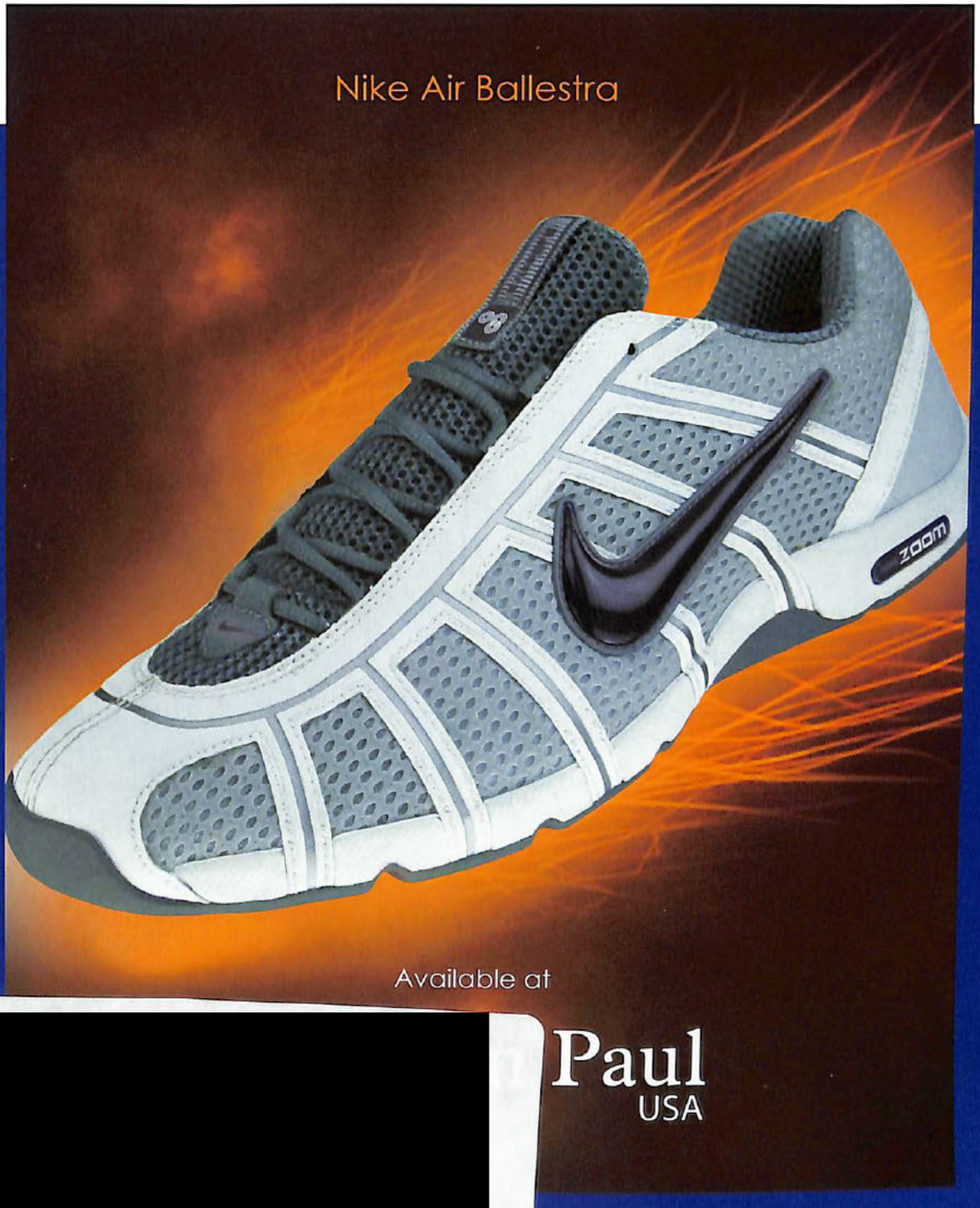
AMERICAN FENCING

Summer 2010
Volume 60, Issue 2



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California *	Georgia	New England [15]	*Southwest* [18]	*North TX* [26]
Central CA [2]	Green Mountain [12]	New Jersey	Oklahoma	*South TX* [27]
Mountain Valley [3]	Hawaii	South Jersey	Oregon	Utah- Southern Idaho
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Summer 2010
Volume 60, Issue 2



2010 JUNIOR WORLDS

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Contributors

Julia Adler is a wife and mother of four children, three of whom fence. She and her family have lived in Seattle, Washington, Seoul, South Korea, and Stockholm, Sweden. Prior to parenthood, she worked for various aerospace companies designing and implementing counter intelligence and security awareness briefings. She can often be found reading, cooking and taking pictures of her family and their travels. She writes about her family's adventures when she has time to spare from life in the fast lane with her husband and her children's various activities.

Stephen Balzac is a psychology professor, consultant and professional speaker. A fourth-degree black belt in jujitsu and former fencer himself, his daughter now trains at Zeta Fencing with coach Zoran Tulum. He is president of 7 Steps Ahead (www.7stepsahead.com), an organizational development firm focused on helping businesses to increase revenue and build their client base. Steve is the author of "The 36-Hour Course in Organizational Development," due out from McGraw-Hill in Fall 2010.

Jeff Bukantz, author of Rules and Referees, was a member of the FIE Rules Commission and has been captain of multiple U.S. international teams, including the 2006 World Championships team and the 2004 and 2008 Olympic Games teams.

Ted Li (Tech Talk) is a member of the USFA's Technical Commission. He was the Head Site Armourer for three Olympic Games (1984, 1996, 2000), as well as for Pan-American Games, Universiade, Senior, Junior, and Veterans World championships, as well as NCAA national championships and countless USFA North American Cups. He is a proud student of Joe Byrnes and Dan DeChaine, and has been armouring for more than 30 years.

Buzz Hurst has been a leader of initiatives on clubs and divisions for almost two decades, having formed the committee for clubs, divisions and sections in 1988, serving as its chair for eight years, and then as Vice President of the USFA. Most recently, Hurst worked on updating the USFA's highly successful guide for division officers. Hurst, a Maitre d'Armes, also coaches at the Cabrillo Academy of the Sword in San Diego.

Carla Mae Richards is one of the great personalities in U.S. fencing history. She served as the USFA's first executive director from 1983 to 1994, and "as Director of Technical Programs, 1994 to Fall 2004. She was instrumental in transforming the USFA from an amateur operation to the professionally staffed corporation it is today." Richards lent a huge hand in helping to copy edit the magazine for this issue.

Kathryn Schifferle (Club Profile, product review) is a business counselor for the Small Business Development Center in Chico, Calif., teaches marketing at Chico State University and owns a marketing consulting business called Balestra (www.balestra.us).

Cynthia Sirico has fenced for 16 years and currently fences with Baltimore Fencing Center in Maryland. She started fencing in college and now enjoys the sport with her husband and three children, who also fence.

Jeremy Summers is a chiropractic physician and certified athletic trainer in practice in California. He is a former nationally ranked saber fencer and multiple times a member of the Junior National team.

Kevin Mar is the co-founder of the Washington Fencing Academy and has been the co-vice chair for the Western Washington Division for the last eight years. He has been fencing over 13 years. Kevin wrote this issue's Behind the Mask profile of Gerek Meinhardt.

From The Desk Of The President



Dear Members and Friends of Fencing,

Recently I've been giving a fair amount of thought to volunteers and volunteerism. Irena Petsche, one of our Bout Committee volunteers, interviewed me on the topic for HBA Advantage, the newsletter of The Healthcare Businesswomen's Association. (You can find the interview here: http://www.hbanet.org/Careers/HBAdvantage.aspx) Beyond what she and I talked about, I've been thinking in particular about those without whom our tournaments simply wouldn't happen.

When you arrive at a tournament, whether local or national, you are greeted by a volunteer. When you check to see where your pool will be fenced, that information was generated—and posted—by a volunteer. When you hear your name called as a medal winner, it's the voice of a volunteer. Making it all happen requires the dedicated efforts of our volunteers, whose weekends would be empty indeed without their time at our tournaments.

Our volunteers are no different from you and me—we all have day jobs, or go to school; we have children who require our attention, parents whose health is fragile, dental appointments, balky computers, and long to do lists. But our volunteers put their daily demands aside for hours, days, full weekends, to serve our sport. They do so for many reasons. Some want to "give back" for what their children have gained through their fencing experiences. Others enjoy meeting the challenges associated with organizing and managing events large and small. There is the joy and excitement in being part of competitions that showcase athletic excellence. And to no small degree, there is the social side of volunteering—being part of a group of like-minded people who, at the end of the day, feel a sense of accomplishment at having worked together to create something of value for all of the participants.

For all that our volunteers contribute, however, it's rare for anyone to express appreciation for their efforts. Perhaps that's because their labors are often invisible--but are nonetheless essential to the running of each and every competition.

So the next time you attend a tournament, take a moment to thank those who have set it up and make it happen. A word of thanks, a smile, a wave acknowledging a hard day's work will be much appreciated by those who volunteer to keep our tournaments (and our sport and association) functioning for all of us.

Kalle Weeks

Kalle Weeks
President



PS: You, too, could be a volunteer! Stop by the Bout Committee table at your next tournament and ask how you can help. There's a wide range of possible ways to serve the organization, both locally and nationally—and we are always happy to welcome newcomers to the volunteer ranks.

Special Report from the Executive Director



The Winds of Change are Howling at the USFA

Here we are, approaching the end of another competitive season, and some have recently asked in response to the "State of the Association" communiques I've been providing, "So what's changed? Are you pleased with where things are headed?" Well, to put it simply, "Much has changed, and yes, we're headed in the right direction." Sure, we still have a long way to go to hit some clear goals we have established for ourselves, but the progress that's been made in a relatively short period of time is surprising given the state of affairs a year and a half ago.

The reality is that we have all of our stakeholders to thank for the notable financial turnaround we've witnessed over the oats year and a half. We've made some difficult decisions that have affected many of you, but as a result we are beginning to show signs of life. This competitive season may be our highest ever, with over a 25 percent increase in competitors at the Virginia Beach NAC, and now a 20 percent increase at Summer Nationals. The last count I received before writing this was right at 6500 competitors in the event, compared with only 5600 last year. Internationally, we experienced growth in our domestic World Cup, and more than 40 of our younger athletes headed to Mexico for the Jr. and Cadet Pan American Zonal in May.

We also made significant changes to our professional office staffing, bringing in top quality individuals from all walks of life. Morale in the office is outstanding, and there is truly a sense of teamwork and camaraderie that was not present when I arrived. I know all of the new faces may be difficult for many, but I assure you, each member of the office truly cares about our stakeholders and this sport. With the growth of our events and the new member programs that we're offering, we'll be focusing on continuing the development of our ability to provide exceptional customer service, for we truly believe each member of the association deserves it.

In June of 2009 we launched a pilot program which reached out to underserved areas of the cities we were "invading" with our events, and brought a new awareness to children in those areas. This program "Fence for Life" has continued to grow, and will become the beginning of an even larger initiative that will be launched in the next year or two leading up to London in 2012.

2010 brought more changes, the first of which involved successfully bringing many functions of this magazine, American Fencing, in house. I assure you this was no easy task. Though she might be embarrassed with me pointing her out, I am grateful for our editor, Cindy Bent Findlay who shared with me in February of 2009 that this was something that needed to happen, and encouraged us to find a way. Well, here we are in our third "internal" issue, and I believe we have a much better product. Many of our readers have shared a similar belief with us, and we are committed to finding ways to improve the editorial and visual product that is delivered to you.

Though there is so much more that can be discussed, the last change I'll mention is truly the BIG KAHUNA. A team has devoted countless hours to re developing the brand of US Fencing, and is scheduled to be revealed at the Summer Nationals in Atlanta. Athletes, coaches, club owners, board members, referees, all had a voice in this process, and all involved are very excited about the final product. From the creative mark, to the overall architecture, even to the package we've developed for approaching sponsors and partners, I believe this team has effectively positioned us well to be able to bring unprecedented visibility and support from those outside the fencing community. It is an exciting time at USA Fencing, and I am honored to be a part this community.



Kurt Aichele
Executive Director

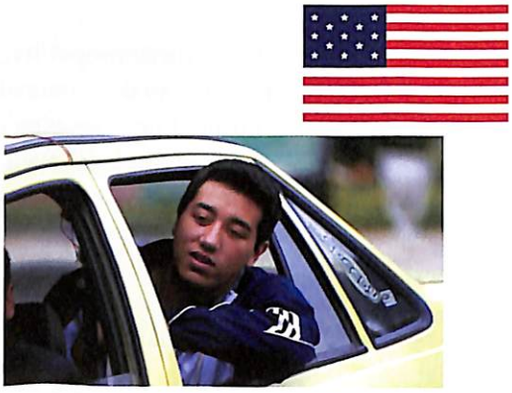
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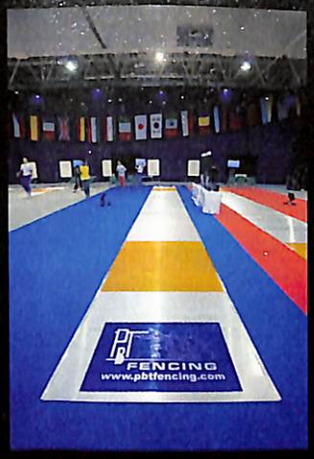
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On the Cover:
Lee Kiefer on strip at the 2010 Junior Worlds

Photo by Serge Timachev

PBT WITHOUT BORDERS



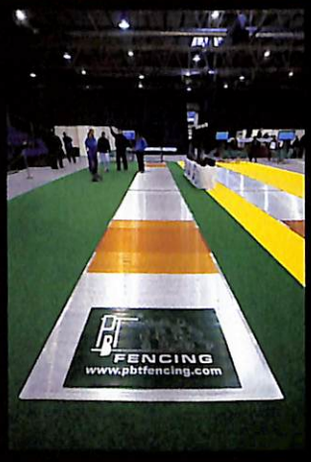






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Countering

Countering is the readers' chance to air questions regarding fencing in the U.S. and issues in the US Fencing community and to get a response straight from the horse's mouth. Send your questions to editor@americanfencing.com. We know you've got them!

Q: "What is the USFA doing to ensure that the referees/tournament officials get paid in a timely manner?"

-Robby Carrillo, Los Angeles, Calif.

A: *Greg Dilworth, Treasurer, USFencing, with Kurt Aichele, Executive Director, US Fencing*

Since the end of 2008, the volunteers who help US Fencing run our tournaments have experienced significant delays in receiving reimbursements, per diems and honorariums. The reason that payments have been delayed is that we, quite simply, don't have the cash. The paid staff and volunteer officers of the association are working to generate revenue and reduce expenses in a responsible fashion that will allow us to pay back our volunteers as quickly as we can.

The original source of the problems occurred during the 2006-2007 season. During that season the Association, because of inadequate financial controls and insufficient oversight, lost approximately $1.1 million. The next fiscal year, as the problems were being uncovered, the Association lost an additional $760,000, giving us a total debt of about $1.7 Million. (Going into the 2006-2007 season the association had a small reserve, making up the difference between our debt and the total loss over the two years.) At the end of the 2008 season we owed over $870,000 to our volunteers, coaches and athletes.

Immediately upon realization of the magnitude of the problem, we offered to convert outstanding amounts of $1,000 owed to our volunteers into a US Fencing lifetime membership (a $1,200 value). This helped us to reduce our debt significantly as 24 people converted their memberships and reduced our debt by a little more than $22,000. At the end of the 2008 season we increased the membership fee to US Fencing and increased registration and event fees for our national tournaments. Finally, we instituted a new policy, paying out of pocket expenses and per diems as a priority with honorariums taking a secondary position.

During the 2008-2009 season we turned around the income problems, making a surplus of over $557,000 – a turnaround of $1.3 million from the $760,000 loss the previous year. Much of this (approximately $300,000) went to paying back those association members to whom we owed money. This left us with debt to our members of over $570,000. During this fiscal year we have continued to reduce our debt, paying off over $150,000 through March. We anticipate making a surplus for the 2009-2010 season of over $330,000, allowing us to continue this positive trend over the next few months.

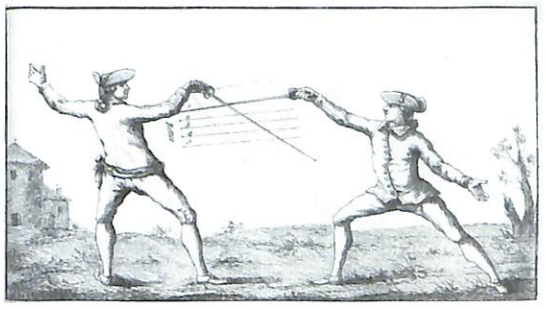
At this time we still have a significant amount of debt to our members, over $400,000, still outstanding. We hope to continue to make progress over the next several months and may be able to pay the majority of outstanding balances after Summer Nationals and fall memberships in the August-October time frame. However, after that, it is likely that we will again accumulate debt to our volunteers through the 2010-2011 season as we need to spend more money to ensure that our athletes are supported in their efforts to make the 2012 London games. A similar pattern is likely in the 2011-2012 season. We hope to be able to pay off all of the association's debts (rather than just rolling them over) and move to a positive balance sheet during the 2012-2013 season.

We all understand the frustration that being owed monies in excess of a year causes and we appreciate the continued tolerance of all of our volunteers who continue to assist knowing that payment delays will be significant. The Executive Committee and Executive Director discuss the payment status at every meeting and we continue to search for ways to pay off our debts more quickly. We pledge to provide as much information about the status of payments as we can through the emailed US Fencing Association Newsletter. AF

Should you have further questions please contact Greg Dilworth, Treasurer at Greg@Redlandsfencing.com.

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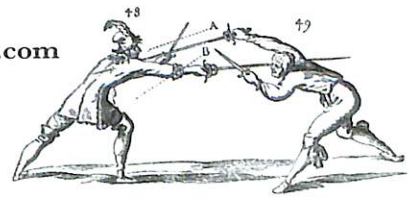


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Whew… our computer is smoking.

No subject has ever touched off such controversy here at American Fencing as Jeff Bukantz's Spring '10 article "Cheating, gamesmanship, or Just Tactical Use of the Rules to Gain an Advantage."

Letters have been pouring in, most, it must be said, excoriating Mr. Bukantz and not a few questioning the magazine for publishing the article.

Our editorial team would like to point out, however, that Mr. Bukantz did exactly that in his article: Question. We feel that not many topics about our sport should be off limits, and that Bukantz did in fact raise an interesting question. We hoped to inspire discussion and if nothing else, it must be said that that is exactly what we did!

We are also curious that only critics of the article wrote in, as from a quick scan of the noted forum www.fencing.net, not everyone took this position. Any defenders of the article out there?

We also hope that readers will at least consider this point: While we at American Fencing are not espousing or endorsing any platform regarding sportsmanship, priorities or values, we do think that, much as applies to politics, more speech is good speech, and we should not be afraid to converse about our sport. It is in this way that values are built, communicated and propogated. So keep your letters coming, we are happy to receive yet more evidence of the passion out there for fencing.

Spirit of the Games

Jeff Bukantz' article, "Cheating, Gamesmanship, or Just Tactical Use of the Rules to Gain an Advantage," (in "Rules & Referees," "American Fencing" Spring 2010, Volume 60, Issue 1, pp. 19-20) so disturbed me that I felt that I had to write to express an opinion to the contrary.

To me, the opinions he expresses exemplify exactly what is wrong with fencing, today. He is, apparently, an advocate of twisting the printed rules in ways that they were never intended to be used, in order to win a bout. To me, this is a violation of the spirit of the game! It may well be legal, but it shouldn't be.

Ethically, one should not be able to score a touch in foil fencing in any way that it could not be done with a smallsword of the eighteenth century. Similarly, this should also be true of epee and saber.

For instance, in his reference to a bout, in 1981, between himself and Greg Massialas, he describes himself as dropping to the floor to ground his lame to the piste, so that he couldn't be scored upon. Visualize fencing a life and death duel with smallswords, and to avoid being hit by a risposte, he lies down on the ground…. I hardly think so! Not only would he die just as easily in a prone position, but he would also have been thought dishonorable for having done so.

The fact is that the rules were written by straightforward honorable men for straightforward honorable men. It is virtually impossible to think of absolutely every possible device that someone might find to circumvent the weaknesses of the scoring system, etc.

Furthermore, faking an injury, as in "the 1980 Nationals in New York," is not a thing to be proud of. Then, there was the missing foil tip…. Can we imagine fencing a life and death duel with smallswords, and suddenly discovering that one had no point on the end of his blade, AND WINNING THE DUEL AS A RESULT? Give us a break!! This is not something to be proud of! This is not fencing!

Let's get back to the SPIRIT OF THE GAME! That spirit is sword fighting, not just some silly game! Bouts should be won only by the conversation of the blades, not by sea lawyer tricks!

Roger Van Denhende
President, Tulsa Fencing Club
Tulsa, Oklahoma

(response by JB: The sport of fencing has rules and conventions, and fencers are required to follow those rules and conventions or pay the consequences, none of which result in death. A remise would rarely be used in duel, but is regularly employed by the best fencers in the world.)

Winning Is Not Enough

In my last letter, printed in issue Spring 2010 "More Cesspool," I took Jeff Bukantz to task for inflammatory and incorrect statements about refs, fencers and rules, and I encouraged the FOC to help create an international, documented standard for calling actions.

In this letter, I must question Mr. Bukantz's sense of honor. In his article "Cheating...,"he begins with his apparently usual pretense of neutrality, then clearly reveals that he believes winning is everything. He somehow conceives that rules have nothing to do with morals, ethics or fair play. If this were so, then there would be no penalty for not saluting at the end of a bout. He reserves his highest praise for a teenage fencer who knowingly fenced without a tip.

This is the epitome of unsportsmanlike behavior.

I know that the history of fencing isn't as romantic or honorable as many of us would like. But that doesn't mean we shouldn't, today, be teaching fencers to behave according to a higher standard than merely winning a bout. Maybe fair play on the strip would lead to more of it off the strip.

I co-manage our fencing salle, with Mr. Jeff Hudson. While I'm sure many coaches and fencers believe that winning is everything, I'm proud that our motto is "vincere est parum," which we translate as "winning is not enough."

Charles L Flatt
Hudson CMA - Glendale
Cincinnati, OH

(response by JB: Mr. Flatt is certainly entitled to his opinion, and the column was written to provoke thought and discussion, but he is off base with his accusations that I made inflammatory or incorrect statements about refs, fencers and rules. Had I done so, both the editor of the magazine and the Chair of the FOC, both of whom preview my columns, would have edited those remarks.)

Fencing Is Not Warfare

Regarding Mr. Bukantz's article in the Spring 2010 issue ("Cheating, Gamesmanship, or just Tactical Use of the Rules to Gain an Advantage?"), he failed to include the most appropriate option to describe his examples: dishonorable. As a former Navy SEAL, I am well aware of what it takes to win in extraordinary

circumstances.

However, fencing is not warfare, nor is it a safe emulation of warfare. Rather, it is a sport derived from the duel, and as such, an expectation of honorable behavior during a bout is demanded--or was until recently. Mr. Bukantz's article is a perfect example of the deterioration of fencing via the over-emphasis of a sport mentality, of winning at any cost. Rules are merely the minimum standard of behavior. One may follow every one of them yet still fence dishonorably, as Mr. Bukantz's examples prove.

One other suggestion. stop treating us like we're willfully ignorant. Mr. Bukantz suggests we seek the Gospel. But maybe the FOC already thinks of itself too much as a religious body, with power over the rules, the bout and the fencers. What we need isn't a gospel, but a guide.

Sincerely
Benerson Little
Hunstville, Ala.

(response by JB: Fencing is a combat sport. By definition, a combat sport is a competitive contact sport where two combatants fight against each other using certain rules of engagement, typically with the aim of simulating parts of real hand to hand combat. The definitions of combat include:

To oppose in battle; fight against; to oppose vigorously; struggle against. Many different types of tactics are employed in order to win a battle.)

Sport of Jeff?

I just read the article from Mr. Bukantz. There is reason to wonder if he understands the difference between the 'Letter of the Law' and the "Spirit of the Law." Throughout the years I have thought of this sport as the "Sport of Gentlemen and Ladies." Now I will know it as the "Sport of Gentlemen, Ladies and Jeff Bukantz."

To extol this as a virtue considering what we are trying to teach our young is just wrong! I know there is freedom of speech, but considering his last article and this, he has no regard for the sport or the people who love this sport.

Sincerely,
Donald Hollis Clinton, Jr.
Long Beach, Calif.

Vile

My latest copy of the USFA magazine has an article by Jeff Bukantz titled "Cheating, Gamesmanship, or just Tactical Use of the Rules to Gain an Advantage?"

I wanted to write and say that I thought this article was vile, and represented the worst aspects of the sport. Moreover, the author made very little effort to even discuss the moral or ethical aspects; instead, it was a gleeful recounting of all the times he cheated and got away with it.

Fencing is (was?) an honorable sport. I'd rather lose a match than do a single of his scummy tricks. Hell, I'd give up fencing if I thought the author's attitude was common in the sport.

For the official magazine to publish this article (implicitly implying their approval of it) was very questionable and put the sport in a bad light. What next? An article on how to avoid Olympic drug testing? How about one on how to foul an opponent? "The Knee to the Groin : When is a Red Card Worth it?"

Sincerely
Matthew King
Bellingham, Wash

On a Lighter Note…

Thanks for posting the "I hate these mixed opens!" cartoon (Spring '10). As you can see from this picture, I am always fencing bigger kids. I call myself "The Ultimate Little Man."



Christopher Arcos
Age 10
Berwyn, Illinois

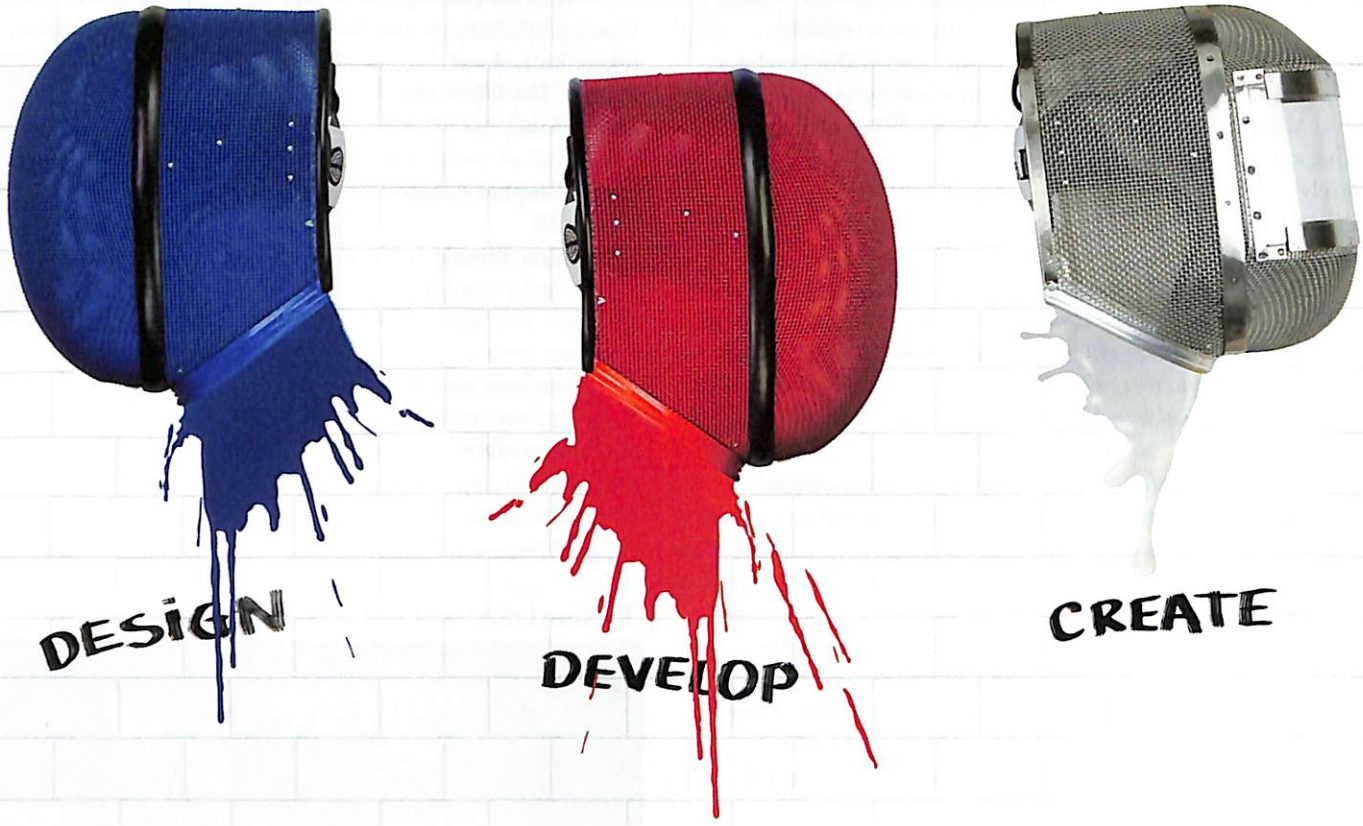
Please note that letters must be limited to 400 words or fewer or they will not be published. Opinions expressed in Letters are not the position of American Fencing or the U.S. Fencing Association. American Fencing reserves the right to edit letters for space and clarity. Please include your name and hometown when submitting letters to Editor@AmericanFencing.com.

Kiefer (USA) Baku 2010



Photo Chris Germano

Leon Paul
London



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In the News

News from Baku

The General Assembly of the Federation International d'Escrime met in Baku, Azerbaidjan during the Junior World Championships and made some notable decisions.

The Qualification path to the Olympic Games in London in 2012 – as presented and circulated before – was accepted for submission to the IOC Executive Committee. The quota of 212 athletes was maintained. The exact qualification path is complicated, and can be downloaded from the FIE's website, in the Letters section, in Information Letter 1 dated 15-02-10.

Also, a major change in the FIE Calendar was discussed. The concept of fewer competitions and the general revisions were accepted. This means there will be eight World Cups (reduced from 14) in each Junior and Senior weapon, including three Senior Grand Prixs. The Team World Cups will be held together with the "normal" World Cups and not the Grand Prixs.

This entails the cancellation of 40 percent of the competitions, and for some federations, the cancellation of their only competition. Some "reserve competitions" have been established in each weapon. These "reserve competitions" will automatically substitute for the regular competitions in case one of the regular competitions is cancelled or if its organisation has not been satisfactory.

The junior season (November to February) and senior season (February to June, with one-month rest in April) are more clearly separated, which is intended to:

- Allow Junior athletes to compete in the senior competitions
- Make it easier to find observers and referees
- Avoid federations having to divide their resources every weekend, in terms of technical officials (coaches, referees, doctors, heads of delegation, etc.).

The final calendar for 2010-2011 will be established at the FIE Executive Committee meeting during its meeting on June 19.

Finally, a few Championship locations were discussed.

- The 2011 Junior and Cadet World Championships will be held in Jordan.
- Moscow is a candidate for 2012 Cadet and Junior World Championships
- Ukraine is a candidate for the Team World Championships for Women's Saber and Men's epee in 2012. (These are the two weapons that will not have team representation at the London 2012 Games.)

Team USA Triumphs 2010 Pan American Cadet and Youth Fencing Championships

Youth 12, Youth 14, Cadet
April 30 – May 3, 2010
Puerto Vallarta, Mexico

The USFA can be proud of the stellar performances of our youngest athletes in these Pan American Championships, many of them fencing for the first time in international competition. The medal count in every age category is a testimonial not only to these competitors but also to the coaches who have been working with them and to the parents that supported their participation. It was a great thrill to contact the USFA every evening to report the results of our fine fencers!

Day 1 included all the Youth-12 competitions with spectacular results from our athletes:

Men's Foil: McConnell Gou, Gold
Women's Saber: Mary Barnett, Gold; Elena Pearson, Silver
Women's Epee: Farrah Lee-Elabd, Gold
Men's Saber: Roozbeth Jafarian, Bronze
McConnell Gou (fencing saber for the first time), 7th
We had no entries in the women's foil or men's epee events.

Day 2 hosted all the Youth-14 events and, again, the US fencers garnered a bunch of medals, even though some of the athletes were "fencing up" an age category. (The organizers determined that this would be allowed, even if registering on the day of their event and some of our athletes took advantage of that determination.) The results are as follows:

Men's Epee: Nicholas Senturia, Gold; Khai Fujita Wakita, 7th; John Steinhilber, 10th
Women's Epee: Audrey Yun, Gold; Farrah Lee-Elabd, 5th
Men's Foil: Matthew Branman, Gold; Jarred Gou, Bronze; George Haglund, Bronze; McConnell Gou, 5th; John Steinhilber, 12th
Men's Saber: Marc Mendoza, Silver; Stefano Luchetti, 5th
Women's Saber: Ilana Kamber, Gold; Mary Barnett, Bronze
Again, we had no women's foil competitors.

May 2 was the first day of Cadet competition and we were well represented in Men's Epee, and especially in Men's Saber where the US made a full medal sweep. The Women's Foil competition was also held, but we had no entries in that event (or we would certainly have added some "hardware" in that category!). Results from our athletes are as follows:

Men's Epée: Alex House, Bronze; Nicholas Senturia, 7th; Khai FujitaWakita, 8th
Women's Foil: None registered.
Men's Saber: Alexander Ryjik, Gold; Will Spear, Silver; Charles Copti, Bronze; Denis Dukhalov, Bronze

May 3 came the completion of the Cadet competitions. We only had one representative in Women's Saber, but her performance was excellent. Alina Kamber finished second, fencing up from her Y14 category and is certainly an athlete to be watched as she advances in age. The Women's Epee group got a medal of every color.

Women's Epée: Jessica O'Neill-Lyublinsky, Gold; Mason Speta, Silver; Emma Peterson, Bronze; Aleina Edwards, 5th
Men's Foil: John Phillipe Avendano, Bronze; George Haglund, 7th
Women's Saber: Ilana Kamber, Silver

There were also excellent results from our Junior athletes (FIE points are awarded in this category and full results are available on the FIE website). May 4th was the first day of Junior competition. We had no one in Men's Epee or Women's Foil, but collected another gold in Men's Saber.

Men's Saber: Will Spear, Gold; Stephen Moch, 8th; Teddy Weller, 10th

On May 5th, the second day of Junior competitions, we had representatives in every weapon. Women's Epée had a very good showing!

Women's Epee: Courtney Hurley, Gold; Francesca Bassa, Silver; Isabella Barna, 5th; Camille Gallardo, 9th
Men's Foil: David Willette, Gold
Women's Saber: Ilana Kamber (fencing up two age groups) 8th
Final US medal count: 12 Gold, 6 Silver, and 9 Bronze.

(continued, p. 14)

The US delegation was fully supported by the many family members and coaches that came along, not "just for the ride," but to help the athletes get the most out of this experience. Parents made acquaintances with other parents that will certainly broaden their realm of being part of "the fencing family" in future activities. Coaches were very helpful in encouraging all of our athletes in their performances, even if the athletes were not their own. This was certainly one of the most outstanding group of fencers and harmonious delegation of parents and coaches that I have had the pleasure of being with in the many, many years I have accompanied USFA teams. Let's do it again!!

- *Nancy Anderson*

Stanford in the News

On March 29, just short of a year after the Stanford fencing community first learned that the varsity program was threatened, Save Stanford Fencing chair Melody Lowman called fencers, coaches, parents, and other friends of the program together for another meeting. After reviewing all their fundraising efforts over the past eleven-and-a-half months, Lowman turned the meeting over to Korean businessman Jimi Jung.

Jung, who earned his master's degree in environmental engineering from Stanford in 2004, owns several education-related companies, including Lourus & Education Co., Ltd., as well as the Lourus Fencing Club, in the Republic of Korea. He spoke briefly of his experience at the university and how well he remembered the persuasive speech he gave in his technical communications class on how the most important responsibility of well-educated people is to give back to younger generations. He then announced his pledge of $1.25 million to fund five years of operating expenses for Stanford's varsity team.

After Jung's announcement, Stanford Fencing Association financial manager Abbas Khoshnevissan told the group that an anonymous donor had also pledged $100,000 to seed the recently created permanent endowment, the Stanford Fencing Legends Fund, to honor the late Jean Perhem Helliwell '47, varsity fencer and later Stanford fencing coach; saber fencer George Domolky '59; former Stanford fencing coach Zoram Tulum; and the late Sherry Posthumus, longtime Stanford fencing coach and assistant athletic director.

Lowman says the meeting was the cap to a remarkable year identifying stakeholders in the Stanford fencing community and educating the public about the varsity team's situation and about the sport of fencing itself. While the donations from Jung and the anonymous donor ensure the continuation of Stanford's fencing program, she also gives credit to all the small and moderate donors who raised $75,000 since April 2009, and all the members of the Stanford community who worked to create a database and mailing list for the fundraising operation.

Rita Comes Whitney, executive director of the new Stanford Fencing Association, is also quick to credit all the support Stanford received both locally and beyond. "Stanford seemed surprised at the worldwide support for the program—that it didn't come just from within the local Stanford community of fencers."

Jung himself is one example of that broad support. Not a fencer while he was a Stanford student, he became interested in the sport three years ago when he met 2000 Olympic men's foil gold

Stanford varsity fencer Ashley Titan with Jung



medalist Kim Young-ho. "I have been very impressed with fencing's educational effects for young students: sportsmanship, etiquette, focus," said Jung, who also founded a fencing club in Seoul and began fencing both epee and saber. When he heard that the Stanford fencing program was threatened, he contacted Lowman.

"He was shocked," she says."He said, 'What's going on? This can't be. Fencing is an integral part of Stanford.'"

In November 2009, Jung brought Kim and a group of young fencers to visit the Stanford program, meet with the team and coaches, and look into the fundraising effort. When he recognized that raising the current season's operating budget did not allow time and energy to develop the necessary long-term financing, he began talks with the athletic department about what was needed.

What's next for Stanford's fencing community? "First," says Comes Whitney, "getting out thank-yous to all the people who helped. We need to keep building the community that got us to this point. Then, working with the community and the endowment to get it built. Potential donors are much more confident now that the program is secure."

Both Comes Whitney and Lowman are adamant that the community keep its fundraising efforts going. "We've still got the big collection jug in the fencing room," says Lowman. "All that loose change adds up." Comes Whitney says she tells Stanford's fencers, both club and varsity, "You're here every week—you need to help." Others are joining in the continuing work: Lowman's son Christopher, a senior saber fencer, has become the Stanford Fencing Association's webmaster. Chloe Soroquere, mother of incoming freshman Turner Caldwell, is contributing her expertise in nonprofit PR, while Jimi Jung will work on international development.

Comes Whitney and Lowman both also speak of how much the events of the past year have done for the Stanford fencing community beyond bringing in the funds to continue the program. "We're a much stronger community now," says Comes Whitney, "so much so that we're thanking Stanford for the opportunity to help them keep their program in their house."

Both women also hope that Stanford's experience can serve as an example to other similarly threatened college programs.

- *Mary Griffith*

For more information about Stanford Fencing:
Stanford Fencing Association: http://www.stanfordfencingassociation.com/home.html
Save Stanford Fencing!: http://savestanfordfencing.com/
Stanford Varsity Fencing: http://savestanfordfencing.com/

Fencing for the Blind



You salute. The referee says "En Garde" and you push down your mask, bend your knees, ready your weapon, and put your opponent in your sights.

But what if you can't see? How would you find your opponent? How would you even have the courage to advance?

Amazingly, students and patients at two centers for the blind in Massachusetts have not only taken up fencing, but have held the first ever known competition for blind fencers in March. The results are truly inspiring.

Since the 1950s, the Carroll Center for the Blind, a rehabilitation center for the blind in Newton, Mass. has been teaching its patients to fence. And in doing so, patients learn not just a new sport, but many critical skills they need to navigate through the world without seeing it.

Carroll Center patients are mostly adults who are losing or have recently lost their vision. They come to the residential program for periods of roughly eight to twelve weeks and participate in a comprehensive set of programs aimed at helping them learn to cope with their new world, from crossing the street and walking with a cane to using computers, keeping house, even managing money.

Father Thomas Carroll, who was a fencer himself at Holy Cross College in Worchester, Mass., founded the school shortly after World War II, and founded the fencing program, as well. The Carroll Center was one of the first such rehabilitation schools in the world for newly blinded adults, and was founded with the philosophy that the visually impaired can learn independence and have rich, active lives.

Fencing helps vision-impaired people with a surprising number of life skills, says Rabih Dow, Carroll's director of rehabilitation services.

"The importance and benefit of fencing to the process of orientation and mobility for the blind is in the development of spatial orientation, to fixed and to moving objects. Fencing helps to develop the continuous evaluation of changes in the physical environment and making adjustments to your own movements accordingly, in time, while never losing track of your target," says Dow, himself a former student and an assistant with the class.

Fencing helps students develop crucial balance and strength, Dow says, and helps the blind improve their ability to travel in a straight line, an important safety tactic.

Perhaps just as crucial is the confidence that fencing can impart. "Think about blindness happening later in life. People have jobs, homes, careers, hobbies and friends and cars. When blindness strikes, they lose lot of that. Their confidence is shaken pretty badly," Dow says.

"So they come here, and you tell them, 'Here is a foil,' you bark 'CHARGE,' and for the most part, they are cowering back at first. Everywhere they turn, they are hitting something, they feel their world is so small. Suddenly, they have to charge, foil in hand, they try it, and their confidence soars."

The weapon of choice is the foil, Dow says.

"The right of way is a crucial rule of engaging in fencing as it is in engaging with traffic. The way you score is with the point, just like with the cane, because you need to get your information from the tip of the cane," says Dow. "If you are walking down the sidewalk and the shaft of the cane hits the telephone pole, by then you're hugging the pole."

There are fewer differences between sighted and unsighted fencing than one might expect.

Bouts are begun with the fencers' blades in contact, to allow each to orient to the other's location. The target area is from the waist up only and epees are the actual weapon used though the bouts are conducted using foil-like right of way rules.

For the first engagement, right of way is awarded to only one fencer, who must attack first. After that first attack is begun, however, the action becomes a regular foil match, with counter-attacks, point-in-line, parries, ripostes, and attacks by either fencer all fair game.

Father Carroll himself coached the classes at the center for many years. Another popular coach at the center was fencing legend and former Massachusetts Institute of Technology coach Eric Sollee. Sollee led the fencing class for decades, from the 1960s until shortly before his death in 2008.

Coach Caesar Morales now leads the program. The native of Cuba has been working with Carroll Center students for three and a half years, and his enthusiasm for the program is evident immediately.

"I never thought about such a thing until I saw what they were doing," Morales says. "The biggest surprise I got was how they are able to find the distance and become able to anticipate what their opponent is going to do. We play tricks with footwork, try to move our feet in place, and the other person, if their listening skills are good, they are not fooled. They can counter-attack, hit in preparation, it's amazing."

Morales graduated from the School for Physical Education Teachers Simon Bolivar in Cuba, and emigrated to the U.S. in 1995. He coached at the Boston Fencing Center from 1997 until 2010, when he opened his own competitive club, International Fencing Club in Chestnut Hill, Massachusetts.

Dow says Morales is a good fit for the Carroll Center's program.

"He has the right personality for it. He is open to more than just the competitive perspective. We like the fact that he is thinking outside the box, he can see how fencing can be used to enrich life experiences beyond the recreational benefit," Dow says.

The results for students, says Morales, are incredible.

"We have some of my sighted fencing students go there and I blindfold them and probably eighty to ninety percent of the time, the blind fencers beat them. They have a better sense of orientation and skills and that they can do something like that makes them really happy," Morales says. AF

"Initially I thought it was a way to teach self defense," laughs Nadine Walker Mooney, a former Carroll student who now works at the Center. "But it turned out to be such a fun experience. It allowed us to focus less on our blindness, and more on having fun."

"It really did help sharpen our mobility skills, to become more connected with our canes," says Mooney, who said she'd wanted to try fencing all her life and never expected to be able to after she lost her vision.

"It definitely helped me live out a fantasy!" she says.

Morales also began working with another institution in nearby Watertown, the Perkins School for the Blind, in 2008. Perkins is a school for blind children with programs for preschoolers through 22 years of age; fencing there is taught as a physical education class.

Morales's participation with Perkins brought the spark of an idea to life: a fencing tournament between the two institutions.

"I thought it would be good for them, motivate them," Morales says. "I did a little research, and as far as I could find, there has never been such a thing."

The competition took place at the Carroll Center on March 29, and was won by Collier Sims, 24, from The Carroll Center for the Blind, who went undefeated. Tyler Terrasi, a 20-year-old student at the Perkins School, won the second-place trophy.

"Honestly, it wasn't a choice. Once you fence with your classmates, then what?" says Dow.

Morales is keen to expand the program across the country.

"I think one day we could add fencing for the blind to the Paralympic Games," Morales says. "We have had others contact us who are interested, but we need a sufficient number of athletes around the world to do it."

Dow says any interested coaches are invited to contact him to learn more about the program. He urges coaches to be willing to spend lots of time learning from the existing wealth of knowledge at Carroll Center about adapting the sport for the blind.

To find out more about the Carroll Center's fencing program, contact Rabih Dow at rabih.dow@carroll.org.

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Olympia Fencing Academy

BY KATHRYN SCHIFFERLE





Photos Paul Oratofsky

Can a club build great fencers while being a successful business? After a year and a half in business, Olympia Fencing Academy, in St. Louis, Missouri, has proven that it can be done. Owner and founder Paula Reed reports that the club has been running in the black for months. "Our primary focus is quality training, as well as retention. While our goal is to train fencers to become well-rounded, talented fencers competing at the national level and beyond, we engage in many activities dedicated to the new or recreational fencer. These activities not only help to feed our fencing programs at the Academy, but they are a significant source of revenue for the club."

Olympia Fencing Academy fencers have access to 12 electric strips. This 6,500 square foot facility also offers a pro shop, two locker rooms with showers, a laundry facility, office and a party/team meeting room with a flat screen. This room is used for team-building seminars, social groups and birthday parties. Not only do these parties generate revenue, they get people through the door and exposed to fencing.

Olympia strives to be more than just another drop-off in a family's busy day; they provide a comfortable viewing area where parents can visit, or use the free Wi-Fi to keep current. There is also a space for non-fencing siblings, complete with books, games and plenty of drawing paper and markers. There is even a "quiet room" should fencers or siblings have homework.

Members can take advantage of a conditioning class once per week with professional personal trainer Amy Strahan, plus they can meet with sports psychologist Jason Selk, who works with, among other groups, the St. Louis Cardinals.

Olympia also takes fencing out into the St. Louis community in a number of different ways. Demonstrations are held at schools, Scouting events, festivals and other special events. Olympia also offers introductory fencing classes at 15 after-school programs (both public and private) and three recreation centers. The outreach effort has been so successful that the club recently formed the Olympia Fencing Academy Foundation, a 501(c)(3) organization, dedicated to raising funds to support fencing at inner city schools. Currently one middle school and one high school participate, with several waiting to begin next year. The goal over the next few years is to create a middle- and high-school circuit so that fencers from all different areas within St. Louis will have the opportunity to fence one another.

Olympia currently has one head coach, Sean Horan, and nine part-time assistant coaches. Sean is a perpetual student of fencing, always eager to take a seminar, to fence a tournament, to modify his instructive technique, to implement new training tactics he has picked up from others in the community. He also supports the philosophy of community.

"In fencing, a rising tide definitely lifts all boats. When every club in an area is turning out large numbers of strong competitors, each fencer has a greater motivation to train hard and more reason to keep coming back month after month, year after year. Clubs must realize that they are not each other's primary competitors for business, but that the real threat is from the ever-growing number of other athletic and recreational activities."

Olympia's training program is based on four stages of development: Introduction, Sport Specific Training, Specialization and Sustained Mastery. It is structured such that should an assistant coach substitute for another coach, they will know exactly where the fencers are within the fencing curriculum. This consistency and predictability builds trust and commitment with fencers and their parents. It also builds coaching capacity for all of the outreach done by the club. Everyone knows not only where they are heading, but they also can measure results, supported by written and demonstrative testing, as well as periodic reviews with the fencer and his/her parent.

Perhaps Paula's MBA, or her past life as a corporate lawyer, gave her the knowledge and confidence to make Olympia Fencing Academy both a successful fencing club and a profitable business. Whatever it was, she's definitely willing to share. Paula recently was elected to the USFA Board of Directors, and is now Co-Chair of the Club Development Committee; growing the sport, one club at a time. AF

Athlete Q&A with Dagmara Wozniak

Q: How much time do you train each week, and could you break that down into how much time you spend on footwork, drills, bouing, and anything else you do?

A: Training while in school is a very difficult thing to manage. As a student athlete, my biggest concern is allotting enough time to do homework and study, but to also have effective and beneficial training.

While I'm in school I train six days per week (in New York City). I go for four days, Monday, Wednesday, Friday and Saturday to a private club, Manhattan Fencing Center. On Tuesday and Thursday I train with my school team at the university.

Class starts at 6 and goes till 7:30 on Monday and Wednesday. Usually footwork lasts about 40-45 minutes and the rest of the class we do a series of drills. Each day they are more specified towards some aspect of the bout. For example, one day the focus is more on attacks, or other days we direct all of our drills towards using and defending against point in line. It's good to take a small aspect of the bout and focus on it from all directions. If you try to master too many actions and ideas you don't give yourself enough time to really understand.

After the class we stay and free fence anyone that stays, I feel that the bouting is where it all comes together. You have to be willing to lose in order to truly understand what you're learning.

Friday nights are usually just free fencing but I try to make time for footwork (something that I started just recently) because it's a very important factor for a strong fencer.

There really isn't a set amount of time that I dedicate to fencing because I don't feel that it's effective to tell yourself that you need to fence for say, four hours in order to become better. It's good to go into practice with a focus of what you want to work on. The focus can even be "not to lose" but this should be an occasional exercise for understanding how to mentally stay focused for a competition. Other days fencing should be dedicated to a specific action, such as fencing bouts with no parries, going to practice and just trying to fence as many bouts as possible just wears you out and does not work your brain, which is one of the most important things in fencing. You want to exercise how to choose and make the right decisions so that when it comes to the competition you can come out on top.

Dagmara Wozniak was a member of the 2008 Olympic Women's Saber team. She was the 2006 U.S. National Champion. She is also a three-time All-American fencer for St. John's University and has twice been the NCAA National Championships bronze medalist, in 2009 and 2010.



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The Gray Blade
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BOB BLOCK

Let's consider two fencing scenes. First, a bright digital image of a fencing center in 2010…The rhythmic sound of reel cords slapping the floor is heard as two young figures, male and/or female and dressed in white, bounce and maneuver back and forth, each working to control the strip and looking for the right time and distance to execute their epee actions. Using ubiquitous pistol-grip weapons, there are quick attacks, many starting from out of fencing distance perhaps with a direct point or an arcing flick and frequently delivered with a quick fleche. Some of the fencers use bold sweeping parries to clear several lines while manipulating the distance to purposely create infighting situations which they are practiced at. The scoring machine lights up, the buzzer sounds and the touch is awarded. These are dedicated modern athletes working on their mental and physical conditioning and trying to improve the skill sets required for competitive success in our sport. Their concentration is interrupted from time to time by the chirp of someone's cell phone.

The second, darker scene is on sepia-toned photographic image of a salle d' armes in the 1890s…The staccato contact of orchestrated blade work is heard from time to time as men in dark jackets and trousers carefully advance and retreat holding their bodies in distinct crouches and nearly within lunge distance of each other. They move their French or Italian-gripped epees in traditional geometric patterns intended to create lines of defense and offense. Their weapons are tipped with sharp pointe d'arrêts designed to catch in clothing or on the stiff cuff of a glove. When they attack it is with a thrust that is delivered by a lunge or one of its variations that include an advance or a jump. The fléche is seldom used because it is deemed too risky an action when the training objective may be for blood rather than competitive sport. In one corner of the salle a few women carrying foils and dressed in dark skirts and long hose complementing their fencing jackets look on with interest but cannot take part in the epee activity because it, like saber, is deemed improper for the feminine gender.

Dark versus light. One must consider both the dark and the light sides, the blood-letting of the dueling tradition as well as the competitive sporting event into which it evolved when discussing a book about epee fencing written more than a century ago. Covering each of these topics as they existed in his day as somewhat complementary pursuits is exactly what French fencing master Claude La Marche accomplished in his book "Traité de L'Épée" when it was first published in 1884. The second edition of La Marche's work which was revised and updated in 1898 under the title "L'Épée" has recently been translated into English by American fencing coach Brian House under the title "The Dueling Sword" (Palladin Press, 2009). According to House, it was the first publication to offer a method of training with the epee and it was written for both head and heart, a technical manual told with passion that conveys both the sense of honor and the code of conduct deeply engrained in each fencing tradition.

The inclusion of epee on the fencing schedule at the second modern Olympic Games held in Paris in 1900 stimulated the appeal of the weapon and helped spread its acceptance as a sporting event. Prior to that time, the significance of the epee was largely due to the fact that it was the weapon of choice for duels in western European countries. La Marche's book is a seminal study because it covers that juncture in time when some fencers were still preparing for blood-duels while an increasing number of their colleagues had training for the sporting side of the weapon in mind. And, of course, there were crossovers who trained for both the dark and the light aspects of the blade.

Viewed from a 21st century perspective, La Marche's approach to fencing seems a mixture of both the antiquated and the modern. His techniques for epee drills and lessons were perhaps the first to be presented methodologically but are relatively normal by modern standards. More interesting are his passion for the "science of the épée" and his lively descriptive prose that overcome the inherent dryness often associated with fencing manuals. And he fills his book with invaluable insights on the game of fencing that are surprisingly modern and readily applicable today. This may be partially explained by the nonconformist-side of his character of which we are given a tantalizing glimpse when he reveals that "Absolute rules generally fill me with defiance: for foil play they worry me; for épée play they disconcert me."

"The art of the épée is a psychological art," wrote La Marche, and House emphasizes that one of the most remarkable features about the book is that it represents a pioneering work on human psychology under stress. It is indeed a double-edged sword because one must learn how to produce stress in the opponent while coping with stress in one's own mind and body. The concept of controlling stress is key to success in both fencing traditions and is best illustrated in the last chapter called "The Lesson of the Evening Before" in which La Marche describes how in one lesson he attempts to prepare an individual to fight a duel on the following day whatever one's fencing experience, or lack thereof, and if the individual has issued or received the challenge to defend ones honor. Needless to say, this could easily qualify as the epitome of a stressful situation that might result in a very sleepless night before.

The original French editions of La Marche's book have not been in print for over a century, so if you are at all interested in the historical development of fencing and particularly that transitional period in the late 19th century when our sporting ethic was beginning to emerge from under the shadows cast by the dueling tradition, then "The Dueling Sword" is definitely a book you should add to your fencing library. Brian House calls the book "…a little masterpiece, written in a passionate narrative style." I would add that House has done a superb job of introducing, annotating and translating this little masterpiece, thus providing modern fencers with a most informative and enjoyable reading experience. This is a book that flashes a brilliant light on the roots of modern epee fencing.

In the Trenches

by Edwin (Buzz) Hurst



As I sit here in my garret, whiling away the days by fielding complaints from Divisions across the country (and the occasional Section), a theme that routinely crops up is that cri de coeur: "But what can I do to change things?" or "How can we oppose the 'powers-that-be'?" or "No one listens to me/us!" or, more poignantly, "We're new to fencing – how can we buck the system?" (being new to fencing, they mistakenly assume that anyone around their scatter has a system). Nevertheless, these folks do express a genuine feeling of helplessness as regards the management of fencing in their area. However, they are usually under a misapprehension.

Anyone who has been reading this column knows that the USFA Bylaws stipulate that a Division is managed by an Executive Committee, a group that really should have at least one member from every USFA registered club in the Division. The Executive Committee is, however, constrained by two things: 1. the Division (and the USFA) bylaws, and 2. policies or directives passed at a General Membership Meeting. Now, the USFA requires that each Division hold an Annual Membership Meeting, but most Division bylaws (at least the good ones) also provide a method by which a certain number of members can call for a Special Membership Meeting. To be sure, those same bylaws will usually (and wisely) stipulate that special meetings may only deal with a single subject, and that subject must be promulgated well in advance of the meeting. Nevertheless it does provide a mechanism by which regular members, during the season, may alter a particular policy that they – but apparently not their Executive Committee – dislike.

If that sort of conflict exists in your Division, then your first stop for any concerns you might have should be that EC member from your club. If your club has no representative, or if the one you've got is AWOL, then you can contact the Division Chair. If that gets you nowhere, then you can wait to the annual meeting and there introduce a motion to enact whatever policy is on your mind. If you feel that the annual meeting will be too far off, then you can look at the Division bylaws, see if there is a procedure for the calling of a special meeting, and then follow the steps outlined. If your motion receives a majority vote (no matter how few people attend the meeting) then it becomes Division policy until or unless it is changed at another membership meeting; neither the officers nor the Executive Committee as a whole may modify it in any way.

A key element in the membership's ability to exert ultimate control is the use of proxies. I've pointed out before that the USFA bylaws give a Division the option of allowing them or not. I personally believe that every Division's bylaws should permit them, because they give far more members a voice than would normally have one. They are a nice, proactive way to keep a Chair of byzantine proclivities from calling a meeting for a date, time, and/or location she knows will dramatically limit attendance to few (if any) other than her own supporters.

So now that the populi have found their vox, what should they do with it? Well, please remember that the Executive Committee still has to run the Division between general membership meetings, so try to tread lightly when creating a motion. Give the EC a general policy to adhere to, but lay off specifics as much as you can. Always remember that the Committee cannot tinker with or tweak an action of the membership, and if that action is too particular it runs the risk of paralyzing the Division when unforeseen circumstance rears its ugly head. For example: Can the ferally alert amongst you see the problem with this directive? "Every Division tournament must have a qualified armorer present." Well, what happens when, just before the qualifiers, two of the available qualified armorers go out of town and the third comes down with amoebic dysentery? The EC has no choice but to cancel the event; a thing it would not have had to do if the policy had been worded something like: "The Executive Committee will make every effort to have a qualified armorer at every Division tournament." Or, how about "All Division tournaments will have at least four referees rated '5' or higher" in a Division that has one. It's a great idea, but can the treasury sustain the expense of bringing in three officials from outside – especially if they have to be flown in – for every tournament?

I think you get this without me having to beat it into the ground. Any policy that contains the words "must" or "will" is probably going to cause trouble down the line, so spend some time on the wording before you approve it. Even if you and your friends are not enamored of the majority of the members of the Executive Committee, please remember that somebody has to steer this haywagon for the coming year, and they are the folks who have stepped up to the plate. AF

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BY JEFF BUKANTZ



The Spirit of Fair Play...A Double-Edged Sword?

In the last column, we took a one-dimensional look at whether certain tangible acts fell into the category of cheating, gamesmanship, or simply tactical use of the rules to gain an advantage.

This time, let's focus on the deeper topics of morals, ethics, and the spirit of fair play.

When I was a kid, my father Dan instilled in me that fencing was a "gentleman's sport." However, when he dragged me to competitions as a youngster, I really didn't see it that way. Some of my earliest memories were from the Martini & Rossi International at the New York Athletic Club. I distinctly remember the heated saber competition, which was a never-ending three-ring circus of fencers screaming and acting, side judges making questionable calls, and finally, the referee trying to decipher what happened.

After nearly every touch, one fencer was ecstatic and the other wild-eyed and ready to fight the referee. It was fun, it was entertaining, but it didn't look anything like a "gentleman's sport."

As I started to fence in competition, it became crystal clear to me that the fencing strip was a battlefield, and short of cheating, it was imperative to do whatever you could to win. There were no friends on the strip, and for the most part, it was anything but gentlemanly.

However, while I felt it was a war of sorts on the strip, it was okay to acknowledge touches. Certainly, it was ethical, moral, and in the spirit of fair play. However, it came with a brutally hard lesson.

One time, I was fencing a fencer whose nickname was well deserved, Gentleman Jim Bonacorda, an eventual Division 1 National finalist. Jim was just one of the most decent people I'd ever met in the sport. In our hotly contested bout at the New York Fencers Club (then on 71st and Broadway), I didn't think twice about acknowledging a touch before the ref made the call. It was the right thing to do, and if I had a short list of fencers I'd do it for, Gentleman Jim was on it.

Later in the bout, I thought I'd scored a clear touch, but the referee was hesitating. I looked at Jim and said, "Jim, aren't you going to acknowledge that touch?" He just calmly said, "Jeff, let the ref call it."

Wow, I was livid, hurt, and felt betrayed by Gentleman Jim. After the bout, I cooled down and thought about what transpired.

And, here is what I learned and the lesson at hand: Whereas a fencer has the option to acknowledge touches, it is unfair to expect the opponent to do the same. After all, the opponent might not have thought it was your touch. Living by the Golden Rule (Do unto others as you'd want them to do unto you) epitomizes the spirit of fair play, but you shouldn't expect reciprocation, nor is the onus on the opponent to do so.

So, just remember, acknowledging is noble, but do so at your own risk and never do so with the expectation of reciprocation.

Now, let's look at acknowledging from the referee's standpoint.

Contrary to popular opinion, referees are human. While most referees will never admit to what I'm about to tell you, those who are honest and secure in their abilities will.

At the recent NCAA Championships, the topic of discussion among a group of refs was how to handle a situation when you give the call to a fencer who actually acknowledges being hit. Without exception, the refs said they would still call it the way they originally called, regardless of the acknowledgment.

We then talked about the actions where a call had yet to be made, there may have been some doubt in your mind, and one fencer acknowledged. This was a tricky one, as some of the best referees in the country were basically being asked if the acknowledgment swayed their opinion.

After checking that nobody was taping the discussion on a cell phone camera, and with a somewhat guilty smile, most of the referees admitted they had, indeed, been swayed into making calls based on the pre-decision acknowledgment. So, the issue is not that these refs were weak and easily swayed, as they were all 1 or 2-rated; rather, the issue is that if even the best referees are sometimes swayed by an acknowledgment, certainly the lower rated refs are, as well.

The moral of this story: Acknowledging a touch is commendable and a true act in the spirit of fair play. However, a fencer does so at their own risk, as a referee who had yet to determine the call might make the decision based on that acknowledgment. In fact, the referee may have given you the call until you acknowledged!

Now we come to the ultimate show of morals, ethics, and the spirit of fair play which resulted in the ultimate backfire.

In 2003, a 15-year-old fencer received what he thought was a call his opponent really deserved. On the very next action, the youngster did not defend himself and allowed the opponent to get the touch back.

What he did appeared to be a gentlemanly act, a decent act, and something quite honorable. Certainly, it was what he thought an act of fair play, and a reasonable person could conclude that this youngster was made of the right stuff.

However, the veteran referee immediately realized what happened, and his job was to enforce the rules, not empathize with what the kid had done with good intentions. And the rules were unambiguous.

At least three different rules (t.87, t.88, and t.105) deal with this, and say that fencers must fence to their "utmost ability," and never "favor an opponent." Certainly, noble intentions aside, this teenage fencer had not fenced to his utmost ability, and most certainly favored his opponent.

The shocked but alert referee had no choice but to black card this fencer. As then Chair of the FOC, I had to reply to a subsequent irate and accusatorial letter from his mother. I opined that what her son had done was morally and ethically commendable on the surface, but against the rules of fair play according to our rules.

The moral of these stories: By acknowledging, you may be giving your opponent an advantage. And, if you feel you got a break on a call, just accept it with the knowledge that your opponent may get the next break. At the end of the day, the calls usually equal out. AF

photo Serge Timacheff





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Still in Search of the Perfect Touch ...



2010 Cadet Women's Epee, Junior & Cadet World Championships, Baku, Azerbaijan. Photo: S. Timacheff

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Fencers Are Fencers

JULIA M. ADLER

"But what about Fencing?" This was one of the first concerns uttered by our children when we sprung on them that we would be calling Seoul, South Korea home for the next two to three years.

Reluctantly forced to admit that no, fencing was definitely not one of the top sports in our future home; we knew the search for a club would be a bit of a hunt. Three of our children had recently fallen in love with the sport and were committed.

One year earlier we arrived back in the United States after living two fabulous Scandinavian years in Stockholm, Sweden. Feeling a bit unconnected once stateside, we enrolled three of the kids (ages 7, 8, and 11) in the local Fencing Club, Metro Tacoma Blue Steel, in Tacoma, Washington. Swordplay in costume, what kid could turn that down?

David, Paul and Mary Elizabeth were instantly entranced. I called the number on the website and a kind, generous and soft-spoken gentleman called "Marty" provided our brood an introductory course in the basics of foil fencing.

For that year the kids frequented the club twice weekly, attempting to attain the knowledge and skills required to become respectable foilists. Folks from all walks of life, backgrounds, various shapes and sizes as well ability levels, and from age seven through a feisty 80 were a part of this thriving club. The kids were welcomed heartily and quickly became a part of this competitive community. "Andy's good with the little guys," Marty proclaimed early on and Andy it would be for our two wee ones. The glove game, practicing "plunges" and bouting for points were often drills which caused glee in the hearts of our amateur duelists.

And throughout this short year, all acquired a healthy appreciation for this complex and addictive pastime. Anxiously anticipating yet another adventure through our imminent move to Asia, I was a bit dubious about being able to forge ahead with the kids' Fencing careers. While sharing my trepidation with Marty, he calmed my concerns. "Don't worry, you'll figure it out. And remember, fencers are fencers," he said. Hmmm.



Coach Kim at work.

Much settling and organizing was required to once again, establish a workable routine abroad; getting kids settled in schools and husband comfortable in his job were time consuming. A resourceful relocation agent thankfully located a Fencing club, one of only a handful that exists in Korea and the only club that was interested in taking in "foreigners" such as us. Located in Bundang, a healthy hour drive south of our home in Hannam-dong, and only offering lessons for our crew on Wednesday nights, was the Leaders' Fencing Club owned and operated by Coach Chanhak Kim. We decided to give it a go.

Driving in Korea is exciting to say the least, so while perusing the map, I noticed the distance and number of freeways needed to navigate in order to get there, I became a bit apprehensive. After reminding myself that I had driven the Los Angeles freeways for years, my confidence rose. But experience and confidence does not a successful driver make in Seoul. I was way out of my league here. That being said, in this vast and complex city, I had discovered a few basic realities; traffic rules were suggestions as well as all green and red lights. Sidewalks often served dual roles as parking spots and mid-intersection u-turns were commonplace. Also, and more impressively, the number of vehicles on the roads was truly MONUMENTAL. Patience was the watchword. I definitely needed more time to acclimate.

What to do? We had recently discovered a lovely taxi driver, not surprisingly also named Mr. Kim, who owned and drove a jumbo taxi of minivan proportions. We had utilized his services often, being a family of six. We grew to trust and appreciate his interesting character, although neither of us spoke a word of each other's language beyond simple pleasantries. He was a former Republic of Korea (ROK) Marine and still proudly donned the haircut, and clung to the dress habits and formal manner. He also had a fierce appreciation for gospel music and played it proudly and loudly. I'd give him a call.

Always five minutes early, Mr. Kim loaded our equipment in the minivan and off we went. Having met Coach earlier through an interpreter, we at least knew for whom we were looking. Yikes.

"'Coach" was all the kids were to call him as we entered his studio where the Leaders' Fencing Club gathered, practiced and competed. His studio was also utilized for various other Asian sports he taught such as Korean Sword and Kendo. It was a modest facility, clean and neat, everything in its place. Having completed the ceremonial bowing and removing and changing of shoes, the kids were on their way.

Language never seemed to be a problem. Each week Coach spoke a little English as well as a combination of Korean and French. His love of the sport and easy, playful wit, infectious smile and welcoming way immediately put the kids at ease.

Form was everything to Coach, as he continually led his new charges



through the many drills he deemed so very important. Nudging their foils an inch or less up or down after a lunge or parry was not uncommon. Forcing their knee a centimeter right or left was of utmost importance as well. Long pieces of rubber tubing were used as the kids lunged forward again and again as he wrapped it around their middle and pulled on it from behind. Strength and form, he would dance out in playful charades continually to his foreign friends.

Months passed and our arrangement seemed to be working out. As I gained confidence in my driving abilities, we no longer needed Mr. Kim and Coach was willing to move our lessons to Saturdays which was much more doable logistically. Progress.

An intriguing and loveable man, Coach Kim would often catch us by surprise with his generous gifts. Being cultural novices in Korea, a few days before Chuseok or Korean Thanksgiving, Coach proudly presented us with an enormous and intricately decorated box brimming with beautiful, pricey and delicious Asian pears. With such a bounty, we were instantly required to locate four neighboring families with which to share them. Color 8X10 glossy, framed photos of the kids were proudly hung in a line high up around the studio next to other students in the club. Always searching for a way to reciprocate, we discovered after a few failed attempts, that pumpkin cake was a favorite. A couple of loaves every now and again brought a twinkle to his eye.

When asked what we could bring him from home during our upcoming visit in the summer, and after a lot of patient prodding on our part, Coach finally gave in. It was the white plastic PVC piping that we used to protect our foil blades in transport, which Marty had so generously provided for us, which he was lusting after. Once home, and while visiting Tacoma Blue Steel Club, Marty was anxious to hear of our escapades. We shared with him Coach's desire for the piping. Before we could complete the curious tale, Marty fetched an armful of the PVC pipes. "Here," he said, "He can have these."

After 18 months Coach finally decided our eldest fencer, David, might be ready for a tournament. He was beaming. We met at Korea National University and joined the rest of the Leaders' Fencing Club there. Surprisingly, David was not the only foreigner present to compete, although the youngest by far. There was an American sabreist from the local Army base, a friendly guy who dominated his pool, and also placing well was a college student donning striped socks.

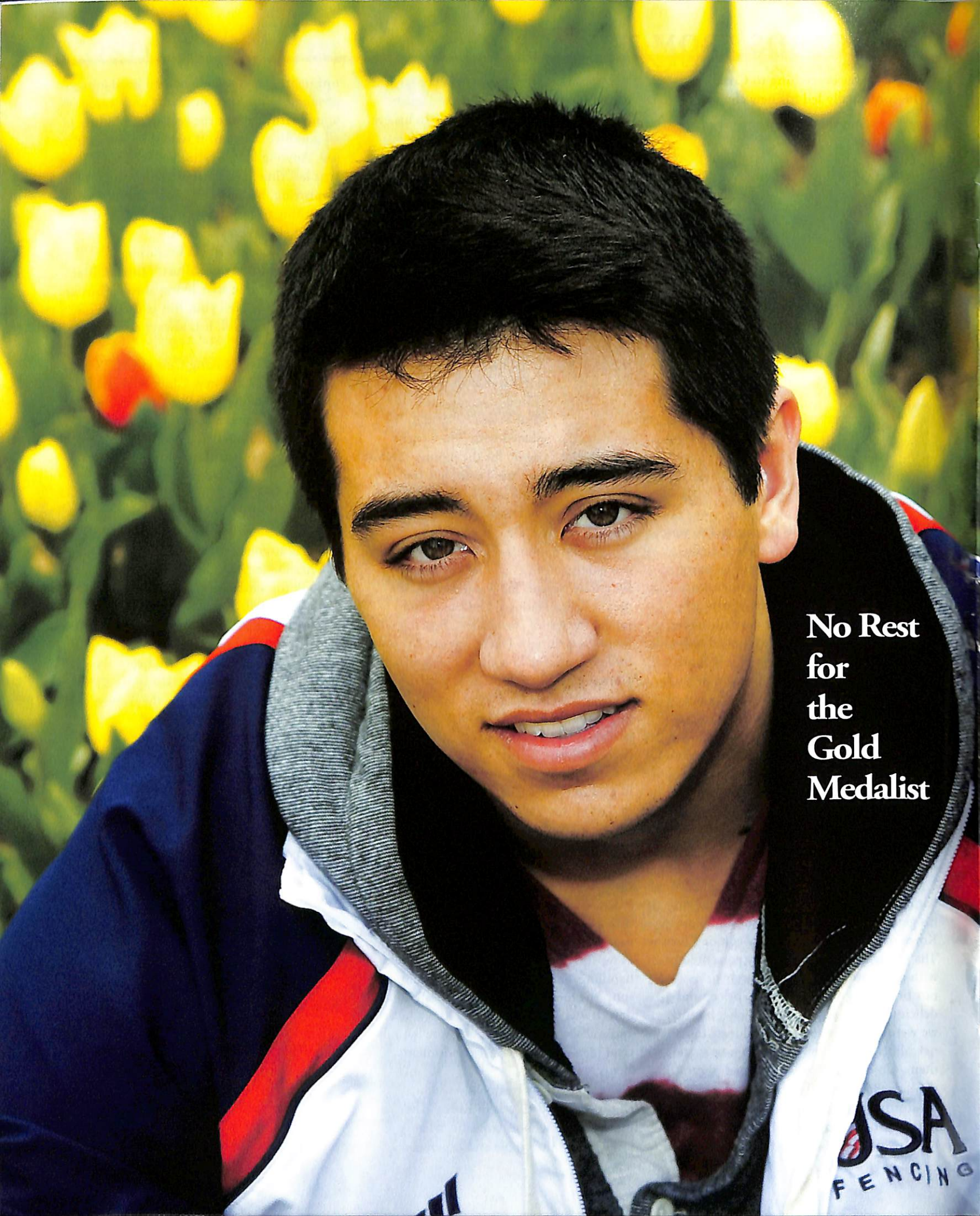
Enormous bunches of bananas were lugged into the venue along with dozens of flats of water bottles. Teams warmed up, a national ceremony took place and the tournament was under way. David won 3 and lost 2 in his pool, respectable, but not his goal. He was knocked out after making it to the final sixteen. We were proud; he was, of course, disappointed. The result was quickly forgotten, but not the experience as we still often reminisce over the careful handling, and polite, gentle treatment our son, "the foreigner," received throughout the day. It was remarkable and led to a healthy and well-deserved pause. We were happily reminded of Marty's earlier sentiments, "fencers are fencers."

Two years fly by quickly when all is good. And all was in Korea. The international schools fantastic, friends lovely, travel incredible and experiences unforgettable. The kids had all lived a host of memories in this short stay and were apprehensive about the reality of bidding it all goodbye… again. It would be difficult to say "Anyong kahshipshee yo" to Coach Kim that last time. His Club was growing and improving, his business brisk and he was beginning to take fencing to a few of the Korean elementary schools.

Home again, it was becoming customary for us to readjust. The familiar should be simple after living abroad, but as the experts will tell you, this is usually not so. That being said, it is always comforting to return home.

Rain City Fencing Center (RCFC) was to be the kids' new Club. A large and impressive facility in Bellevue, Washington, it dwarfs its Korean counterpart, and its Tacoma counterpart for that matter. A bustling Club with tournaments seemingly all the time, it is a beehive of fencing activity most days. The kids have only been a part of RCFC for a short while but David has already earned his "D" rating, and has attended quite a few tournaments. He has made friends easily and continues to look forward to each lesson and class. Mary Elizabeth has only been back at it for a month or so and anxiously anticipates her first tournament this weekend. Paul is chomping at the bit and will begin fencing again as soon as his plate isn't quite so full. Athos, Porthos and Aramis they're not…at least not yet, but who knows.

In all adjustments there are happy surprises as well as challenges. But whether we stay put for the duration, or our journey takes us to another far away land, we will always recall those sage words of advice offered by an old fencing friend; "no matter where you go remember, fencers are fencers." AF


No Rest
for
the
Gold
Medalist
USA
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Gerek Meinhardt

Sorry if I am a little tired, I have a 4:20am shuttle to take me to the airport so I can go to the Shanghai world cup. I'm still deciding if I am going to sleep or just stay up." These are some of the trials Gerek Meinhardt, the 11th ranked men's foilist in the world, has to deal with. "It's kind of difficult to get to the airport from South Bend, but once I am at O'Hare (Chicago airport), I get to sleep!" AF was fortunate to find the time to speak to Meinhardt, 2008 Olympian and 2010 Junior Worlds gold and silver medalist, about his fencing experience before his next world cup.

So how did you get into fencing?
Well I guess I can thank Vivien Massialas for that. The Massialases' are family friends and Vivian was my piano teacher for four years. I chatted with Greg about fencing and then I just started taking some lessons from him.

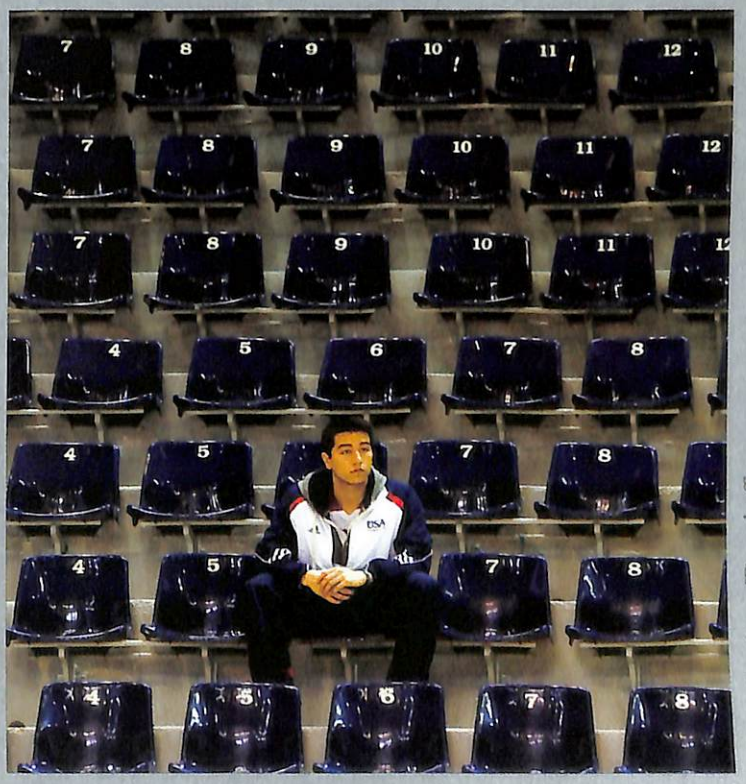
How old were you?
Nine and a half. I did both piano and fencing for a couple of years. In elementary school, I would go to the Massialases' from school and get a piano lesson, then play with Alex Massialas, and then go to fencing and get a lesson from Greg and then fencing class.

And then years later you are number #11 in the world and been to the Olympics!
Yeah, that is kind of funny!

So what is the weirdest fencing experience that you've had so far?
That would have to be my first senior zonal qualifier in Venezuela four years ago. It was in July and we fenced in a partially open air stadium. It was all enclosed "except for a four to five foot gap near the roof where it opened up to the outside." It was so hot and humid and we had to fence in this heat and there were bugs flying all over the place! It was weird trying to fence a person and swat bugs at the same time! They say first impressions are everything and I'm just glad that there weren't any other tourneys like that!

Did that develop any superstitions and habits that you have to do now? Maybe pack bug spray?
Ha! No, I make it a point not to follow any superstitions. I guess my only habit is always wearing shorts. I would have hated not being able to take my knickers off to cool off.

Any gear that you can't live without?
That would be my Allstar knickers from the Olympics. I would put white BF blades in there also. I don't like the colored ones.



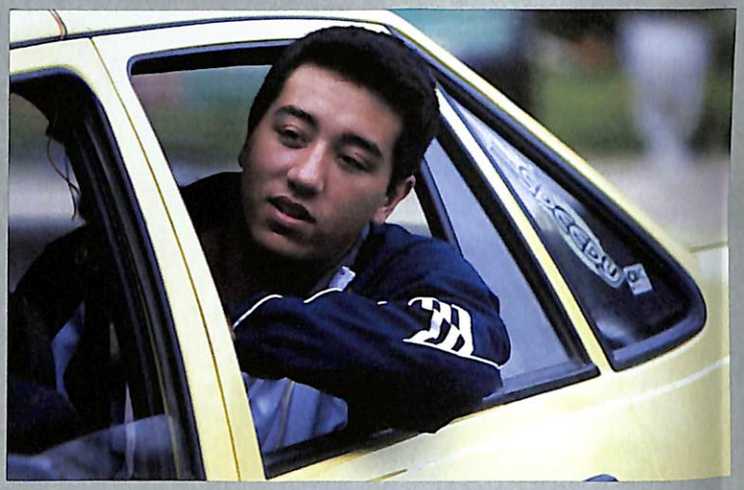
Photos by Serge Timacheff

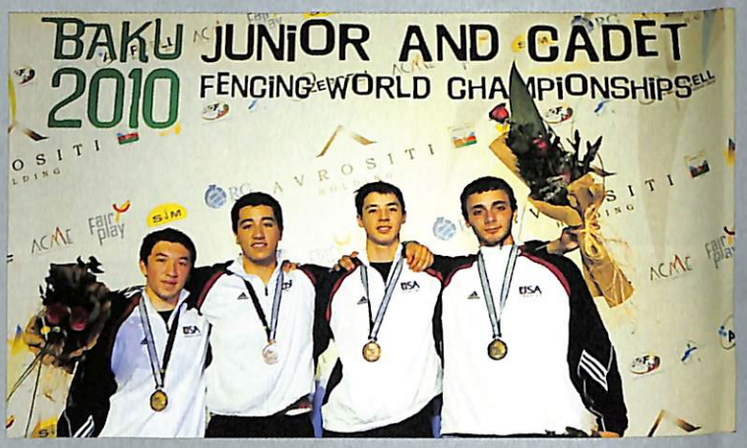
So what advice would you give a new fencer?
Don't worry about points, work on actions. When I practice, I'm always working on actions and how to use them in a bout situation. That's why we practice, to get better at things we aren't good at. Also learn from every match and don't get discouraged. Learn to enjoy the sport and have fun doing it.

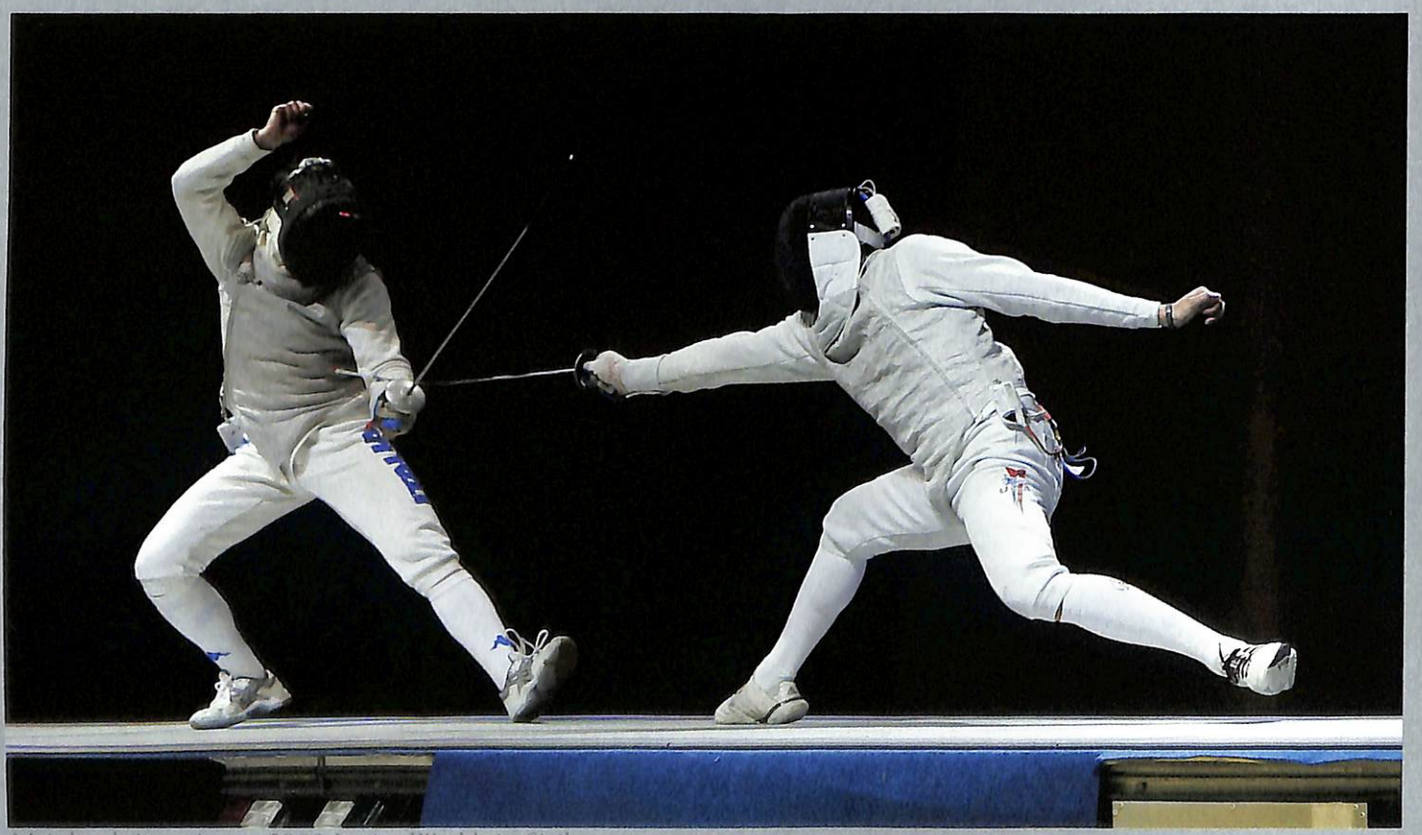
You sound so laid back. What are you goals in fencing?
The Olympics again in London, and then we'll see after that.

What other interests do you have?
I love to read fantasy, but I don't get that much time to read it because of all of my school work. My favorite fantasy stuff is the Wheel of Time series by Robert Jordan. I have to read lots of tech books since I am in IT Management [Meinhardt is set to graduate from the University of Notre Dame in 2012]. I play basketball also. My sister played Div 1 ball and I would play with her. I also love going to movies! I am so excited about seeing Iron Man 2! I really like Dr. Pepper and I am excited that they are doing stuff together!

Now you can go watch Iron Man 2 and drink Dr. Pepper together at the movies!
That's right! Now that I think of it, I am going to China. Maybe I can get a copy of Iron Man 2 there…



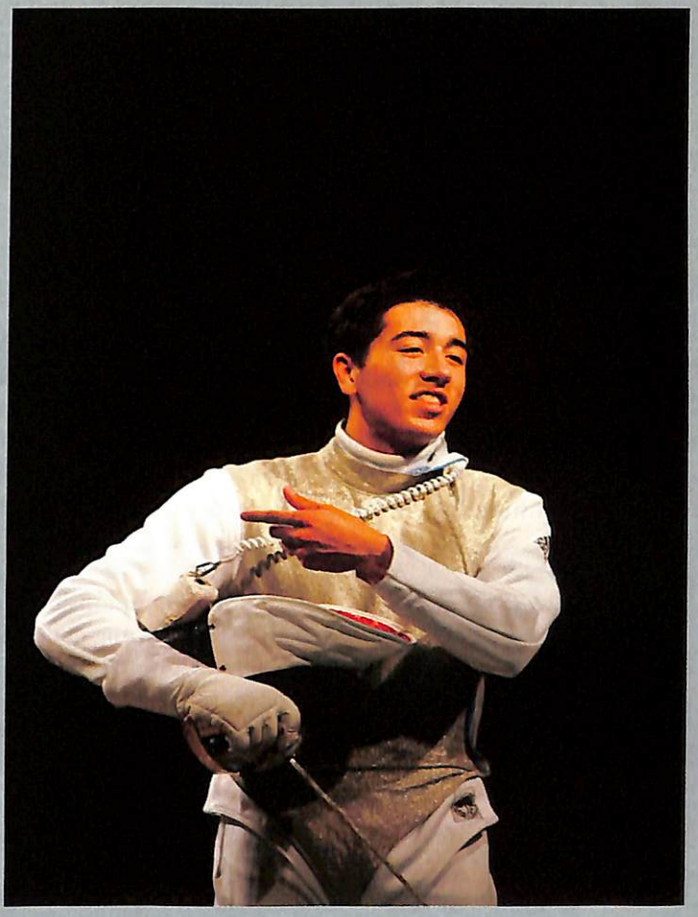




Meinhardt in action at 2009 Junior Worlds in Sicily

Quick Facts

Weapon: Men's Foil
Club: Massialas Foundation
Coach: Greg Massialas
College: Norte Dame
Current Location: South Bend, Indiana
Best Results: Silver, Junior Men's Foil, and gold, Junior Men's Foil Team, 2010 Junior World Championships
Greatest Accomplishment: 10th in Men's Foil in 2008 Olympic games in Beijing
Favorite Fencing Item: : BF white foil blade "the other colors are too whippy"
Jock or Geek: Jock (but is a geek at school – major is IT Management)



Training

Conditioning
3/week Swimming
30-40 minutes
Sprints and interval training

Fencing
5/week
30-60 minutes of stretching, target practice, and drills
90 minutes of bouting
3 lessons a week
Using timing and rhythm
Situational bouting



Meinhardt in action at the 2010 Junior Worlds

The 2010 Junior World Championships

by Anthony Bartkowski with Cynthia Bent Findlay

The 2010 U.S. Junior and Cadet World Championship team returned home from Baku, Azerbaijan with a shining collection of medals: three gold, two silver, and three bronze. The United States finished third in the overall standings for the Junior World Championships, immediately behind Russia and Hungary, respectively.

The young U.S. team showed leadership by Gerek Meinhardt (San Francisco) and Courtney Hurley (San Antonio, Texas) and mettle by its youngest members, including Race Imboden (Brooklyn, N.Y.).

Just a few highlights of the many fine U.S. performances:

Lee Kiefer was golden in the Cadet Women's Foil event, defeating Italian Camilla Mancini 15-5 in the gold medal match. Along the way, Kiefer dominated the field by out touching her opponents 75-29 collectively. Mona Shaito (Garland, Texas) also finished in the top 8, losing to Kiefer to advance into the semi-finals. Margaret Lu (Greenwich, Conn.) was not far behind finishing 16th - clearly a strong showing for the US Cadet Women's Foil program.

Like Kiefer, Alexander Massialas bettered last year's Cadet silver medal with a gold in foil in Baku. He won the Cadet Men's Foil competition with two gutsy victories, the first over Russia's Kirill Lichagin 15-14 in the semifinals and in the championship bout, Massialas narrowly edged Edoardo Luperi of Italy, 15-13.

Cadet foilist Race Imboden (Brooklyn, N.Y.) earned the bronze at his first World Championships, losing to Luperi 12-15 in the semifinals.

All three Junior Men's Foil fencers finished in the top 8 of the individual competition, setting the stage for the team event to come. Meinhardt, who is also the 2009 Junior World bronze medalist, overcame tough opponents, defeating Roman Kuts of Russia, 15-13 in the round of 16 and cadet silver medalist Luperi of Italy 15-12 in the quarterfinals to advance to the semi final where Meinhardt lost to Tommaso Lari of Italy 15-13.

Lee Kiefer and her coach in a moment of victory



Photos Serge Timacheff

In a slightly bizarre ending to the competition, Lari from Italy lost the gold medal match to Alaa El Din El Sayed of Egypt 15-13 and then was given a black card following a temper fit at the end of the match. As a result, Meinhardt was awarded the silver medal.

Competing in his first Junior World Championships, Willette displayed true skill and craft. En route to the bronze, Willette dominated the field out scoring his first four opponents 60-29. In the quarterfinals, Willette continued his domination with a 15-7 victory over France's Enzo Lefort. The semifinal contest was

a heartbreaking close decision that went to El Sayed, 15-14, who proceeded to win the World title.

Massialas, who won the Cadet World Championships three days earlier, fought his way to the quarterfinals before losing to Lari of Italy 15-6 in the quarterfinals, ending his run for a second individual medal.

The U.S. team kicked off the first day of team competition with two medals, silver and bronze.

The women's epee squad was led by Courtney Hurley (San Antonio, Texas), who was the only fencer returning from the 2009 bronze-medal team. She was joined by 2009 Cadet World silver medalist Katharine Holmes (Washington D.C.), Neely Brandfield-Harvey (Houston) and Ashley Severson (Franklin Lakes, N.J.). In the quarter finals, the team defeated Sweden 43-31. Then, in the semifinals, Team USA punched its ticket to the championship with a 45-36 defeat of Israel. In the gold-medal match, Team USA faltered and was handed a 45-29 defeat by a dominant Estonian team.

The U.S. men's saber team improved over last year's seventh-place finish by starting with a 45-36 win over Venezuela. The team then advanced to the quarterfinals with a 45-33 decision over Belarus. In the semifinals Germany handed the U.S. squad a 45-42 loss, which pushed the Americans into the bronze-medal match against Korea. Team USA rebounded against Korea and claimed the bronze with a 45-34 victory.

The men's saber team featured Daryl Homer (Jamaica, N.Y.), who finished seventh in the individual event several days earlier, Eric Fass [aka Arzoian] (Beverly Hills, Calif.), Evan Prochniak (Philadelphia) and Aleksander Ochocki (Clark, N.J.).

The U.S. Junior men's foil fencing team concluded the 2010 Junior and Cadet World Championships with a gold-medal performance. The Americans opened the competition with a 45-32 victory over Poland and a 45-35 win over Hungary. In the semifinals, the U.S. squad dominated Germany by a 45-28 score. For the gold-medal against Italy, the highly decorated U.S. team dominated Italy 45-35.

The men's foil team was highlighted by 2008 Olympian and 2010 Junior World silver medalist Gerek Meinhardt (San Francisco), 2010 Cadet World champion medalist Alexander Massialas (San Francisco), 2010 Junior World bronze medalist David Willette (Lafayette, Calif.), and Zain Shaito (Garland, Texas), member of last year's silver medal World Junior Team.

The women's foil team, seeded 5th in the tableau, defeated Ukraine 41-31; then Italy in the quarter final by a score of 45-27. In the semi finals they lost a tough match against Korea, 29-39. In the match for 3rd place, Poland, fencing very strong, defeated US team by a score of 39-32, ending up 4th in the field of 16 teams.

The women's sabre team lost a squeaker to Spain in the round of 16 by a score of 45-44. The men's epee team lost in the round of 32 to Kazakhstan 45-36.

Final Results
2010 Junior and Cadet World Fencing Championships
April 2 – 10, 2010, Baku, Azerbaijan
"Results courtesy Federation Internationale d'Escrime and Fencing.net"

Kiefer on the cadet foil medals stand



Photos by Serge Timacheff

Junior Men's Saber Team [22 Teams]
1. GERMANY
2. CANADA
3. U.S.A.: Daryl Homer (Jamaica, N.Y.), Eric Fass [aka Arzoian] (Beverly Hills, Calif.), Evan Prochniak (Philadelphia), Aleksander Ochocki (Clark, N.J.).

Junior Men's Epee Team [30 Teams]
1. HUNGARY
2. ITALY
3. SWITZERLAND
18. U.S.A.: Alen Hadzic (Montclair, N.J.), Andrew Meyers (Scarsdale, N.Y.), Michael Raynis (Chatsworth, Calif.) and Jonathan Yergler (Princeton, N.J.).





Junior Men's Foil Team [24 Teams]
1. U.S.A.: Gerek Meinhardt (San Francisco), Alexander Massialas (San Francisco), David Willette (Lafayette, Calif.), Zain Shaito (Garland, Texas).
2. ITALY
3. FRANCE

Junior Women's Saber Team [17 Teams]
1. UKRAINE
2. POLAND
3. ITALY
10. U.S.A.: Nicole Glon (College Station, Pa.), Celina Merza (Wayne, N.J.), Lian Osier (Battle Ground, Wash.), Samantha Roberts (Upper Saddle River, N.J.).

Junior Women's Foil Team [16 Teams]
1. RUSSIA
2. KOREA
3. POLAND
4. U.S.A.: Lee Kiefer (Lexington, Ky.), Nzingha Prescod (Brooklyn, N.Y.), Margaret Lu (Greenwich, Conn.) and Eve Levin (New York).

Junior Women's Epee Team [20 Teams]
1. ESTONIA
2. U.S.A.: Courtney Hurley (San Antonio, Texas), Katharine Holmes (Washington D.C.), Neely Brandfield-Harvey (Houston) and Ashley Severson (Franklin Lakes, N.J.).
3. RUSSIA

Junior Men's Epee [140 Fencers]
1. Nikita GLAZKOV RUSSIA
2. Alexandre BARDENET FRANCE
3T. Qi SUN CHINA
3T. Michal CUPR CZECH REPUBLIC
12. Michael RAYNIS, Chatsworth, Calif.
55. Jonathan YERGLER, Princeton, N.J.
114. Alen HADZIC, Montclair, N.J.

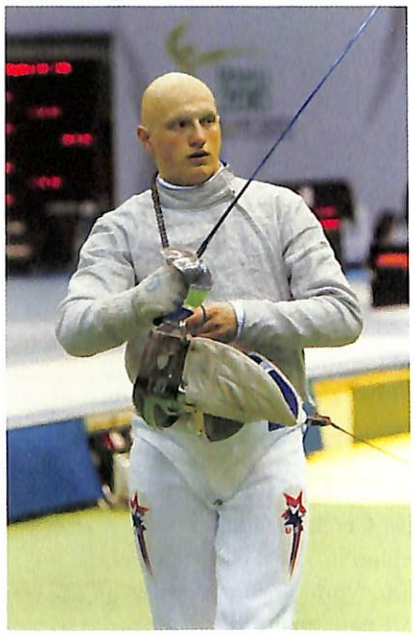
Junior Men's Foil [106 Fencers]
1. Alaa El Din EL SAYED EGYPT
2. Gerek MEINHARDT, San Francisco, Calif.
3T. David WILLETTE, Lafayette, Calif.
3T. Edoardo LUPERI ITALY
5. Alexander MASSIALAS, San Francisco, Calif.

Junior Men's Saber [90 Fencers]
1. Nikolasz ILIASZ HUNGARY
2. Sebastian SCHROEDTER GERMANY
3T. Stanislav KONOPATSKIY HUNGARY
3T. Aron SZILAGYI RUSSIA
7. Daryl HOMER, Jamaica, N.Y.
16. Evan PROCHNIAK, Philadelphia, Pa.
38. Eric FASS [aka ARZOIAN], Beverly Hills, Calif.

Race Imboden celebrates



Alex Ryjik



Lee Kiefer



Junior Women's Epee [98 Fencers]
1. Johanna BERGDAHL SWEDEN
2. Lauren REMBI FRANCE
3T. Anqi XU CHINA
3T. Clementine FERNANDEZ FRANCE
18. Courtney HURLEY, San Antonio, Texas
23. Katharine HOLMES, Washington D.C.
40. Neely BRANDFIELD-HARVEY, Houston, Texas

Junior Women's Foil [84 Fencers]
1. Inna DERIGLAZOVA RUSSIA
2. Anita BLAZE FRANCE
3T. Alice VOLPI ITALY
3T. Hanna LYCZBINSKA POLAND
5. Lee KIEFER, Lexington, Ky.
12. Nzihgha PRESCOD, Brooklyn, N.Y.
15. Margaret LU, Greenwich, Conn.

Junior Women's Saber [76 Fencers]
1. Olga KHARLAN UKRAINE
2. Anna VARHELYI HUNGARY
3. Azza BESBES TUNISIA
3. Dina GALIAKBAROVA RUSSIA
19. Lian OSIER, Battle Ground, Wash.
21. Samantha ROBERTS, Upper Saddle River, N.J.
58. Nicole GLON, College Station, Pa.

Cadet Men's Epee [90 Fencers]
1 Nikolaus BODOCZI GERMANY
2 Byeungchan JUNG KOREA
3 Roman SVICHKAR UKRAINE
3 Yuval Shalom FRIELICH ISRAEL
10. Alexander ELDEIB, Burke, Va.
59. Andrew MEYERS, Scarsdale, N.Y.
61. Ayyub IBRAHIM, Bronx, N.Y.

Cadet Men's Foil [81 Fencers]
1. Alexander MASSIALAS, San Francisco, Calif.
2. Edoardo LUPERI, ITALY
3. Race IMBODEN, Brooklyn, N.Y.
3. Kirill LICHAGIN RUSSIA
44. Brian KANESHIGE, Maplewood, N.J.

Cadet Men's Saber [74 Fencers]
1 Richard HÜBERS GERMANY
2 Maximilian KINDLER GERMANY
3T. Leonardo AFFEDE ITALY
3T. Artur OKUNEV RUSSIA
9. Will SPEAR, Wynantskill, N.Y.
13. Alexander RYJIK, Alexandria, Va.
18. Eugene CHUNG, Olney, Md.

Cadet Women's Epee [80 Fencers]
1 Alberta SANTUCCIO ITALY
2 Hye Won LEE KOREA
3T. Amalia TATARAN ROMANIA
3T. Sheng LIN CHINA
5. Katharine HOLMES, Washington D.C.
20. Ashley SEVERSON, Franklin Lakes, N.J.
41. Isabella BARNA, Bend, OR

Cadet Women's Foil [79 Fencers]
1. Lee KIEFER, Lexington, KY
2. Camilla MANCINI ITALY
3T. Dora LUPKOVICS HUNGARY
3T. LianLina WANG CHINA
7. Mona SHAITO, Garland, Texas
16. Margaret LU, Greenwich, Conn.

Cadet Women's Saber [58 Fencers]
1 Alina KOMASHUK UKRAINE
2 Maryna SEMENKO UKRAINE
3 Ji Yeon SEO KOREA
3 Anna MARTON HUNGARY
14. Skyla POWERS, Decatur, GA
18. Celina MERZA, Wayne, NJ
48. Sarah PAK, Roslyn, NJ

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  1996 Olympian, Air Force Academy

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Have Bag will travel.....

Serge Timacheff



Photo by Serge Timacheff

As competitive fencers, we all know too well the rigors of air travel. Flying with fencing gear to distant locales is trying for the hardiest of travelers, even if only to domestic destinations. Airlines are charging increasingly more for luggage, carry-on policies are rigorous, and getting through security can be demanding.

Polling traveling fencers about their adventures yields interesting responses, especially in dealing with the Transportation Security Administration, or TSA, as it is more commonly known. One of the more frequent comments I've heard, surprisingly enough, is when fencers get the little "love notes" indicating TSA officials have inspected their bags and TSA inspectors have hand-written notes of encouragement, such as "Good Luck with Your Competition" on the slips of paper. Maybe they're human, after all ... ?

It's not always easy to discern what's OK to check or carry on when traveling to a tournament. To clarify the rules of the road (or air, as it may be), the TSA provided American Fencing with details about traveling with fencing gear. Rule number one is that rules may vary. "We can't know every possible item people travel with," said Dwayne Baird, TSA spokesperson. "You're often at the discretion of the TSA officers you're working with. To ensure you get through security quickly, you're best off putting anything questionable into a bin separately from your carry-on bag."

Also note that the TSA has become very committed of late to being random in its checks; they have different types of equipment and different policies at different airports by design. So just because your gear went through no trouble in Chicago or Las Vegas doesn't mean it will in Dallas or JFK.

One of the most common items fencers find challenging for travel is their 750- or 500-gram test weights. Because they're always near or at the 50-pound weight limit for a checked bag, oftentimes fencers put these palm-sized items in their carry-on bags—only to be stopped at security when the x-ray machine shows a dense, heavy item. Like hard drives, these show up as a red flag to TSA technicians at the viewing screen, meaning you're likely to get pulled aside for secondary screening. The problem now isn't that you've been delayed a few more minutes, but rather that your favorite test weight runs the risk of being confiscated by a default-to-the conservative TSA officer.

So what's a fencer to do?

First, the best thing is to avoid this scenario altogether: "Take the weight out of your bag before going through security, put it in a plastic bag or a bin by itself, and inform the TSA official that you have athletic testing equipment," said Baird. While they still may question it, this will alert them to the item before they detect it in your briefcase or carry-on bag—probably a better scenario.

So what if they think it's something you shouldn't have? Chances are you put it in your carry-on because your fencing bag weighed too much and now your checked bag is somewhere in the bowels of the airport luggage system. Instead of giving up and letting the TSA take the item and do whatever it is that they do with confiscated items (no, it's probably not Craigslist), you can ask to have a supervisor give their opinion about the item and you can state your case as to why it's not likely to be used to storm the cockpit.

This is not, by the way, the time to become argumentative. Explain politely to the TSA officer that the item is something with which you frequently travel, and that it's athletic testing equipment. If they resist, ask politely to speak with a TSA supervisor to take a look at the item; the supervisor may or may not allow the item, but they have significantly more experience with a wide variety of carry-on items. Sure, a test weight, which is a blunt, heavy object could conceivably be used as a weapon, but that doesn't mean the TSA will disallow it.

If they do, you can opt to go back to the check-in counter to try and retrieve your luggage (good luck with that), or you may have to give up and resolve to hit the vendor booths for a new one at the tournament. Another option is to bring with you a mailer bag because many airports offer a service – sometimes a drop box, sometimes more – so that you can mail items back to yourself that would otherwise be confiscated.

The best thing is to try and make your checked luggage light enough that you could throw it in your bag and not have to worry about carrying it on.

Oh, right, you say? Your bag is always at the 50-pound limit? You're not alone. Lots of fencers run at the edge of the weight game. But there are some carry-on tricks for traveling that might help you lighten your load and save some time—and possibly money:

- Masks are never a problem with security, they weigh a lot, and they fit into carry-on bags easily. Since they're hollow, they can hold items as a shell without taking up too much extra room. It also stinks to have to buy a new mask in the event that your bag does not make it to the competition, so it's a good thing to carry on anyway.
- Shoes, while not super heavy, weigh more than you might think and can lighten the load.
- While tools longer seven inches won't be allowed (e.g., a screwdriver or hex wrench), most items that don't include sharp edges (e.g., knives) weigh a lot and are OK for your carry-on bag. Smaller screwdrivers, wrenches, etc. are all legit.
- Body cords are heavier than you might think, and won't be a problem going through security (sometimes they don't like big clusters of wires, but you shouldn't have a problem and you can always put them through separately).
- Carry-on your jacket and/or knickers. These items won't be a problem at all, and tend to also be heavier than you might imagine. These are more examples of items that will be a problem or expensive if luggage doesn't make it in time for the event (such as a stenciled jacket or a mask).
- Take your gear to the TSA before you check-in. That way, you'll have the option to put it into your luggage if necessary. To do so, however, remember to allow a little extra time at the airport!

Continued on page 49

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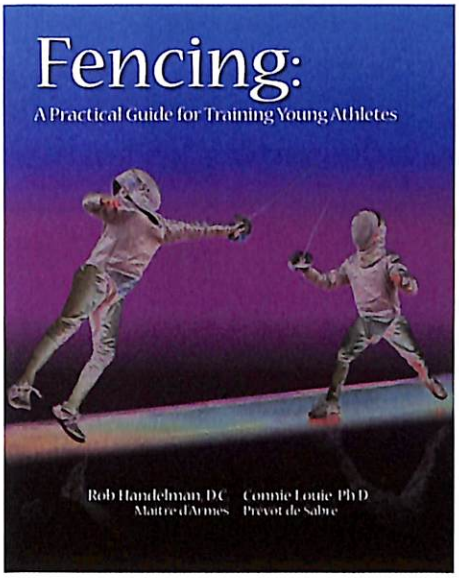


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Photo: S. Timachelf

Kathryn Schifferle



FENCING: A PRACTICAL GUIDE FOR TRAINING YOUNG ATHLETES

Over the past few years I have been paid to review and edit numerous textbooks for colleges and publishers. Imagine my surprise and delight when I started reading Fencing: A Practical Guide for Training Young Athletes, and recognized in it a professional, educational approach to the idea of teaching fencing.

Fencing: is written by Robert Handelman, a US Fencing Coaches Association coach who is accredited in all three weapons by the Institut National des Sports (INS) in France.

Each of the fifteen chapters is concise, well structured and easy to understand. Beginning with a short overview of how to start a youth fencing program, it quickly focuses on youth development, learning styles and sports medicine as it applies to different developmental stages.

"Fencing Fitness," chapter five, is targeted to youth fencers, though I found the elements and drills appropriate for all ages. The next chapter is a nice collection of the types of games that young fencers love to play for warm-up and that help keep them engaged in the learning process.

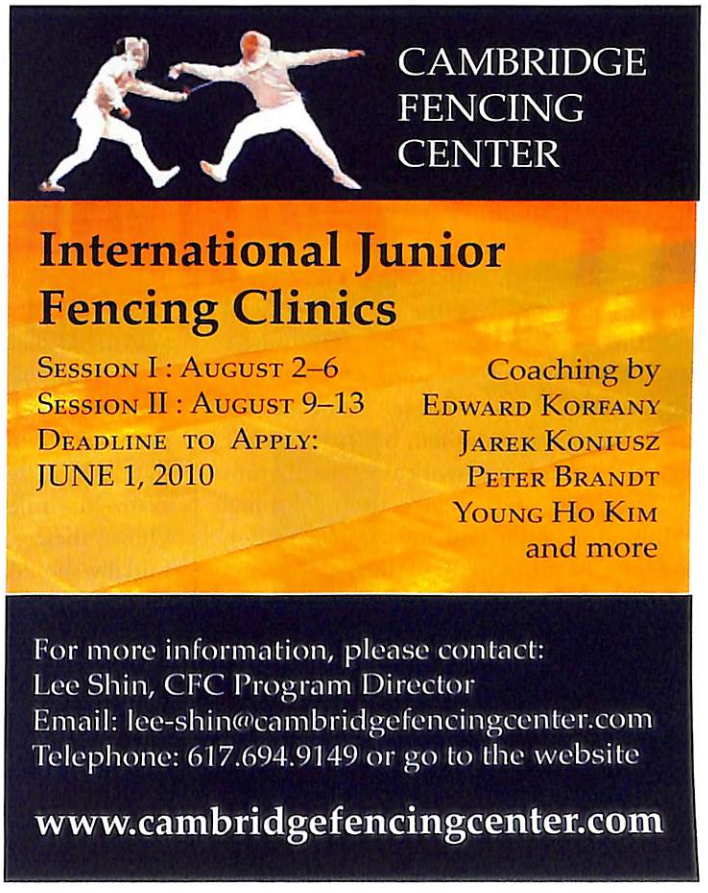
As the book moves into techniques, footwork and drills, I especially like the format: first is the technique name, then the definition, the execution is then provided via a step-by-step procedure, the tactical application follows and then the pedagogy (how to teach it to a student). The drills are even coded by level of diffculty.

The book covers how to handle group as well as individual instruction, includes a chapter on competitive training, and offers a great chapter specifically for parents. The "Mental Toughness" chapter is unique; it not only addresses how to focus, how to relax, and the benefits of positive thinking, it walks the reader through a number of well-documented techniques, such as self-talk, self-hypnosis, visualization, and even EFT (Emotional Freedom Techniques).

Chapter 14 offers a self-examination for the students, to allow them to develop their own point of view, and thus work from that perspective. The final chapter consists of short notes directed to the coach. The Appendix is filled with helpful flow charts and forms.

Because of how comprehensive the book is, and how well Fencing is written and organized, this is a book that I would recommend to anyone. I personally plan to go back through the drills and techniques sections and pick out parts that might help supplement my training this summer. AF

Fencing: A Practical Guide for Training Young Athletes, by Robert Handelman, is available directly from www.sfyouthfencing.com, as well as from fencing equipment vendors.



Sports Medicine Q&A

JEREMY SUMMERS, DC, ATC

Q. I have had many students with pain in their lower back that comes and goes for a few competitive seasons. In some athletes it does not seem to be getting better. What is going on and what can be done to resolve this?

A. Despite continued research and the development of new innovative interventions in the last few decades, lower back pain (LBP) continues to be a problem for athletes of all sports around the world. Former fencers and/or coaches are likely to have had LBP more than once in their career due to the unidirectional nature (e.g.,footwork) of fencing. The lifetime prevalence of LBP in the general population is estimated at 85 percent. The following is to help educate and guide athletes, coaches, and parents about the causes, effects, outcomes, and options they have in prevention/resolution of LBP.

So what do we know about chronic LBP (CLBP)? In chronic pain, special diagnostic tests of localized areas (low back radiographs) are often normal, although the patient complains of pain. The site of pain is often not the cause of pain. Imagine the spine as a building of pure architectural genius that moves independently to the stresses applied to it. The building's pillars are made of elastic connective tissues and muscle that stabilize, support, and apply motion to the spine as a system of slings and counterforces.

The spine, as a functional unit, is very complex and involves the musculoskeletal and the central nervous systems. These systems include all the joint articulations, musculature, and nerve innervations surrounding the abdomen, back, and pelvic region. Their role is to work as a cohesive unit for optimum performance through spinal stabilization, joint and muscle preparation and rate of firing. All of these structures are interdependent; however, once pain is introduced, stresses and compensations occur.

The sequence of events in CLBP are as follows: initial injury or reoccurring pain changes muscle tone, which alters muscle firing patterns (creating loss of spinal stability), and finally leads to muscle imbalances. For example, the muscles responsible for performing a lunge are instead stabilizing the spine, which decreases performance and increases risk of injury. Now the patient with low back pain has altered joint mechanics, lost joint perception, acquired abnormal firing patterns for stability, and developed postural/functional adaptations. In addition, a majority of athletes have underlying muscular imbalances due to the demands of sustained postures and repetitive motions predisposing them to possible injury. For example, many recent studies have shown that asymmetry (from right to left) of hip and ankle ranges of motion have high correlation with CLBP patients due to altered biomechanics.

The assessment of LBP starts by eliminating rare instances of serious spinal pathology (fracture, neoplasm), then non-spinal causes (organ systems), and last severe or progressive neurologic deficits (muscle weakness, or decreased reflexes). More than 95 percent of patients without these causes of LBP are categorized as nonspecific LBP due to their biomechanical individuality. CLBP have symptoms that last more than 12 weeks. Due to this biomechanical individuality, it is not surprising a wide variety of treatment options are now available, which have varied results.

The current evidence from the American College of Sports Medicine indicates that the primary care management of CLBP should start with a thorough history and physical exam to rule out serious pathologies. Once these are ruled out, treatment initially should focus on self-care and brief education, along with anti-inflammatory diet, NSAIDS (anti-inflammatory meds) or simple analgesic medications for short-term pain relief. If symptoms do not resolve, the athlete should seek out core stabilizing & back strengthening exercises (neuromuscular re-education/re-educate the stabilizers & joints receptors) to address functional deficits, chiropractic/spinal manipulative therapy, massage, or acupuncture for pain relief and restoration of function.

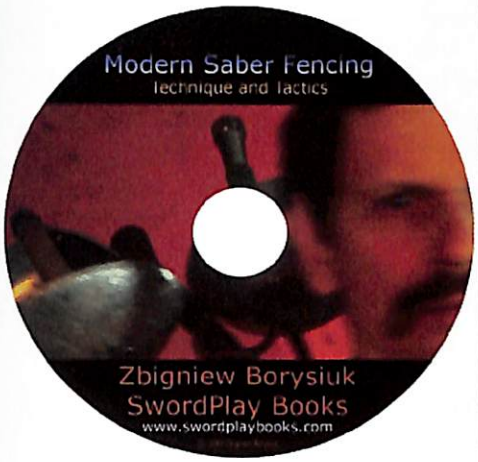
The most important information is that LBP is very common, is rarely a serious pathology, and trained healthcare professionals (chiropractors, physicians, physical therapists, and/or athletic trainers) can screen LBP for serious problems. LBP usually gets better in a month and the amount of pain does not indicate amount of damage. Bed rest will likely prolong LBP, which means it is best to remain physically active, despite pain, especially in a pain free range of motion. If an athlete has recurrence of LBP that is affecting performance, he/she should seek out qualified healthcare practitioners for their expertise in finding the underlying deficiency. Bottom line, training for dynamic balance of power, strength, speed, and agility is what prevents injury and optimizes performance. For more information stay tuned for a follow-up article on the importance of understanding fencing biomechanics for injury prevention and optimizing performance. AF

Jeremy Summers, DC, ATC



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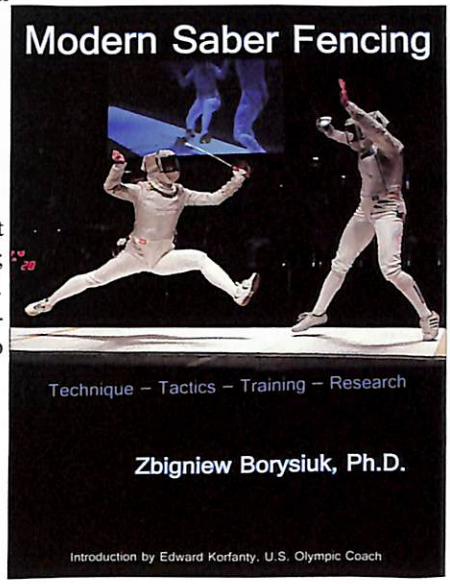
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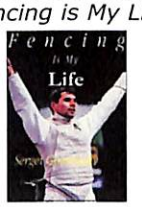
This is a book for every saber fencer and every saber coach. ISBN 978-0-9789022-3-0. $30.00.

The accompanying DVD vividly illustrates the book's method. ISBN 978-0-9789022-4-7. $30.00.

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Sergei Golubitsky
Fencing is My Life



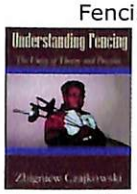
Johan Harmenberg
Epee 2.0: The Birth of the New Fencing Paradigm



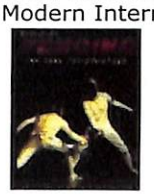
Harry James
Strength Training for Fencers



Zbigniew Czajkowski
Understanding Fencing



Istvan Lukovich
Fencing: The Modern International Style



Istvan Lukovich
Electric Foil Fencing



Aladar Kogler
One Touch at a Time



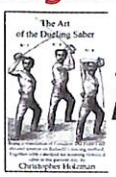
Imre Vass
Epee Fencing: A Complete System



Laszlo Szabo
Fencing and the Master



In August 2010 from SwordPlay Books …



Christopher Holtzman
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Sport Science

STEPHEN BALZAC, ATHLETES PERFORMANCE

Don't Peer Over Your Own Shoulder



Photo Aimee Yermish

There's a popular little trick that proponents of medical magnets like to use to demonstrate the value of magnet therapy: they tell you to hold two fingers of one hand together in a circle, concentrate on those fingers, and then they try to pull your fingers apart. This isn't all that hard to do. Then they have you hold a magnet in the other hand and concentrate on the magnetic force moving through your body. Suddenly, they can't pull your fingers apart. It's not because they aren't pulling harder; they are genuinely pulling with more force than before and you really are able to keep your fingers together. It just has nothing to do with the magnet; for example, I've accomplished the same effect by having people hold my MIT ring and telling them that the ring is magnetic. It's not.

In martial arts such as Jujitsu and Aikido, some practitioners learn the "unbendable arm" technique. In this technique, you practice extending your arm and imagining water or chi shooting through it at high pressure, keeping your arm straight. Similar to the magnet and the fingers, the arm becomes incredibly hard to bend. Since I've never once caused a jet of water to shoot out of my hand, I'm betting it has nothing to do with water or any mysterious "chi." Indeed, it doesn't, so I hope you weren't taking the bet!

It turns out that there is a common element in the martial arts trick and the magnet trick, which can, moreover, be applied to fencing. It is simply this: both tricks are designed to focus you away from your own body and focus you on the effects you want to have. Ah, but why do that?

As most of us have experienced at one time or another, there is a limit to how much we can pay attention to. If you're spending all your concentration thinking through how to execute a move, or what move to execute in response to different moves by your opponent, you have nothing left with which to process what he actually does. As you think about your move, his point is hitting you in the chest. While practice certainly helps with this, in the sense that if you make moves automatic and cue them properly, you don't have to think about them. It matters how you practice: do you focus internally, on your body, or externally, on the results you want to obtain?

It turns out that most people tend to focus on their bodies. They try to keep track of where to put their arms, their legs, etc. After all, how hard could that be? The answer, it turns out, is very. Keeping track of your body, or internal focus, consumes a huge amount of our finite attentional capacity. It also interferes with the body's ability to self-organize: it's the equivalent to having someone standing over your shoulder critiquing your every move, except that you are, in effect, standing over your own shoulder. Instead, it's important to focus on the intended or desired result of the action you're taking, a technique known as external focus. A good mental image of what you want to accomplish will do more, and use less attention, than body-oriented instructions.

It turns out that skills learned with an external focus are more robust: they degrade more slowly when you are tired or stressed, and last longer even without practice. They are more transferable to different situations. External focus allows our bodies to self-organize, or figure out the best way to accomplish the task, explaining the magnet trick. Finally, external focus uses considerably fewer attentional resources than internal focus. Athletes who use external focus typically experience shorter reaction times than those who use internal focus. Best of all, these findings were verified by Dr. Gabrielle Wulf and her colleagues at the University of Nevada, Reno.

Athletes in a variety of sports have learned the trick of saying to an opponent, "Great parry! How do you do it?" or "Great serve, how do you do it?" to give examples from fencing and tennis, respectively. The goal of the question is to focus your attention on your body and thus screw up your technique.

External focus is not a replacement for practice. It is a way of approaching the mental side of practice to accelerate learning and maximize your performance in bouts. *www.7stepsahead.com*

Further reading may be found at Dr. Gabrielle Wulf's website at the University of Nevada, Reno: http://kinesiology.unlv.edu/wulf/focus-attention.html

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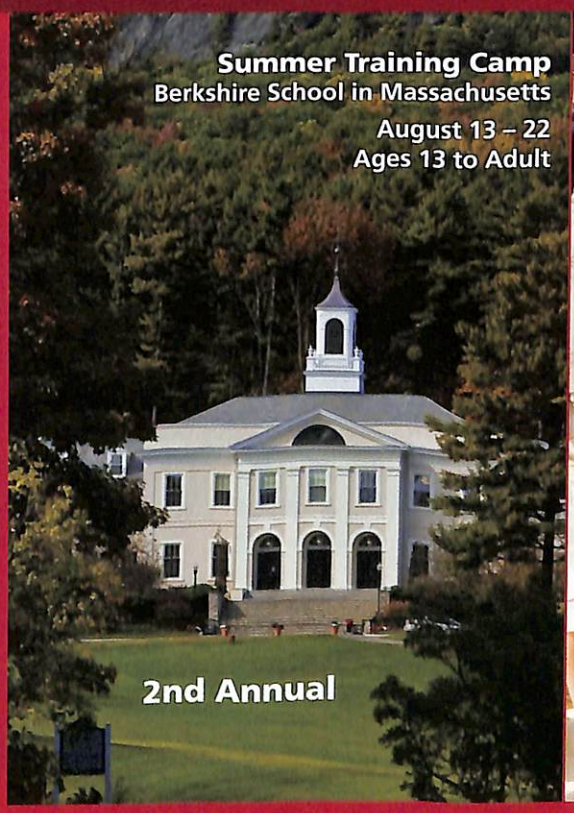
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TECHTALK

THE NEGLECTED SCORING MACHINE

By Ted Li

With the advent of sophisticated integrated electronics in recent years, the durability of scoring machines has increased exponentially. The implication of this development is that people don't really think about maintaining their scoring machines. Too often they are tossed into the trunk of a car to be used in a local competition or hung on a wall and neglected for years – they become neglected orphans until they malfunction.

There are some simple steps that you can take to prolong the life of scoring machines which travel from place to place, competition to competition in the back of someone's car. The first step is to protect it physically from the bumps and bruises of travel. While many scoring machines use "through hole" technology to affix the electronic components to the circuit board, the more modern scoring machines use "SMD," or surface mount technology where the components only sit on the surface of the circuit board. The hard knocks and continuous vibrations of travel can break the solder contacts which hold the components onto the board and make the electrical connection.

For scoring machines mounted in a club, there can be other problems. Dust and moisture can enter the machine case, usually through the sockets where the floor cables connect, and if allowed to accumulate, can cause a scoring machine to malfunction. Another problem actually involves the connection between a scoring machine and the "floor cable" plugged into it. The floor cable should be removed and re-inserted on a yearly basis to prevent corrosion from causing resistance problems (e.g., in foil a non-valid hit registers instead of a valid one). Another solution to this problem is the use of an electrically conductive grease on the floor cables' pins to prevent corrosion and maintain good electrical contact.

If you have a scoring machine which uses incandescent lamps to signal touches, when you replace a burned-out bulb, be sure to replace it with an exact replacement. For many scoring machines, the generic #1446 bulb is the appropriate one for a scoring machine powered by a 12 volt power supply (e.g., SG12, Leon Paul). Before replacing a "dead" bulb, make sure that it really doesn't function. You should try gently tightening in its socket, swapping it for a known good bulb, or use an ohmmeter to see if the bulb has internal continuity.

If you other pieces such as switches, lens covers, buzzers, etc., you should contact your local fencing distributor, as they either have them in stock, or can tell you where to obtain them.

TECH TALK

IN THE SPOTLIGHT CATHERINE "CAT" BOUWKAMP



Competing in her first international event ever, Bouwkamp became the first U.S. woman to ever medal at a Wheelchair World Cup in October by earning the bronze in saber in Warsaw, Poland. Then on May 1, Bouwkamp bounced back from major surgery in February to win her second International Wheelchair & Amputee Sports Federation (IWAS) World Cup medal in as many outings – bronze also, but this time in epee.

Though she's only fenced from the wheelchair for the past six months, Bouwkamp does bring five years of experience from able-bodied fencing. Bouwkamp has congenital leg problems and scoliosis.

"She is a young person and is very promising," said Les Stawicki, the U.S. National Coach for wheelchair fencing in a press release after the October event. "When she has a little more experience in the chair, she can probably win this event."

Highlights:

- Bronze, IWAS World Cup, saber, Warsaw, Poland, 10/09
- Bronze, IWAS World Cup, epee, Montreal, Canada, 2/10
- Gold, North American Cup, Dallas, Texas, 3/10

STATS & FACTS

Hometown: Fishers, Ind.
Birthdate: Feb. 13, 1996
High School: Fishers High School, 2014
Club: Indysabre
Coached by: Val Kizik & Les Stawicki

Why Fencing ?: I like the way you have to strategize and analyze not only what you do but your opponent's actions as well. I like the speed, the thought process and the mental strength that it takes.

Who is your "fencing hero"?
My fencing hero is Sean Shumate because he has overcome an immense obstacle in his life and he has dealt with it with a smile and always has a joke waiting. Not only is his pesonality inspiring, he has won many medals at IWAS competitions and has a Paralympic ring to boot.

It takes more than practice, dedication and guts to be an Olympian.

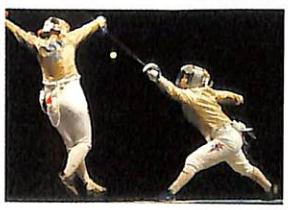
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USA FENCING

CLUB TIPS
THE DEMO

by Cynthia Bent Findlay

When it comes to getting the name of your club out there and finding new members, the demonstration is often the first tool new clubs think about. After all, the thinking goes, who can resist fencing once they've seen it?

Turns out the answer is – lots of people. Demonstrations are a fantastic tool for spreading name recognition and awareness of the sport, but every public demo isn't exactly going to fill your salle with new class members. Clubs often therefore give up on them. But if approached with the right expectations and some planning, the demo can truly be rewarding for your club.

First, think carefully about who you're staging your demonstration for – and why.

Mass demonstrations in public places like festivals or malls might not bring in tons of sign-ups, but that doesn't mean they're not useful.

"For those times we've done demos at a food festival, say, we understand the audience is not coming to see us but the food, so for us, it's more about exposing the public to fencing. We get some trickling in from those demos, but more who understand that fencing is available," says Paula Reed, Olympia Fencing Center in St. Louis, Missouri. Reed is also the new chair of US Fencing's Club Development and Support Task Force.

Reed says her club believes in the power of the demonstration, and does at least one per month on average. Partly because of that, she says, Olympia has succeeded in raising the awareness of fencing in town. Olympia currently fills two classes per day and 15 after-school programs around the city.

"We're hearing more these days from people who say, 'Oh yeah, I've heard about that, don't you do an after school program at such and such?' And we might get a lot of these people later on, like the kid who remembers how much fun he had at a fencing birthday party when he was eight," says Reed.

Just providing awareness that fencing exists in your town will pay off in the long term in ways you cannot forecast.

"After Zorro came out and local clubs did demos at theaters, the local paper did a story about fencing clubs in town. My daughter said 'I always wanted to do that, but I never thought to ask, because I assumed there was no place to do it,' and that's how we got into fencing," says Mary Griffith, who has written a booklet for clubs for US Fencing entitled "'Fencing's a SPORT?!' A Guide to Promoting Fencing Locally & Regionally." The entire contents of that booklet is available online for free at http://www.marygriffith.net/Site/samples.html.

Some club owners swear by demonstrations at schools; others find them less useful.

"Our long-time coach Ted Smith said he gave up on school demos. He said it was almost pointless doing demos where there are no parents. If you're looking to get kids enrolled, he found it does no good if the kids come home and say, I saw fencing today and it was really cool, and the mom would say 'That's nice,' whereas if parents are there, they see kids getting excited, you can hand them the brochure, that's getting somewhere," Griffith says.

Other potential demonstration audiences:
•Scout troops, gifted resource councils, and other youth groups. Such groups are always looking for new activities, and as an added bonus, they have heavy parent participation, as well.
•Teachers and other youth instructors. Schools regularly hold in-service days for teacher training, and physical education teachers participate in those as well. Some club have found that districts are happy to have clubs come and teach the teachers about new activities, and after-school programs have gotten their start that way.
•Adult education and continuing education directories. "Your local Learning Exchange or Learning Annex might print up 100,000 copies of classes available around town, and that's that many more opportunities for fencing to catch someone's eye," says Griffith.
•Wellness fairs, parenting expos, camp fairs (expos where many youth activity camps are spotlighted). Look in local parenting magazines for such events.
•Local corporations. Olympia Fencing has put on demonstrations for Monsanto, for instance, at a corporate wellness fair.

Easy Does It

Many take the tack that details like right-of-way are best left for the salle, and that the actual demonstration should be short.

"Too many details, it doesn't work," says Wes Glon, owner of several clubs in the Central Pennsylvania area and also assistant coach of Penn State's varsity team.

"I even give the foil fencers two points if there are two lights. It's a good pep talk, it's supposed to just bring excitement," Glon says.

Pull Out the Pros

Put some thought into what fencing provides for potential customers, and hit those points. Fencing's historical appeal, the Olympic angle, the potential for collegiate participation, the lifetime of enjoyment are all powerful advertisements for the sport.

Glon says that he focuses demonstrations on the values he wishes to stress to parents. Honor, self-control, and discipline are concepts he emphasizes. He also plays up the elegant nature of the sport.

"I show the art, and call it a 'chase in whites,'" he says. "I'm not afraid to call it an elite sport, and explain that it won't be a mass popularity sport, but it is for those who appreciate the art and complexity. I also emphasize that those who work at it will be rewarded, that you can go far by using your mind and strategy."

Safety is another important angle to touch on. Demonstrate the safety equipment, and stress that fencing actually has one of the lowest injury rates of any sport.

"As a parent, I want to know my child's safe, and what the rules of engagement are. I didn't know they could hit each other in lacrosse before my kids signed up, and I'm not wild about that! We stress that if you follow the rules, your child is safe," says Reed.

Make it Fun

Dream up new ways to highlight the excitement of the sport. Get portions of the audience to cheer for one fencer in a demo bout, the other half to cheer for the second. Get young students to fence against teachers at school demos.

One gimmick that's been around for years is the balloon game: Fasten balloons to either a suited-up coach or even a dummy or wall, and let audience members try to pop them with a foil.

One game might be to have small kids try to pop balloons on a moving coach who is gently trying to parry. Participants are quickly suited up with a mask and jacket, which adds another level of excitement.

Another might be to have a prize token hidden behind balloons fixed to a target, or have an audience member try to knock something off a coach's shoulder.

Allowing two or three kids to get in on the action and try at the same time to touch a coach (after a brief setting down of the rules!) is another laugh-getter, as most coaches can fend off several pre-teens at once.

Glon also likes to "leave them clamoring for more," he says, and often cuts the interactive portion of demonstrations short, ending on a high note when the crowd is most involved and cheering.

Follow Up

"We do everything in our power to get your email address from you," Reed says. "We'll give away a class if you put it down. We raffle off items sometimes during demos. It's the most cost effective means for us to market. And we have a general email population that we send out info about camps, classes, Fathers' Day gift cards, and it's kind of like when you get it over and over, you finally click on it."

Also follow up with the organization that allowed you to offer the demonstration, says Reed.

"You want to be a repeat customer of theirs. Call them and tell them it was great, keep me in mind for next year, and they will. It's easy for them, they know the product and what they're getting, they will have you back," says Reed.

Finally, remember that the demonstration should just be one part of an effective marketing program.

"It's not just the demo that brings people in, it's the demo and maybe they've heard it somewhere, there is a familiarity with it. You're hitting them from all sides, doing interviews out in the media, giving out t-shirts whenever possible, getting your name out. Soon people are seeing fencing at so many sites, when it's time to ask what am I going to do with these kids this summer, they're familiar enough that they make the call," Reed says.

Quick Tips

Use Girls in your demos. "Boys will naturally come," says Glon. Girls want to see that the sport is for them, too.

Keep It Simple. Don't lose your audience with the more arcane details of the sport. Don't let technical hang-ups like nonworking electrical equipment bog you down.

Get Them On Paper. Find any way you can to get your audience to give you contact information – and then follow up!

Give Them Something. Hand out free materials, such as fliers, magnets, and coupons. Coupons like "bring a friend for free" or a free intro session are also a bonus because they provide market research on how your new student found you. They're proof that your marketing worked – or didn't. AF



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Keep the Score

THE iPhone/iTouch app for fencing refs. Keep track of time, score, penalties, even team matches and complete pools with fencing ref. This app even vibrates your phone when you start and stop the clock. News Flash: a new update will be available by early July allowing refs to email pool sheets and more!
By Michael Jaoudi, Available for $1.99 through the iTunes/iPhone store, with more info on Facebook (search FencingRef).



Made To Last

Absolute's new Signature Series II lames are made from stainless wire woven into soft cotton that won't abrade or discolor. The company says they've been heavily testing in Europe with great results – so good that Absolute will guarantee them for a full year.
Absolute Signature Series II lames, available for $119 (foil) - $179 (saber) from Absolute Fencing Gear, www.absolutefencinggear.com, 732.868.9003.



Deck the Walls

Thinking of doing a little club renovation over the summer? Why not create some custom wall art for your salle? BLIK features some of the best vinyl wall decals we've ever seen, and they can make your logo, inspirational phrases, fencer stencil art, anything you can dream up. And hey, if you ever move, you can take it with you. This example was created for the Santa Monica Public Library.
Pricing starts at $250.00. See www.whatisblik.com.



Results

Capitol City Youth Classic
Air Park Recreation Center, Lincoln, Neb., May 15-16, 2010

Youth-10 Mixed Epee: 4 competitors
1 Wilkins, Miles Lincoln Fencing Club
2 Gades, Will Lincoln Fencing Club
3T Haake, Austen Lincoln Fencing Club
3T Haake, Kadin Lincoln Fencing Club

Youth-10 Mixed Foil: 12 competitors
1 Jacobs, Tyler The Fencers Academy
2 Chaverin, Benjamin Heartland Fencing Academy
3T Zimmerman, Nathan Kanza Fencing Club
3T Truhe, Eli Kanza Fencing Club

Youth-10 Mixed Saber: 9 competitors
1 Goeke, Tyler Fencing Athletic Club of Kansas City
2 Hoar, Zack Fencing Athletic Club of Kansas City
3T Hall, Alex Colorado Fencing Academy
3T Hoar, Whittaker Fencing Athletic Club of Kansas City

Youth-12 Mixed Epee: 6 competitors
1 Doerksen, Kaden Wichita Fencing Academy
2 Butler, Joseph Lincoln Fencing Club
3T Schauf, Ryan Wichita Fencing Academy
3T Tang, Mariel Metro Chicago Fencing Center

Youth-12 Mixed Foil: 22 competitors
1 Hassan, Mohamed The Fencers Academy
2 Zimmerman, Ryan Kanza Fencing Club
3T Trantanella, Vincent The Fencers Academy
3T Ruelle, Steele Heartland Fencing Academy

Youth-12 Mixed Saber: 15 competitors
1 Losh, Brandon Fencing Athletic Club of Kansas City
2 Hughes, Nickolas Fencing Athletic Club of Kansas City
3T Goeke, Tyler Fencing Athletic Club of Kansas City
3T Foley, Kyle Fencing Athletic Club of Kansas City

Youth-14 Mixed Saber: 10 competitors
1 Ferland, Grant Fencing Athletic Club of Kansas City
2 Halberstadt, Jaret Kansas City Fencing Center
3T Wickoren, Sam Fencing Athletic Club of Kansas City
3T Gebbett, Matthew Kansas City Fencing Center

Youth-14 Men's Epee: 6 competitors
1 Doerksen, Kaden Wichita Fencing Academy
2 Guthrie, Nicolas Wichita Fencing Academy
3T Wilms, Forrest Kansas City Fencing Center
3T Chu, Jon Kansas City Fencing Center

Youth-14 Men's Foil: 16 competitors
1 Hassan, Mohamed The Fencers Academy
2 Zimmerman, Ryan Kanza Fencing Club
3T Trantanella, Vincent The Fencers Academy
3T Kwant, Henry Minnesota Sword Club

Youth-14 Women's Foil: 7 competitors
1 Tsue, Ashley Heartland Fencing Academy
2 Schoenle, Nora The Fencers Academy
3T Brunner, Kelsea Lincoln Fencing Club
3T LoVan, Audrey Sioux City Fencing Club

Cadet Mixed Foil: 16 competitors
1 Hassan, Mohamed The Fencers Academy
2 Tsue, Ashley Heartland Fencing Academy
3T Datta, Paul Minnesota Sword Club
3T Megarry, Henry Minnesota Sword Club

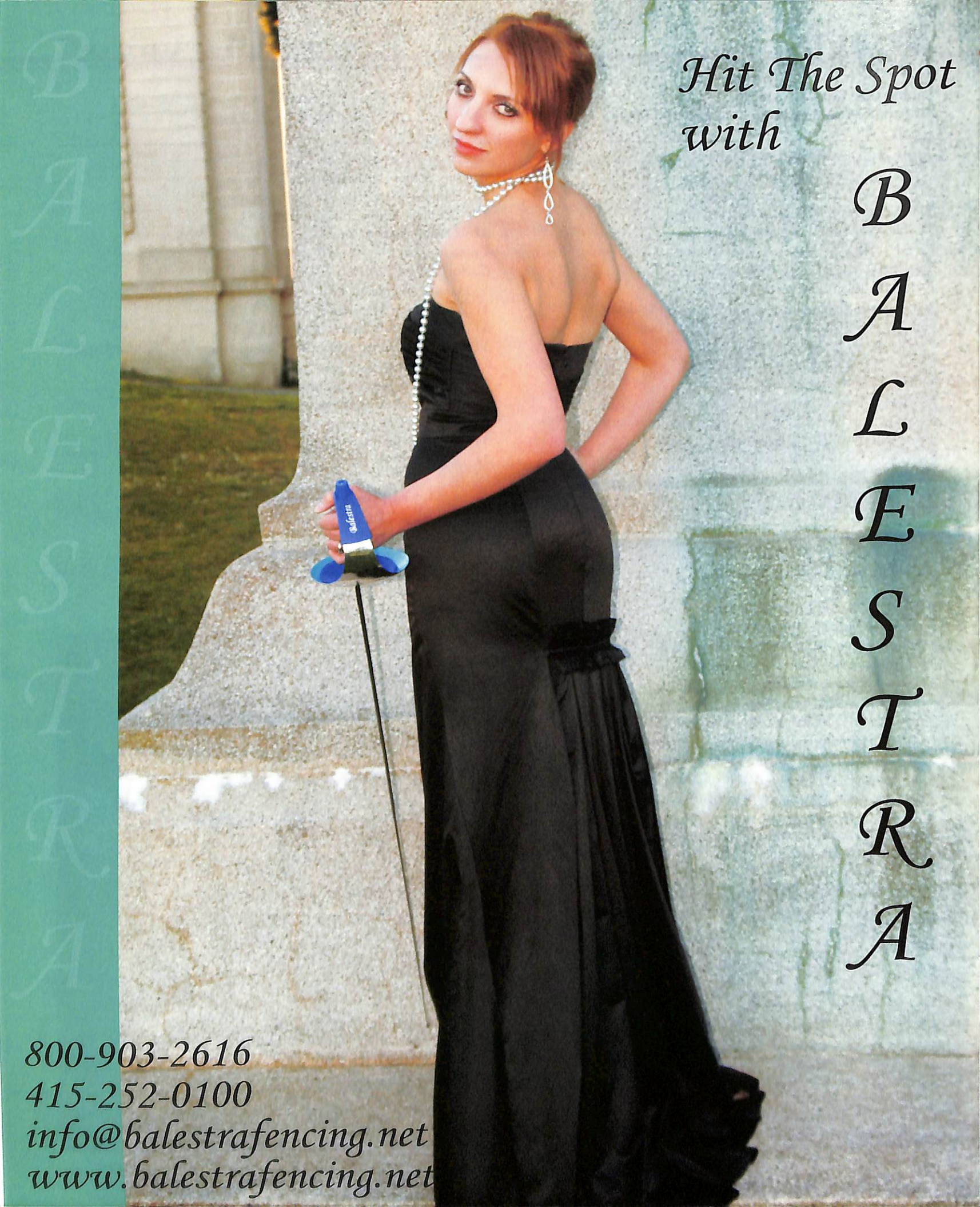
Cadet mixed Saber: 8 competitors
1 Murphy, Liam Fencing Athletic Club of Kansas City
2 Foley, Connor Fencing Athletic Club of Kansas City
3T Gebbett, Matthew Kansas City Fencing Center
3T Hanvy, Sarah Kansas City Fencing Center

Cadet Men's Epee: 9 competitors
1 Datta, Paul Minnesota Sword Club
2 Mark, Alec Sioux City Fencing Club
3T Guthrie, Nicolas Wichita Fencing Academy
3T Bradford, Karl Kansas City Fencing Center

2010 Junior Worlds



Photo Serge Timacheff


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Coach Classifieds

Work Wanted

Alexey Karpov, 45 years old, 25 years of epee coaching experience. Has coached five champions of All-Russia fencing championships. Took part as a coach in training camp of Russia National team for 1996 Olympic Games. Has been a coach of Singapore National team for three years and has prepared champions of both individual and team events in South East Asia Fencing Federation in 2006. Please contact karpovsin@gmail.com.

Italian Fencing Master, current coach of the University of Verona Fencing Team; graduate of National Academy of Fencing in Naples, seeking teaching position in scholastic or club fencing in the U.S. Contact Carmino Galanto, tel. 045-522084, address Via A. Scarlatti, 1/A, 37131 - Verona, Italy.

Coach Wanted

Dallas Fencers Club in Dallas, Texas seeking part time epee coach for developing epee program. Private lessons and some group classes, children and adults. Needs good communication skills and enjoy working with children. Send resume to dallasfencers.com or contact Coach Waldek Czaja at 214-629-5358.
First posted Spring '10

FASJ and Mr. Ma Fencing Center are looking for quality foil and sabre coaches. Please email your resume and contact information to: fasj1@yahoo.com. An assistant epee and foil coach are also needed at UPenn. Please contact Andy Ma at: Andyma@upenn.edu.
Renewed Summer '10

Seeking Coach: Oregon Fencing Alliance in Portland, OR has an opportunity for a sabre coach to work alongside Ed Korfanty and his World and Olympic Champions. This is a part time position teaching Beginners the sport of fencing. Individual needs good communication skills and must enjoy working with young kids. Send resume and contact OFA Director of Programs: CZagunis@aol.com//503.880.3512
Renewed Summer '10

Intermediate/Advanced Foil and Saber Coach Wanted for growing three-weapon fencing club in Albuquerque. Must speak some English. Students age 8 years to adult, group classes and individual lessons. Some relating to parents expected. Must be able to armor. Base 20-25 hours/week, extra hours possible. Occasional paid travel. Three-month trial offered, travel allowance for moving. Contact Toby Tolley at Duke City Fencing, (505)872-0048.
Renewed Fall '09

Salle for Sale

Fairfax Fencers club, and facilities (2700 sq. ft.). Current location Chantilly, Va. for over 6 years see www.fxfencers.com. See loopnet.com for comparable prices. Current owner and head coach relocating next three years or so. Email tomj@fxfencers.com.
Renewed Summer '10

Got a big competition coming up? Looking for a coach? Looking for a job? Send FREE classified listings to:

Cindy Bent Findlay, editor@americanfencing.com. Make sure to include contact information. American Fencing will not act as an intermediary for advertisers and does not research backgrounds or legitimacy of either coaching candidates or advertising employers or clubs.

Coach Classified Adverts will run for 2 consecutive issues only and then removed UNLESS requested by advertiser.

Fall magazine deadlines for all classified ads is July 30, 2010.

Have Bag Will Travel..... (cont 'd)

Sometimes odd things can alert the TSA to issues. A few years ago I had to go through a very thorough physical inspection because it was just after July 4th and I had handled my briefcase after an evening of lighting fireworks: This set off an alarm for explosives in the TSA detection system. If you were working in your yard and using fertilizer, you're also at-risk for being pulled aside if you have any residual chemical on your hands or clothing. So it's not always your fencing equipment that can snag you at the gate.
Here are some TSA-provided general guidelines for traveling to help you get to your destination with minimal issues:
•Put tools into a single container, such as a small tool kit, instead of scattering them throughout your checked or carry-on luggage.
•A small amount of matches are OK to be carried-on or checked, as long as they aren't the strike-anywhere types—these need to be carried on.
•Lighters are also currently OK to be carried-on, as long as they aren't the "torch" style, which are not allowed.
•Use TSA-approved locks on your luggage if you're concerned about unauthorized people going through your gear. The TSA has very only a very limited time with your luggage compared with baggage handlers and other behind-the-scenes staff. These locks can only be opened by you or the TSA, and allow you to secure your gear.
•You can take small amounts (less than 3.4 ounces or 100ml) of acetone as a carry-on. This is because it is also used a nail polish remover, so it's approved as something you also could put onto your body. Checking larger amounts of it probably isn't advisable anyway.
•Check anything with a blade, no matter the length (obviously this applies to your weapons, too!).
•If you're at all uncertain about something, take it to security before you check-in and ask them. That way, you'll have the option to put it into your luggage if necessary. To do so, however, remember to allow a little extra time at the airport!

Upcoming Events:

2010 Summer National Championships
Atlanta, Ga.
July 4-13, 2010

2010 Pan American Senior Zonal Champs.
San Jose, Costa Rica
July 1 – August 30, 2010

2010 1st Youth [Summer] Olympic Games
Singapore
August 14-26, 2010

2010 World Veterans Championships
Porec, Croatia
Sept. 28-Oct. 3, 2010

2010 World Senior Fencing Championships
Paris, France
Nov 6-13, 2010

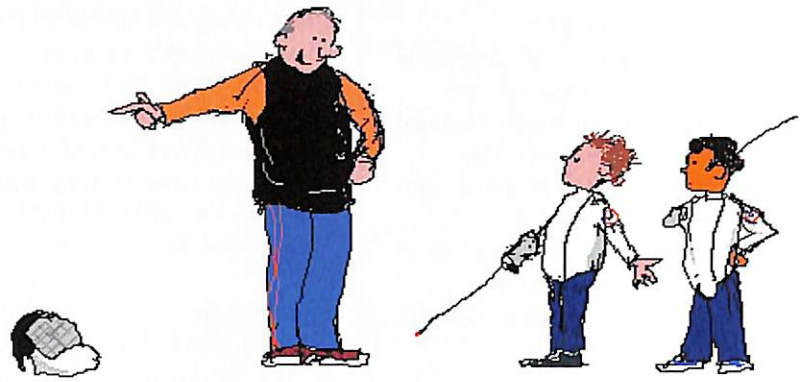
2010 Wheelchair World Championships
Paris, France
Nov. 6-13, 2010

2010 Junior Worlds



Photo Serge Timacheff

Force Field



YES! BUT OUR MULTI-PHASED IONIC DISRUPTORS HAVE DESTABILIZED YOUR PERSONAL FORCE FIELDS, SO YOU'RE GONNA HAVE TO WEAR THE MASKS !!

JMK

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By J.M. Kelly

FENCING ACADEMY OF SOUTH JERSEY

2 JUNIOR SUMMER CAMPS

PRE-SUMMER NATIONAL CAMP
June 21-30, 2010 (10 days)

PRE-SEASON CAMP
August 22-29, 2010 (8 days)

Each camp's objective is to improve the level of the competitive fencer in 3 weapons.

Coaches: Andy Ma, Kevin Cho, Gilbert Gelinas, Witold Rutkowski, Milos Vasic, Jane Eyre, Slava Danylov, and Szaba Gall.

Fencing Academy of South Jersey
2060 Springdale Road, Suite 200 • Cherry Hill, NJ 08003

For additional info: (609)280-7579
E-Mail: fasj1@yahoo.com • Website: www.FASJ.com

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2010-2011 Membership Application

Membership year runs August 1, 2010 to July 31, 2011

Please **print clearly or type** the following:

θ**New Member** θ**Renewal**

Renewing Membership # _____

_____ _____ ___
Last name **First name** **M I**

Birth date ____/ ____/ ____ θ**Male** θ**Female**

U.S. Citizen? θYes θNo.

If NO, Permanent Resident? θYes, Issue Date ___/ ___/____

If NO, Visa? θYes Country of Citizenship_____

Division: _____
See reverse for details.

Competition Club: _____
Type: θSchool θClub
Coach: _____

Secondary Club: _____
Type: θSchool θClub
Coach: _____

Emergency Contact Name_____
Phone number_____

Primary mailing address: θHome θSchool θEmployer

_____
Street Address **Suite/Apartment #**

_____
City **State** **ZIP**

(_____) _____ - _____
Primary Phone

(_____) _____ - _____
Secondary Phone

(_____) _____ - _____
Fax

E-mail 1: _____

E-mail 2: _____ _____

Check here to opt out of receiving fencing information by e-mail or mail.

MEMBERSHIP TYPE:
1 year memberships expire 7/31/11; 3 year memberships expire 7/31/13

(*see reverse for requirements and benefits)

Competitive Membership Types:	**1 year**	**3 year**
Competitive*	θ$60	θ$160
Professional*	θ$125	
Life*	θ$1,200	
Life Installment*	θ$120	

Non-Competitive Membership Types:	**1 year**	**3 year**
Supporting*	θ$40	θ$110

Family 1 year*
2 Competitive Members θ$110
*Additional competitive members add $50 for each.
θ$_____*

One subscription per family membership
Attach separate application for each family member.

CONTRIBUTION: θ$100 θ$50 θ$25 θOther:___
The USFA is a 501 (c)(3) non-profit organization.
Contributions are tax deductible to the extent allowed by law.

PAYMENT METHOD: PLEASE DO NOT SEND CASH
US Fencing memberships are non-refundable and non-transferable
θCheck (Make checks payable to USFA. There is a $25 fee for returned checks)

θVISA θMasterCard θDiscover θAmerican Express

Credit Card # _____

Exp. Date_____

Signature_____
Mandatory Authorized Cardholder Signature

Billing Zip Code for above credit card_____

Total amount enclosed $_____

WAIVER OF LIABILITY- YOUR SIGNATURE IS REQUIRED

In consideration of my participation in the sponsored activities of the US Fencing Association, I acknowledge, agree to and understand that: I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis and even death, as well as other damages and losses, associated with participation in a fencing event. I further agree on behalf of myself, my heirs, and personal representatives, that US Fencing, the host organization, and sponsors of any US Fencing sanctioned event, along with the coaches, volunteers, employees, agents, officers and directors of these organizations, shall not be liable for any injury, loss of life or other loss or damage occurring as a result of my participation in the event, or as a result of equipment that may have been provided to me for these activities.

_____
Member's Signature

_____
Parent's or Legal Guardian's Signature*
(***Required** for members under 18) Date___/___/____

Return to: US Fencing, 1 Olympic Plaza, Colorado Springs, CO 80909-5774 or Fax: (719) 632-5737

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COLORADO SPRINGS, CO 80909-5774

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