have not changed the way they call touches. Most referees have the same concept of time in foil and sabre, so observation in one weapon can help in another. A referee who doesn't see too well will not improve his vision after a few bouts. Your best defense is a good offense.

2. Understand on and off days. refereeing is similar to fencing. A referee's ability to distinguish close action can decrease when he is tired or having an "off" day. In an opening round pool of seven you

may fence only six bouts, but the referee officiates all 21.

3. Fence with authority. In many cases it *is* difficult to distinguish, after a meeting of the blades, who made the beat. Make your beats with a small advance or forward motion to indicate clearly that you are the attacker. Beat the upper half of your opponent's blade so it cannot be mistaken for a parry. After your parry, hold it a fraction of a second longer so it doesn't hit at the same time as your riposte. (A sharp referee will see the take and the release as your parry-riposte, even though both lights go on simultaneously. (Remember, though, even a poor referee *must* call it correctly if only one light goes on.) Since you have the parry, the moment's delay to avoid being hit is worth the possible loss of the touch.

4. Direct yourself. You can't fully appreciate the problems of



refereeing unless you experience them yourself. You'll understand the difficulty directing at one end of the strip without extension lights. You'll see that when the fencer's back is on your side, it's more difficult to see blade actions (but ironically easier for the spectators seated on the opposite side to see and criticize).

5. Control your temper. Don't risk fencing an entire bout poorly because you got mad over a bad call on the first touch. Even under ideal conditions, mistakes may occur. Your touch may be nullified because your opponent's blade malfunctioned, because someone accidently unplugged the machine, because a referee called a halt for some reason unrelated to the action, etc. Learn to anticipate the probability as well as the possibility of errors. If you anticipate five mistakes but only two occur, you probably won't be disappointed at the two bad breaks. Be happy the other three did not materialize.

Please don't construe the above as a justification for poor officiating. I do not accept or justify it. As an administrator, I will strive to improve intolerable conditions. As an official, I will always try to correct an unjust action. But as a fencer, when I put on my mask before a bout I realize that until anyone comes up with a better suggestion, I will fence the referee as well as my opponent.

Association President Steve Sobel wrote the above article for publication in "The Jersey Fencer" in 1970, but it retains its relevance today for those fencers who attribute their less-thanstellar results to poor officiating.

PARENTS PERSPECTIVE

Partners in a Winning Performance

Fencing offers parents an opportunity to teach life lessons and to foster independence.

BY PAM ROSTAL

Who were the real winners at this year's Junior Olympic Championships? The medalists are listed elsewhere in this issue of AMERICAN FENCING, but some winners may never be recognized outside their own homes.

For example, the fencers whose singular accomplishment may have been that they gave their best effort. These stalwart competitors may not have walked away with a medal, but they earned pride in their accomplishment. With the continuing support of their families, they'll return next year.

Other winners at this year's JOs were those parents who empowered their children to assume new responsibilities, to risk possible failure, to overcome intimidation. It's much easier for a parent to handle the myriad tasks of tournament preparation rather than to prepare the child for independence. For biting their lips and letting their children speak up, for offering support from the sidelines, these parents deserve a medal!

Review your own performance. Did your youngster check in solo at the registration desk? Was your young fencer able to communicate his equipment problems to the armorer. Did she know where to check pool postings? To get a strip assignment? If so, celebrate! Recognize your family's accomplishments and know that these small steps play a vital part in preparing your fencer for competition.

If this wasn't your child's year to go it alone, you can prepare now for future independence. Throughout the year encourage your son or daughter to take on new responsibilities, as their age permits.

BEFORE THE TOURNAMENT ... Part of fencing reality is that competitors will always have to complete entry forms and submit them by a deadline. Even the youngest child can be made a part of that process. In the interest of readability, you may fill out the paperwork but explain what you're doing while the child watches. Every child should know the difference between division and club. And do explain the reason for and finality of "the deadline."

AT THE REGISTRATION DESK ... Let your fencer handle check-in procedure at the tournament. When asked, he can answer with his name. Teach him the proper response to "What event are you fencing today?" Let her present her proof of membership in the USFA.

Once the registration formalities are completed, it's usually only a short walk to the armory for weapons control. Again, your fencer should present the weapons and understand why this step is required. Sooner or later he or she will have to go it alone anyway ... unless you relish the thought of accompanying a six-foot-tall high school senior through control because he doesn't know what the procedure is.

PRE-COMPETITION CHECK LIST ... Let your child participate in the pre-tournament inventory of equipment for the fencing bag. Explain the need for extra body cords, energy bars, etc.

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CAMP #2: August 1-13, Junior Men's and Women's Epee*, Foil and Sabre

STAFF: Maestro A. Kislyounin, Head Epee Coach, Moscow City Fencing Assoc.; Maestro Vadim Poutchkov, Head Sabre Coach, Moscow City; phis Maestros Vladimir Nazlymov, Vietor Jdanovich, George Abashidz end Vitali Nazlymov

PARTICIPANTS OF NOTE, CAMP #1: Coaches & fencers of Bayer Fencing Team, Dormagen, Ger incl: Clarssa Reinke Brnz.'92. WF Europe Jr. Chmp; CAMP #2: Coaches & fencers of Moscow City Fencing Assoc incl: Okasan Eimankova '93 WE Wird Chmp; Anastasia Kuzmina '92-94 WF Russ I Nat1 Tm; Serg Sharikov '94 Jr. Wird Sature Chmp, A. Shirshov and S. Pozdnyakov '92 Olym. Sabre Gold & '94 Russ Nat1 Tm BOTH CAMPS: George Kvaratzhelia, '94 Georgian Nat1 Tm; Terrence Lasker, '94 Brnz, Cdt Wrld; Jerenry Summers, '94 Finst, Cdt Wrld; Sean Bates, '93 Gold, Dv II; Graham Kelley, '94 MF Brnz U20 JOs.

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*Please note: Epee included in Camp #2 only. ** Limited space -- reserve today.

TOURNAMENT DAY ... Explain the rationale behind arranging your wake-up call for a certain hour. Plan to arrive at the venue early enough to explore together. With your child in tow, ask where pools will be posted. Locate the Bout Committee and explain that this body can be a source of information if all other sources of information have failed. By going through a pre-tournament drill on the first day, your fencer should be able to lead the way on the following days.

THROUGHOUT THE COMPETITION ... At the strip, the referee calls each fencer by name. The fencer, and only the fencer, must reply. Likewise, on the strip only the fencer can question a call or ask for clarification. Lessons in strip protocol and etiquette are imperative! Referees appreciate acknowledgment, too. At the end of the round or direct elimination bout, train your fencer to approach the referee, shake hands and offer thanks for officiating.

Learning to accept the collateral responsibilities of competition is as important as developing an accurate parry-riposte. And there's no better place to begin your fencer's education than at the JOs. Where else can a young person experiment with decision-making at such a low risk? The opportunity for success is boundless; the risk of failure minimal because you are there for support and guidance.

Be prepared, however. The confidence gained by achievement manifests itself on the strip, too. And, if that confidence leads to consistent medal-round results, your child is going to need all the decision-making practice possible because you won't be stripside at the World Championships.

Mother of champions — Scott in U17 Men's Epee and Mindy in U15 Women's Foil, Pam Rostal was influential in the formation of Twin Cities Fencing Center.

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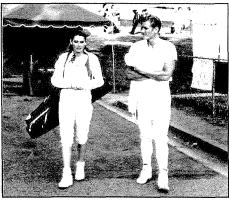
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PentathI The Movie Abou



Rob Stull, former USFA National Cha in the latest film to capture the

BY ANNIE GORTON

he scene is familiar to fencers worldwide: The raised piste gleams softly in front of a small but enthusiastic

audience. The timekeeper and scorekeeper's table, flanked by scoring towers, stands between two benches

Top to bottom: Lundgren and Renee Coleman. A word with the referee. Photos by David Moir

where fencers rest and watch the bouts. The referee, in sport coat and tie, calls the bout as coaches give last minute reminders and competitors eye opponents. A burst of applause from the audience signals the arrival of Rob Stull, one of the nation's top pentathletes and a champion epee fencer. Stull waves to the crowd as the camera operator moves in for a close-up of his

blond athlete... Wait a minute, is this a fencing competition or a movie? Well ... both.

Fencing has long provided the action, suspense, and romance that filmmakers seek; for that matter, so have horseback riding, shooting, running, and swimming. The sport of pentathlon offers a filmmaker endless scope for chase sequences and fight scenes, so it isn't surprising that Dolph Lundgren's new production company, Thor Pictures, created "Pentathlon."

Due for U.S. release by LIVE Entertainment soon, "Pentathlon" follows a young East German Olympic star. After defecting to the U.S. during the 1988 Seoul Olympics, he is harassed by what's left of the East German police.

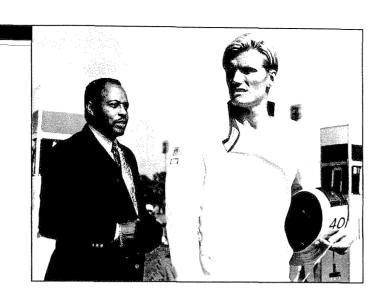
Dolph Lundgren, who you may have seen in "Rocky IV" or "Universal Soldier," plays the Olympic star, Eric. In addition, the cast includes Renee Coleman ("A League of Their Own"), David Soul (TV's "Starsky and Hutch"), and Roger E. Mosley ("Unlawful Entry," TV's "Magnum, P.I."). The director is Bruce Malmuth.

Unquestionably, the real star of Pentathlon is the sport itself. AMERICAN FENCING was only one of many sports magazines invited to the outdoor shoot at Citrus College in Glendora, Calif., last July to talk to the actors and coaches about the film and the intense training required to prepare the actors for sports scenes.

It was imperative that on screen the actors, regardless of athletic background, look like Olympic champions — even after only months of training. Thor Pictures called on the nation's top athletes for help: Rob Stull for pentathlon and fencing; Suzie Hutchinson and Jamie Williams for riding; Steve Scott and Jackie Joyner for running: Launi Meilli, Bob Foth, and Deena Wigger for shooting; and Melvin Stewart, Janet Evans, and Aimee Berzins for swimming, fencers Carl Borack and Dave smile. Another camera tracks the face of a frowning | Baxter helped Stull coach the actors for fencing scenes.

the Event

pion, does double duty izzle of fencing.



Once Stull's competition scene with Lundgren, | a powerful lunge," said Coleman, and Mosley was over, he stepped out of his role as actor and stepped into his role as "catch-all." Relaxing in a canvas chair, he arranged extras for the swimming scene to be shot the next day, expressed concern over one of the horses used in the riding scenes, and answered questions about training Lundgren and the others to fence.

To speed the actors' ascent to world-class look-alikes, Stull used some of the same techniques he used himself to become a champion fencer. "When I started fencing, I got good quickly because I copied good fencers," he said. He did the same when training Lundgren.

It was a plus, Stull said, that he had good material to work with. Lundgren holds a second-degree black belt in karate (he is currently training for his third-degree black belt), so the world of combat sports was not new to him.

"Dolph is earnest, dedicated, and he has a lot of natural ability because of his years of karate," says Stull. "He had to work his legs a little bit, but his hands were pretty good." There's no doubt that Lundgren looks like a fencer in the film. Karate gave him the strength, speed, and aggression he needed to transform his own body into Eric's. "Dolph was able to pull off the fencing because he's an athlete," explained Stull.

One of the concerns shared by Lundgren and by Carl Borack was that Lundgren's fencing style match the personality of his character, Eric. Lundgren agreed to talk to AMERICAN FENCING even after a tiring day spent filming outdoors. As we walked from the set to the trailers used by the cast and crew, Lundgren discussed acting and fencing.

"Rob [Stull] and I gave Eric an upright, erect, proud style relying on power moves such as an eight parry and Lundgren. "We wanted to show off basic moves in fencing, clean parries, lunges, ballestras, and fleches."

Lundgren and his coaches modeled Eric's style on that of Germany's '88 Olympic gold medalist in men's epee, Arnd Schmitt, Schmitt, too, was involved in the film, playing the role of a referee on camera and assisting with the coaching off camera.

"Eric fences like Arnd," said Lundgren. "Arnd's style is alert, but he doesn't move a lot. That style looks good on film because when you make an action, it means

something. Like acting, if you remain neutral most of the time, then when you do show emotion it means more than if you rant and rave all the time."

Fencing was especially challenging to Renee Coleman, who plays the love interest in "Pentathlon." Resting between scenes under the shade of a tent, she described the challenge of getting her body ready for the film. "The first day, Rob said, 'I want to see what kind of shape you're in. Can you do 25 pullups?' I said, WHAT? I can't even do one!"

During her first weeks of fencing, Coleman said, "I Continued on following page

Top to bottom: Lundgren, the Pentathlete. The requisite sword fight. Stull and Lundgren in competition. Photos by David Moir



was swearing all the time and I couldn't believe that people volunteered to do this. As I got in better shape, I liked it more." After six weeks of training, she said her favorite sports were riding and fencing, "because they're romantic."

While most of the fun in modern fencing stems from the element of surprise, the "chess game" in which you do not know what your opponent will do next, Stull choreographed the bouts in "Pentathlon." Again, Stull used his "copying" technique to create realistic and riveting bouts. "For inspiration, we watched films with a fencing standpoint, including 'By the Sword.' While watching the films, I made notes of the stuff I liked. Then I tried to include those elements within the bouts." For example, in one scene, Dolph is in the woods playing around with his coach with an epee. "That came straight out of 'Scaramouche,'" said Stull.

There is an actual duel in the film. "We used a real fleche in it," said Stull. "It's a fight to the death. We also had a few primes, lunges, toe touches, and ballestras in the movie." The bouts in "Pentathlon" were designed to be short, high-speed, and realistic.

Adding to the realism was the fencing equipment donated by Allstar and Uhlmann. Arnd Schmitt approached these manufacturers, which showed themselves to be extremely generous — they donated more than \$100,000 worth of equipment, which was sent to the United States Pentathlon Association when the movie wrapped.

Allstar and Uhlmann requested promotion within the movie in return for their donation. To meet their requirements, Schmitt and Stull made every effort to ensure that the companies' logos would appear. In at least one scene, the actors who portrayed fencers wore the traditional white jackets with the name "Allstar" blazed in red letters across the back. The Allstar and Uhlmann logos appear

everywhere - on jackets, t-shirts, and fencing bags.

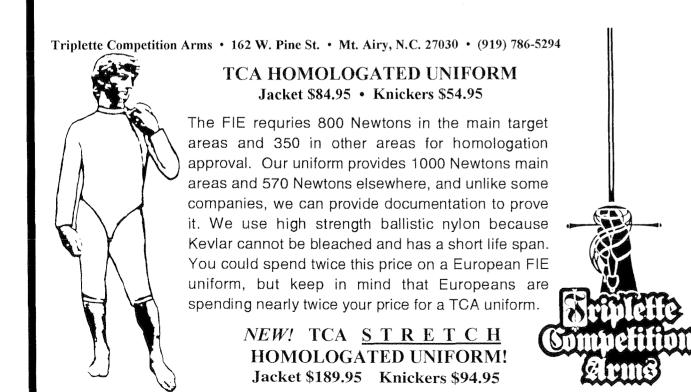
The lettered jackets were a departure from the realism Stull tried to achieve in the fencing scenes, as F.I.E. rules prohibit wearing corporate logos on uniforms. However, Stull believes that the USFA should allow corporate sponsorship, because he feels it would revitalize American fencing at the national and international levels.

"Fencing needs money, and it needs the media," Stull said. "We should allow the corporations to sponsor jackets. Just try it on a test basis in USFA events and then we can take it to the Federation International d'Escrime and say, Look what we're doing — it works. If we have money, we can expand our programs, we can get kids involved, and we can get exposure. We need to add color to the uniforms and give the sport a designer quality."

Stull feels that "Pentathlon" will help fencing by giving it some of the media attention it needs — by giving it a little glamour. "I guarantee you it will help fencing. I mean, AMERICAN FENCING is here on the set. Yesterday we had a swimming magazine. We had running and shooting magazines. We are fortunate that Dolph likes the sport. He's going to the Olympic Festival and the World Games. The USFA needs a P.T. Barnum. We need to appeal to the masses, and we need to take advantage of vehicles like this film."

If you're a fencer who enjoys watching competition, you'll really enjoy the fencing scenes in "Pentathlon." Among swordfighting films, "Pentathlon" is tops, according to Stull. "This film probably has the best fencing you'll ever see."

Annie Gorton currently writes and fences in Los Angeles but come fall she'll enter graduate school in Virginia.



Make a Game of Distance

Young fencers learn lessons on tactics in a group setting.

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In teaching the

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tion needed to cre-

els for children.

BY J. ROBERTO SOBALVARRO

s a model for youth fencing instruction, the traditional European model lacks relevance for youth in the United States. The European model, including months of footwork and theoretically based technical instruction, holds little appeal for children who have many choices, strong peer pressures, and little cultural reference to fencing. With so many options, it is the rare child in the United States who opts for long, dull hours of practice, during which the game they are supposed to be learning rarely appears.

In the instruction of children, later Polish and Russian models, with their emphasis on competitive exercises and instructional games, are more successful. We must hold the children's attention to fencing in ways that coincide with teaching excellent, useful, and applicable technique. In short, we must teach them from the outset, the game of fencing.

The Tactical Progression Model of youth instruction enables skill building. For example: Fencer A executes a thrust lunge scoring a touch on Fencer B. Fencer B, recognizing this action on the next attempt, executes a quatre parry riposte and scores on Fencer A. The thrust lunge poses a tactical question answered by a parry riposte.

In coaching and training youth and cadet fencers with the intention of competitive fencing, my assistant coaches and I have often encountered what we jokingly refer to as "The Parrot Effect." It is easy to teach a beginning child an action and, like a parrot, have the child perform it by rote. But like a parrot using a newly learned phrase with a passerby, the child in fencing tends to use the action inappropriately. In the parrot, this leads to off-color jokes. But in the young fencer, it leads to frustration and the often heard statement, "Coach, this just doesn't work!"

It is every bit as important to instruct the young fencer in the "where and when" aspects of a technique

s a model for youth fencing instruction, the traditional European model lacks relevance for youth in the United States. The Euroto specific situa-

> Young fencers are willing to learn technique, but they also want to learn to play the game. They want to know what to do when lunged at.

ate an effective parry. Over parrying slows the efficient return to riposte position and makes a valid riposte more difficult. Utilizing these two simple technical actions, three related games may be played to give the students a feel for actual usage.

The "Trade Off" Game

The first game is restricted both in footwork and technique and involves the roles of "attacker" and "defender." The game uses only the basic movements of advance, retreat, and thrust lunge. In this game, the concepts of control, initiative, and manipulation of distance are introduced.

The game is simple to explain. Turns are taken for attacker and defender. When it is the attacker's turn, he or she may make up to, but no more than, two forward *Continued on following page*

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distance to neutralize attacks and parry riposte as a counter offensive action, young fencers develop the ability and nature to spend less time looking for the blade ineffectively and more time creating successful actions.

With the beat attack, instructors and coaches are able to introduce more overtly 'the concept of selecting the proper distance for the specific technique. Or, to look at it in a more tactical light, young fencers learn to select the proper action for the distance developed in the bouting situation. The beat attack is an easy example of this due to the immediacy of the opponent's response to the beat preparation. Students quickly understand that opponents react much more rapidly to a tactile stimulus than to a visual one. An opponent responding to the visual stimulus of thrust lunge will react more slowly than to the sharp rap of the beat upon their blade.

A fencer whose blade is sharply beat very quickly parries. Thus, a direct beat attack made over too great a distance has a much reduced chance of success. To be successful, the attack must occur over a short distance so the point can arrive on target before the completion of the parry. This allows coaches to introduce students to a simplified distance structure based on the complexity of the attack selected. Simply put, the more complex the action and the responses generated by the action in the opponent, the longer the distance needed to successfully execute it.

Attack Distances

Three distances describe the action-response area. Close distance is that over which a direct attack such as a thrust lunge or simple beat attack can travel successfully. Middle distance is that over which simple indirect actions, such as a single feint or beat disengage, can successfully occur. Long distance is that over which compound feint attacks or beat attacks with multiple disengages prevail.

In relating this to the bouting experience, a fencer uses the number of responses desired from the opponent as the basis by which to create distance. This concept emphasizes the ideas of initiative and control of the opponent. If no response is desired, that action must occur rapidly over a short distance so that no cognitive reaction is possible. If a beat attack is to arrive, the hit must occur so soon after the beat that the opponent cannot select a parry or make a retreat.

In this manner, middle distance may be defined as that distance at which a fencer can execute only one action, a single parry quatre for example, and not have sufficient time to begin a second action.

Long distance may then be defined as that distance which allows the opponent multiple responses, combination parry quatre, parry sixte, for example. It should be recognize that in an actual bout, these distances are dynamic. Middle distance may become long distance, for example. But at this early stage of development, they are useful benchmarks in the tactical selection of actions.

In class, coaches and instructors must teach with these explanations in mind. The beat attack is done at an easy lunge distance, with the hit arriving immediately after the beat. The beat disengage attack is taught over a slightly longer distance. It is important to emphasize that the hit must occur simultaneous with or just prior to the completion of the opponent's first parry so as to allow no time for a second action.

The beat one-two must be done over a longer lunge distance with the hit arriving simultaneously to or immediately prior to the completion of the second parry. The distance for each action is set by the instructor and the attack is executed only over that distance. As always, care must be taken that the technique is performed cleanly, correctly, and with control. Once these exercises are completed to the

satisfaction of the coach, a simple game may be introduced to reinforce these ideas and continue building higher levels of skill.

The "Wall Drill"

In this game, the attacker has complete control over the distance used for the attack, via the simple expedient of placing the opponent's back foot against a wall. The opponent, designated the defender, may not move from this position, but may use parrys quatre and sixte to stop attacks, riposting when successful. The attacker must use a beat preparation, after which he or she may execute a direct attack, simple indirect attack, or compound attack. The attacker may also use the beat as a reconnaissance action where no attack takes place, but information is gathered on the speed of parrys, reaction of the opponent, and so on. The attacker learns to understand his or her opponent's reactions, plan for them, and select proper distance and timing of his or her attacks. The defender learns to control his or her response, parry only real actions and to keep the parrys concise to facilitate scoring with the riposte.

By encouraging young students to understand and play the game from the outset, the coach can gain and hold larger numbers of young athletes who might otherwise gravitate to sports where participation occurs more rapidly, that might be more fun than dry technical drilling, and that may have greater peer value.

Ro Sobalvarro, head coach at Twin Cities Fencing Center, incorporates a number of goal oriented games into his fencing program. For additional progressive drills for teaching foil strategies, see Vincent Bradford's new manual "Taking Foil Groups to the Competitive Level," published by CounterParry Press.



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A World Record- • Just a Stop Along the Way

Michael Gostigan achieves an unparalleled feat for an American athlete.

BY DAVID LITTELL

ver since I heard that Michael Gostigan had broken the world record in the Modern Pentathlon, I've wanted to interview him for AMERICAN FENCING. I was so proud that he, an American athlete, could achieve such a result that I wanted to make sure that everyone heard about it. For those unfamiliar with the pentathlon, the event is judged using a point system. Gostigan scored 5,842 cumulative points at an International Cup held in San Antonio, approximately 100 points higher than the previous record. Recently, I had a chance to talk to Gostigan about his accomplishment and his future.

Before my interview with him, I didn't know Gostigan all that well. I soon learned that he's more than just a great thlete, he's an extraordinary person. As a mature athlete (31-years-wise), he is philosophical about his involvement in sport, and can describe beautifully his process toward success. He reminded me of the simple and essential ingredients required for achieving success in sport.

Gostigan began competitive athletics at age six in age-group swimming. His Olympic dream was jumpstarted by Mark Spitz's accomplishments at the 1972 Olympic Games. From that moment on Gostigan wanted to compete and win in the Olympics. For a brief period as a teenager, he plateaued in swimming and became discouraged.

In 1978, John DuPont, recruiting for Modern Pentathlon, called Gostigan out of swimming practice and put a pistol in his hand. Gostigan was immediately hooked on the pentathlon. Soon competing in swim-

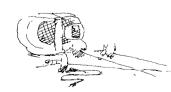
fencing by Maestro Lajos Csiszar at the University of Pennsylvania.

By 1980 he was competing in all five events. Right from the start, he loved the diversity of the event plus the rush of one-touch epee fencing, the thrill of jumping on an unknown horse, the sensation of shooting, and the athletic demands of running and swimming. He also found that he loved to train, and he looked forward to summers in Texas training with the other junior pentathletes.

Maestro Csiszar encouraged Gostigan to go to Notre Dame University to continue his fencing and to work with Coach Gostigan DiCicco. He credits DiCicco with teaching him discipline, sportsmanship and integrity and helping him overcome a youthful cockiness. Notre Dame gave him the foundation for becoming a worldclass athlete, and ever since he has been incorporating this knowledge into his practice and performances.

At Notre Dame, Gostigan made a monumental commitment to his training, running 70 miles and swimming 25 miles a week. He just missed making the 1984 Olympic team. In 1986, he moved to Texas to train fulltime for 1988 games. He made the team and competed well in the first four events, only to have his results ruined by an uncooperative horse who refused to finish the course. "Your horse is drawn by lot," explains Gistigan, "and there is definitely some luck involved."

He lives and trains in Newtown Square, Pa., at Club Foxcatcher, home to many Olympic champion wrestlers. He rides nearby, and fences at the University of Pennsylvania, working with Coach Dave Micahnik. In ming, running, and shooting, he was introduced to | New York he takes lessons at the New York Athletic



Club from Aladar Kogler, who has also helped him understand the psychology of the sport.

So, what about that world record! What happened that day? Was it the weather? Something you ate? The perfect attitude? What?

What matters to Gostigan was not the record itself, but the process of steady growth that led to the record. "What was exciting about the experience was that I 'hit' on all five sports. A key for me is doing well in the skill sports, primarily fencing. I need to be in the top ten; that day I was second. I try to increase my luck by researching my opportunity." He explained that this means that he tries to minimize the effects of luck by learning everything that he can about his events.

For example he has tried to minimize the luck of the draw in the riding event by becoming the best horseman that he can be. He has learned how to work with the horse, not trying to overpower it. "I continue to study." He works with Judy Theyer who has helped him change his whole approach to riding. "I learned to ride a horse like I was driving a car, using the reins to steer, mastering the horse. Now I know that the experience is me with the horse not me against the horse. I've been working on helping the horse relax so that it can do its job.

"I was fascinated to learn that during competition I stopped breathing and locked my legs around my horse, three steps before each jump. This inhibited the horse's ability to jump. I have since worked on breathing naturally through the whole jump."

With regard to fencing, Gostigan attributes Micahnik's tutelage with softening his elbow and using his energy more efficiently. In the Modern Pentathlon, you must conserve energy. "I used to run around the strip like a tornado, now I am learning to go more slowly. I often think about something that Dave has said to me, 'Epee is easy; just make it hard for the opponent.'"

Fencing in the pentathlon is one-touch round-robin competition. "It is the only competition in the entire Olympics where you go head to head with every competitor in the competition." After the 1992 Olympics. all five events are contested on the same day. The fencing now takes about four to five hours instead of 12. "The one touch format is concentrated and intense. Every touch is critical to your results. Under the rules, one fencing touch translates into 10 seconds of running or 4 seconds of swimming.

On the day he broke the world record, he recalls that his "focus was primarily on distance and counterattacking. My strategy was extremely clear; I was looking for my opponent's attack. When I fence, I don't think too much. I react to what I see, and try and identify openings. That day I was trying to keep my point on target, I disciplined myself to hit the opponent all the time."

"I walked into the competition that day focused on the absolute fundamentals of each competition. In shooting I simply lined up the sights and concentrated

on squeezing the trigger with a smooth consistent pressure. That's all I thought about; I did not even look at the target. In fencing I kept my elbow soft, and hit the target with my point. I didn't worry about my opponent hitting me first. In swimming, I focused on not going out too fast and keeping a consistent pace at my aerobic threshold. By the time of the fourth event — running — I had a commanding lead and I was determined not to let anything stop me. I stayed just below my aerobic threshold, with even splits, but I ran all the way. In riding, again fundamentals: planning ahead, keeping a soft focus, and letting the horse do its iob.

"I practice Yoga — more than most other athletes — for regeneration and recovery from the effects of training.



to him. "I Sharon Monplaisir offers Gostigan stripside support was devastated by my

(9th place) finish. I train now with the attitude that I am going to win. I have won at that level (two World Cups) and I know that I can do it. One of the reasons I want to win is for the DeCiccios, Koglers, Micahniks, my parents and others who helped me along the way."

Gostigan is constantly in a learning process, always trying to improve. In an event which requires high levels of skill in five separate sports, he has learned how to learn. He has learned from every coach, teammate and competitor he's encountered. He has transcended personalities, conflicts, and egos to get what he needs, and always looks for the lesson in an experience.

Another element in his success is his ability to simplify and clarify, looking for the essence of the complex, the simple in the confusing. In the pentathlon, it is clear that he has found the key to success.

FENCING BULLETIN BOARD



Ann Marsh Takes the Bronze in Final Women's Foil World Cup

Just as we were going to press we learned that Ann Marsh, Rochester Fencing Center, placed third at the Memorial Day World Cup in Marseilles, France. Marsh beat former world champion Funkenhauser 15-13 to get into the finals, then topped France's formidable Magnon to fence the final four, losing to Trillini (nicknamed "TGV" after the high-speed train linking Paris to Lyons). Congratulations, Ann!

Heartland Circuit Champions Named

Four regional tournaments comprise the Midwest's Heartland Circuit: the Hawkeye Open, hosted by the University of Iowa; the Turkey Meet, sponsored by the Wisconsin Division; the Dominquez Open, from Illinois; and the Omaha Challenge, organized by the Omaha Fencing Club. This year's circuit champions received engraved silver traveling trophies; the top four fencers in each weapon also received gift certificates from American Fencers Supply. Champions included Gary Hayenga, Twin Cities Fencing Center, in Men's Foil; Denise McCraw, Wauwautosa, for Women's Foil and Women's Epee; Jeff Fellin, Kansas Fencing Academy, for Men's Epee; and Brad Burget, Fencing 2000, for Mixed Sabre.

43 Years of MACFA

New Jersey Institute of Technology hosted the 43rd Annual Mid-Atlantic Collegiate Fencing Association (MACFA) Championships. Thirteen colleges participated in the event which was won by Johns Hopkins University. A maximum of nine fencers from each school, three per weapon, competed. Squad championships included Hunter College (Foil), Johns Hopkins (Epee) and Johns Hopkins (Sabre).

To reach the finals individuals must have fenced one-third of all the MACFA dual matches during the season. Their pool results plus half their season victory record were considered to produce the final 22

table of eight. Direct elimination produced the final individual champions: J. Wax, Haverford College, in Epee; M. White, William & Mary College, in Foil; and J. Day, New Jersey Institute of Technology, in Sabre.

The Blue Jay Invitational Takes Off

Last year Dick Oles, Johns Hopkins University men's fencing coach, created the Blue Jay Invitational to serve the national tournament needs of those fencing colleges not in the NCAA and to offer an old favorite format: the three weapon men's team. With am unlimited entry, one-man per weapon, round-robin format, each match between two schools takes place on the same strip with sabre, foil and epee bouts fought consecutively. Unfortunately, last year's event fell on the same weekend as the Storm of the Century that rocked the East Coast.

In March of this year, 15 schools showed up. Johns Hopkins won the crown, with Massachusetts, Tufts and Princeton rounding out the final four. If you would like to be included in the mailing list for next year's tournament, FAX Dick Oles at (410) 516-7482 or phone him at (410) 516-7481.

Blades Across the Border

In the 1970s a group of student fencers from Southwest Texas State University crossed the border into Mexico for Spring Break. Before long, the tourists from Texas met up with their Mexican counterparts and accepted an invitation to compete in the Mexican National Fencing Championships. For a number of years the student fencers gained international fencing experience (and a taste for authentic Mexican food) until one year when a young fencer named Rob Stull won the Mexican National Epee crown. National pride took over and many years passed before the competitive invitation was resumed.

In recent years the annual appearance of Mexican National Champions at the Poujardieu Memorial in San Marcos, Texas, has added strength and an international flavor to the competition. This year's winners included Javier Torres, Mexico, and Esperanza Madera, Mexico, in Foil; Vaho Iaggorashvili, Republic of Georgia, and Esperanza Madera, Mexico, in Epee; and Mike Kovitt, Univ. of Texas Fencing Club, in Sabre. Under-17 Mixed Foil Champion was Caitlin Brown from TFA; Under-17 Mixed Epee Champion was Daniel Weiss, Mexico.

Let American Fencing Promote Your Regional Tournament

The past few years have seen an incredible growth in the number of regional tournaments like the Heartland Circuit mentioned above. These meets offer exciting, first-rate competition without major travel expense.

We would like to feature a calendar of these tournaments in the December issue of AMERICAN FENCING. Please send the details of your event (name, place, date, weapons, entry fee, contact name and phone number) to Editor, AMERICAN FENCING, One Olympic Plaza, Colorado Springs, CO 80909 no later than November 1.

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Fence Free at Tanner City

Once again we've received Aaron Bell's call to arms: For the 20th consecutive year, the Tanner City Fencer's Club extends an invitation to all fencers living in, passing through or vacationing nearby Marblehead, Mass., to join them for informal outdoor fencing every Wednesday evening from 7 pm until 10:30 pm during July and August at Bell's home, 52 Pickwick Rd. Visiting fencers will be treated to an electric strip and refreshments, plus there's a swimming pool for post-bouting relaxation.

NCAA Fencers of the Year

At the conclusion of this year's NCAA Championships, held at Brandeis University, the United States Fencing Coaches Association announced its special awards. Andy Gearhart, silver medalist in the Men's Foil Individual competition, was awarded Foil Fencer of the Year. Harold Bauder, Wayne State, took the Epee Fencer of the Year award, while Penn State's Tom Strzalkowski, winner of three consecutive NCAA Men's Individual Sabre crowns, took the Sabre Fencer of the Year title. Olga Chernyak, winner of the Women's Foil Fencer of the Year award, rounded out Penn State's domination of the USFCA awards And, Coach Bill Shipman, who hosted this year's NCAA tourney, was named Coach of the Year..

In other NCAA highlights, the University of Notre Dame rallied to win the 1994 NCAA Men's and Women's Fencing National Championships, defeating top-seeded Wayne State.



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90 Kimble, Gerald, D, ALM, U

91 Holt Dale W NE E4 92 Chase Donovan CAP D3 93 Bowman Jake C.CA II 94 Pearce Douglas ALM II 95 Enzor Douglas CO H 96 Wielebski Mike WI II 97 Aiazzi, Anthony, V. NV, U 98 Fazio Paul M G CST II 99 Hendrix, John, D. STL, U 100 Kane, Geoffrey, OR, C4 101 Hatch, Mike, WY, II 102 Arrowsmith, Alan, M, NJ, E2 103 Hilton, Andrew KY 11 104 Harrigan, Sean, W.NY, U 105 White, Andrew, P, C.OH, U 106 Birtness, David, S.CA, E3 107 Woods, Alphaeus, CAP, U 108 Marin, Rene, H, ALM, U 109T Jayasinghe, R, OR.CST, U 109T Moralez, Joe, F. S.TX, E2 111 Carr. Adrian, VA. E2 112 Tamm-Daniels Biki TN U 113 Timmerman, John, MN, U 114 Birmingham, Jeffrey, G.CST, E3 115 Pinchuk, Jason, M, N.OH, U 116 Silva, Robert, J. NV. U 117 Dawson, David, AZ, U 118T Cole, Derek, E, GF, CST, U 118T King, Jason, W. OK, E3 120 Hatch, Matt. WY, U 121 Addagada, Neerai, B, LL II 122 Colbeck, Joshua, R. MN, H 123 Miller Patrick J STL II U-17 Women's Foil Walsh, Sara, E, IND, A3 2 De Bruin, Monique, OR, A4 Dyer, Jennifer, L. CO, C4* Jennings, Susan, W.NY, C4* Barnes-Honkins M WSTB D4* Zuckerman, Katie S CA D4* Hamilton Sarah B NENG E4* Williams Barrett | MET E4* 9 Breden, Ute, CAP C4 10 Zimmermann Iris WINY C4 11 Brown Caitlin A S TX D4 12 Bhim Christina GA H 13 Dueringer, Amanda, J. IND D4 14 Rostal, Mindy, MN, D2 15 Mustilli, Nicole NJ D3 16 Hall, Wendy, M. CO. F2 17 Ulatowski, Patricia, IL, E3 18 Rudkin Kate CO D3 19 Wilson, Elspeth, CO, D2 20 Murphy, Sabrina, C. W.PA, C4 21 Smart, Erinn, MET, D3 22 Weeks, Sarah, E, NJ, U 23 Hancock, Tamara, A. OB, F3 24 De Villa, Emily, NJ, U 25 Birney, Shanlenn, J, NJ, U 26 Segal, Kimberly, MET, U 27 Tofel-Grehl, Colby, WSTR, U 28 Voros, Christina, N.ENG, E2 29 Jeffress, Alexa, N.CA, U 30 Toy, Allison, Ll. E4 31 Lew, Patricia, L, N.CA, U 32 Logas, Heather, L, N.CA, U 33 Romanek, Karla, L. WSTR, L 34 McClintick, Marcia, L, NJ, U 35 Camobell, Lindsav, N.OH, E3 36 Christensen, Stephanie, CO, U 37 Karper, Buth 1 NJ U 38 Stultz, Julie, C.CA, U 39 Gorpeno, Xiomara E SB LI 40 Singleton, Angela, OK, U 41 Szotyory-Grove, O., GU.CST II 42 Zivkovich Kimberly A NJ U 43 Korfanty Alexandra OR F3 44 Acerra Matilde N.I II 45 Burke Jessica NAT 11 46 Liu Jennifer II II 47 Park, Jennifer, J. WI, U 48 Colev Kari 11 F3 49 Palmer, Jennifer, NJ, U 50 Bailey, Jennifer, CT, U

52 Haves, Anne, F. NAT LI 53 McDowell, Amy, A, STL, U 54 Mahony, Lara, C, VA, U 55 Catanese, Joan, ALM, U 56 Chin, Fiona, PHI, U 57 Andert, Kimberly, J, WI, E3 58 Ike, Sara, L, NJ, U 59 Laperriere, Anne, MI, IJ 60 Sanders Jessica S CA 11 61 Osborn, Ellice, MI, F3 62 Montgomery, Felicity, C. MD, U 63 McDermott Jennifer J NJ U 64 Chariton, Emily, CO, U 65 Triggs, Heidi, A, CO, U 66 Roland, Maryam, A, B.TX, E2 67 Miller, Kelly, S. STL, U 68 Boyer, Roxanna, B.TX, U 69 Lang, Susan, Q, CT, U 70 Gaseor, Meghan, STL, U 71 Kabil, Amal, IND, U 72 Pieper, Anna, MN, U 73 Falco, Tracy, NJ, U 74 Terrace, Michelle L N OH LL 75 Schnell, Sarah, A, N OH II 76 McGalliard Amanda PHL U 77 Brooks-Proffitt C B ALM II 78 Mann Abigail F NC II 79 French, Lesley, S.TX U 80 Lorberer Miranda H-B E90 81 Phifer, Jennifer, K. ALM, U. 82 Dennehy, Elaine, M MI II 83 Phillins Lois STX II 84 Collier, Gwen, W.WA II 85 Chase Christine CAP II 86 Arends, Lisa, A. S.TX, U 87 Ferguson Sarah NC II 88 Murray, Kathleen, A, NJ, U 89 Kosak, Alina, A. IL, IJ 90 Bilodeau, Lynda, B.TX, U 91 Nix, Katherine, A, ALM, U 92 Beard, Angela, ALM, U 93T Drewes, Jillian, C.CA, U 93T Glover, Kate, MN, U 93T Haut, Megan, WI, U 93T Walker, Christina, VA, U 97 Wilson, Shannon, T. SB 11 98 Welker, Lisa, C, NC 11 U-17 Women's Epee Winter Carina OB B4 Dver, Jennifer, L. CO. A3 3 Hall, Wendy, M. CO. D4* Lisagor, Jessica, S.TX, D4* 5T O'Brien, Lauren, A. CO. B4 5T Thurber, Marin, A. N.CA, D3 Wilson, Elspeth, CO, D3 Hancock Tamara A OR E3 Peterson, Rachel, A, KANSAS, U 10 Anderson, Whitney, R. CO, U 11 Coley, Kari, LI, U 12 Rich, Caitlin, C, NJ, E3 13 Weiss, Jamie, M, S.CA., U 14 Zivkovich, Kimberly, A, NJ, U 15 Rudkin, Kate, CO, D3 16 Allen, Kimberley, R, OR, U 17 Acerra, Matilde, NJ, U 18 Bergman, Brynna, S.TX, E3 19 Rising, Merideth, A, CO, E3 20 Roland, Maryam, A, B.TX, U 21 Hurme, Kristina, J. S.TX, U 22 Logas, Heather, L, N.CA, U 23 Heider, Kathryn, A, MN, U 24 Burke, Jessica, NAT, U 25 Triggs, Heidi, A, CO, U 26 Kowalski, Erica, M. IND, F3 27 Murphy, Sabrina, C. W.PA, F4 28 Streit Amanda | WL II 29 Anden Frika ML II 30 Brooks-Proffitt, C. B. ALM 11 31 Kolh Whitney B IND II 32 Campbell Lindsay NOH II 33 Collier Gwen W.WA H 34 Weber, Maria, IL, H 35 Ferguson, Anna, MN, U

2

51 Larsen Leah K CT II

36 Boyer, Roxanna, B.TX, U 37 Bowman, Brynja, C.CA, U 38 Kulla-Mader, Julia, S.CA., U 39 Christensen, Stephanie, A. CO. U 40 Charlton Emily CO H 41 Chin, Fiona, PHI, U 42 Haves, Anne, F. NAT, F3 43 Spatz Kate F II 11 44 Toy, Allison, LI, U 45 Keenan Kelly P NJ II 46 Hendrich, Annie 1 WI II 47T Humeniak, Kelly, R, NE, U 47T Larsen, Leab, K. CT, IL 49 Corpeno, Xiomara E SB E3 50 Totel-Grehl Colby WSTR II 51 Loeser Susan B CT II 52 Simon Carrie CO E4 53 Dettling, Robyn, J. MN, U 54T Drewes Caitlin C C CA II 54T Travkovski, Natalie, MFT 11 56 Lew Patricia L N CA II 57 Kabil Amal IND II 58 Chen, Anne, L. A. N.I. U 59 Salinas, Janel, M. W.WA, H 60 Horowitz, Jenny, P. LI, U 61 Eklund Natalia M ALM H 62 Waters, Marv, E. ALM, U 63 Rimer, Amy, E, ALM, U 64 Gaudette, Kathy, IL, U 65 Noe, Jessica, WI, U 66 Dennehy, Elaine, M, MI, U 67 Magno, Jamie, L. SB, U 68 Beard, Angela, ALM, U 69 Dahan, Mavtal, S.CA., U 70 Land Michelle L CT II 71 Phillips, Ginger, ALM, U 72 Schnell, Sarah, A, N.OH, U U-17 Men's Sabre 1 Lasker Terrence Laron KS CA* Summers, Jeremy, S. KS, C4 3 Durkan Patrick J MET C3 3 Lavalle, III. Luke, P. MET D4 5 Crane Robert GA B4 6 Stahlhut, Michael, T. GA, C3 7 Akeman Christopher D GA D3 8 Pratt Daniel IND E3 9 Walther, Brian, R. NJ, U 10 Whitmer Darrin ML D3 11 Murdock, Kevin, GA, U 12 Sherman, Clay, W, NJ, U 13 Lavalle, David, MET, E3 14 Shaahid, Chaun, W, W.PA, E4 15 Leslie, Steven, R, NJ, U 16 Loftin, Guy, IL, E3 17 Kabil, Mohamed, IND, D3 18 Platt, Alex, N.ENG, E3 19 Chung, James, NJ, U 20 Lam, Arthur, W.NY, E3 21 Lee, Keith, P, GA, E4 22 Glod, Richard, IL, U 23 Contogiannis, John, J. CO, U 24 Haro, Kevin, D, WI, U 25 Mountain, Luke, W. N.ENG, U 26 Smart, Keeth, T, MET, U 27 Topper, Michael, MI, E3 28 Smith Joel A. H. U 29 Stuewe, Aaron, W.NY, U 30 Takani Michael J GA E3 31 Ruddy, Braden, MI, U 32 Laman, Brian, GA, U 33 To James C NJ 11 34 Golia, Michael, J. MET, U 35 Nieradka Scott D PHL II 36 Colella, Jeffrev, NJ, U 37 Stemo Javson J. WI. H 38 Sly, George, L, W.PA, U 39 Wright John C 11 11 40 Hult, Philip, C. MN, U 41 Bangayan, Englebert, T. S.CA., U 42 Vadnais, Adam, G, S.CA., U 43 Kalmar, Andrew, LA, U 44 Lavalle, Michael, MET, U 45 Baughman, Michael, J. NJ. U 46 Bras, Ralael, N.ENG, E3



Piquet, Alexander, L, G.CST, C4* Tribbett, Eric, CO, D4* Madero, David, B.TX, D4 Morrell, Davis, CO, D4*

5T Bitar, Jawdat, I. C.PA, D2

47 Booth, Chris, TN, U 48 Penman, Joshua, N.ENG, U 49 Lalonde, Ahren, M. PHI, U 50 Green, Peter, W, UT/S.ID, U 51 D'Alessandro, Jason, S, LI, U 52 Farris-Gilbert, Cezanne, S.CA., U 53 Pursley, William, D. S.TX, U 54 Blas, Sean, N. B.TX, H. 55 Allen, Jeff, A. WSTR, U 56 Mozsoai Greo C CA U 57T Bolins, Russell, W. IND, U 57T Deloado, Robert, IND, U 59 Neal Daniel P C CA 11 60 Rupert, Benjamin, ;, CO.OH, U 61 Novo Andrew WSTR II 62 Jacobsen Jake, W WA H 63 Torres, Gabriel, D. B.TX, H. 64 Anderson, Clavton, L. GT.FL, U 65 Thurston, John, H. Al-M. U. 66 Roche, Ronan, MN U 67 Brunnhoeffer, Gil, F. CO.OH, H 68 Sarlo, Anthony, CO, U 69 Leslie, Joshua, A, OR, U 70T Dawson, Todd, TN, U 70T Woomer, Nick, MI, U 72 Clark, Aaron, M. PHI, U 73 Jackson, Brian, NJ, U 74 Buckner, Edward, A, TN, U 75 Adams, Andrew, MT.VLY, U U-17 Men's Foil 1 Baver, Cliff, S. MET, B4

2 Keckley-Stauffer J C CA C4* 3 Basaraba Gregory P GA C4* Chang, Timothy, N.ENG, B4 Wood, Alexander, W. W.NY, B3 Osserman Brian D N CA D4* Rosen, Peter, MET, F4* 8 Austin, Jeffrev, R. NJ, E4* 9 Tribbett, Eric, J. CO, D90 10 Longenbach, Reinhold, MET, C3 11 Charles, Jonathan, N.CA, D3 12 Adroskin, Dan, C.CA, D2 13 Leung, Kienan, J, NE, E4 14 Furrow, Nick, PHI, U 15 Mosca, Michael, OK, D4 16 Hayes, Charles, C, IND, U 17 Bonner, III, Herman, M. KS, C4 18 Patterson, Christopher, S.CA., F2 19 Call, Joshua, C, OK, D4 20 Shaahid, Chaun, W. W.PA, C4 21 Bruckner, Raphael, J. N.ENG, D3 22 Jackson, Richard, PHI, D3 23 Siebert, Neal, B, KS, B3 24 Sirlin, Brian, J. LI, E3 25 Slipher, Andrew, C. OR, E2 26T Hong, Richard, SB, D3 26T Merritt, Davis, N.ENG, D3 28 Often Marc. L. WSTR F3 29 Dupree, Jedediah, W.NY, D3 30 Craner, Nathan, S. UT/S.ID, D4 31 Vadnais Adam, G. S.CA, U. 32 Lidow, David, R. H. F3 33 Beagan Dustin OK C4 34 Mangum, Joel, W.WA, D2 35 Kim, Andrew, N. N.J. U. 36 Mayer, Ryan, A, IL, E3 37 Griffin Avo MET B3 38 Singh, Ajay, B.TX, E2 39 Burrell, Jason, S. CAP, E3 40 Filner Aaron MET II 41 Stevens, Trevor, A. N.I. II 42 Fazio, Michael, I, NJ, U 43 Boyd, Justin, D. TN, U 44 Huang, Sam, NJ, U 45 Hallman, Radford, E. GA, D3 46 Hoffman A J WSTR U 47 Allen, Graham, AZ U 48 Katz, Jordan, LI, U 49T Auriol Stephane A IND U 49T Guarnaschelli, Dominic, KY, F2 51 Hammonds, Benjamin, R. NJ 11 52 Canter, Christopher, A. CAP 11 53 Bortolot, Alexander, 1, CT, E3 54 Countryman, David, B. C.CA, D3 26

55 Pruitt Henry OB D3 56 Roberts, Joshua, S. S.TX, D3 57 Costello, Hank, N.CA. U 58T Josling John M C CA H 58T Williams, Robert, K, NC, E3 60 Gonzalez, Robert, E, NJ, U 61 Farrell, Brian, P. IL, E3 62 Gallagher, Kelly, NJ, E3 63 Stonecipher, Ryan, L, ALM, U 64 Williford, III, James, CAP, U 65 Greenhouse, Rashaan, MET, U 66 Naohara, Jason, T, S.CA., E3 67 Queenan, Timothy, P. NJ, U 68 Hatch, Mike, L, WY, U 69 Norris, Daniel, L, N.ENG, U 70 Feldman, Ben, S, MN, U 71T Dahl, Emil, N.TX, U 3 71T Flanagan, James, MN, U 73 Buckner, Edward, A. TN, U 74 Wiggins, Rasheed, A. NJ, U 75 Baudoin, Lorans, WSTR, U 76 Walcott, Nathaniel, C. NE, II 77 Singh, Ranjeet, B.TX, U 78 Wielebski, Mike, W. WI, U 79 Maggio, Justin, MET, U 80 Wells, Alexander, J, N.TX, E3 81 Lipsitt, Daniel, N.ENG, U 82 Enzor, Douglas, J, CO, U 83 Fabiani, II, Rick, GT.FL, U 84 Sartori, Aaron, T. ALM U 85 Braunstein, Jonathan, NJ, U 86 Knann Mark B STI II 87 Parker, Nathaniel, KS, U 88 Daniels, Ian. G. N.OH. U 89 Havstad, Derek MT VLV U 90 Adelberg, Alan, B. KY, U 91 Kanavel, Charlie, C.CA, U 92 Brenna, Christopher, MN, E2 93 Carr. Adrian. M. VA. U 94 Pursley, William, D, S.TX, E3 95 Green, Peter, W. UT/S.ID. U 96 Rosen, Matthew, L, PHI, U 97 Wilson, Stephen, S.TX, U 98T Chang, Edward, Y, NJ, U 98T Frelinger, Jacob, J, NC, U 98T Hall, Anthony, IL, U 101T Breen, Michael, C.FL, U 101T Lau, Christopher, T, N.TX, U 103 Gurarie, Mark, N.OH, U 104 Pavlou, Jr., George, LI, U 105 Dibble, III, George, S, CO, U 106 Brumwell, Sean, C, KS, U 107T Corbiere, III, Walter, F, CT, U 107T Schindler, Neal, MI, U 109 Cannon, Jr, Tom, V, TN, E2 110 Cameron, John, J, ALM, U 111 Erikson, Garth, R. IOWA, U 112 Stevens, Hawk, GA, U 113 Brunengraber, Daniel, N.OH, U 114 Jacobsen, Jake, W.WA, U 115 Thompson, Soren, SAND, H 116 Bangayan, Englebert, T. S.CA., U 117 Bacon, Matthew B. S. JEBSEY II 118 Leonard, David, P. H-B. U. 119 Vrettos, Christopher, A. VA. U 120 Marshall John VA U 121 Birminoham Jeff, GO CST, U 122 Moldow, Owen, M, MN, U 123 Waxler Aaron M N ENG LL 124 Duffy, Sean, LA, U 125 Schaaf, Brook, A. S.CA., F4 126T Clarke, Scott, CO, U 126T Dirksen, Nathaniel, W.WA, E3 128 Settachatgul, Patson, CT, U 129 Sloane, Jesse, D, NC, U 130 Cherry, Tim, J, NE, U 131 Miller, Peter, J, W.PA, U 132 Kasson, Peter, M, NC, U 133 McGarry, Ryan, M, IOWA, U 134 Moore, Michael, R. Al M. II 135T Holdren, Lee, R. S.CA., U 135T Jankowski, Matthew, ALM, I 137 Shackelford, Cody, E, ALM, U 138 Kamadulski, Andrew, STL L 139T Da Frota, Bryan, S. C.FL, U

139T Washburn, Bryce, W, STL, U 141 Cleveringa, Jason, A, OR., CST, U 142T Ferris, Jonathan, MI, U 142T Stewart, David, N, C.FL, U 142T Woods, Mark, A, H-B, U 145 Hathaway, Adam, ALABAMA, U 146 Hamilton, Brian, K. W.PA, E4 147 Blas, Sean, N. B.TX, U 148 Hatch, Matt, R, WY, U 149 Cahill, James, R. PLAINS, TEX, H 150 Levin, David, MI, U U-17 Men's Epee 1 Bostal Scott, E. MN, D4* Shams, Rvan, C. N.TX, D3 Bonner, III, Herman, M. KS, E4* Reeves, Deshan, C. N.J. D3 Acerra, Marco, E. NJ, E3 Tribbett Fric J CO D3 Rosen, Matthew, L, PHI, E2 8 Slipher, Andrew, C. OR, U Call, Joshua, C, OK, C3 10 Enzor, Douglas, J. CO, U 11 Gold, Roni, NJ, U 12 Keckley-Stauffer, J., C.CA, C3 13 Casas, Arnold, IND, U 14 Amin, Daniel, KY, U 15 Mangum, Joel, W.WA, D2 16 Kaussen, Erich, J, N.CA, E3 17 Vadnais, Adam, G. S.CA., U 18 Morrell, Davis, W. CO. E3 19 Springer, Peter, W, NJ, U 20 Findlay, John, S, OR, U 21 Orman, Jesse, R, MN, D4 22 Roberts, Joshua, S, S.TX, D3 23 Contogiannis, George, J. CO. U 24 Chase, Donovan, M. CAP, D3 25 Viviani, Jan, MET, E3 26 Nusbaum, Adam J. IND, U 27 Shaahid, Chaun, W. W.PA, E4 28 Foster, Brian, M. N.I. H. 29 Kerans, Gavin, L. N.TX, U 30 Handley Timothy A S CA U 31 De Bruin, Llovd, C. OB. IL 32 Durant, Kendall, C. N.I. U. 33 Hong Richard SB C3 34 Kane, Geoffrey, P. OR, C4 35 Thompson, Christopher, IL, U 36 Pena, Chris, NJ, U 37 Peterson, Kraig, W.NY, E3 38 Gonzalez, David, M, C.PA, U 39 Baby, Brendan, IL, U 40 Williams, Robert, K, NC, E3 41 Walcott, Nathaniel, C, NE, U 42 Ogle, Brian, Charles, C.CA, U 43 Matthias, Jeffrey, N.OH, U 44 Woodbridge, Richard, G, NJ, U 45T Choi, Chi, H, NJ, U 45T Hatch, Matt, R, WY, U 47T Countryman, Chris, C.CA, U 47T Fischer, Michael, J. IND. U 49 Siebold, Dirk, CO, U 50 Christianson, Grant, S, MN, U 51T Harrigan, Sean, W.NY, U 51T Hilton, Andrew, KY, U 53 Dibble, III, George, S, CO, E3 54 Jankowski, Matthew D ALM LL 55 Wriaht, John, C, LI, U 56 Wilson, Stephen, S.TX, U 57 Birtness, David S S CA E3 58 Fisher, John, IND, U 59 Chang Edward Y NJ U 60 Carr. Adrian, M. VA. F2 61 Leuna, Kienan, J. NE, U. 62 Woods, Alphaeus, S, CAP, U 63 Pearce, Douglas, R. ALM, U 64 Pursley, William, D. S.TX, U 65 Lestie Joshua A OB II 66 Breen, Michael, C FL 11 67 Wesley, Alexander, CAP, 1 68 Hoffman, A., J., WSTR, U 69 Singh, Ranieet, B TX, H 70 Lukas, Neil, W NY E3 71 Foote, Michael, IL, U 72 Birmingham, Jeff, GO.CST, E3

73 Haro, Kevin, D. WI, U 74 Brunengraber, Daniel, N.OH, U 75 Cherner, Eugene, IL, E3 76 Betz, Justin, P, OK, U 77 Armstrong, Kyle, B.TX, U 78 Simmons, Matthew, O, NE, U 79 Dahl, Emil, N.TX, U 80 Johnston, Joseph, A. ALM, U 81T Schaaf, Brook, A. S.CA, U 81T Singh, Alay, B.TX, U 83 Kane, Timothy, R. CT. U 84 Grimes, Gregory, T, ALM, U 85 Dawson, David, J. AZ, U 86 Lau, Christopher T. N.TX 11 87 Sullivan, James, S. ALM, U 88 Olson Aaron S MN H 89 Embry, Michael, F. KY, U 90 Dirksen Nat W WA LL 91 Hatch Mike L WY H 92 Cameron John J. ALM 11 93 Wielebski Mike W WI II 94 Kasson, Peter, M. NC, U 95 Keane, Matthew IA U 96 Da, Frota, Bryan, S, C.FL, U 97 Stonecipher, Rvan, L. ALM, L 98 Otten, Marc, L, WSTR, U 99 Wolter, Adam, MN, U 99 Woodhams, Louis, STL, U 101 Jackson, Richard, PHI, U 102 Tamm-Daniels, Riki, TN, U 103 Davis, Bryce, R, LA, U 104 Cahill, James, R, PLTX, U 105 Crispino, Theodore, CT, U **U-15 Women's Foil** 1 Breden Lite K CAP C4 Zimmermann, Iris, W.NY, C4 Korfanty, Alexandra, E, OR, D94* Smart, Erinn, L, MET, D94* Wilson, Elspeth, M, CO, D2 Campbell, Lindsay, N.OH, E4 Cavan, Kathryn, MET, D3 Rudkin, Kate, CO, D3 Takagi, Melanie, GA, D3 10 Bover, Roxanna, C. B.TX. L 11 Charlton, Emily, D. CO, U 12T Burke, Jessica, B. NAT 1 12T Rhim, Christina, H, GA, U 14 Marchi, Estee, CO, U 15 Rostal, Mindy, K, MN, D2 16 Hobstetter, Sarah, N.CA, U 17 Ament, Andrea, N.OH, U 18 Baugh, Chenoa, C.CA, U 19 Osborn, Ellice, A. MI, F3 20 Chin, Fiona, PHI, U 21 Colev, Kari, P. L. J. F3 22 Kabil, Amal. A. IND, U 23 Senal Kimberly H MET U 24 Segal Stenhanie MFT II 25 Singleton, Angela, S. OK L 26 Liu Jennifer II II 27 Rudy, Heather, N.CA, U 28 Dahl, Elisabeth, N.TX, II 29 Toy, Allison, K, L.I., E4 30 French, Lesley, K, S.TX, U 31 Laperriere, Anne, MI, U 32 Brodsky, Anya, MET, U 33 McGalliard, Amanda, PHI, U 34 Katz, Emily, L, NJ, U 35 De leso, Gina, NJ, U 36 Turner, Nickita, KS, U 37 Murrell, Kahtea, KS, U 38 Kebrdie, Margaret, A. IND, II 39 Ferguson, Sarah, K. NC. U 40 Collier, Gwen, A, W.WA, U 41 Pieper, Anna, MN, U 42 Glover, Kate, L, MN, U 43 Andert, Kelly, WI, U 44 Einecker, Carla, KS, U 45 Wilson, Nina, S.TX, U 46 Drewes, Jillian, C.CA, U 47 Mahony, Kristin, VA, U 48 Coon, Jimi, R. ALM, H 49 Kehoe, Veronica | 1 II 50 Chase, Christine, M, CAP, U

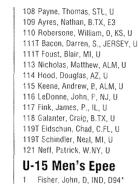
51 Haut, Megan, E, WI, U 52 Bilodeau, Lynda, B.TX, U 53 Bagai, Jeanine, A, IL, U 54 Kowalski, Dahlia, A. ALM, U 55T Hicks, Colleen, IL, U 55T Kehoe, Rebecca, L.I., U 57 Hammett, Laura, C.FL. U. 58 Shockley, Rebecca, C. S.TX, U 59 Galanter Carin H B TX U 60 Dairymple, Morgen, F. IND, U 61 Gilliland, Crystal, KS, U 62 Christensen Karissa CO U 63 Beard, Angela, J. Al M. H 64 Walker Christina VA II 65 Miller Annie F. W.PA II 66 Maibauer Alisa N OH 11 67 Bocchini, Claire, ALM, U 68 Thornton, Kimberly, C, ALM, U U-15 Women's Epee Coley, Kari, P, L.I., D94" Wilson, Elspeth, M, CO, D3 Brodsky, Anya, MET, E94* Lisagor, Jessica, A. S.TX, E94 Ferguson, Anna, L, MN, U Korfanty, Alexandra, OR, U Marchi, Estee, CO, U Bover, Roxanna, C. B.TX, U 9 Hall, Maiken, K. MN, U 10 Burke Jessica B NAT U 11 Beroman, Brynna, S.TX, F3 12 Hobstetler Sarah N.CA II 13 Collier, Gwen, A. W WA 11 14 Toy Allison K L L H 15 Ament Andrea N OH II 16 Charlton Emily D CO U 17 Anden, Erika, M. MI, U 18 Christensen, Karissa, CO, U 19 Campbell, Lindsay, N.OH, U 20 King, Catherine, A, KY, U 21 Noe, Jessica, WI, U 22 Andert, Kelly, J, WI, U 23 Romey, Elizabeth, A, STL, U 24 Chin, Fiona , PHI, U 25 Marano, Marlo, J, S.TX, U 26 Golia, Jennifer, MET, U 27 Haberkern, Kundry, E, NJ, U 28 Orsi, Sabina, E, NJ, U 29 Kehoe, Rebecca, L.I., U 30 Dahan, Mavtal, S.CA., U 31 Kabil, Amal, A, IND, U 32 McGalliard, Amanda, PHI, U 33 Simon, Carrie, CO, E4 34 Efta, Christine, M, IND, U 35 Coon, Jimi, R, ALM, U 36 Hunter, Sarah, KY, U 37 Salb, Teri, E, B,TX, U 38 Beard, Angela, J. Al M. U 39 Norton, Dianne, F. Al M. U 40 Thornton, Kimberly, C. ALM, U 41 Bocchini, Claire, ALM, U **U-15 Men's Sabre** Crane, Robert, F, GA, B4 Lavalle, David, M. MFT, F941 Kabil, Mohamed, A. IND, D3 Pratt, Daniel, IND, E94* Owens, Robert, G, IL, U 6 Kalmar, Andrew, R, LA, U Lam, Arthur, W.NY, E3 Topper, Michael, H, MI, E3 9 Lavalle, Michael, P, MET, U 10 Ruddy, Braden, P. MI, U 11 Murdock, Kevin, L. GA, U 12 Jessie, Jarrett, NJ, U 13 Parker Colin GA II 14 Colelia Jeffrey, S. NJ, U. 15 Sudo, Mitsuhiro, MET, U 16 Hoover Joseph C II U 17 Stuewe Aaron C W NY L 18 Laman, Brian, A. GA, U 19 Bras, Rafael, E. N.ENG, E3 20 Tepjak, Robert, IL, E3 21 Loftin, Guy, IL, E3 22 Whitmer, Darrin, MI, D3

23 Stackhouse, Adrian, IND, U 24 Woomer, Nick, C, MI, U McCoy, Chavez, D, KS, U Penman, Joshua, S, N.ENG, U 27 Paviou, Jr., George, L.I., U 28 Swanson, Paul, A. N.ENG, U 29 Rogan, Joe, K. UT/S.ID, U 30 Novo, Andrew, R. WSTCHR II 31 Mason, Cody, AZ, U 32 Brown, Ryan, IND, U 33 Walther, Kevin, B. N.I. U 34 Holman, Caleb, KS, U 35 Davis, Ross, A, KY, U 36 Kasey, Christian, M, KY, U 37T Knowlton, Daniel, UT/S.ID, U 37T Sokol, Denis, S.CA., U 39 Greentree, Derek, GO.CST, U 40 Sarlo, Anthony, CO, U 41 Beau Jeremy C.FL. II 42 Agashiwala, Baiiy, MET, U 43 Hibben Derek M KY II 44 Stuart Joshua R OR II 45 Dawson, Todd, M. TN, U 46 Friedman Paul S CA II 47 Jacobsen Jake J W WA U 48 LeMoine Vincent P ALM II 49 Klein David M I I II 50 Kehoe Matthew C I I II 51 McGlynn, Colin, CT, U 52 Walter, Josef, STL, U 53 Kaufman, David, GA, U 54 Greenspan, Gordon, GO.CST II 55 Keene, Andrew, B. ALM, U 56T Adams, Andrew, MT.VAL, U 56T Jones Alton NJ 11 58 Rabiega, Greer, M, OR, E3 59 Romanski, Bob, OR, U 60 Fox, William, STL, U

U-15 Men's Foil

Merritt, Davis, A. N. FNG, D94 Reagan Dustin 8 OK C4 Mannum Joel B W WA D2 Mosca, Michael, P. OK, D4 Rabiega, Greer, M. OR, E3 Furrow Nick II PHI II Cellini Peter A7 D2 McCormack, David, S.TX, F3 9 Dupree Jedediah WINY D3 10 Jackson, Richard, G. PHL D3 11 Jahlonowski, Andrew, GA, F4 12 Kabil, Mohamed, A, IND, U 13 Maggio, Justin, S, MET, U 14 Filley, Nicolas, J, IND, U 15 Hill, Cameron, D, S.CA., E3 16 Greenhouse, Rashaan, MET, U 17 Fisher, John, D, IND, D3 18 Da. Silva, Lucas, F. N.TX, U 19 Mulholland, Mark, N.CA, D3 20 Rosen, Peter, MET, U 21 Stuart, Joshua, R. OR, U 22 Desroches, Joshua, GA, U 23 St., Francis, John, CO, E2 24 Lamberth, Jesse, PHL U 25 Burchard, Byron, N.CA, U 26 Wilson, Stephen, C. S.TX, U 27 Allen, Graham, S. AZ, U 28 Pearson, John, S.TX, U 29 Jordan Matthew J CO II 30 Pruitt, Henry, C. OR, D3 31 Flanadan James P MN II 32 Fallentine Dustin HT/S ID 11 33 Stevens, Hawk, C. GA, U 34 Rogan, Joe, K. UT/S.ID. E4 35 Beau, Jeremy, C.FL, U 36 Breden Boland CAP, F3 37 Werk, Cory, , S.CA., U 38 Pavlou, Jr., George, L.I., U 39 Hasegawa, Bradley, R, S.CA., U 40 Fabiani II Rick H G FL II 41 Spaltenstein, Joel, C. OR, U 42 Lovill, IV. Robert, J. NC. U 43 Janca, Adam, J, ALM, U 44 Lipsitt, Daniel, J. N.ENG, U 45 Siebert, Kitzeln, S.TX, U

46 Dahl, Emil, F. N.TX, U 47 Williford, III, James, CAP, U 48 Thompson, Soren, SAN.D. U 49 Brunengraber, Dan, N.OH, U 50 Gross, Doug, A, GA, U 51 Gurarie, Mark, D, N.OH, U 52 Auffant, Eric, A. NJ. U 53 Richardson, Sam, N.ENG, U 54 Marshall, John, S, VA, U 55 Meier Jason B KY H 56 Sinoh, Banieet, G. B. TX, U. 57 Williams, Clyde, ALM, U 58 Jacobsen Jake J W WA II 59 Catania Frank N.I. II 60 Kehoe, Matthew, C. L.I., U 61 Brown, Seth, D. OK U 62 Yach Michael W WI II 2 Dahl, Emil, F, N.TX, E94* 63 Jew-Lim, Jonathan, C.CA, U 64 Arrington Yancey B ALM II



3 Singh, Ranjeet, G. B.TX, E94*

USFA Secretary Ann Ezzell (left) with Penn State coaches Wes Glon (center) and Emik Kaidanov.

65 Costello, Rvan, N.CA, U 3 St., Francis, John, CO, E94* 66 Dirksen, Nathaniel W WA E3 5 Furrow, Nick, U, PHI, U 67 Chorn, Elliott, R, N, TX, U 6 Wesley, Alexander, V, CAP, U 68 Christensen, Zachary, CO, U 7 Peterson, Kraio, A. W.NY, E3 69T Clarke, Scott CO U 8 Lowry Peter A NTX II 69T Stout, Andrew, LA, U 9 Lukas, Neil, A. W.NY, E3 71 Bartlett, Billy, V, LA, U 10 Hobbs, Matthew, R, N.TX, U 72 Emler Matthew K OK II 11 Hill, Cameron, D, S.CA., U 73 Everett, Jr. R., Lee, VA, IJ 12 Losey, Aaron, G, S.TX, U 74T Braunstein, Jonathan, E. NJ, U 13 Viviani, Jan, MET, E3 74T Duffy, Sean M I A II 14 Janca, Adam, J., ALM, U 76 Pierson, Randall, S, C.CA, U 15 Jordan, Matthew, J. CO. U 77 Form, David, A. N.ENG, U 16 Wilson, Stephen, C. S.TX, U 78 Havstad, Derek, R. MT.VAL, U 17 Bahy Brendan II II 79 Greentree, Derek, E, GO.CST, D3 18 Kelsev, Weston, OR, U 80 Burke, Jeremiah, NAT, U 19 Smith, Nathaniel, STL, U 81 Bhutta, Omar, J, W.PA, U 20 Casas Arnold B IND II 82 Blazek, Jonathan, A, LA, U 21 Blazure, Matthew NJ, II 83 Martin-Mauser, Nicky, S.BER, U 22 Rahiena Greer M OR E3 84 Hiri, Kean, , N.TX, U 23 Jackson Richard G PHI II 85 Banister, Simeon, W.NY, U 24 Mobley, Tyler, S. S. TX, II. 86 Shachtman, Daniel, S, MET, U 25 Allen, Graham, S. AZ, U 87 Grable, Ford, Bridges, IN.EM., U 26 Wolter Adam MN U 88 Ferris, Jonathan, K, MI, U 27 Williams, Clyde, ALM, U 89 Smith, Nathaniel, STL, U 28 Olmedo, Conrad, L. S.CA., U 90 Myers, Justyn, Q, PHI, U 29 Janzen, Joev, J. MN, U 91 Veneziano, Paul, J, NJ, U 30 Knowlton, Daniel, UT/S.ID, U 92 Fahrney, Martin, G, CAP, U 31 Bartlett Billy V I A II 93 Klein, David, M. L.I., U 32 Harrigan, Sean, W.NY, U 94 Delgado, David, IL, D3 33 Lovill, IV, Robert, J, NC, U 95 Belisle, John, W. WI, U 34 Matthias, Jeffrey, N.OH, U 96 Cameron, Matt. IL, U 35 Siebold, Dirk, B. CO, U 97 Keane, Matthew, IA, U 36 Keane, Matthew, IOWA, U 98 Kroll, Marcus, W.NY, U 37 Armstrong, Kyle, A, B.TX, U 99 Knowlton Daniel UT/S ID U 38 Duffy, Sean, M, LA, U 100 Mitchell, Marcus, A. AZ, U 39 Speights, Eric, V, CAP, U 101 Cook, Jonathan, M. STL, U 40 Pavlou, Jr., George, L.I., U 102T Avres, Michael S NC U 41 Clarke, Scott, CO, U 102T Gardner, Eric, J. ALM, U 42 Hilton, Andrew, D, KY, U 104 Hoffmann Matthew OK II 43 Dirksen, Nathaniel, C, W.WA, U 105 Hathaway, Adam, D. Al. 11 44 Kim, Bobby, NJ 11 106 Gustafson, Gordy, C. MN, U 45 Gardner, Eric, J, ALM, U 107 Womack, Terry, ALM, U 46 Lockhart, Christopher, R, OK, U 47 Arrington, Yancev, R. ALM, U 48 LeMoine, Vincent, P. ALM TI 49 Kwak, Harry, NJ, U 50 Brunengraber, Daniel, N.OH, U 51 Burchard, Byron, N.CA II 52 Nicholas, Matthew, D, ALM, U 53 Dilanni, Isaac S CA 11 54 Breden, Roland, CAP, U 55 Sinkin, Joshua, W.NY, U 56 Eidschun, Chad, C.FL, U 57 Kehoe, Matthew, C, L.I., U 58 Grable, Ford, Bridges, IN.EM., U 59 Anderson, Brett, N.OH, U U-13 Women's Foil

Cavan, Kathryn, M. MFT 1094* Takagi Melanie J GA D3 Hobstetter, Sarah, W. N.CA. E94* Marchi Estee M CO E94* Campbell Lindsay NOH E3 Budy Heather & NICA II Ament Andrea F N OH U Breden Senta CAP E3 9 Wilson Nina M S TX II

10 Dahl, Elisabeth, W. N.TX. II 11 Hammett, Laura, A. C.FL, U 12 Witt, Sara, CO, U 13 Segal, Stephanie, P. MFT II 14 Walker, Christina, R. VA, U 15 Brodsky, Anya, G, MET, U 16 Klein, Sophie, V. L.L. II 17 McGalliard Amanda K PHL II 18 Laperriere, Anne, R, MI, U 19 Smith, Michelle, M, OK, U 20 Mahony, Kristin, E, VA, U 21 Luitjen, Cassidy, S.TX, U 22 De La Llave, Laura, NJ 11 23 Duerson, Lauren, GA, U 24 Stewart Bachel A GA II 25 Schemmer, Katharine, N.ENG, U 26 Castillo, Carmen, H, KY, U 27 Kehoe, Rebecca, L.I., U 28 Chin, Meredith, PHI, U 29 Pieper, Anna, M, MN, U 30 Maibauer, Alisa, N.OH, U 31 Christensen, Karissa CO H 32 Fisher, Jessica, IND, U 33 Sun Hongloo MET () 34 Howard, Lindsev, IND, U 35 Hunter Sarah E KY II 36 Lewis-Turner Jessica PHLU 37T Akeman, Emily, GA, U 37T Guarnaschelli Natalie KY II 39 Curtice, Mary, E, S.TX, U U-13 Women's Epee

Camobell, Lindsay, K, N.OH, D94 Marchi, Estee, M. CO F94* Christensen, Karissa, CO, E94* Hobstetter, Sarah, W. N.CA. E94* Ament, Andrea, E, N.OH, U Klein, Sophie, V, L.I., U McGalliard, Amanda, K, PHI, U 8 Rudy, Heather, A, N.CA, U 9 Dahl, Elisabeth, W, N.TX, U 10 Brodsky, Anya, G, MET, U 11 Golia, Jennifer, S, MET, U 12 Breden, Senta, E, CAP, U 13 Chin, Meredith, PHI, U 14 Traykovski, Natalie, MET, U 15 Hunter Sarah E KY II 16 Kehoe, Rebecca, L.I., U 17 Witt, Sara, CO, U 18 Smith Michelle M OK II U-13 Men's Sabre Whitmer, Darrin, MI, D94* 2 Sokol, Denis, , S.CA., E94*

Pratt, Daniel, W, IND, E94* 3 Tepiak, Robert, IL, E94*

5T Loftin, Guy, B. IL, E3 5T Parker, Colin, GA, U 7 Merrick, Thomas, KY, U 8 Brown, Ryan, IND, U

9 Giannotti, Nick, GO.CST, U

10 Paerels, Kristean, GA, U 11 Dewey, John, C, W.PA, U 12 Fabricant Matthew N.I II 13 Friedman, Paul, S.CA., U 14 Rish Christian PHL U 15 Fox, William, , STL, U 16 Brown, Bennie, KS, U 17 Siebert, Kitzeln, B, S,TX, U 18 Agashiwala, Rajiv, MET, U 19 Stackhouse, II, Adrian, IND, U 20 Cords, Anthony, NE, U 21 Greenspan, Gordon, GO.CST, U 22 Hilton, Stephen, KY, U 23T Kaufman, David, GA, U 23T Zagunis, Marten, OR, U 25 Douglas, Camara, KY, U 26 Hively, David, P. W.PA U 27 Clement, Luther, KS, U 28 Davis, Todd, S. KY, U 29 Han Akbar M N.L.U. 30 Watkins Whitney KS II 31 Fowler, Bohert, KY 11

U-13 Men's Foil

Cellini, Peter, A, AZ, D94* 2 Mulholland, Mark, B, N.CA, D3 Mosca Nicholas OK F94 3 Ross, Hugh, A., VA, F94* Breden, Roland, G. CAP, E3 Thompson, Soren, SAN.D, U Siebert, Kitzeln, B, S.TX, U 8 Clarke Scott CO II Werk, Cory, S.CA., U 10 Burchard, Byron, M. N.CA. U 11 Delgado, David, A. IL, D3 12 Kelsey, Weston, S. OR, U 13 Lamberth, Jesse, B. PHI, U 14 Kane, Sean, JOR, E2 15 Deveny AndrewT GA II 16 Avres, Nathan, M. B.TX, F3 17 Gerberman Steven S TX D3 18 Jablonowski, Andrew, GA, E4 19 Guevara Joshua NITX II 20 Hoffmann Matthew C OK 11 21T Banister, Simeon, L.W.NY, H. 21T Williford III James S CAP II 23 St., Francis, John, M. CO, E2 24 Midgley Alex KS U 25 Axon, Logan, M. UT/S.ID, U 26 Desroches Joshua A GA II 27 Vogeler, Paul, J. CO.OH, U 28 Solomon, Benjamine, N.OH, U 29 Hiri, Kean, D., N.TX, U 30 Landel, Bertrand, N.ENG, U 31 Redwine, Jake, B. S.TX, U 32 Ahtone, Tristan, G, NC, U 33 Wampler, Kevin, J, AZ, U 34 Williamson, Curtis, S.TX, U 35 Brown, Joseph, E. VA, U 36 Smith, Nathaniel, L, STL, U 37 Gaseor, David, J. STL, U 38 Everett, Jr. R., Lee, VA, U 39 Eriksen, Kevin, S, N.ENG, U 40 Witt, Josh., CO, U 41 Wilson, Andrew, S.TX. U 42 Pietz, Jordan, STL, U 43T French, Timothy, S.TX, E3 43T Jew-Lim, Jonathan, C.CA, U 45 Fisher, Joseph, E, IND, U 46 Stout, Andrew, W, LA, U 47 Glinos, Harry, IL, U 48 Desroches, Christopher, GA, U 49 Costello, Rvan, R. N.CA, U 50 Menaldino, Derek, S. PHI, U 51 McClain Bill KS II 52 Mangham, Tanner, S. Al M. H 53 Hively David P W PA F2 54 Dunn, Jonathan, A. MET, U 55 Galanter, Craig, R. B.TX, U 56 Dahl, Stefan, N.TX. U 57 Bras, Aleiandro, N.ENG, U 58 Rodriguez, David, GO,CST, U 59 Cords, Anthony, P. NE, U 60 Dupree, Ethan, W.NY, U 61 Dewey, John, C, W.PA, E2

62 Ferguson, Craig, S. NC, U 63 Wilson, Stephen, A, STL, U 64 Dimino, Paul, A, MET, U 65 Clarke, Pheips, B. NC, U 66 Peterson, II, Vern, KS, U 67 Violiano Peter S STX (I 68 Gooch, David, Barr, LA, U 69 Sanders Michael S TX 1 70 Parker Matthew F KS U 71 Martin Zach M TN II 72 Kroll, Marcus, W. W.NY, U 73 Neff Patrick B W NY U 74 Sinkin, Jeremy, W.NY, U 75 Burke, Jeremiah, , NAT, U 76 Foust, Blair, , MI, U 77 Hood, Douglas, AZ, U 78 Barber, Justin, R. GO.CST, U 79 Wright, Gregory, KS, U 80 Bowles, Marcus, D. ALM, U 81 Levin, David, B, MI, U 82 Solomon, Matthew, N.OH, U 83 Rudy, Christopher, N.CA, U 84 Frost, Jonathan, G, O, S.TX, 85 Form, Stephen, N.ENG, U 86T Graham, Michael, C, S.TX, U 86T Smith, Matthew, B, CO.OH, U 88 Mayer, Adam, S, IL, U 89 Sanford, Zachariah, W, ALM, U 90 King, Gerome, , KS, U 91T Barry, III, Francis, J, LA, U 91T Rabinowitz, Caleb, MET, U 93 Godden, III, Kenneth, D, ALM, U 94 Lesire, Benjamin, J, STL, U 95 Hendricks, Ben, UT/S.ID, U 96 Lefforge, Chris, D, S.TX, U 97 Son, Olin, S.TX, U 98 Sirlin, Craig, L.I., U 99 Thornton, Blakely, N, ALM, U 100 Rish, Christian, PHL U U-13 Men's Epee

3

Kelsey, Weston, S, OR, D94*

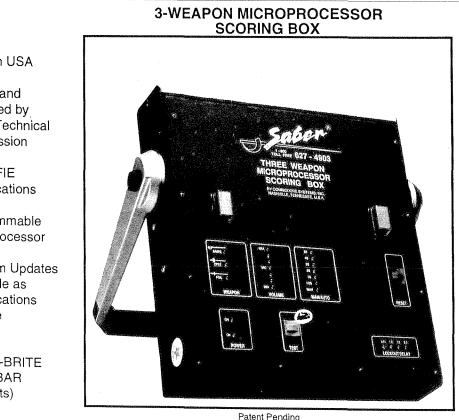
2 Viviani, Jan, J, MET, E94*

3 Smith Nathaniel STL E94 3 Werk, Cory, S.CA., E94* 5 Breden, Roland, G. CAP, U 6 Clarke, Scott, CO, U 7 Solomon, Benjamine, N.OH. U 8 Manoham, Tanner, S. ALM, U 9 Wilson, Stephen, A. STL, U 10 St., Francis, John, M, CO, U 11 Kane, Sean, , OR, U 12 Burchard, Byron, M, N.CA, U 13 Younis, Ramsey, M, KY, U 14 Sanford, Zachariah, ALM, U 15 Anderson, Brett, N.OH, U 16 Fisher, Joseph, E, IND, U 17 Tobin, Nathan, J, KY, U 18 Ahtone, Tristan, G, NC, U 19 Pietz, Jordan, STL, U 20 Eidschun, Chad, C.FL, U 21 Cox, Nicholas, A, KY, U 22 Burke, Jeremiah, NAT, U 23 Bowles, Marcus, D, ALM, U 24 Thornton, Blakely, N, ALM, U 25 Menaldino, Derek, S, PHI, U 26 Sinkin, Joshua, A, W.NY, U 27 Hunsicker, Samuel, GU.CST, U 28 Sanders, Michael, S.TX, U 29 Solomon, Matthew, N.OH, U U-11 Women's Foil 1 Breden, Senta, E, CAP, D94* Fisher, Jessica, L, IND, E94* Park, Gaelyn, M, KY, E94* Wright, Jocelyn, KS, E94* Delahanty, Amy, KY, U Schemmer, Katharine, N.ENG, U Siebert, Syvenna, B. S.TX, U 8 Duerson, Lauren, M, GA, U 9 Delahanty, Katherine, KY, U 10 Kehoe Rebecca I I I II 26 Wright, Gregory, KS, U 11 Purcell, Theresa, KS, U 27 Ramirez, Benjamin, P, S.TX, U 12 Luitien, Cassidy, C. S.TX, U 28 Sills, Stephen, G. GA, U 13 De La Llave, Pamela, NJ, U 29 Negley, William, S.TX, U 14 Akeman, Emily, E, GA, U 30 Rudy, Christopher, S, N.CA, U

- 31 Gooch, David, Barr, LA, U 15 Park, Rachael, A, KY, U 32 Youdim, Anthony, M, N.TX, U 16 LaVange, Kate, NC, U 33 Hurme, Tommi, K., S.TX, U 17 Howard, Lindsey, L, IND, U 34 Menaldino, Derek, S, PHI, U 18 Pietz, Priscilla, L, STL, U 35 Gardner, William, LA, U 19 Hunter, Anne, , NC, U 36 Stauble, Andrew, KY, U 20 Brown, Katherine, E, VA, U 37 Hendricks, Ben, UT/S.ID, U 21 Beals, Tela, KS, U 38 Hale, Ben, S, CO, U 22 Powell, Katherine, NC, U 39 Elack Joshua B KY U 23 Mangham, Lauren, M., ALM, U 40 Rice, Thomas, X, S.TX, U 24 Scranton, Jessica, F, ALM, U 41 Myers, Seth, A. N.OH, U 25 Miller, Caroline, NC, U 42 Scheffler Steven D STL II U-11 Men's Foil 43 Form, Stephen, R. N.ENG, U 1 Mosca, Nicholas, D, OK, D94* 44 Heard Anthony M OK II Gerberman, Steven, S.TX, D3 Dupree, Ethan, W.NY, E94* Solomon, Benjamine, N.OH, E94* French, Timothy, L, A, S.TX, E3 Kane, Sean, M, , OR, E2 Peterson, II, Vern, R, KS, U Burke, Jeremiah, N, NAT, U 9 Heumann, Neal, KY, U 10 Guevara, Joshua, N.TX, U 11 Dahl, Stefan, G, N.TX, U 12 Wilson, AndrewT, S.TX 13 Zagunis, Marten, R, OR, U 14 Chizever, Andrew, H. S.CA., U 15 Sanders, Michael, A, S.TX, U 16 Gamm, John, KS, U 17 Sutherland, Trevor, A, KY, U 18 Witt, Josh. CO. U 19 Haeseley, A., Ryan, KY. U 20 Hill, Cody, A., OK, U 21 Stuart Joel LOB II 22 Sirlin, Craig, A. L.I., U 23 Bras, Alejandro, L. N.ENG, U 24 Sinkin, Jeremy, C, W.NY, U 25 Ruiz-Isasi, Daniel, R. GO.CST, U
 - 45 Hoffberg, Jake, N.CA, U 46 Shadid, John, W, OK, U 47 Kubik, Mark, W, STL, U 48 Moore, Brandon, D, KY, U 49 Haynes, Forrest, S, OK, U 50 Vigliano, Joey, R., S.TX, U 51 Flanagan, MichaelT, MN, U 52 Kolb, Quinton, G, S.TX, U 53 Solomon Matthew N OH U 54 Burns, Samuel, Tucker, ALM, U 55 Peschl, Sascha, A., GO,CST, U 56 White, III, Samuel, ALM, U 57 Gunther, John, J., ALM, U



Fencing Official's Commissioner Peter Burchard and son, Byron, share a last minute strategy session.



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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		
86	Weapons lesier		
87	Point setter - foil or epee	3.25	
88	Alligator clips	.80	
89	Blade tape - large roll		
ELECT	RICAL 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		
1006	Electric point barrel - foll or epee	2.05	
1008	Electric point pressure spring - foil or epee		
1009	Electric epee point contact spring		
1010	Foil body cord - (2) prong		
1011	Foil body cord - bayonet		
1012 1013	Epee body cord Electric foil guard socket - (2) prong		
1013			
1013	Electric foil guard socket - bayonet Electric eoee guard socket		
1015	Spaghetti wire - per foot		
1015	Blade wiring glue	.15	
1017	Dummy practice point - foil or epee		
1018	(2) Prong body cord plug		
1019	Bayonet body cord plug		
1020	(3) Prong body cord plug		
		9.25	
	NG APPARATUS		
2001 2002	Scoring machines		
2002	Connecting cables - machine to reel - pair		
2003	BUZZ BUSTER - touch indicator for training - pair		
2001		47.55	
	Exact amounts and other items are available on request		
MISCE	LLANEOUS		
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 8.50	
3007	USFA rules book	.75	
3008 3009	Foil guard pad - felt - standard or electric	.95	
3009	Sweat bands - head - white elastic	1.95	
3010	COLONIAL T-shirt - white	7.95	
3012	Fencing mats - black ribbed rubber - regulation size	6.50	
3013	Metallic fencing strips - regulation size		
3014		14.95	
3015	Bib for mask	6.95	
3016	U.S.A. fencing T-shirt	7.95	
3017		20.95	
3018		16.95	
3019	Ball on a rope - for speed and accuracy practice .	2.75	