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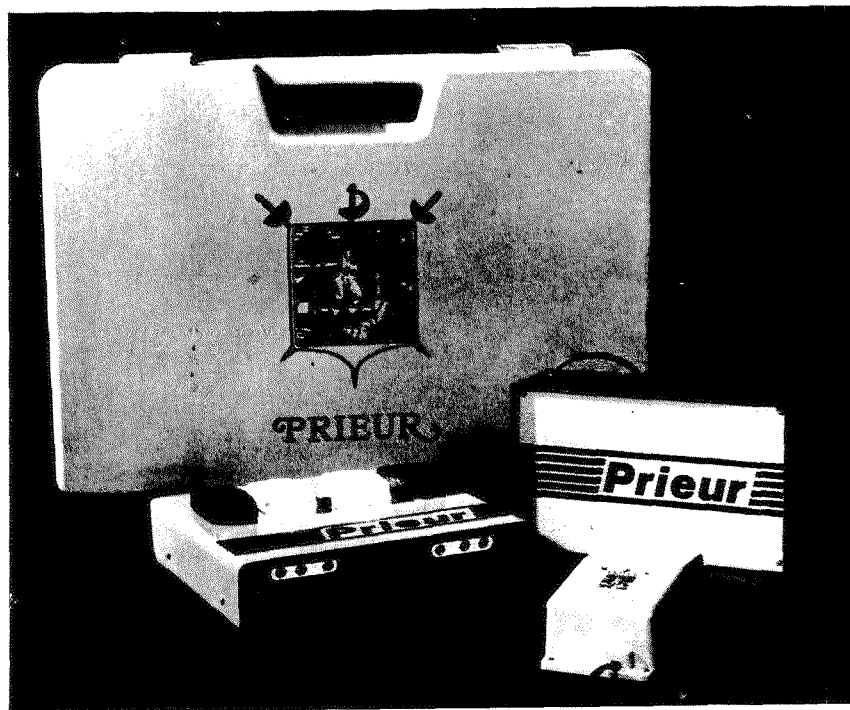


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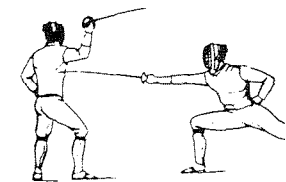
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### ON THE COVER

Salle Kadar's 1983 Midwest Section Champion (to right) Stefan Radivoyevitch, U.S. Fencing Federation, Women's Sabre; Lisa Erdos, Women's Sabre; Frank Nagorney, Men's Sabre.

# EDITORIAL

Our last national biennial elections, in 1982, were preceded by an abysmal silence on the part of this magazine. This unprecedented situation was the result of a) editorial shortfall (at least biographical summaries of various candidates could have been presented); and b) an election schedule which made it impossible to publish candidates' statements before our May/June issue, too late to be of any value to our voting membership.

With the strong conviction that the best electorate is an informed electorate, we do not intend to let this happen again. Our By-Laws have been changed to provide a more reasonable schedule and we are asking all candidates, whether opposed or not, to send us a statement in time for publication in our March/April issue. Although the new deadline for additional nominations by petition is April first, we ask all candidates to send in their statements **before** March first in order to meet our mailing date of

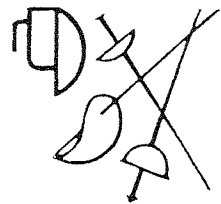
April first. Surely, any serious candidate will have decided to make the commitment to run for office many months before then, so our request should not be considered unfair nor should it impose undue hardship on any particular candidate.

Only in this way will our individual members be sufficiently informed to inspire them to cast a knowledgeable vote. If our members are better informed on the issues and persons involved in the coming elections, a greater percentage of eligible voters will willingly mail in their ballots.

In 1982 barely one third of the eligible voting members exercised their franchise. Our aim is to create enough interest in the 1984 elections to improve upon this sorry record.

We are indebted to Emily Johnson, former editor of *American Fencing*, for her invaluable aid in cheerfully overseeing the production of this issue, while your present editor took a four week vacation on safari in East Africa. Many thanks, Emily!

—MTH



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Month	Dates	Events
October	8,9 15-16	London Heroes, all weapons, Ontario Canada Penn. State U-20 Open, mf, me, ms, wf.
November	5 19-20 25-27	Temple Collegiate Open, mf, me, ms, wf Penn. State Collegiate Open, mf, me, ms, wf. Cleveland Grand Prix, Cleveland, mf, ms, me, we, wf.
December	3 4 10,11	++ Alaux Women's Foil (#1), New York City ++ Alaux Men's Foil (#1), New York City ++ Csiszar Men's Epee (#1), Philadelphia ++ Men's Sabre (#1), ??San Jose, Calif.?? NIWFA Women's Intercollegiate
January	13-15 21 22	USFCA Collegiate Open, Chicago, mf, me, ms, wf. ++ D'Asaro Men's Foil (#2), San Jose ++ D'Asaro Women's Foil (#2), San Jose ++ Pillar Sabre (#2), New York City ++ Pentathlon Men's Epee (#2), San Antonio, TX
February	18-20 25 25-26	USFA National Junior Championships, Portland ++ Mardi Gras Men's Sabre (#3), New Orleans ++ General Dynamics Men's Epee (#3), Los Angeles
March	3  10-11 15-17 17 18 17	NCAA Women's Collegiate Regionals Midwest, Pacific Coast Collegiates Eastern Collegiates (ECAC) NCAA Men's Collegiates ++ Helene Mayer Women's Foil (#3), San Francisco H. Mayer Women's Foil Team, San Francisco ++ Chicagoland Men's Foil (#3), Chicago
April	7 14 15 19-23	++ Csiszar Women's Foil (#4), Philadelphia ++ Cherry Blossom Men's Foil (#4), Washington, D.C. ++ Cherry Blossom Men's Epee (#4), Washington D.C. WORLD U-20 CHAMPIONSHIPS, Leningrad, USSR
June	9-16	USFA NATIONAL CHAMPIONSHIPS, Chicago
August	1-11	OLYMPIC GAMES, Los Angeles (Long Beach)

++=North American Circuit Event

### Women's Foil

Budapest, Hungary	Coupe CAOLA	21-22 January
Goppingen, W. Germany	Staufferland Turnier	11-12 February
Turin, Italy	CARITO Trophy	3-4 March
Minsk, USSR	Coupe Bielorussie	6-9 April
Como, Italy	Trofeo Esperia	12-13 May
Paris, France	Challenge Jeanty	26-27 May

### Men's Foil

Vienna, Austria	Austrian Int'l Open	26-27 November
Paris France	Challenge MARTINI	28-29 January
Paris, France	Challenge Rommel	25-26 February
Venice, Italy	Challenge City of Venice	10-11 March
Budapest, Hungary	Coupe Torley	7-8 April
Bonn, W. Germany	Challenge Lowe v. Bonn	5-6 May
Vienna, Austria	Austrian Int'l.	24-25 November

## Epee

Budapest, Hungary  
Paris, France  
London, England  
Berne, Switzerland  
Heidenheim, W. Germany  
Poitiers, France  
Legnano, Italy  
Budapest, Hungary

Tokay Express 3-4 December '83  
Challenge R. Monal 14-15 January  
Challenge MARTINI 10 March  
Berne Grand Prix 14-15 April  
Heidenheimer Pokal 28-29 April  
Challenge Martel 12-13 May  
Trofeo Carroccio 26-27 May  
Ch. Tokay Express 1-2 December

## Sabre

Moscow, USSR  
Budapest, Hungary  
Hannover, W. Germany  
New York, USA  
Varsovia, Poland  
Abano-Terme, Italy

Moscow Sabre 19-22 January  
C. Elektromodul Hungaria 11-12 February  
Hannover Grand Prix 3-4 March  
International 24-25 March  
Challenge Otto Finski 14-15 April  
Trofeo Luxardo 12-13 May

## Women's Foil

1. D. Vaccaroni, Italy 4. C. Hanisch, W. Germ.  
2. O. Voschakina, USSR 5. M. Nicklaus, E. Germ.  
3. L. Tsagarayeva, USSR 6. E. Gerstleberger, E. Germ.

## Epee

1. E. Bortmann, W. Germ. 4F. Swornowski, Poland  
2. S. Cuomo, Italy 4F. V. Fischer, W. Germ.  
3. Riboud, France 6. M. Salesses, France

## Sabre

1. V. Etropolski, Bulgaria 5F. G. Nebald, Hungary  
2. Pogossow, USSR 5F. Krotopuskov, USSR  
3. A. Alehan, USSR 5F. C. Etropolski, Bulgaria  
4. J. Gedovari, Hungary

## IN CASE SOMEONE SHOULD ASK

Who are presently the best fencers in the world? The following are the top six in points listed by the FIE for the final results for the 1983 World Cup, before the 1983 World Championships:

### Men's Foil

1. M. Numa, Italy 4. A. Rumankov, USSR  
2. S. Cerioni, Italy 5. P. Omnes, France  
3. Gey, W. Germ. 6. P. Jolyot, France

# A PROPOS D'UN ACCIDENT

Everyone still remembers how the Soviet champion Vladimir Smirnov met his death last July, during the world championships in Rome. Everything, or almost everything, has been written about that dramatic episode in fencing history. Curiously, however, the fencing masters were the most discreet in their appraisals. Raoul Clery has just filled in this blank by writing us a text with the double merit of offering new considerations and of emphasizing that a thorough reform of fencing is mandatory at all levels and in all categories: officials, masters, fencers, and directors.

At the October 2, 1982 meeting of the governing committee, F.F.E. President Roland Boitelle opened the session by paying tribute to the Soviet fencer Smirnov, mortally wounded during a bout in the world's team foil championship. Highly merited tribute, as much by the champion who will leave the memory of an exceptional foilist: Olympic champion, winner of the World Cup, as by the man, whose dignity and conduct on and off the strip were exemplary.

This tragic loss plunged the little world of fencing into consternation and fed the news reports on the sport for some time. People tried to understand what had happened, where the responsibilities lay, and how to avoid the recurrence of such happenings.

People feared (though it is not established at this writing) that the horrible nature of the accident might have repercussions in our recruitment, especially among children. Some parents have, indeed, said that they had not thought such an accident possible. Let us reassure them at once. No such accident — or even a less serious one — has ever been recorded in the young children's categories. The reason for this that the children have neither the body weight, nor the strength, nor the aggressive violence that we see more and more among adults.

In this regrettable affair, one would have liked the French Academy of Arms to take a

stand. There was nothing. How ancient, 500 fencing masters teaching a thousand pupils each day. At that level of competition, we fear the ability of the former and the safety of the latter are not fully assured.

A journalist wrote, "it would be realistic always to blame fate"

"It would not be realistic always to blame fate in fencing accidents"

accidents. We share this opinion most when we notice that in a national league, within just a few following accidents have occurred

— The calf of the leg pierced through a really a joke to allow the protection by ... a pair of stockings!

— A deep wound from a blade just above the knee.

— A wound in the armpit, pleura, by a broken blade vibrating jacket and underarm

— Finally, during an international championship: in the course of the bout, the weapon of one fencer broken piece penetrated the protective undergarment, going through the opponent and went through the protective undergarment, going through the upper part of the thorax.

It seems urgent then to consider problems which contribute most toward endangering the safety of fencers. Among those that come up most are:

— The Blade, of steel the same five centuries ago, sometimes bent at an angle and transforming into a dagger.

— The Mask, of metal mesh whose mesh can spread apart from a violent blow.

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— The orthopedic Grip, which will not let the hand release it in case of strong resistance.

— The Directing, more and more lax in conventional weapons, letting fencers do anything, in any way.

— And, in consequence, the very nature of modern fencing, oriented more and more toward physical contact and brutality than toward technical perfection.

Let us review these various elements.

#### THE BLADE

Its responsibility in accidents is undeniable. Above all, this is what makes fencing dangerous. Of breakable steel, fragile because of the too-weak portion of the tip, unpredictable either in its resistance or in the shape it will take at the instant of fracture. When it breaks at an angle, depending on the force of the thrust, it can penetrate all fabrics currently in use, as well as the mask — as the accident of the unfortunate Smirnov demonstrated.

The first idea that comes to mind is to find out whether the time has come to make modern blades heavier or to give them more "body" in order to increase their resistance. The power and speed of the contemporary champions, the evolution of their game toward greater and greater violence, are clearly superior to the strength of the equipment they use. This explains on one hand why accidents hardly ever happen among children and at the same time explains why they are becoming more and more frequent and serious among adults: the former are using equipment whose strength exceeds their own physical force; with the latter, their physical force dominates the equipment. Heavier blades would not break or would break less; the speed of the actions would be reduced; directing would be facilitated; it is even possible that fencing so practised would be cleaner, better technically. Obviously, such a reform would upset many preconceived ideas and taboos, from which modern fencing seems quite incapable of freeing itself.

The second solution one thinks of is to find out whether some process could eliminate or at least reduce the power of a steel blade to penetrate at the instant of breaking.

Since the accident, some have imagined that it might be possible to have at the base of the blade, near the guard, a sort of "pre-break" capable of releasing the entire blade when its flexibility exceeds a predetermined threshold. That is one solution, though we may still fear that the weak part of the blade near the point, might break at a lesser pressure than that set at the base. Thus, we must suppose that a blade would sometimes break into several pieces. Besides, we can wonder where the commercialization of such an item might lead, and what reactions — justified or not — it might provoke among the clientele.

Another solution might consist in inventing a device allowing both parts of the blade not to separate at the moment of breaking, but to remain joined together and thus form a "plug" — a little like the way fiber-glass blades break. This plug would considerably lessen the power of penetration; blows received under these conditions could no longer go through a mask, and they would be more like bruises than dagger thrusts. How to get this result? Perhaps by means of

an "unbreakable" wire, soldered to the back of the blade in a groove like the one used for the electric wire. Not being a technician, I do not know whether this can be produced, nor what the cost might be.

### "The power & speed of contemporary champions . . . are clearly superior to the strength of the equipment."

All the suggestions elicited here, above all, the object of trying to retain the use of the metal blade while eliminating the danger that it presents in itself, all while satisfying the taste of certain fencers who insist that only the "contact of steel" stirs within them "tactile," "visual" and, indeed, "auditory" sensations. That is a reflection that leaves us skeptical: on the one hand, because modern foil fencing — with only a few exceptions (French) — seems to us to rely more on articulation of the shoulder than upon that of the fingers; the role of sight has not much to do with the consciousness of steel; that of the ear can be considered as entirely negligible; and on the other hand, because **everything is a matter of habit and adaptation.**

Fifty years ago, for example, all the tennis players in the world uniformly used rackets of wood, strung with cat-gut. Today, without wood being completely abandoned, nor cats on the road to extinction, they manufacture tennis rackets (as well as fishing poles, skis, ski-poles, etc.) of metal, of carbon fibre, or of glass/resin fibre, and the strings are sometimes nylon or sometimes altogether different. This evolution in equipment does not seem to have harmed the quality of the modern tennis champions, who have preserved all their "sensations" and their "touch."

Then wouldn't it be possible, simply, to support a development of this sort, researching the manufacture of a blade of synthetic material, presenting the same

qualities (weight, stiffness, support) of the steel blade, without its drawbacks. Even if the production of such a blade is expensive, which is not certain, the expense should quickly be amortized. It could last (as has been said) several years. Knowing that at present a coach's equipment breaks, year in, year out, a (very approximate) of a dozen blades should not be, in average terms, for the fencer.

Everyone knows, too, in our day, that, depending on the individual, their personal styles, certain fencers are twice as many blades as others. A fencer responds exactly to the indication they constitute on the fencing suit.

#### THE MASK


It was the mask that let the breakthrough reach the unfortunate Soviet fencer. It has stopped it? That is the question.

A violent blow, after the breakthrough, can push apart or divide the present-day mask, especially if the mask already been weakened from sweat and wear. When one fences a lot and abundantly, the mask can be damaged quickly. In the big competitions, an equipment check is expected. We have reason to doubt that this indeed under the conditions stated in (Art. 5 - par. 27) with the aid of a punch. If this is the case, then we agree that **the thrust which went through Smirnov's mask exceeded in violence the norms and the pressure stated in the regulations.**


A daily paper published a photograph of Smirnov's mask, clearly showing a hole about the level of the mouth, appearing neither pushed in or cut. It is difficult to produce such a clean break without a very strong force (if photo is authentic) that the thrust must be executed with prodigious force. It is not possible else that the speed of the forward movement of the one who received it must have been very great, or that the fencers must have been right in their equipment.

These various observations lead me to think that the solidity of the masks is insufficient to insure the safety of fencers. And this is in the very ele

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structure: the mesh. This is so true that before 1914 Maison Souzy had made a so-called rational mask, constructed of two perforated sheet-iron plates (one for the face, the other for the head and sides). Much stronger than the woven mask, the "rational" one perhaps had the inconvenience of being a bit heavier (and we know that fencers have always preferred lightness to safety), which increased sweating. Perhaps too, its price was too high? I was too young at the time to know. Anyway, I used a mask of that type for several years. I can certify that I tolerated it without any discomfort, and I was not the only one! I retain the private conviction that, with a mask of that kind, Smirnov would still be among us today.

As for the plexiglass mask, made of "lexan" (motorcycle type) of American origin, we must try it before rejecting it. Why can cyclists endure it for several hours sometimes without discomfort, yet fencers would be traumatized after a few minutes? Annoyance provoked by lack of ventilation, by the steam of sweat? This problem must be studied more seriously than has yet been done.

Besides, it is evident that if such a mask were ever adopted, the glances (visible) which the fencers might exchange would open up new sensations to them, not in **progression** of the opposing blade which is approaching but in the direction it is going to take and which the glance might betray.

It is however possible that the plexiglass might more or less distort the image seen by the fencer and interfere with the exact judgement of distance, an absolutely indispensable notion for the fencer.

One might not forget, in constructing a fencing mask, that it must, imperatively, protect the nape of the neck much more than present masks generally do.

#### THE ORTHOPEDIC GRIP

The first measure we heard discussed following the Russian champion's accident was the banning of the orthopedic grip. This measure was demanded by the F.F.E. medical commission the very night of the

accident. By returning to the straight (French) grip, they think the pressure of the hand (and of the arm) on the blade would be weaker at the moment of the touch, and that the said hand would be released more easily in case of a frontal shock and breaking of the blade. This is true! But the truth compels one to say that **certain grave—and even fatal—accidents have happened (in three weapons) between fencers who did not use the orthopedic grip.**

More than 20 years ago, when the orthopedic grip began to flourish in all the salles d'armes in France under the pretext that the electric blade did not have the same balance as the old blade, F.F.E. President Commandant Bontemps — no man for half measure — decided to prohibit its use by fencers under 20 years of age "except when medical certificate prescribes its necessity." He had to renounce this project quickly before the avalanche of medical certificates that piled up on his desk. Then freedom was left to everyone to use the grip of his choice, and we observe today that a **very clear majority of fencers, in France and in the world, uses the orthopedic grip.**

To ban the grip, of whatever sort, seems excessive. It is not at all proven that the grip was at fault in Smirnov's accident.

The grip makes the weapon, the weapon influences the style, and often determines the method or school. Formerly, the two fundamental schools of foil, Italian and French, founded their principles on the use of weapons of different structure.

The Italian foil with crossbar, with a very short grip, requires holding the pommel against the wrist by means of a strap. There still exist caricatures of the illustrious knight Pini, at the end of the last century (at encounters with his French rivals Merignac and Prevost) carefully wrapping his wrist with a sort of ribbon of impressive length. To my knowledge, neither Eugenio Pini nor the great Italian fencers of the period preceding the last war, who used the Italian foil, ever killed anyone when they broke a blade. If I'm wrong, people will certainly let me know. And if that had happened, would they have banned the crossbar grip and destroyed the Italian school with the same

stroke? It is not so much in the grip that we must intervene, but rather in the manner of execution, which has considerably evolved since electric scoring came into use. On this subject, it is with much interest that I read the declaration of Carlo Brusati, President F.I.E., regretting the nature of today's fencing: "heavy, without style, without standards (*mesure*), and the masters and teachers, contrary to what was done in (his) time, no longer require the primordial quality, that is, bringing the blade (toward the target) with suppleness."

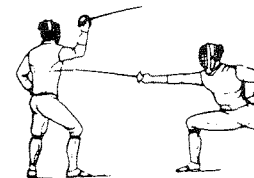
All this to say that it does not seem necessary—even with an electric weapon—to put considerable force into "carrying" a touch. One should be able to find among the great fencers of this end of the 20th century what one admires among their counterparts in tennis or among great pianists, an exceptional "touch." We are far from this! Fencing is neither boxing, nor wrestling, nor weight-lifting; one can be effective in it without being brutal. In case of mediocrity, it's not the grip — whatever it may be — that must be blamed, but the one

who holds it and animates it perhaps we must rehabilitate it of the fingers and the wrist, at pleness and relaxation of the arm which passed into the back quarter-century ago.

The combativeness of a fencer on science and technique, not confusion. Do not confuse, either, the "physical force" necessary to any competition which is not in fencing.

Sometimes in the past they chided the talent of the great masters of precision, "hand of iron, arm of steel." Perhaps later, to classify the fencer of the period, they will need to use "hand of steel, arm of concrete

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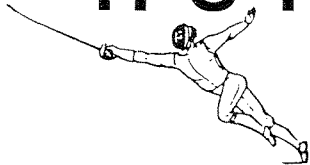
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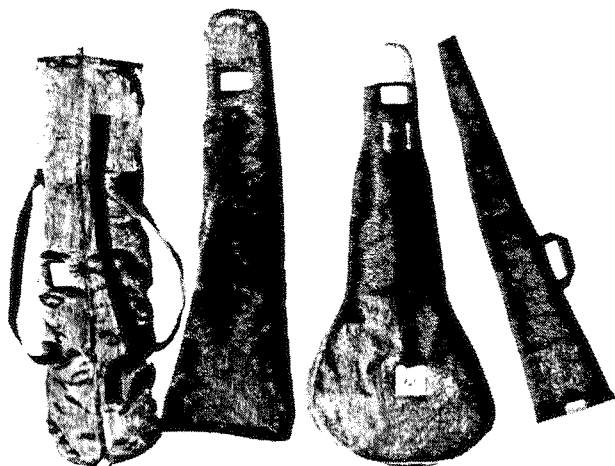
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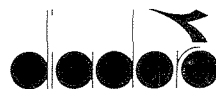
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SHOE.....

# NATIONAL SPORTS FESTIVAL V

Some 80 fencers gathered at the Air Force Academy in Colorado Springs from June 24 to 26 to help celebrate the fifth annual National Sports Festival. All Olympic sports were represented at the ten day meet. The fencers were divided into four evenly balanced teams; each team was lead by two selected coaches. The individuals in each team fenced each other first and then competed as a five person team against the others. The top four in each weapon then competed in a direct elimination final to determine the individual winners.

Coaches for the teams were: (North) Michael D'Asaro, San Jose State University; Henry Harutunian, Yale; (South) Semyon Pinkasov, New York Fencers Club; David Micahnik, University of Pennsylvania; (East) Emmanuel Kaidanov, Penn State University; Ed Richards, Salle Richards; (West) Yves Auriol, Salle Auriol; Aladar Kogler, Wayne State University.

## MEN'S EPEE

1. C. Michaels, San Antonio, TX	12-7, +20
2. L. Shelley, Hackensack, NJ	15-4
3. L. Siegel, New York, NY	12-7, +18
4. S. Trevor, Shaker Heights, OH	14-5
5. R. Nieman, San Antonio, TX	12-7, +13, 66hr
6. P. Pesthy, San Antonio, TX	12-7, +13, 68hr
7. G. Masin, Patchogue, NY	11-8, +14
8. T. Glass, Houston, TX	11-8, +12
9. H. Farley, Bedford, MA	11-8, +10
10. P. Schifrin, Topanga, CA	11-8, +8
11. R. Stull, Clarksburg, MD	10-9, +9
12. A. Messing, New York, NY	10-9, -2
13. R. Hurley, Huston, TX	9-10
14. K. Hunter, Cleveland, OH	8-11
15. R. Frenson, New York, NY	7-12
16. J. Pitt, Portsmouth, VA	5-14
17. W. Landers, Reston, VA	4-15, -25
18. V. Asatjian, Glendale, CA	4-15, -27
19. M. Gostigian, Newton Square, PA	3-16, -29
20. B. Storm, Arlington, VA	3-16, -35

## SUPER FINAL

Shelley def Siegel	10-8
Michaels def Trevor	10-3
Michaels def Shelley	10-5
Siehel def Trevor	10-7

## TEAM RESULTS

1. West	2-1, 44v
2. East	2-1, 36v
3. South	2-1, 35v

## MEN'S SABRE

1. P. Westbrook, New York, NY	15-4
2. S. Mormando, Lakewood, NJ	13-6
3. P. Reilly, Bloomfield, NJ	17-2

4. S. Lekach, Corman, NY	14-5
5. S. Blum, New York, NY	11-8
6. M. Lofton, Freeport, NY	10-9, +2
7. G. Gonzalez-R. Elmhurst, NY	10-9, +1, 74hr
8. E. House, Buffalo, NY	10-9, +1, 76hr
9. J. Friedberg, Baltimore, MD	10-9, -4
10. D. Anthony, Brooklyn, NY	9-10
11. P. Friedberg, New York, NY	9-10, +2, 67hr
12. F. Nagorney, Shaker Heights, OH	9-10, +2, 75hr
13. J. Glucksman, New York, NY	9-10, 0
14. B. Keane, East Brunswick, NJ	9-10, -7
15. D Powell, Concord, MA	8-11, +3
16. W. Balk, Monteral, Canada	8-11, -4
17. A. Kogler, Dearborn, MI	7-12
18. M D'Asaro II, San Jose, CA	6-13
19. R. Wilson, Suffern, NY	5-14
20. M. Higgs-C., Bedford, MA	1-18

## SUPER FINAL

Reilly def Mormando	10-6
Westbrook def Lekach	10-8
Westbrook def Mormando	12-10
Reilly def Lekach	12-10

## TEAM RESULTS

1. East	2-1, 38v, +9
2. South	2-1, 38v, 0
3. West	1-2

## MEN'S FOIL

1.M. Marx, Portland, OR	17-2
2. G. Massialas, San Jose, CA	18-1
3. M. Smith, Atlanta, GA	14-5
4. J. Tichacek, Cliffside Park, NJ	13-6, +20
5. G. Nonomura, San Francisco, CA	13-6, +15
6. P. Gerard, Portland, OR	12-7, +11
7. E. Ballinger, Brooklyn, NY	12-7, +8
8. P. Levison, Brooklyn, NY	11-8
9. J. Bukantz, Livingston, NJ	10-9
10. J. Bonacorda, New York, NY	9-10
11. H. Hambarzumian, San Francisco, CA	8-11, -2
12. J. Biebel, Milwaukee, WI	8-11, -4
13. E. Kaihatsu, Park Ridge, IL	8-11, -18
14. W. Wheeler, Cleveland, OH	7-12, -5
15. E. M. Namara, Huntington, NY	7-12, -20
16. P. Burchard, Berkeley, CA	6-13
17. S. Kogler, Garden City, MI	5-14
18. A. Rossabi, New York, NY	4-15
19. M. Van der Velden, Seattle WA	3-16
20. E. Wright, Yonkers, NY	3-2
20. A. Yuffa, Denver, CO	2-12

## SUPER FINAL

Massialas def Tichacek	10-7
Marx def Smith	10-5
Marx def Massialas	10-6
Smith def Tichacek	10-4

## TEAM RESULTS

1. East	3-0
2. West	1-2, 38v
3. South	1-2, 36v

## WOMEN'S FOIL

1. J. Angelakis, Peabody, MA	18-2
2. J. Starks-Faulkner, Bristol, CT	12-7
3. D. Waples, Portland, OR	19-1
4. J. Ellingson, San Jose, CA	13-6

5. C. McClellan, Marblehead, MA	12-7
6. M. Sullivan, West Andover, MA	11-8
7. V. Bradford, San Antonio, TX	11-8
8. E. Cheris, Denver, CO	11-8
9. S. Monplaisir, Bronx, NY	10-9
10. M. Miller, Santa Monica, CA	10-9
11. A. Miller, State College, PA	9-10
12. A. Metkus, Northridge, CA	8-11
13. H. Konecny, New York, NY	8-11
14. T. Hurley, Huston, TX	7-12
15. L. Piazza, Brentwood, NY	7-12
16. C. Harmon, New Orleans, LA	7-12
17. I. Maskal, New York, NY	6-13
18. J. Yu, Los Alto Hills, CA	6-13
19. C. Handelman, San Francisco, CA	4-15
20. C. Bilodeaux, Concord, MA	4-15

## SUPER FINAL

Faulkner def Waples	8-6
Angelakis def Ellingson	8-5
Angelakis def Faulkner	8-6
Waples def Ellingson	10-9

## TEAM RESULTS

1. West	3-0
2. South	1-2, 37v
3. North	1-2, 35v

# REGIONAL NEWS

## HATS OFF TO KATZOFF

Between February and May, 1983, members of the Salle Gascon in Santa Monica, California, joined their fencing master, Theodore Katzoff, in giving fencing demonstration programs at seven local high schools in their area. The programs were offered without compensation as an enrichment service to the public schools. Adapted to class period schedules, the explanations and demonstrations exposed several thousand youngsters to the sport of fencing.

## HAIL TO JULIA JONES

Julia Jones, coach at Hunter College, was inducted into the Hunter College Sports Hall of Fame on May 25. Miss Jones is an alumna of New York University, where she founded the Intercollegiate Women's Fencing Association as an undergraduate in 1929, and was its first champion.

Miss Jones had previously been inducted into the Helms Hall of Fame and the N.Y.U. Women's Sports Hall of Fame.

## IN MEMORIUM Ilona Kadar

The pursuits of Ilona Kadar, w this country from Hungary at tl were a combination of ballet an

In 1958, she and her husband, opened the Kadar Ballet an Academy, which is now known d' Armes Kadar. In addition to j and teaching ballet, she was a c fencer in the Northern Ohio Di also served as secretary of the c

Mrs. Kadar died in Cleveland the age of 69. She is survived b band and two brothers. The fer munity extends its sympathies Menyherth Kadar for his loss.

One of the most tireless admir our sport, she is presently the re awards chairman of the Metrop sion, and until recent years was a in gymnastics competition.

## FIRST ANNUAL GARDEN STATE GAM

by Irw

Fencing played a prominent p first annual Garden State (Ne Games, held on July 30-31, 198 College. Trials were held in four the state through the cooperati USFA divisions, New Jersey and sey. Regional coordinators wer Orsi, Carmen Marnell, Jim Law Bruce Canino.

Site preparation for the final e handled by Ted Li, with Joe Byrn as armorer. Connie Latzko served Officiating were Denise O'Conr Sobel, Ralph Goldstein, Ralph man, Bill Latzko, and Irwin E



Strips were provided by Dave Bryer of Rutgers and Ray Miller of William Paterson College.

Fencing was one of the few sports to include masters events in this initial year. An interscholastic category is planned for next year.

#### Results:

- |                           |                            |
|---------------------------|----------------------------|
| <b>Men's Open Foil</b>    | <b>Women's Open Foil</b>   |
| 1. Jim Flint, SOPP        | 1. Emily Grompone, Bardakh |
| 2. Jim Powers, NYAC       | 2. Donna Stone, Orsi       |
| 3. Vincent McGovern, Otto | 3. Marta Nagy, Unatt.      |

- |                           |                          |
|---------------------------|--------------------------|
| <b>Men's Open Epee</b>    | <b>Men's Open Sabre</b>  |
| 1. Kevin Tindell, NYFC    | 1. Jeffrey Fishman, NYFC |
| 2. Vincent McGovern, Otto | 2. Ralph Bellatoni, WPC  |
| 3. Stefan Cook, HAAC      | 3. Rick Mitchell, UFC    |

- |                              |                                 |
|------------------------------|---------------------------------|
| <b>Women's Open Epee</b>     | <b>Men's Masters (40+) Epee</b> |
| 1. Darlene Praetschler, Bard | 1. Paul Levy, Unatt.            |
| 2. Donna Stone, Orsi         | 2. Richard Coll, Bard.          |
| 3. Doris Latch, SSC          | 3. Irwin Bernstein, HAAC        |

- Men's Masters Foil**
1. Dan Kirsch, Santelli
  2. Jim Canvin, NYFC
  3. Sam D'Ambola, HAAC

Governor's Cup Award for best overall performance went to Vincent McGovern and Donna Stone.

## ANOTHER HONOR FOR VINCENT SURDI

The presidents of jury of the Intercollegiate Fencing Association, at the 86th IFA Championships at Cornell, presented Vincent Surdi with a folio size reproduction, leather bound, of "The School of Fencing," the famous book by Domenico Angelo. Fifty presidents of jury took part in the project, which resulted in a substantial overage that will be used to refurbish some of the oldest and most famous trophies in our sport, those of the I.F.A.

Mr. Surdi has been supervisor of fencing officials for the Eastern College Athletic Conference for the past ten years.

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## BULLETIN BOARD

### 8TH ANNUAL CLEVELAND GRAND PRIX

The eighth annual Cleveland Grand Prix is scheduled for Thanksgiving weekend, November 25 through 27, at the Mill Creek Raquet Club in Warrensville Heights, Ohio. Events include men's foil, sabre, women's epee, women's foil, men's epee, men's foil/epee, and women's foil/epee. \$5 registration fee, \$10 per weapon (\$8 for Juniors). Sponsored by the Northern Ohio Division. For information, contact William Reith, P.O. Box 18027, Cleveland Heights, OH 44118. (216) 932-8004.

### ATLANTA OPEN

The 1983 Atlanta Open will be held at Georgia State University, Atlanta, Georgia on October 8th and 9th. For information, contact: Atlanta Fencers' Club, 40 Cypress St., NE, Atlanta, GA 30308. (404) 892-0307.

### 1983 GIORGIO SANTELLI TROPHY MEET

The 7th annual Giorgio Santelli Trophy will again be hosted in the spacious facilities of the State University College at Brockport, a few miles west of Rochester, New York. Schedule: Saturday, 22 October

- |                    |            |
|--------------------|------------|
| Women's Foil       | 9:30 am    |
| Men's Epee         | 10:30 am   |
| Sunday, 23 October |            |
| Men's Foil         | 9:30 am    |
| Women's Epee       | 10:30 am   |
| U-19 Boys Foil     | 12:00 noon |
| U-19 Girls Foil    | 1:00 pm    |

Contact: Natalie Goodhartz, 34 E. Wautoma Beach Rd., Hilton, N.Y. 14468. (716) 392-3598 (H), 395-2374 (O).

### POSITION WANTED

Former Rumanian Olympian (Rome), with 10 years experience as Fencing Master, 15 years in Judo and Karate (black belt), seeks full time university position or equivalent. For complete resume, contact: Emeric Arus, B-15 27th Avenue, Apt. #620, New York, N.Y. 11102.

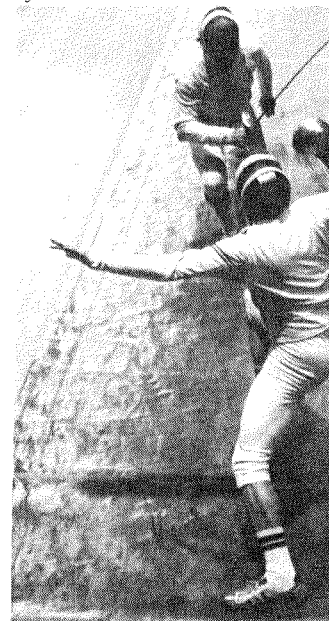
### KADAR OPEN

The 4th Kadar Open will be Saturday, December 17, 1983 at Cern Reserve University in Cleveland. Men's and Women's Epee have been to the sabre events:

- Men's Epee  
(Alan Miles Ruben Trophy)  
Men's Saber  
(Menyhert Kadar Trophy) 1  
Women's Epee  
(Iona Kadar Memorial Trophy) 1  
Women's Saber  
(Frank P. Nagorney Trophy)

Entry fees are \$10.00 per senior and \$8.00 per collegiate/junior fencers and information requests sent to Frank P. Nagorney, 17613 E Blvd., Shaker Heights, Ohio 44118 phone: 216-283-8341. Hotel arrangements with the Lakeside Howard Johnson are at the E. 55th Street exit of I-90 (216-4

Two "unidentified" fencers (Stan Lekach and Cynthia Zauner) in the 1983 National sabre event.





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## TECHNICAL TALKS

By Cynthia Zauner

Last time I mentioned the clever improvement in foil points available from a French manufacturer, Mion. The same house has come up with a new version of a kind of epee point that has been tried at least three times before, though with indifferent success in the past.

All experienced epee fencers would agree that an epee point that can be adjusted for travel from the outside would simplify things a good deal, and be very desirable. Even if it wouldn't hold the setting very long, it would be easy to fix, and thus an improvement. At any first line competition these days, what with warnings and penalty touches, you will see the epee men, or their team armorers, checking every weapon, and often taking the points apart, before every bout. It makes sense, and often proves to have been necessary.

The only way to make a travel adjustment without taking the point apart would be to have a set screw on the front face of the point, and that approach, naturally enough, had been used in all these adjustable designs. The first two such models that I came across, out of Italy and Hungary, used the big pressure spring to carry one side of the circuit, from one of the blade wires out onto the blade point top, and made the actual switch in the point a single contact. That contact was between a solid, spring-loaded rod (the adjustable part) and a single centered contact for the second blade wire.

Unlike this approach, the Mion point does not involve the pressure spring in the electrical circuit. A special barrel and contact base, along with the wires and a little contact block, and a sort of cover for the contacts, plus the point, make up this whole point system. The two epee wires end in two rather conventional-looking contacts, except that they have a bit of give

in them. (That spring effect has to be found somewhere; more about that later.) The center rod in the point is solid steel, is not spring-loaded, and is very precisely controlled by the set-screw in the face of the point. This rod passes through the metal of the point top and through the plastic (or nylon, I suspect) of the insulated shell. If that were not enough, the contacts are covered by a sort of plastic beehive with an open tube on top, into which the center contact rod fits, and by which it is steered directly down onto the two contact bosses. There can be no wobbling or going off line as can so happen with the conventional contact spring.

When adjusting the Mion epee point, there is one precaution that needs to be taken, and the manufacturer warns about it. I gather that some fencers who have reported less than happy long term experiences, had goofed up their points by ignoring that instruction. Whenever you put in the 0.5 mm shim and find that the travel is off, you MUST back off the two regular epee point screws, the ones that hold the point in the barrel, before adjusting the set screw tip. You don't have to take those screws out, or remove the point, as with the regular models, but you do have to back off the screws about a turn each, then make the adjustment, then retighten the screws.

It seems that these two screws, in this model, put a bit of pressure on the plastic insulation, thus gripping the center rod and helping to keep the adjustment. Fight your adjustment through the unloosened screws, and you will eventually weaken the grip of the plastic on the core and your setting won't hold for very long. But you will have done that to your point all by yourself, and shame on you.

Why did I say above that there has to be a "spring effect" somewhere in the switch

contact? Consider: if two solid pieces meet, something has to give. The conventional epee point uses a contact spring, which will retract a little bit on every touch, and, when all is going right, spring back to where it should be every time. When it goes off line, though, we have fun. The older adjustable points tried to spring-load the center rod, thus introducing a potential for undesirable variation. The Mion has the necessary "give" down in the two fixed contacts. If they start to go off, shrinking a bit, maybe, the regular adjustment will take care of it.

I mention this problem, in case anyone should think that it would be easy to use a Mion epee point alone without its special base contacts. Yes, you could get it into the standard barrel, though you would have to grind down the contact rod considerably. However, you would end up with a solid steel rod smacking a pair of solid brass conventional contacts on every touch, with no "give." Something's gotta give, as they say, so I don't recommend the approach.

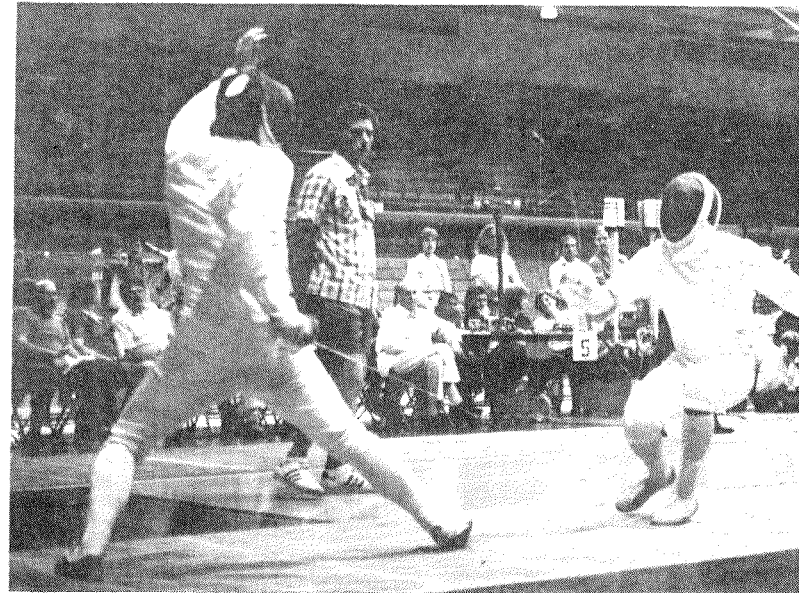
Recently, yet another of these easy-adjust models has appeared on the scene. Allstar has introduced one that looks for all

the world like a regular point (except set screw on the face): it will fit in a regular epee barrel; it has a contact spring of conventional sort; and it is, naturally, adjustable for travel from the outside by removing the two regular point screws. Only little hitch with their first models was their inability to grip the opponent's guard or the ripper. This genuine embarrassment occurred in all places — at the Junior World Championships in Budapest.

However, in case anyone has had sad stories coming out of Budapest, I might therefore ignore the new point, I can testify that the new model works very nicely, judging from samples we saw in use at the World City Games in July '83.

For an old-time epee man and armorer, it's such a pleasure to see these new types of points and their adjustments from the outside that I hold down an instinct to look over my shoulder to see who's coming to announce them as immoral or illegal.

*Director D'Asaro concentrates on the bout between Peter Westbrook (right) and Phil Reilly at the 1983 World City Games. Photo by Cynthia Zauner.*



A fencer withdraws from the competition because of an injury. How did it happen? Some possible explanations are that the fencer had:

- 1) weak, fatigued muscles,
- 2) tight muscles, especially hamstrings, quads, or achilles tendon,
- 3) biomechanical weakness, as in a spinal or foot problem,
- 4) training error of technique, i.e.: increasing the amount of workouts too fast, frequently, or intensely.
- 5) poor equipment, i.e.: torn shoes,
- 6) neglected to read information on prevention of sports injuries.<sup>1</sup>

This article will cover information on **How to recognize an injury, What to do about it, and When to return to full participation.**

Pain is the **major indicator for injury**: the fencer must never work through pain. Stimulation of superficial nerve endings, in the skin or deeper receptors in the muscles, ligaments, or bones, sends important information to the brain about the extent of the injury.<sup>2</sup>

Pay attention to:

A) sharp, throbbing aches that are present during the beginning of a workout, go away (or continue) and come back during the workout.

B) pain after a fall or twist or after feeling a tear or hearing a pop.

STOP doing activities that hurt. A simple **3 day rule for pain**:

IF on Monday — pain

Tuesday — less

Wednesday — gone; then don't worry about it.

BUT IF on Monday — pain

Tuesday — more

Wednesday — worse; stop and see your sports chiropractor or M.D.<sup>3</sup> Your doctor should be a sports specialist. More serious injuries, such as fractures, complete tears of ligaments, tendons or muscles, and puncture wounds are beyond the scope of

this article. For serious injuries, use the information offered here only under a doctor's supervision and after complete healing.

Always see your doctor after

- 1) all traumatic joint injuries,
- 2) any injury with severe pain,
- 3) any pain in a joint or bone that persists more than two weeks,
- 4) any injury that does not heal in 3 weeks,
- 5) any injury that returns after rest or initial treatment,
- 6) infections,
- 7) aches or injuries that cause a change in how you walk, run, or fence.<sup>4</sup>

Remember that an injury places the body in an abnormal state of stress. Fencers will alter their movements to avoid pain. The pain may disappear, but the body moves in a new way to avoid the pain. The movement adaptation very often **decreases performance**. For instance, your back hurts, so you lean forward, away from the pain. This changes your balance and you cannot execute your favorite actions with your usual skill, and you therefore do not fence as well as you used to. Later on, you will suffer even more as the tissues do not heal and the back problems intensify.

Besides pain we have a few **other indicators of injury** to help our evaluation of the extent of the damage. **Swelling** around the area will decrease joint **Range of motion (R.O.M.)** and hinder the healing process. **Muscle atrophy** (decrease in size) will occur to the structures involved, with strength losses of 35-70% within 2 weeks and rapid decreases in nerve conduction velocities.<sup>4</sup>

What steps do you take when an injury is recognized and accepted? The fencer must go through the **process of rehabilitation** in an attempt to regain former physical conditioning.

Injured fencers often ask "What is the shortest time after which I can start bouting again?" A good answer can't be estimated

in days or weeks, but rather by **goal levels of achievement**.

The athlete should follow the steps of a general sequence of goal rehabilitation:

- 1) Reduce pain-swelling phase.
- 2) No pain on weight bearing or passive range of motion (R.O.M.).
- 3) swelling gone,
- 4) 75% painless active R.O.M.
- 5) 75% strength returned, determined by cybex or manual muscle testing,
- 6) 100% painless R.O.M.
- 7) 100% strength returned to full activity.<sup>5</sup>

Effective methods to achieve the goals of pain and swelling reduction, increased R.O.M., strength and conditioning can be summerized in the RICE, MICE and MISS techniques.

The **RICE** (Rest, Ice Compression, and Elevation), technique is most effective in achieving our first goal of reduction of swelling.<sup>6</sup>


Swelling occurs as blood cells and lymph move to the affected area in an attempt to protect and heal the damage. Unfortunately, swelling, as we previously explained in Part I, will cause a slower and less beneficial healing with increased formation of scar tissue.

The resting fencer should attempt no movement that causes pain. The joint must be **elevated**, wrapped with an elastic **compression bandage**, and **ice packs** placed around it.

Ice treatment consists of a 20 minute application, six to eight times a day, of a bag of crushed ice around the injured area. Do not exceed 25 minutes. After the first day, you may reduce the frequency of treatment to once every four hours. During the ice treatment the fencer will normally feel first cold and discomfort, then a burning sensation, and soon numbness.<sup>7</sup>

Expert opinion is always recommended on any of the painful injuries listed above.

If the pain and swelling phase is reduced and completed after the first 24 to 72 hours, the fencer may start on the **MICE** program. Here we use Mobilization, Ice, Compression, and Elevation. We keep the area elevated until the swelling is gone. The compression wrap is maintained to further re-

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duce the swelling and protect the further damage. The ice treatment continued as before, or, on a doctor's contrast baths may be substituted.

The **mobilization** part of M.I.C. accomplished in three ways:

- 1) **MANIPULATION** by a specialist with adjunctive
- 2) **CONTINUOUS PASSIVE (C.P.M.)**,
- 3) **ACTIVE R.O.M. EXERCISE** formed.

The great advantage of mobilization it rapidly returns the injured area by minimizing the development of scar tissue (adhesions).<sup>8</sup>

Manipulation may be performed on any joint in the body. It is gentle and freeing joint movement dysfunction efficiently and quickly releasing deep within the joint capsule.

The body needs to maintain the joint in positions where movement is the most efficient against gravity. Any loss of position may stress the ligaments, tendons or one side more than the other, causing joint dysfunction and changes.

C.P.M., is a gentle, slow, mobilization which may be done after treatment for 5 minutes every two hours. Be careful to avoid all very painful movements. Have someone very slowly take you through its entire R.O.M. to test your ability to flex, extend, and contract. If done correctly, the pain should

the area to practically nothing after one minute. If it does not decrease or even increases, STOP the procedure.<sup>9</sup>

After C.P.M., someone may bend your elbow slowly 40° and move it back and forth until after 5 minutes it loosens up to 80° painless movement. (Normal is 135°). In active R.O.M. you may move your elbow only 5° or 10° without pain, so that is all you do. Just make sure to do it for 2 to 3 minutes every hour if possible. The R.O.M. Range of Motion will rapidly increase.

Finally, if there is no pain on passive R.O.M. and the swelling is almost gone, we will start our last phase: M.I.S.S. **Manual resistance, ice, stretching, strengthening** are now our goals. (Note: a wrap or tape support is still suggested for up to 3 months after the injury to stabilize and protect the problem area).<sup>7</sup>

**Ice** use now means ice massage, which will keep the swelling and inflammation down, allow a greater R.O.M., and reduce the pain level.

This consists of freezing a dixie cup or styrofoam cup filled 3/4 full with water and then peeling back the edges. Gently rub the ice directly on the skin all around the injured area. Slowly massage with increasing pressure for 7 to 10 minutes, until numb. This may be done before and after the following exercises.<sup>10</sup>

**Manual resistance** exercises are similar to active R.O.M. movements. We try to move the joint as far as it can go with no or minimal pain. If your wrist were damaged, you would use the muscles in your injured arm to move the wrist forward, back, and side to side. While moving it, you would use the other hand to offer light resistance to the action. The idea is to make the muscles work, but not too much to cause pain. You should resist also as you return to the starting position.

**Stretching** should be done frequently to continue the work that the mobilization phase started to minimize scar tissue build-up. After an ice massage of 10 minutes, you may move the injured area into a position that will stretch it out. Hold this position for 15 to 20 second count and do this for 5 repetitions, 4 to 5 times daily.<sup>1</sup>

**Strengthening** the joint or muscle in question is our last and most important job. A proper strengthening program will prevent the injury from recurring by rebuilding the weakened, disused muscles and ligaments of the injured area.

Manual resistance is already starting to condition the injured part; **isometrics** will help to strengthen it. As in the earlier example of the wrist injury, you oppose the wrist against a table leg or wall and try to move it in a four different directions. Strongly contracting the muscles without moving the area is a safe and controlled way to strengthen it.

**Isotonic exercise** is a more complete but still affordable method for strengthening the injury. This program uses specific exercises with electronic tubing to increase 1) nerve conduction velocity, 2) strength, and 3) endurance.

Tubing techniques are involved procedures and a specialist should instruct you on which muscles are involved and how to use the special techniques.

As you are completing the various exercises, you should arrive at the goal level of 75% pain free R.O.M. If the injury was to a lower extremity, you may now start to walk fast, avoiding uneven surfaces or sharp turns. If an upper extremity was injured, you can start to do close range 3/4 extensions on a target. You should continue to do the M.I.S.S. workouts. Once 75% strength and 100% R.O.M. levels are achieved, you may start slow, complete activities of running, footwork, drills, and lessons. With 100% R.O.M. and strength, bouting may be resumed.

Rehabilitation is not successful for everyone. Sometimes the damage may have progressed so far that exercises, stretching, and strengthening may not be able to reverse it. Too much scar tissue may rearrange the injured tissue into a less functional form. This occurs in chronic tendonitis or after a long term immobilization, as in fractures or serious whiplash accidents. Preventative health care and proper acute care will decrease the possibilities of this occurring.

A biomechanical approach of proper

support, alignment and strengthening of joints, while increasing flexibility and conditioning, will allow fencers to achieve their highest potential in a holistic way.<sup>11</sup>

#### FOOTNOTES

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## 1983 PAN AMERICAN RESULTS

### Men's Foil

1. Fabier, Cuba
2. Magalanes, Venezuela
3. Massialas, United States

### Men's Foil Team

1. Cuba, 2. United States, 3. Ve

### Women's Foil

1. Rodriez, Cuba
2. Lozano, Mexico
3. Alfonso, Cuba

### Women's Foil Team

1. Cuba, 2. United States, 3. A Sabre

1. Westbrook, United States
2. Ortiz, Cuba
3. Banos, JP Canada

### Sabre Team

1. Cuba, 2. United States 3. Ca Epee

1. Nussa, Cuba
2. Chouinard, Canada
3. Glass, United States

### Epee Team

1. Cuba, 2. Canada, 3. United

## United States Fencing Association

INCORPORATED

1750 East Boulder Street Colorado Springs, CO 80909

MEMBERSHIP APPLICATION NEW  RENEWAL  DATE \_\_\_\_\_

Please print all information SOC. SEC. # \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE day ( ) \_\_\_\_\_ eve ( ) \_\_\_\_\_

DIVISION \_\_\_\_\_ COACH \_\_\_\_\_

CLUB \_\_\_\_\_ SCHOOL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ U.S. Citizen  Y  N  
Month Day Year Perm. Res.  Y  N

Students: Indicate Home Address Below:

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### MEMBERSHIP Year

#### Class of Membership

1. LIFE  One Ye

2. SENIOR  \$20.00  
(20 yrs. and over)

3. ASSOCIATE  
(Non-competitive)  
Regular  \$10.00  
Sponsor  \$25.00  
Patron  \$100.00

4. JUNIOR  \$10.00  
(Under 20 yrs.)

5. BUSINESS  
Regular  \$100.00  
Sponsor  \$500.00  
Patron  \$1000.00

#### CONTRIBUTION

TOTAL \$ \_\_\_\_\_