

MARTIN LANG
1975 PAN AMERICAN
FOIL CHAMPION
(STORY ON PAGE 6)

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DEADLINE FOR 1975-76 ISSUES

Issue Date	Closing Date for Copy	Mailing Date
Jan./Feb.	Dec. 10	Jan. 31
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EDITORIAL

Upon his retirement from N.Y.U. Miguel de Capriles placed at the disposal of the AFLA a lifetime accumulation of fencing records, books, magazines, etc. In addition we have been the recipients of fencing photos and movies taken by that great photographer Nick Muray.

As a result, Alex Solomon, our historian has come up with an excellent suggestion; "How about an AFLA library?". Surely there are fencers throughout the country and the world who would be pleased to contribute interesting items to this collection.

Our historian has kindly volunteered to act as librarian for this remarkable collection, which is expected to grow in size. It is anticipated that the collection would be kept under the auspices of the Fencers Club in New York, catalogued and available to interested persons.

The plan is still in the formative stage but I suggest that any fencer who has any items which might be appropriate for a fencing library write to Alex Solomon, 280 Riverside Drive, New York, N.Y. 10025, with the offer.

For a start, I have offered the Metropolitan Museum of Art's Catalogue of European Court Swords and Hunting Swords by Bashford Dean, published in 1929, which I believe is a collector's item.

CONGRATULATIONS

American Fencing extends its sincere congratulations to Belinda Bogren and Paul Apostol, on the occasion of their recent wedding.

STEVE SOBEL ELECTED TO PAN AM CONGRESS

Romero Vargas, President of the Mexican Fencing Federation has been elected President of the Pan American Fencing Congress with Steve Sobel of the AFLA as Vice President. The Congress's responsibility will include the organizing of the VIII Pan American Games which will be held in Puerto Rico in 1979.

NEW YORK CITY ABANDONS HIGH SCHOOL FENCING

by Alfred R. Peredo

The average sports fan would probably not recognize the name of Marty Lang. We in Fencing proudly know that Marty is the 1975 Pan-American foil champion for the United States. During the first days of the Pan-American contests there was a notable absence of "news" concerning fencing or of Marty Lang's personal achievement. This early "non-recognition" occurred even when the Press was playing up the close battle in the gold medal race with the Cubans. I offer this prelude to underscore the non-recognition of fencing.

The Public Schools Athletic League (P.S.A.L.), the sports governing body for public schools in N.Y. City has eliminated inter-scholastic competition in fencing. This action was precipitated by the now well known N.Y. City fiscal crisis. The P.S.A.L. budget had available funds last year of \$2.4 million. That figure has been cut drastically. The P.S.A.L. had to choose how and where to cut, so they completely eliminated inter-scholastic fencing along with some other sports as well as all junior varsity sports and intramural activities.

In my discussions with Irwin Tobin, the chief P.S.A.L. administrator, he stated that something had to go and it just happened to be fencing. He presented figures which indicated that approximately 500 students were serviced in 32 New York City high schools by the fencing program. In terms of comparative numbers we were expendable. Fencing to the P.S.A.L. was not important enough to retain at even a reduced competitive level. We were apparently too esoteric, and not a revenue producer.

The P.S.A.L. has a clouded memory. Fencing in N.Y. City public high schools has a long and proud history. Many of our greats of fencing have emerged from its ranks. Among, but certainly not limited to, those who fenced in the P.S.A.L. include Ed Ballinger, Marty Lang, Neal Cohen, Albie Axelrod, Ralph Goldstein, Jeff Checks, Gene Glazer, Jeff Kestler, Steve Kaplan, and countless others too numerous to mention.

Many prominent American fencing and administrators developed in A.L. including Stan Sieja, Princetn Castello, N.Y.U.; Mike D'Asaro, S; Ed Lucia, C.C.N.Y.; Herb Cohen, N.) Strobel, Taft H.S.; and Bob Kapl; State. What about all of those who All-Americans, National Champion Olympians? Now, however, one v portant source for American fenc been eliminated.

We must convince the P.S.A.L. th ing is as important as any other s; that it must be reinstated immedia cannot accept the complete severa program that has done so much for c in this country at the national ar national level. Would it not be b have all sports programs sacrifice of their budget so that all could sur crisis?

In a recent study into drug abus Board of Education of the City York, it was determined that: "T school athletic program in the City York is a definite deterrent to the drugs by the athletes involved in gram."

Another recent study shows that t out rate for athletes is .9%, compai 9.4% of all high school students; r attendance rate for athletes is 93; pared with 76% for all high school s and that the proportion of seniors letics who plan to attend college higher than in the general high population. More than 100,000 high students are affected by this budge tion — 35,000 athletes and 65,00 students, including managers, tick ers, ushers, sportwriters and the like

The high school athletic coaches public school system have formed tl Our Sports Committee. The purpose committee is to raise the \$980,000 ated from the school budget for a in order to continue the sports prog

the high schools. This committee has universal support in the business, academic and political world.

Please send your contribution to:

Mr. Dave DeBusschere
Honorary Treasurer
SAVE OUR SPORTS COMMITTEE
P.O. Box 1475
New York, New York 10001

To emphasize our personal concern for the reinstatement of fencing in the P.S.A.L., please write to:

Mr. Irwin Tobin
Bureau of Health & Physical Education
300 West 43rd Street
New York, N.Y. 10036

I'm sure our letters and ideas can help bring back fencing to the New York City high schools. If you think a letter is too slow, his phone number is (212) 265-8399 or 8498.

There are a group of P.S.A.L. coaches who are maintaining practice schedules without formal recognition or remuneration in the hope that fencing will be reinstated. It is our responsibility to help their efforts and insure fencing a proper place in inter-scholastic athletics in New York City.



ROLL OF CHAMPIONS

Do you want to know who won the A.A.U. National Foil Championships in 1889? How about the members of the NFCAA All American Second team in 1941? All of these facts and many, many, more are to be found in the "Roll of Champions" by Jeffrey R. Tishman, published and distributed by the Castello Fencing Equipment Co. of 853 Broadway, New York, N.Y. 10003. This invaluable reference book features a wealth of fencing records, useful to students of the sport and of sports history.

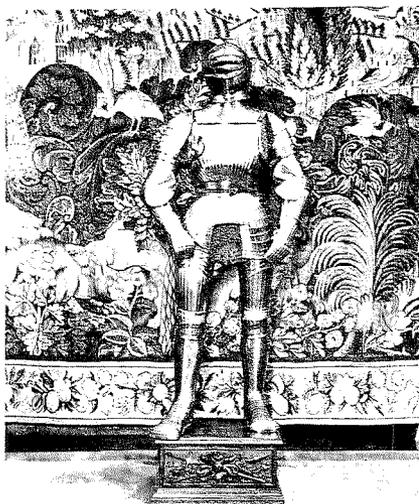


photo Courtesy of the
Detroit Institute of Arts

A suit of Tilting Armor in the Maximilian style, made in Nuremberg about 1510, and on display at the Detroit Institute of Arts.

ARMS AND ARMOR TOUR

Early arrivals at the 1976 U.S. Junior Olympics will be able to participate in a private tour of the Arms and Armor collection of the Detroit Institute of Arts.

William H. Peck, curator of Ancient and Medieval Art at the DIA, will discuss both European and Oriental weaponry in a special tour arranged for fencers and their families on Friday, February 13.

Features of the tour will be the world-famous Hearst Collection of medieval armor displayed in the Great Hall of the Detroit Institute of Arts and a remarkable suit of Japanese armor in the Oriental wing.

Forerunners of the fencer's mask will be shown in the Ancient Art gallery where an Etruscan Gladiator's helmet is on display with other examples of headgear worn by Greek and Roman warriors.

A representative display of Japanese sword guards is included to display the high degree of craftsmanship inspired by the Oriental swordman.

INSTITUTE FOR SPORTS MEDICINE AND ATHLETIC TRAUMA CONDUCTS RESEARCH ON U.S. PAN AMERICAN TEAM

by Richard J. Gradkowski

The Institute for Sports Medicine and Athletic Trauma of Lenox Hill Hospital in New York has started a research program on certain capabilities of fencers. The Institute was founded in 1973 by Dr. James A. Nicholas and is a part of the Orthopedics Department of Lenox Hill. Dr. Nicholas, team physician for the New York Jets football team and other professional teams, is a well known researcher in Sports Medicine. The Institute is privately funded and its long range objective is the reduction of injuries in sports. Greater public pressure for safety in recreational activities has created a demand for better knowledge and understanding of sports activities with their attendant stresses and strains.

The separate fencing study is being conducted by Dr. J. Minkoff, Mr. George Veras, and Mr. Alex Sapega, a former trainer at Cornell University. For his first batch of guinea pigs, Mr. Sapega borrowed a sample of our 1975 Pan American fencing team and put each one through a gruelling two and one half hour long series of tests. The tests were designed to examine capabilities in four categories: Strength, Agility, Flexibility, and Endurance.

Strength was defined as the contractive power of a group of muscles as a result of a single maximum effort. The examination was divided into upper and lower body studies and was conducted with Cybex II isokinetic testing machine connected to a polygraph recorder. In the upper body tests, the strength of pronating and supinating muscles of the wrist joint, as well as the extensors and flexors (with the hand closed) were examined. In the lower body, hip flexors, the quadriceps, hamstrings, abductors, adductors, and the ankle dorsi and plantar flexors were examined.

Muscular endurance was defined as the ability to execute movements with strength or power at a given rate of speed over an extended period of time. The same movements as in the strength tests were exe-

cuted at a faster rate of speed or second period. The results were read a integrator attached to the polygraph recorder, at one minute intervals.

Flexibility was defined as the l or tightness within the joint, the e the trunk, or a combination, in provide a wide range of movement formance. This parameter was exar use of a standardized test devel Dr. Nicholas (which is also used State high schools). The test exam areas of flexibility and measures ti of motion with a goniometer device the tests are putting the palms on and turnout at the hips joints.

Agility was defined as speed o plus the ability to make a sudden c direction of movement. For his st Veras took motion pictures of som fencers at one of their training : He took films of lessons and bout these will be analyzed cinamatogra

When the study is completed, it published in the Journal of Sports M of the AMA. However, as an espec tesy, readers of American Fencing h: promised a look at the results right

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The 1975 U.S. Pan American team in Mexico. From l. to r. (front row) Denise O'Connor, Ann O'Donnell, Gay Jacobsen, Dan DeChaine, Sheila Armstrong, Nikki Tomlinson, Ed Ballinger; (second row) Bill Reith, Paul Apostol, Csaba Elthes, Steve Kaplan, Walter Krause, Brooke Makler, Tom Losoncsy, Scott Bozek, Anthony Keane, Marius Valsamis; (third row) Alex Orban, Marty Lang, Lajos Csiszar, Michael Dasaro, Peter Westbrook, Al Davis.

PAN AMERICAN FENCING RESULTS by Steve Sobel

Marty Lang, undefeated in the foil finals, won the first fencing gold medal for the U.S. at the VII Pan American Games in Mexico City, with impressive victories over Jons 2nd and Salvat 3rd of Cuba, Lupiz 4th and Saucedo 5th of Argentina and U.S. National Champion Ed Ballinger who was 6th. The only other gold medal was won by the epee team of Scott Bozek, Paul Pesthy, Brooke Makler and Bill Reith. Ed Ballinger doubled by fencing on the victorious epee team since the new rules authorize only 13 competitors for three men's teams.

Each U.S. Team won a medal (Epee 1st, Sabre and Foil 2nd, Women 3rd), and all eight individuals reached the finals of their respective events winning 1 gold, 2 silver

and 3 bronze for 5 out of a possible 8 individual medals. This result overall is one of the strongest of any U.S. Fencing Team in recent international competition. Every fencer came home with at least one medal.

In the individuals, Scott Bozek came close to the gold, leading 3-1 in a fence off for first place in epee at which point the zipper broke on his jacket. When he finally changed jackets, his opponent's weapon didn't register. A protest of the last touch was filed and after a long deliberation concerning the timeliness of the protest and the possible alteration of conditions, the Bout committee nullified the touch reducing Scott's lead to 2-1. Unfortunately, following the long delay and disappointing resolution of the protest, Scott lost the bout to Vergara of Argentina. Scott was 2nd

and Paul Pesthy was third for the U.S. In sabre Peter Westbrook placed 3rd after a 3 way fence off with Ortiz and Salazar of Cuba who were 1st and 2nd. Alex Orban placed 4th. The women's event was won by Rodriguez of Cuba with a 4-1 record. A 3 way tie for 2nd with 3-2 record resulted among U.S. National Champion Nicki Tomlinson Franke, Blanca Estrada of Mexico, and Denise O'Connor of the U.S., who was just one bout away from a 1st place tie before losing her last bout to Estrada. Nicki took an easy 2nd on indicators having won her bouts 4-1, 4-1, 4-0, Estrada was 3rd, and Denise placed 4th.

In the team events the women were 3rd behind Cuba and Canada, and both foil and sabre teams took second place behind Cuba. Unfortunately gold medalist Marty Lang pulled a muscle in the semi-final bout and could not fence against Cuba in the foil finals, and the sabre team match went on touches following an 8-8 tie, with numerous questionable decisions by the jury.

Although each competitor won a medal, no medals were awarded to the cadre. Yet the outstanding team spirit, the great physical condition of the team, and the essential back up support of the cadre cannot go unmentioned. Team Captain Jack Keane and Manager Dr. Marius Valsamis established and supervised a training program from late August up to the actual competition. Danny DeChaine performed superbly as armorer, always having a sufficient supply of working and approved weapons available for each fencer when needed. The coaches — Lajos Csiszar, Mike Dasaro, and Csaba Elthes worked well and smoothly with the fencers and the staff. The team not only competed against a very strong Cuban team in year round training, but also against the altitude of Mexico City, Montezuma's revenge on all Americans trying Mexican water and food for a short time, and all the other logistical problems of competing away from home. They were well prepared, worked hard, and the impressive statistics and medals won are evidence of their outstanding success.



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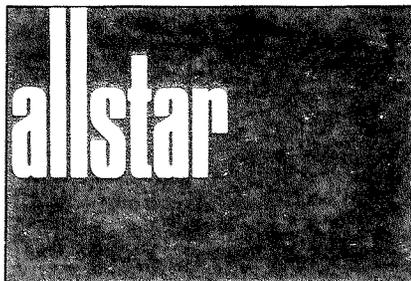
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RAYMOND W. DUTCHER

Raymond W. Dutcher, a member of the 1920 U.S. Olympic team in Epee, passed away on October 8 at the age of 90. A resident of Ridgewood, New Jersey, during his long career he was a formidable competitor in many sports, including gymnastics, track, football and baseball. He was also National Champion in the art of Indian club swinging and gave many exhibitions.

A graduate of the University College of N.Y.U. in 1912 he was the first N.Y.U. graduate to make the U.S. Olympic fencing team (in 1920). In the 1930's he coached the Eastside High School of Paterson fencing team and in 1965 he was named to the Sports Hall of Fame by the Old Timers Athletic Association of Greater Paterson.

His grandson, John Fluke, is a fencer on the Duke University squad. He is survived by his wife and his daughter, Margaret Dutcher Fluke. American Fencing extends its sincere condolences to his family and many pupils and friends.



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GENERAL NOTICE

By Steve Sobel, AFLA President

At the September meeting of the AFLA Board of Directors, disciplinary action was taken against a fencer who had participated in an Under 19 event at the Division level, when he was in fact ineligible to participate since he was over the eligible age. This is the second such case that has been presented to the AFLA Board of Directors in the past few years. Both cases had the same common facts: The fencer was over the eligible age limit, the fencer claimed the did not know he was ineligible, and other fencers in the competition were prejudiced as a result of the unauthorized participation. Due to the serious nature of this irregularity, the Board has directed that a general notice be placed in American Fencing to be brought to the attention of all Divisions and all under 19 fencers.

In all future AFLA events restricted by age, the entry form must require a statement by the individual of his date of birth. Any individual who does not provide the correct date of birth, will be subject to severe disciplinary penalties by the AFLA National Board of Directors. The AFLA organizing committee shall be required to check the date of birth on each entry form, and reject any entry where the individual is not eligible as a result of his age.

All fencers are once again advised of the general statement at the beginning of the rules book "Ignorance of the rules is no excuse". All fencers are encouraged to acquire their own copy of the rules books, and to study the rules very carefully. Rules books may be obtained by sending \$3.00 to AFLA Secretary Irwin Bernstein, 249 Eton Place, Westfield, N. J. 07090.

QUICKIE QUIZ

If a team member violates a rule by order of his team captain, who is held responsible by the bout committee? (See Rule 609, page 114 of the 1974 Rules Book.)

MARDI GRAS TOURNAMENT IN NEW ORLEANS

Saber and Women's Foil Competition and Fencing Clinic, will be held February 28-29, 1976.

This year the saber field will include Mr. Peter Westbrook current U.S. National Champion and Dr. John Kalmar Olympic bronze medalist and World-Championships (individual) silver medalist. The foil and saber clinic will be conducted by Maestro George Santelli, U.S. Olympic Fencing Coach and Dr. Eugene Hamori, Olympic gold medalist.

Mardi Gras is a great time to visit the charming city of New Orleans! Please note that the most spectacular parade of the carnival season (Bacchus) is held on the same day (at night) as the fencing clinic. For more information such as details on the gala reception, housing, entree fees, etc., contact: Dr. Eugene Hamori, 1722 Lark St., New Orleans, LA. 70122.

ATLANTA OPEN

by Rudy Volkmann

This year's ATLANTA OPEN, held by at the Decatur Recreation Center weekend of September, was the la recent history. An expanded schesulted in a total of 114 entries for weapon meet, with representative Louisiana, Alabama, Tennessee, No olina, South Carolina, Georgia, Flori Army participating.

SABRE: 1. McFarland, FSU 9-2; 2. Vall State 8-3; 3. Trammell, New Orleans 8-

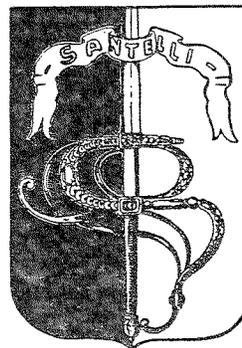
WOMEN'S SABRE: 1. Davis, New Orleans 5-1; 3. Basinger, Piedr 4-2.

EPEE: 1. Myrden, Army 5-0; 2. Forrest, M 3. Morris, Atlanta 3-2.

WOMEN'S EPEE: 1. Mullins, U. of NC 5-1; New Orleans, 5-1; 3. Ratliffe, GA South

FOIL: 1. Gross, Atlanta 7-1; 2. Myrden, A 3. Forrest, Miami 6-2.

WOMEN'S FOIL: 1. Roberts, Miami 4-1; 1 New Orleans, 3-2; 3. Lowrey, Athen GA



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NATIONAL SUPERIORITY, WHY? (1948-1973)

by A. John Geraci

After reading an article titled, "A New Hungarian Style in Epee", I started on a study of epee fencing statistics and their historical techniques and styles; and their national effectiveness in major competitions over the past years. I later included the other weapons in the study.

A paragraph in the article said, (quote), "You will recognize the fact that the new Hungarian Epee Style of fencing has dominated all the major international tournaments, including the Olympics and the World Championships since 1955."

The first step was to get the complete and exact records of the Olympic and World Championships dating from 1948 to 1973, and tabulating them by National team and individual results. I carefully analyzed the first four places in the team and the individuals.

The data compiled in these charts spoke for itself. It is obvious from the studies of the tabulations that at times certain countries did indeed dominate a particular weapon for 3, 5, 8 or 13 years and then gradually lost it. Why? For short periods in a particular weapon, there is only a slight superiority by one country. In another weapon, two or three countries have distinct superiority over the other national teams. Why?

Statistical analysis of the tabulations of the years 1948 to 1973 reveals that there are 2 rather distinct periods, 1948-1960 and 1961-1973. From the epee team and individual tabulation, we can make the following statements:

1. From 1948 to 1960, the Italian epee team completely dominated the championships with 10 firsts, 2 seconds, and 1 fourth out of 13 years. Hungary was a poor 4th behind France and Sweden.
2. Since 1968 has Hungary shown a superiority with 4 firsts and 2 seconds. However, in the 13 year period 1961-73, Hungary, Russia and France are about equal in statistical results. Sweden has

held its position over a 26 year period and Italy has fallen impressively out of the top rankings.

3. Study of the individual Epee tabulation reveals that from 1948 to 1960, Italy completely dominated the first 4 places over period with 8 firsts, 6 seconds, 8 thirds and 2 fourths. This correlates perfectly with their respective team victories during the same period of time. France, Sweden and Hungary were very poor seconds. This also correlates with their team victories over the same period.
4. From the period, 1961 to 1973 in the individual epee, we find that Russia has established a superiority with 5 firsts, 4 seconds, 3 thirds and 3 fourths. Hungary was a strong second. Hungary's individual efforts were not as strong as their team results over the same period of time. Italy's poor individual results correlated with the poor team results over the same period of time.
5. It is apparent that the above statistical data shows that the quoted statement in the first paragraph is inaccurate. On the whole, Hungary has not dominated the epee team and individual results since 1955.
6. The records serve also to indicate which teams are moving into the winning positions and which are receding in their ability.

From the Foil team and foil individual records, we can observe the following:

1. In the foil team, from 1948 to 1960, we see that Italy and France had a neck-and-neck superiority with Russia beginning to show its strength.
2. In the foil team, from 1961 to 1973, we see that Russia has completely dominated the competitions with 9 firsts, 3 seconds and 1 third over the 13 year period.
3. In the foil individual charts, from 1948 to 1961, France and Italy were superior in all the 4 places. This correlates with

the team results over the same period of time.

4. From 1961 to 1973, Russia, France and Poland are equal in their results. This does not correlate with the Russian team domination over the same period.

From the Saber team and saber individual tabulations, we observe the following:

1. In the saber team, from 1948 to 1960, we see that Hungary completely dominated the team competitions with 10 firsts and 1 second in 13 years.
2. In the 1961 to 1973 period, we see a complete change. Russia dominating over the 13 year period with 7 firsts, 5 seconds and 1 third. Poland showed a burst of strength and then has dropped back to 2nd, 3rd and 4th, with Italy and Hungary beginning to challenge Russia in the latest years.
3. In the saber individual results tabulated, from 1948 to 1960 period, Hungary completely dominated with 9 firsts, 8 seconds, and 5 thirds.
4. From 1961 to 1973, Russia has overshadowed Hungary in the individual results and Poland and Italy are making a bid for supremacy.

From the Women's team and individual foil tabulation charts we can observe the following:

1. In the first period, from 1948 to 1960, Hungary, France and Russia had a superiority over the other nations.
2. In the period from 1961 to 1973, Russia and Hungary have a domination with Romania taking a poor third position.
3. Over the 26 year period, 1948 to 1973, Russia and Hungary completely dominate the women's team. Russia with 10 firsts, 7 seconds and Hungary with 10 firsts, 8 seconds, 2 thirds and 3 fourths.
4. In the foil individual over the 26 year period, Russia shows a strong superiority with 10 firsts, 8 seconds, 6 thirds and 6 fourths.

There are eight major reasons why national teams achieve a strong superiority and at times a very distinct domination. These are:

1. Early age training and individual group screening, and the organization to train those selected to a continued competency. I quote from an article on Russia, "It is worth noting the Industrial plant sponsors a school for 700 children, carefully selected for their potential in the sport before they enter into the first grade given intensive coaching and 1 hour throughout their school life. This development of specialized athletic training is typical of big-time Soviet and especially in sports where Moscow it started late and must mount a determined challenge to established powers."
2. Broad base organization and the intense activity of teaching and indoctrination. Multiply the above by a 1000 and you can see why it is approaching superiority in sports. I quote again, "this one boasts 12 full-time and 30 part-time teachers and coaches of the sport."
3. Because of the first two reasons, a third one is possible. The uncovering of those students, born with the right with high inherent physiological aptitude to the movements of the high visual acuity, refined sense of timing and a feeling for tempo.
4. Participation in long-range, day-in, day-out, year-in, year-out, 6 days per week training over the developing and maturing years. Then polishing up each activity with 4 to 8 weeks in an intensive summer camp activity.
5. Development of strong motivations: National prestige, tradition, economic rewards, and personal ambition.
6. The concentration of effort; as in Sweden. The Swedes concentrate on for two sports, Fencing and Modern Pentathlon. Their results, for a country of only 8 million people, in both certainly shows the effectiveness of concentration.

7. National programs, financially supported by the government, industry, or the military.
8. The establishment of a teaching corps with the necessary quality and numerical strength: Fencing masters, coaches, teachers; instructors with a national curriculum to establish a continuity of educational progress in the sport.

There is no new style or technique of fencing. It is only the intense mature application of all of the above factors which achieves the highest results and produces the superiority of the Italians, Hungarians, French, Russians or Poles or whatever at different times in the history of the sport.



CONGRATULATIONS

American Fencing extends its congratulations to Cina and Ed Wright on the birth of Oronde Kwahu on Sept. 17 (7 lbs. 3½ oz.).



Lissen Smid, da teem toog a vode and . . .

IMMEDIATE THOUGHTS FOR THE FUTURE

by Michel A. Sabastiani

Who could describe our explosion of joy when tall Timothy Glass of the U.S.A. scored the victorious touch against world champion Michel Poffet of Switzerland? Yes, an American had dared to impose his own rule in this "European Final".

This memorable performance occurred late the night of March 31, 1975 in the Epee competition of the Junior World Championships in Mexico City. What a thrill to see one of our boys on the podium! This honor is not usual for us but Tim made us feel like a "participating" nation in these World Championships rather than a group of tourists satisfied with sharing some touches in a consolation round — which is more often than not the only fortune of our competitors around the world.

Tim also made us hungry for more medals; unfortunately, although we had a team of talented individuals, most of them could not show it for the simple reason that a lot of technique needs to be built around their talents. We presented a talented team, yes, but the four days in Mexico prior to the competition was the only real training some of our members were able to get. Several men told me that they took their second or third lesson of the year with Maitre Leon Auriol or myself. Shocked though we were to hear this, both fencers and masters tried to cover as much ground as possible in the time left to us. Response was excellent, but results are on paper. 1975 is over; vive 1976!

With that in mind, the build-up of our forces is urgent. The criteria used in selecting candidates must be drastically revised and improved. More pressure should be put on coaches who have "international potential" on their teams. Since coaches produce the fencers, a young person seeking to enter top-level competition has a right to expect his coach to be a professional individual who coaches full time, a master who teaches, advises and educates — for the sake of Fencing, above all else. At this level there is no room for recruiter-

coaches, administrator-coaches or polo coaches.

These changes must occur soon; . . . well, the price of the trip will only memory we will be able to know ourselves. This should lead us to a system of selection in addition to the Under-19 Nationals and the Junior C Finals in February.

As things are now, there is NO knowing if a fencer who scored poorly at the Under-19 Nationals in June truly represents us for the February Finals and before for the World Championships. Absolutely no way. Just a vague assumption: "Well, he is on his school's team; he must be practicing now." Nice thought; usually, naive. I have enough mobility in the New York area and enough access to fencers at all levels to substantiate my opinion and compile an accurate picture of our national situation. My conclusion is that very few fencers are ready or readying for international contests.

Despite the poor financial conditions we are in, more organization, stricter selection, more demanding coaches and more discipline would help our young athletes become more professional fencers. With such a sound preparation, a defeat in the World Championships would become more of an accident on this day could we afford to say so close and we have learned something. We should only consider adopting this view of the day we are able to fence at the same level with Europe.

In conclusion, we should move very quickly. Our fencers in Mexico are all willing to work, train and learn what they did. As a professional having worked with them, I dare say that we have boys in Mexico who are capable of reaching international caliber fencing. Will they reach it someday? Yes, if they believe in it 365 days a year, and if their Masters believe in it!

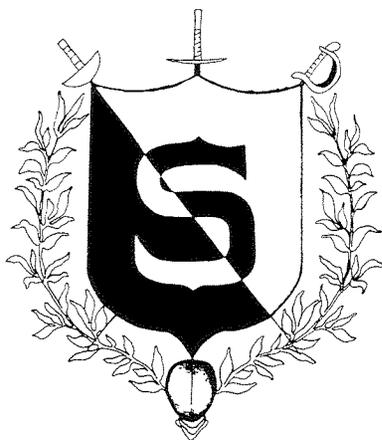


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From The President

by Steve Sobel



During the epee finals of the 1975 Nationals the competitors requested that an announcement be made requesting the audience to refrain from smoking since the air was quite smoky near the strip. Much to the surprise of all, following the announcement, there was loud applause, not only from the fencers but from the spectators as well. At the Nationals, each member of the Olympic Squad was delivered a copy of the book "Aerobics" by Dr. Kenneth H. Cooper. The U.S. Team for the Pan American Games began an intensive training program during the summer which included running followed by regular tests concerning the effects of various distances at different rates of speed on the pulse immediately following the exercise, and the recovery time to normal. A card was kept on each member to measure the improvement over each week, and a separate running schedule for each individual was planned. At the International Fencing Camp in Cornell the World Champion French Foil Team instructed the fencers on the value of running daily, and the deleterious effects of smoking and breathing smoke filled air. (This is especially critical when Directors smoke while officiating at the strip.) What does all this mean? It means that this is the dawning of the Age of Aerobics in American Fencing. There are three important principles which have reached widespread acceptability:

First, conditioning can be measured by definite precise methods, and training can be defined exactly by the assignment of points to different exercises. Each individual can then strive to earn a precise number of points daily on a regular all year round basis to maintain conditioning. The conditioning can be increased for definite periods when peaking for specific competitions.

Second, the value of aerobic exercises, which increases the ability to provide oxygen to our bodies through maximum efficiency of the lungs, heart and blood vessels, is recognized not only for athletes, but for everyone. Measured exercises beginning with just daily walking of short distances is required rehabilitation following heart attacks, and as part of any careful physical, doctors will test pulse, blood pressure, and the changes produced by measured exercise. **Daily aerobic training will not only improve your fencing — it will prolong your life**, and in addition increase your daily enjoyment by the ability to engage in the same activities without the "out of breath" or tired feeling. Your lungs will begin processing more air and with less effort, your heart will grow stronger pumping more blood with fewer strokes, the blood supply to your muscles will improve, and your total blood volume will increase. In short, you are increasing your oxygen consumption and consequently, your endurance capacity.

Third, this is an area requiring the expert advice of physical education personnel and doctors. It is neither safe nor wise for a do it yourself approach. Too much exercise too fast can result in anything from pulled muscles to fatal heart attacks. Too little, or the wrong combinations will not achieve the desired effects. Individually tailored programs based on expert advice following a physical examination and individual analysis is essential. Perhaps the best summary of this came from Paul Apostol, 1973 National Sabre Champion and a member of the U.S. Team for the Pan American Games. At the open meeting of the AFLA International Committee September 28th, he reported that until this year he thought he was in training all year round by fencing three times weekly at a club, taking lessons from his coach, and fencing bouts at each

session, plus entering in competition regularly. However, after finishing two months of this new intensive training for the Pan American Games, he learned otherwise. He urged the Committee to emphasize the importance of the training programs used for the Pan American Team on a year round basis for the entire squad. I fully endorse this recommendation, with one modification. The information and experience must be made available not only to the squad, but to everyone.

The reaction of the team to this type of training was remarkable. The fencers themselves thought it was excellent and carried the hard work during the hot summer further than anticipated by challenging each other — not to bouts, but to races. The coaches noticed a definite increase in stamina by the ability of the fencers to take longer and more demanding lessons; the improvement was carefully recorded on cards for each individual. To meet the time deadlines of American Fencing, this article is being written just prior to the departure of the team for the Pan American Games. Although it is impossible at this time to evaluate the effect of the training on the team's performance, one definite conclusion can be made: the team is in excellent physical shape, which is extremely critical for this competition in Mexico City where the high altitude reduces the ability of the body to get oxygen, thus imposing additional demands.

I have requested Jack Keane and Marius Valsamis to write a full report for American Fencing at the conclusion of the Pan American Games. We all owe to these two individuals, a definite vote of thanks, for the hard work over the past few months, when they fully devoted themselves to the success of this program.

Everyone — members of the squad and of our under 20 group planning to compete internationally, plus the other members of the AFLA who enjoy both fencing and living, should seriously consider beginning their own individual plan of aerobic exercises and physical conditioning. No special equipment is needed, and there is nothing

exotic or new. All that is required understanding of its importance, individual motivation to pursue the objective and your decision to start now, tomorrow.

POZNAŃ 76

U.S. JUNIOR TEAM WINS MET DIVISION SUPPLY

The Metropolitan division, at a meeting, voted to support the U.S. going to the World Junior Championships in Poznan with a \$500.00 donation. U.S. Junior teams have prepared young fencers to go on to National Championships, Olympic and Pan American U.S. fencers are urged to help in support our younger fencers by sending a gift donation to the AFLA, 249 Eton Pl. field, New Jersey 07090. After all, don't support our youth, who will?

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PHYSIOLOGICAL AND PSYCHOLOGICAL CONSIDERATIONS FOR OLYMPIC FENCING COMPETITION

by James R. White, Ph.D.

While attempting to structure a one-year pre-Olympic fencing program for several Olympic hopefuls, it suddenly became apparent to the author that the program schedule devised by the Olympic Committee will put our Olympic fencers in an extremely undesirable position. The author, an exercise physiologist and researcher, has no political ties to or influence with the AFLA or the Olympic Committee. He does, however, have an interest in United States fencing and is amazed that the governing body has so uniformly overlooked important biochemical, physiological and neurological factors necessary to prepare our fencers for the best possible showing at the 1976 Olympic Games. An example of this is the date for the Olympic trials. The trials are to be held only a few days before the Olympic Games. Sounds neat, convenient and economical? Well, if our enemies had designed such a schedule they could not have "done us in" more scientifically. Why? From a physiological point of view, the intense exercise program in which our Olympic candidates presumably will be engaged would be designed to "peak" our competitors during their Olympic trials. The following three to five days should be used for recuperation and rest, followed by at least another two and a half to three weeks of gradually increasing intensity of activity, to achieve the second peak at the Olympic Games. From a biochemical point of view, the catecholamines (adrenalin and noreadrenalin) generated during the week prior to our trials will leave a competitor depleted of adrenalin for several days following that competition; that is, the cells that produce these chemicals which are so necessary during severe exercise will have become inured to the stimulus. In short, the majority of our fencers will not be able to respond biochemically for a second maximal effort within that short span of time.

From a neurological point of view, coordination, agility and speed cannot be eli-

cited for two peak performances in such a short period. Historically, most of our competitors "fold" early, and those that go up a round or two "finally succumb." It is true that they do succumb; they do this partly because of being in poor physical shape, but also because of a neurological condition of co-contraction which comes from chemical, muscular and neurological fatigue. This condition could be reduced by proper physical training and a scientifically structured schedule which includes proper rest intervals. The last item is a psychological consideration. Competition on a national level will produce acute unresolved stress, which produces anxiety. Following fierce competition, fencers are emotionally depleted. Some individuals require at least a week to recover their neurological integrity and re-establish a "hungry" combative mood.

In the past, the United States' fencers have probably been the most physically unfit participants in the Olympic Games. It would be capricious to think that our fencers can withstand the biochemical and physical stresses which accompany world-class competition if they continue to train as has been customary in the past. The author has personally questioned no less than a dozen international Fencing Masters, and they all agree that American teams are "not so serious" about fencing and training as are their European counterparts.

Proper training and comprehensive and scientifically structured schedules would provide our fencers with an advantage that has been lacking in the past. The following is a physiologically sound training program and some suggestions on how to schedule up-coming events in order to use to advantage known physiological and psychological phenomena. The program includes a blending of fencing lessons, distance and sprint running, special competitions, and an Olympic development camp prior to the Olympic Games.

Training Program

The following program should be preceded by a medical examination, and the six items listed below should be initially executed slowly and with caution, until adequate conditioning is achieved.

The training program should include, on a daily basis:

(1) Stretching of the major muscle groups, with full range of motion of all the body joints, especially the hip and shoulder joints;

(2) A cardiovascular warm-up consisting of slow jogging for about ten minutes prior to activities (3) and (4);

(3) Cardiovascular (aerobic) activity consisting of distance running (approximately three to four miles per session) at a pace of a 6:30 to 7:00 minute mile for men and 8:00 to 8:30 minute mile for women on (for example) Monday, Wednesday and Friday;

(4) Anaerobic activities consisting of sprint-type running on Tuesdays, Thursdays and Saturdays, following a two-mile run. Sprint running of ten 75-yard dashes with 50-yard walking in between. If training is done on a track, the competitor could sprint the straightaways and walk the curves;

(5) Cardiovascular cool-down consisting of five minutes of slow jogging;

(6) Muscle-strengthening activities, which would include weight training with the use of light weights and rapid movement push-ups, sit-ups (bent knees, without hooking the toes under an object), extremely rapid advances and retreats executed for 30 seconds, followed by a 30-second rest. (Approximately 15 minutes per day should be allotted for the rapid advance and retreat drill).

The above program should be started no later than November and should be continued up to the day before the Olympic Games. The training program should be in effect six days a week. However, on the day before an important competition and on the day of the competition, the competitor should replace the above program with two miles of slow jogging followed by rapid running in place for five to ten seconds,

followed by 60 seconds of rest, for a minimum of ten to fifteen bouts of run in place. This procedure will alert the neurons utilized during fast movement in place could be used prior to bout, to stimulate the mechanisms.

Pre-Olympic Schedule

Utilizing the normal AFLA meets, competition and lessons should proceed to the season and point toward the weapon fencing weekend meet in November. This meet would provide an opportunity for probable Olympic candidates to compete in their divisions and give an idea of their fitness and level of proficiency. Their coaches and possibly of an additional Master or two could write comments on the fencers, in order to ascertain and subsequently correct weaknesses or deficiencies.

In mid-December, another meet would be held to determine whether fitness was high enough and errors had been corrected. In late December, with the New Year break, fencers should get away from training for five to seven days. However, that time they should increase their conditioning, sprinting and strength exercises. In January 1, a renewed emphasis on high intensity fencing should be made in preparation for a late January or early February Olympic points meet. The three weeks following the Christmas holiday is an ideal time for building momentum for such an Olympic points meet.

In late February or early March there is a perfect three-to four-week period in which our fencers could prepare and peak for the Martini and Rossi competition and the NCAA Championships. The week following could be valuable as a recouping-recovery week, to allow adequate time for recovery prior to the April AFLA qualifying meet. Next, the Sectional AFLA meets should be held during the first ten days of May. This schedule would allow adequate time to again build and peak. And finally, a retraining period of three to four weeks would be available for a super peak prior to the Olympic Games, which should be scheduled no

than the end of the second week in June. The three to four days following the Olympic trials should be used for recuperation. However, the running and sprinting should be stopped for only two days. Around June 23, the selected fencers should report for an 18-day training camp situated in a location similar to that of the Olympic Games. The training camp should have a director, four Olympic coaches and four volunteer assistant coaches, a volunteer medical doctor, a volunteer armourer, and a volunteer trainer to supervise the exercise program and assist the medical doctor in dealing with unforeseen injuries. The camp director should be a current or very recent participant in international competition and World Fencing Congress meets and other organizations' meets. The remaining coaches and staff should be selected for their current ability and availability and, above all, all political considerations should be ignored.

The training program set out above does not encroach upon the psychological preparation the Fencing Master imparts to his students, nor does it emphasize the fierce pre-competition bouts that is necessary to prepare the fencer for maximal concentration. The program does, however, provide the willing fencer with adequate physiological preparation so that he can cope with the biochemical phenomena that occur with competition.

The pre-Olympic schedule described above is designed to bring the competitor to several peaks of competitive readiness, and in each case these are followed by several days of recovery and subsequent rebuilding. The biochemical, muscular and emotional phenomenon of peaking is absolutely necessary in order to excel and is always followed by a "biochemical down". This refractory period is expected and must be considered in scheduling. The architects of our Olympic program are not taking into consideration these biochemical processes which make adequate training time and adequate recovery time necessary.

It appears, unfortunately, that the Olympic Committee has done less than adequately in providing our fencers with a training

program and a pre-Olympic schedule which will arm our fencers with advantages that have been totally absent in the past. In the United States there are numerous Fencing Masters of international class. Also, research has been recently completed upon which sound physiological programs can be structured. Evidence that these two components have not been considered by our Olympic Committee is demonstrated by their sophomoric attempts at providing a training program for our Olympic hopefuls and the injudicious Olympic schedule that has been devised. It is hoped that it is not too late for the Olympic Committee to call upon the resources that could contribute to a more effective Olympic effort.



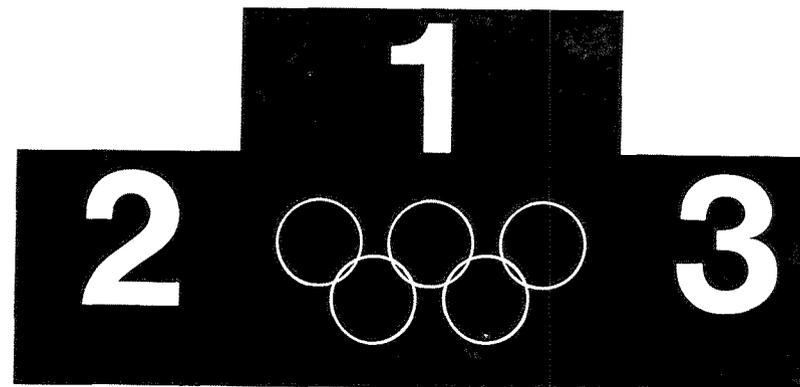
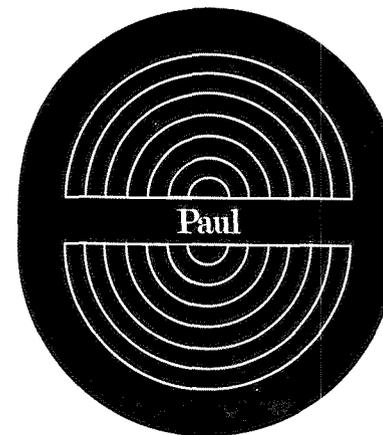
FENCING CLINIC

The Central Florida Division and the University of South Florida will host a fencing clinic December 28th through January 2nd in Tampa, Florida. Serving as staff will be Mac Garret, Istvan Danosi, Jacques Piguert, and Gerard Shaw.

Cost per person will be \$150.00. This will include housing and meals at the University of South Florida residence dormitories; training, instruction, individual and group lessons in all three weapons, and competition in the University gymnasium; tours, leisure activities, etc. Fencers who wish further information and who are interested in participating are asked to forward \$25.00 deposit before December 15th which will be applied to the total cost to:

Mr. James Campoli
Chairman, Central Florida AFLA Division
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Enrollment is limited. To insure a place in the clinic, send your deposit immediately to Mr. Campoli.



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A PRACTICAL APPROACH TO OLYMPIC TRAINING IN A FREE SOCIETY: FOR THE DEFENSE

By Steve Sobel

The architects of our Olympic Program have been accused of not taking into consideration biochemical processes which make adequate training time and adequate recovery time necessary. This was the conclusion of an excellent article by Dr. James R. White describing important biochemical physiological and neurological factors necessary to prepare fencers for competitions, which is claimed to have been overlooked by the governing body. Since this is a subject of extreme importance to all fencers, as President of the AFLA, the national sports governing body for fencing in the United States, and as Chairman of the Olympic Fencing Sports Committee, the architects of the Olympic Program I thought it important to reply to these statements in order to enable everyone to fully understand the complexities of the problem.

First, it is important to realize that there is absolutely no disagreement with any of the scientific materials which were presented. The dilemma was not in the failure to understand or recognize these principles, but in the molding of a program which could incorporate these principles and at the same time be workable for a team composed of "amateurs" who are required to earn a living, while training.

The "Olympic Trials" referred to in the article are obviously the National Championships, presently scheduled for the last week in June. The Olympic Games begin on July 17th. At the September meeting of the AFLA Board of Directors, the adoption of an earlier date for the Nationals was specifically recommended in order to allow more time between the events, but this was overwhelmingly rejected by the AFLA Board of Directors on the grounds that an earlier Nationals would interfere with school schedules and job commitments of teachers who could not get vacation. While it would be to the benefit of the Olympic Team composed of eighteen fencers, it would be to the disadvantage of the majority of the 7,000 AFLA members. The arguments for

the earlier Nationals were not overlooked — they were recognized, but in balancing the conflicting policies, subordinated.

An eighteen day training camp in June was proposed for the training of the team. Eighteen days of training would require three working weeks of vacation. The Nationals would take a fourth week, the Olympics take three weeks, and the Pan American Games have already consumed three additional weeks. By simple addition, this would amount to ten weeks of vacation. How many jobs offer ten weeks of vacation with pay? How many students could take three weeks of vacation in early June? Assuming such a camp were established, what happens to the fencer who qualifies for the team, but cannot afford the vacation. Assuming that these individuals can take the vacation, from where does the money come to support the costs of such a camp? As a matter of history, training camps were established prior to the 1972 Olympics, but since the fencers who qualified for the team were not able to attend, the facilities, generously donated by universities, and already established, were vacant to the great embarrassment of the Olympic Team, and the AFLA.

Fencing in the United States differs from other sports in the United States, and differs from fencing in other countries. As compared to other sports, fencers reach top level at a later age. Thus, swimmers who can qualify for an Olympic Team at age 14 and 15, can devote more time with less job worries than a fencer from 25 to 30. In other countries, many fencers hold government jobs, which are not as demanding in terms of time or money as the private enterprise system in the United States. Ideally, the approach of Dr. White is excellent! How are the ideas and scientific facts utilized to reach a workable solution consistent with the needs and problem of United States fencers. For the Pan American Games, a special training program was planned, but there were two advantages;

First, the date was October which allowed for summer training without any conflicts with schools, and AFLA fencing schedules, and the final selection had been completed in late June; Second, of the eighteen competitors on the team, fourteen resided in New York City, and therefore weekend training sessions in New York City could be established for most of the team without interfering with job commitments.

In conclusion, I think it is apparent that a full understanding of the scientific materials pertaining to physical training, psychological preparation, and everything else necessary to prepare our fencers for the best possible showing at international competition, is critical. The article of Dr. James R. White, books such as "Aerobics", and advice from other experts in the area, are always welcome, and extremely helpful. However, understanding the scientific materials is not the final answer, but is merely the starting point of the problem. The solution is how to reconcile the informa-

tion available with the approach of sports in the United States, and i with the resources available — limit gets, working individuals, vacation ules, exam schedules, etc. The Pr has established a special commis: investigate this problem and make mendations. Hopefully, a solution will be found to enable the United St. successfully compete in internation: petition with the best teams, while same time, preserving our free enl system with amateur sports indepen government control.

MARATHONING MAITRE

Michel Sebastiani, Fencing Master Brooklyn College, participated in the New York City Marathon on September 21 in Central Park. We wonder how many pupils (or other fencers) could run 26 385 yards without stopping? Michel is a fitness enthusiast and sets an exam for his students.

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Technical Talks

by
Joseph Byrnes



By the time this column appears in print, the Pan American Games will be over and I'll be getting reports and gripes about what the FIE-style inspections are emphasizing these days. I have already learned about one very strict interpretation on insulating the blade wire(s) inside the guard that has been enforced at some international events this year. This interpretation rules out any of the solder lug or solder lug plus stronger wire pigtail assemblies that we have been used to in America, no matter how continuously and fully the wire with everything attached to it is insulated. What the FIE means, says this school of thought, is that each wire inside the guard (the one in foil and the two in epee) must come all the way up to the hollow screw head or nut that forms the socket and be merely wrapped around it before it is tightened down.

If that proves indeed to be what the FIE will insist on, I predict that we will see a rash of "accidental" breaking of the wire(s), once (crooked) fencers learn to hook their fingers around that thin and delicate wire and snap it or pull it free. It's a fundamentally weaker sort of assembly, and in that respect is a step backward in standards of reliability.

The FIE moves slowly more often than not, like any big organization, and always seems to be panting along behind those who try to work the angles for themselves. All you faithful followers of these columns, who hang on every word, will remember my report, a year and a half ago, of how a visiting international fencer used a largish buckle to short across a two-pin foil socket. Well, the FIE is wise to that at last. Who knows how long it's been going on — probably since the day after buckled straps showed up on two-pin foil systems, lo, these many years ago. But the latest batch of rule changes from the FIE includes a very generally phrased prohibition against having the guard connector include any parts that

would permit contact to be made between the plug sockets. Presumably that takes care of it.

It's good to know there's somebody watching out for us, even if it takes a while to catch up to crooks. I wonder what will eventually be devised to keep fencers from tearing the wires free? Maybe armored shields over the insulating sleeving, miniatures of what our public telephones sport these days? Anyway, probably something complicated and expensive.

A couple of other new little regulations will rule out any electric sockets which are so mounted that any part protrudes beyond the rim of the guard. For the ordinary pressure-hold mount, any problems of that sort can usually be cured by bending the support strap inwards a bit, but those sockets that are riveted to the guard, or bolted on — and that means on Italian-style guards mostly — will have to be placed carefully during the initial assembly, since there's usually less free area left of the support strap that can be bent later. I have now and again seen such mounts that were noticeably extended beyond the rim of the guard on foils.

Yet another new specification sets a minimum diameter for a foil guard: 9.5 cm. That happens to be the customary minimum that we regularly see these days, so I do not anticipate any problems with the new rule. Evidently somebody in Europe must have tried to sneak a little advantage by having a foil guard made smaller. People never give up trying for a little edge.

But if you have any foils the guards of which are smaller than others you have or see, it would be wise to measure them, just in case. Incidentally, the maximum permitted diameter for a foil guard is 12 cm. (almost 4¾ in.), a great deal more than we usually see, and a size not often made. I have a couple of foil guards, larger than usual, but still a bit smaller than that maximum, which I used to pull out to astonish people. They'd think I'd rigged down an epee guard sometime, unless there was a real epee around for comparison. Of course the foil guard is much flatter, without the cup-shaped effect.

All these rules were adopted last May by the FIE, but our only information on them so far has come indirectly. The minutes of the FIE general congress of May are rarely printed and distributed until as late as December, so that in recent years it has sometimes been the following January before we in this country receive an official text of the changes.

CASTELLO-GASPARILLA TOURNAMENT

Planning on a Florida vacation this Winter? Plan to enter the Castello-Gasparilla Open, a memorial to Maestro Julio M. Castello, held at Tampa during that city's Pirate Invasion. For information, write to Richard M. Williams, 3036 Hyde Park St., Sarasota, Florida 33580.

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1976 JUNIOR OLYMPICS

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LODGING: Troy Hilton Hotel, Maple Road & Stephenson Highway, Troy, MI.
Ph. (313) 583-9000. Special Rate: \$24.00 — Regardless of number of occupants in room.

SCHEDULE: SATURDAY, FEB. 14:

9:00 am Under 16 Men's Foil
11:00 am Under 16 Sabre
1:00 pm Under 16 Women's Foil
3:00 pm National Board Meeting
Saturday Evening — Fencer's Bash

SUNDAY, FEB. 15:

9:00 am Under 20 Men's Foil
11:00 am Under 16 Epee
1:00 pm Under 20 Women's Foil

MONDAY, FEB. 16:

9:00 am Under 20 Epee
11:00 am Under 20 Sabre

WEAPONS CHECK: Preliminary check on Friday evening and one hour before each starting time.

QUALIFICATION: Each division is entitled to a minimum of two qualifiers per weapon, excluding automatic qualifiers. If there are 12 to 20 fencers in the qualifying tournament, 3 qualify; if 21 to 30, 4 qualify; if 30 or more, 5 qualify. The finalists of the 1975 U-19 Nationals and the U-20 Championship automatically qualify if they still meet the age requirements. Each division is entitled to 2 qualifiers in the U-16 event per weapon, excluding automatic qualifiers. Finalists in the 1975 U-16 event qualify automatically if they still meet the age requirements. Only qualified fencers under 20 or 16 years of age on 1 January 1976 are eligible for these competitions.

CERTIFICATION: Immediately upon the completion of the qualifying competition in each weapon the Division Secretary must transmit to Mrs. Sharon Rees, 2927 Crooks Road, Royal Oak, MI 48073, the following information:

1. The number of eligible fencers taking part in the qualifying competition.
 2. The names of the qualifiers including the automatics in order of their placing in the qualifying competition.
 3. The names of alternates in each weapon.
- Closing date for this information is 15 January 1976.

A competitor may enter all events for which he is qualified. In case two or more events are run concurrently, the fencer must bear the burden of fencing bouts in each weapon in rapid order when called. **ALL COMPETITORS MUST SHOW BIRTH DATE ON ENTRY AND SIGN IT OR IT WILL BE RETURNED.**

REGISTRATION FEE:

\$5.00 for all

ENTRY FEE:

\$5.00 per weapon entered

Fees must accompany entry forms. Checks or money orders only (no cash). Make checks payable to Michigan Division, AFLA. Send entry and fees to:

MRS. SHARON REES, TREASURER, MICHIGAN DIVISION, 2927 CROOKS ROAD, ROYAL OAK, MI. 48073.

JUNIOR OLYMPIC ENTRY FORM

NAME (PLEASE PRINT)	DIVISION	BIRTH DATE
STREET ADDRESS	SECTION	CLUB
CITY, STATE, ZIP	AFLA #	
A. REGISTRATION FEE		\$5.00
B. ENTRY FEES, UNDER 20		
..... M. FOIL	@\$5.00	
..... W. FOIL	@\$5.00	
..... EPEE	@\$5.00	
..... SABRE	@\$5.00	
C. ENTRY FEES, UNDER 16		
..... M. FOIL	@\$5.00	
..... W. FOIL	@\$5.00	
..... EPEE	@\$5.00	
..... SABRE	@\$5.00	
D. TOTAL AMOUNT ENCLOSED		\$
E. J.O. CLASSIFICATION: FOIL	EPEE	SABRE
F. AFLA CLASSIFICATION: FOIL	EPEE	SABRE
DEADLINE FOR ENTRY FORM: JANUARY 31, 1976		
I certify that my birthday is as stated above.		

Signed:



TROY HILTON HOTEL

WHEN YOU TRUST YOUR EQUIPMENT YOU'RE NOT AFRAID OF ANYTHING!



AMERICAN FENCER'S SUPPLY

2122 Fillmore Street
San Francisco, Ca. 94115

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- 38 Oregon:** Colleen Olney, 2221 SE 117 St., Portland, OR 97216
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- 48 Western PA:** Aksel Bothner-by, 6317 Darlington Rd., Pittsburgh, PA 15217
- 49 West VA:** Richard Greenwell, 1205 Charleston Ave., Huntington, WV 25701
- 50 Wisconsin:** John Bosanec, 3038 N. 47 St., Milwaukee, WI 53210
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- *59 Orange Coast Cal:** Jim Runde, 1670 Linbrook Dr., San Diego, CA 92111
- 60 Louisiana:** David Loeb, 7227 S. Claiborne, New Orleans, LA 70125
- *61 Nevada:** Harold B. Clark, PO Box 765, Sparks, NV 89431
- *62 Piedmont, SC:** William Tindall, PO Box 2077 Clemson Univ., Clemson, SC 296
- *63 San Joaquin Valley:** Dean Dallin, 4561 North Price, Fresno, CA 93726
- 64 Centra New York:** Clifford Mosher, 1410 Francis, Utica, NY 13502
NFCFAA President: Alfred Peredo, Hatfield Rd., RD#1, Mahopac, NY 10541

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- 04 Central Cal:** Peter Kahn, 603 Melville Ave., Palo Alto, CA 94301
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- 08 Columbus:** Charles Simonian, 1999 Arlington, Columbus, OH 43212
- *09 Connecticut:** Maude Jerstad, 41 White Birch Rd., New Canaan, CT 06840
- 12 Central Fla:** Diane Williams, 2307 Stroud Ave., Tampa, FL 33609
- 13 Gateway Fla:**
- 14 Gold Coast Fla:** Kate Alexander, 1951 NW 194 Terr., Miami, FL 33054
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- 16 Gulf Coast:**
- 17 Harrisburg:** Mike Boyer, 2-G Lark Circle, York, PA 17404
- 18 Hudson-Berk:** Phyllis Fox, 39 Downs St., Kingston, NY 12401
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- 26 Maryland:** Eric Sosman, 162-H Hammarlee Rd., Glenburnie, MD 21061
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- 29 Michigan:** Paul McNally, 24318 Sherbeck, Mt. Clemens, MI 48043
- 30 Minnesota:** Mabel Pearson, 8115 Plymouth Ave., Golden Valley, MN 55427
- 31 New England:** Penny Walker, 900 Massachusetts Ave., Cambridge, MA 02139
- 32 New Jersey:** Connie Latzko, 215-79 St., No. Bergen, NJ 07047
- 33 New Mexico:** Pat McCraw, 7508 Bellrose NE, Albuquerque, NM 87110
- 34 South Jersey:** Helen Weisz, 57 South Bath Ave., Long Branch, NJ 07740
- 35 No. Ohio:** Laura Venesky, 4721 Forest Edge Dr., Brooklyn, OH 44144
- 36 S. W. Ohio:** Barbara Hofer, 3130 Coral Park Dr., Cincinnati, OH 45211

- 37 **Oklahoma:** Mrs. Roberta Brown, 167 Stillacres MH Park, Stillwater, OK 74074
 - 38 **Oregon:** Suzanne M. Brown, 5214 SE Taylor, Portland, OR 97215
 - 39 **Philadelphia:** Sue Makler, Merion Garden Apts., B305, Merion, PA 19066
 - 40 **Western Wash:** Rosie Osborn, PO Box 3158, Midway Sta., Kent, WA 98031
 - 41 **St. Louis:** Dorothy Watts, 16 Glenhaven Dr., St. Louis, MO 63122
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 - 53 **No. Carolina:**
 - 54 **Border:** Ed Koons, 3508 Olympic, El Paso, TX 79904
 - 55 **Hawaii:**
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 - 57 **Virginia:** Mary K. Troester, 252-D Merrimac Tr., Williamsburg, VA 23185
 - 58 **Alabama:** Regina Kinsaul, 29 Cherokee Hills, Tuscaloosa, AL 35401
 - 59 **Orange Coast Cal:**
 - 60 **Louisiana:** Chris Trammell, 718 Frenchmen St., New Orleans, LA 70016
 - 61 **Nevada:** Steven Pagano, 1220 Laredo Ct., Reno, NV 89503
 - 62 **Piedmont, SC:**
 - 63 **San Joaquin Valley:** Lois Langer, 5711 North Flora, Fresno, CA 93710
 - 64 **Central New York:** Robin Dunnington, Colgate U-Box A36, Hamilton, NY 13346
- No report received, individual listed is last known as of 10/23/75, in the following divisions: 09, 16, 20, 21, 22, 50, 53, 54, 59, 61, 62, 63.

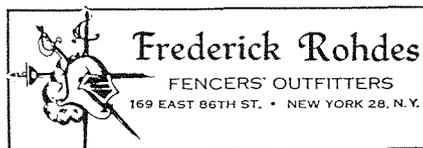
**WASHINGTON FENCERS CLUB
CHRISTMAS OPEN**

Date: Saturday and Sunday, December 13 and 14, 1975.

Place: University of Maryland, College Park, Md.

Events: Men's and Women's Foil, Epee, Sabre, and Mixed Individual 3-Weapon tournament.

Entry fee: \$7.00 per weapon.
Esther P. Jorolan
7401 New Hampshire Ave., Apt. 909
Hyattsville, Md. 20783



METRO SPORTS TOURNAMENT

By Richard Larred

The Metro Sports First Annual Fencing Tournament three day tournament was held at the Miami Beach Convention Center in Sunny Florida. Metro was first organized as a series of public demonstrations in conjunction with the Super Star Week, where famous athletes gathered together to display their talents.

- Foil:** 1. Richard R. Larred (8-0); 2. Mark Forrest (7-1); 3. Rudy Volkman (6-2).
- Womens Foil:** 1. Lisa Dobloug (8-1); 2. Sophie Trett (8-1); 3. Jessica Roberts (7-2).
- Sabre:** 1. Jack Steinman; 2. Jan DeLanney; 3. Mike Smith.
- Epee:** 1. Mark Forrest (7-0); 2. Richard R. Larred (5-2); 3. Jack Steinman (5-2).

PROPOSED BY-LAW CHANGES

by Emily B. Johnson

Just in case of a contested election several minor changes have been proposed for the By-Laws. The first extends the time for the return of the ballots from the first of June to the tenth of June. The second provides that the ballots will be opened on the first day of the Nationals rather than at the annual meeting so that everyone will know who the new officers will be right away.

The Board of Directors has also recommended a change in the life membership fee from \$150.00 to \$225.00 effective August 1, 1976. Inflation is everywhere.

TEXT

It is proposed that **ARTICLE XI, Section 5 (b)** be amended to read as follows:

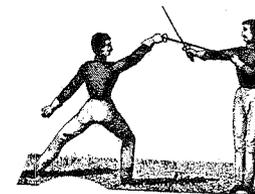
The ballot shall be sealed in the envelope provided; the envelope shall be signed by the voter and returned to the Corporation Secretary on or before **June 10th**.

It is proposed that **ARTICLE XI, Section 5 (c)** be amended to read as follows:

The envelopes so received are opened by the tellers only after for election of officers are declared on the first day and at the site of tional Championships."

It is proposed that **ARTICLE V,** be amended in part as follows:

Section 4. **LIFE MEMBERSHIP**
Life Membership fee shall be **\$225**
of this fee shall be paid over . . .



"Draw; seem to defend yourself now quit you well!"

Act II, Scene I
King Lear

— culled by Lou Shal

**PROXY FOR SPECIAL MEETING SOLICITED
ON BEHALF OF NATIONAL OFFICERS**

The undersigned hereby appoints Emily Johnson, William Goering and Irwin E or any of them, in his stead, attorneys and proxies to vote with all powers which they signed would possess if personally present at the Special Meeting (including all ments thereof) of members of the Amateur Fencers League of America, Inc. to be Saturday, February 14, 1976 at 1:00 P.M. in Troy, Michigan at the site of the AFL Championships, as follows:

1. On the proposed changes in the BY-Laws as printed:

- For all changes as proposed
- Against all changes as proposed
- For all changes except those listed below

2. Upon other business as may properly come before the meeting, or an adjc This proxy shall be voted as directed, and if no direction to the contrary is i it shall be voted for all changes to the By-Laws.

I hereby certify that I am a member in good standing of the AFLA as of and have attained my 18th birthday.

Signed Date

SEND PROXY TO: Irwin F. Bernstein, 249 Eton Place, Westfield, N.J. 07090

**STATEMENT OF OWNERSHIP
MANAGEMENT & CIRCULATION**

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Managing Editor: Irwin F. Bernstein, 249 Eton Place, Westfield, New Jersey 07090
Owner: Amateur Fencers League of America Inc., 249 Eton Place, Westfield New Jersey 07090
KNOWN BONDHOLDERS, MORTGAGES, AND OTHER SECURITY HOLDERS OWNING OR HOLDING ONE PERCENT OR MORE OF TOTAL AMOUNT OF BONDS, MORTGAGES OR OTHER SECURITIES: None

	Average No. of Copies Each Issue During Preceding 12 Months	Actual No. of Copies of Single Issue Published Nearest to Filing Date
Total No. of Copies Printed	7,000	7,300
Paid Circulation	6,596	6,845
Mail Circulation	200	200
Total Paid Circulation	6,796	7,045
Office Use, left over, etc.	204	255
TOTAL	7,000	7,300

I certify that the statements made by me above are correct and complete.

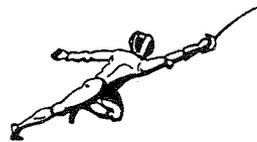
/s/ Irwin F. Bernstein
Business Manager

Send change of address to
AMATEUR FENCERS LEAGUE OF AMERICA
249 Eton Pl., Westfield, N.J., 07090

ANNOUNCEMENT

The AFLA International Committee is pleased to announce the appointment of Richard Gradkowski as Chief of Mission for the U.S. Team to the Under 20 World Championships. This appointment was made early to enable him to plan the trip, and answer any inquiries from candidates. The AFLA Board of Directors has approved a budget of \$3,000 to defray travel expenses of the competitive members of the Team. The increased budget, plus the early appointment, are both indications of the importance in the AFLA International program of the U.S. Team to the Under 20 World Championships.

Anyone interested in applying for a position with the Under 20 Team Cadre, should submit such application to the Secretary of the AFLA International Committee, Mrs. Carla Richards, 41 Central Avenue, Newtonville, Massachusetts 02160.



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