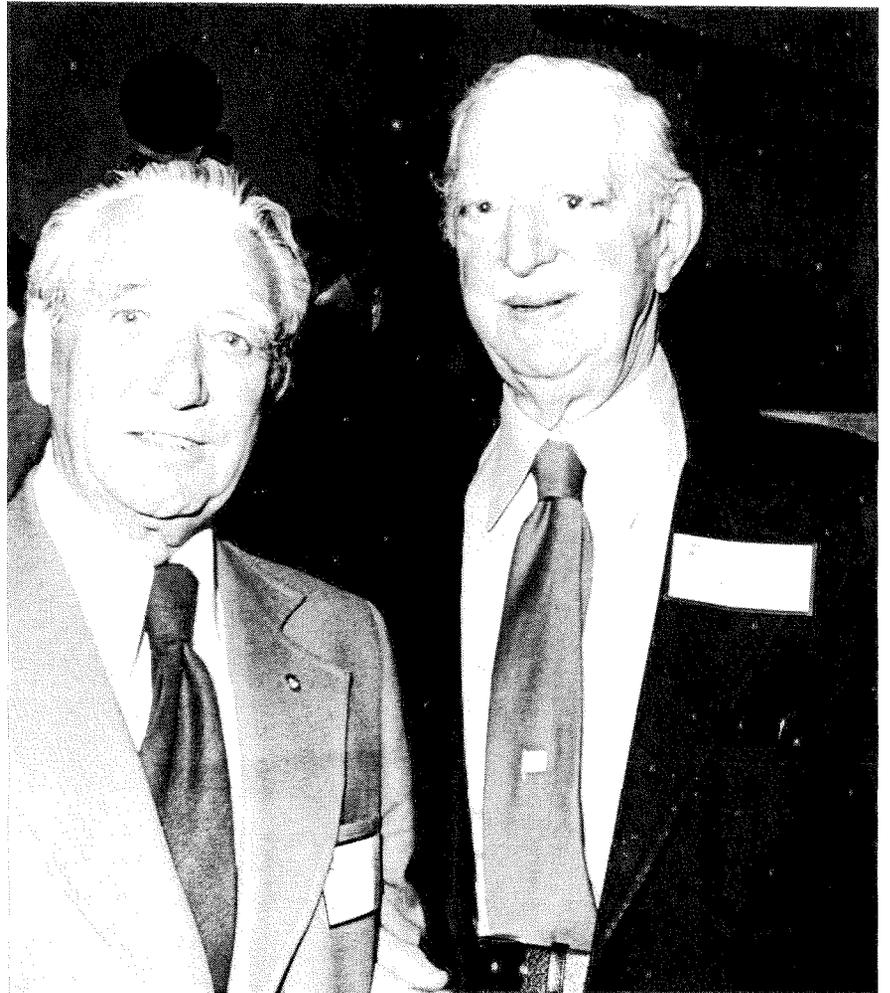


American FENCING

SEPTEMBER/OCTOBER 1978
VOLUME 30, No. 1



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American FENCING

Official publication of the Amateur Fencers
League of America, Inc.

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Dedicated to the memory of
JOSE R. deCAPRILES, 1912-1969

**Second Class Postage
paid at Berkeley, CA 94704
and at additional mailing offices**

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AFLA, 601 Curtis St., Albany, CA 94706

Published bi-monthly. Subscription for non-members of the AFLA is \$4.00 in the U.S. and \$5.00 elsewhere. Opinions expressed in signed articles do not necessarily reflect the views of *American Fencing* or the AFLA. Copies of *American Fencing* in 16 and 35 MM Microfilm are available from University Microfilms, Inc. 300 N. Zeeb Rd., Ann Arbor, Michigan 48106. Prices on request.
CONTRIBUTORS PLEASE NOTE: Articles, results of competitions, letters to the Editor, photos and cartoons are cordially solicited. All manuscripts must be typewritten, double spaced, on one side of the paper only, with wide borders. Photos should be glossy finish and with a complete caption. Unsolicited manuscripts cannot be returned unless submitted with a stamped self-addressed envelope. No anonymous articles accepted.

DEADLINE FOR 1978-79 ISSUES

Issue Date	Closing Date	Mailing Date
	For Copy	
Nov/Dec	Oct. 10	Dec. 1
Jan/Feb	Dec. 10	Feb. 1
Mar/Apr.	Feb. 10	Apr. 1
May/June	Apr. 10	June 1

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About the Cover

Two of the most famous coaches of the United States are pictured on the cover in this issue. Many of our fencers in our country have been students over the years. We are proud of them and the excellent training that they have put in to support and the excellent training they have given to so many. This seemed a fitting opportunity to salute them and to say "Thank You." On the left is Maestro Lajos C. Philadelphia and on the right is Maestro Giorgio Santelli of New York City.

INTRODUCTION

Editors note:

We have had many requests for a repeat of the article "How To Train For Top Performance" both from experienced fencers who have misplaced the article and from new fencers who have heard of it. Since we have so many new and enthusiastic fencers in the League who are ambitious and desire to not only improve their general physical conditioning for fencing but to minimize the problem of muscle pulls and fatigue we are re-publishing it.

Physical conditioning is of the utmost importance in fencing. How often have we seen fencers willing in the course of a hard fought bout or competition only to loose to a less able but physically better trained fencer. It is true in local competitions, it is true in National competitions and it is true in international competitions. It is dull to do exercises, we know. It helps sometimes to get a group together and do it together. But do them.

THE STRETCHING PROGRAM

1. Pre-Warmer

- Wear warm-up suit (discard if 80° or over).
- Jog in place one minute (just lift feet).
- Run in place one minute (feet 12" above floor).

2. Jumping Jack (2 count)

- Clapping hands over head 10X slow to medium.
- 10X increase speed.

3. Neck Stretch

Standing-head erect (do not tilt).

- Look over right shoulder as far as possible. (Feel resistance.) Then, against resistance, slowly turn rotating head forward, chin down, to finally raise head looking over left shoulder, etc. Reverse. 5X.

- From same position (over right shoulder) tilt head back and rotate to left. Reverse. 5X.

4. Arm Swings

- 10 great circles forward.
- 10 great circles backward.

5. Wrist Twirl

- Standing, arms forward, rotate wrists at limits of range of motion. 10 left circles. 10 right circles.

How To Train For Top Performance

- Later on in training, do with a weapon, then still later, with a 2-lb. dumbbell.
6. Tree Bend I

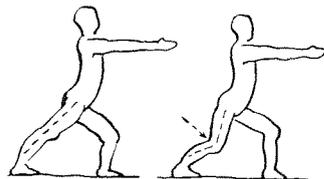


Standing: Feet 1-2 feet apart, hands over head, thumbs locked together. Two pushes to right. Bend, circle forward to left. Two pushes to left. Circle backward and up. Repeat 3x and then 3x reverse.

7. Tree Bend II

Standing: Feet 2 feet apart. Right arm over head against ear, palm facing left. Left arm alongside stripe of pants. Head straight ahead. Bend trunk left laterally reaching with lower hand toward knee. upper arm pushes to left. 5 counts. Reverse 5 counts.

8. Calf Stretch



- Standing. Front foot 2-3 feet in front of rear, both feet parallel. Lock rear leg at knee. Keep feet flat. Bend front leg and control to feel pressure in rear leg just below knee. Hold for 5 count. Maintain position and bend back knee to feel stress shift to Achilles tendon. Hold for 5 count. Reverse. Repeat.

From the President

by Irwin Bernstein

Having recently returned from the World Championships and my first European trip in 21 years, there are so many vivid memories that it is difficult to select those that might portray the experience adequately. It is appropriate, however, to record some of my personal observations, while trying not to duplicate the substance of the official cadre reports.

1. First of all, living in a foreign land for two weeks does present several problems, even with the best pre-planning. The limited availability of familiar types of food and drink at the right and at a reasonable cost can challenge one's resourcefulness and endurance. When you cannot speak the local language, even the simplest shopping or traveling tasks become tedious. Having appropriate cadre can be a vital aid to the competitors in minimizing the distractions and frustrations of living in a strange country.

2. In a major event such as the World Championships, the team as a whole is "greater than the sum of its parts". A full contingent, wearing USA sweatsuits, establishes a team presence at a tournament that must have an effect on opponents and officials. The immediate availability of Captain, Manager, Coach, Armorer, and Physician, relieves the competitors of many concerns and thus permits them to concentrate on producing a maximum effort. It also tells opponents that our fencers have support is a practical as well as a spiritual sense.

3. There is nothing sacrosanct about international officiating. Officials in the World Championships finals are capable of obvious errors. They may have better "batting averages" than most of us, but our best American officials compare very well with the ones the FIE assigns to the key pools and matches and are much better than some of the others. In order for our officials to establish themselves internationally they must perform regularly in that arena- not so much to improve their technical abilities as to gradually gain acceptance.

4. If there is one word that distinguishes international fencing from our own *intensity*. Of course, we have great competitors and many of them display consistently, but, for continuous, press fight for every touch fencing, international event is on a level far beyond normal domestic event. Even events, such as the International trials, there are bouts where the ability results in an easy win, international Championships, some fencers aren't really challenging quarter-finals. In the World Championships while there may be an occasion in the first round, but by the second "the killing starts" and superior will not suffice; you must contest and operate under intense pressure throughout.

5. The team of 4 match which internationally is a different "ball game" team of 3 match which is customary USA. The concentration of effort sustained about twice as long in match and there is plenty of time to shift. In addition, the possible score means that every touch really affect the final result of the match. In this World Championships matches (including a few with tiebreakers as well, resolved by one bout for spectators and competitors know precise touch count and reacted to. Each year, after our experience in Championships, many of our international fencers recommend change the format of our national events to teams of 4 in order to compare our teams. There is no question the vital need to provide our teams with the right competitive environment should seek every opportunity dual meets in conjunction with international tournaments and overseas trips. There are practical and that mitigate against changing

team format, however, and I do not favor doing so.

6. The relations between the individual and team events is a complicated one. The opportunity for a team to achieve its full potential is heavily dependent on its preliminary seeding, which is mathematically determined from the results of the team's members in the individuals. At the same time, it is a well known fact that many competitors perform quite differently in the two types of events. One can almost project a situation in which a fencer's virtuoso performance in the individuals contributes greatly to favorable team seeding but we should replace him with our "fifth" fencer in the team event on the basis of their past history. If one carries this concept even further, it suggests that a future selection system might include more latitude for the last slot in a weapon in order to utilize a proven *team* fencer.

7. One final comment—and this will upset some readers. Many fencers have maintained for years that all we need is the

wherewithal to obtain enough international experience and we will achieve parity with the best in the world. Well, there is no doubt about the benefits of gaining confidence through regular overseas fencing and learning tactics through intelligent observation and evaluation of one's experiences, but this is *not* sufficient. There *are* technical weaknesses in our fencing; we must be willing to change some of our coaching and training techniques and practices to adopt concepts of proven worth in other countries. This means that our Development Program will, in the long run, be more important to the future international competence of American fencers than any number of short term overseas training and competitive trips. For this reason, my trip to the World Championships has given me renewed enthusiasm for the long range programs we have underway.



AMERICAN FENCERS & OLYMPIC ME

By Miguel

It has become the fashion in the news media to bewail the absence of Olympic medals won by American fencers. The source of information is usually a fencing competitor or a coach who is either misinformed or misquoted. The situation of course is distressing, but it really is not as bad as it has been painted.

Some commentators state that the United States has never won an Olympic gold medal in fencing. This is true, even though the trophy room at Olympic House in New York lists Arthur Fox as a gold medalist in the Junior Foils at St. Louis, 1904. The trouble is that this was an event limited to what today we would call "Class B" fencers. Other 1904 records are not comparable either; the competitions were poorly attended and informally conducted, with little attention to national affiliation.

Other commentators vaguely mention that the United States has won only one Olympic medal in fencing since 1896. Probably what they have in mind is Albert Axelrod's third place in the individual foil at Rome, 1960, which is undoubtedly the high-water mark of American fencing in the past generation. However, even if we disregard the 1904 records, it should be pointed out that Axelrod was the 21st American to win an Olympic medal (the 3rd to win an individual award) since Olympic fencing rules were standardized following the foundation of the F.I.E. in 1913.

The top U.S. Olympic medal winner in fencing is Lt. George C. Cainan, who won the first individual award with his third place in epee at Amsterdam in 1928, as well as two

3rd place medals in team ev
Angeles in 1932 (foil and epee).
Joseph Levis, whose 2nd place
vidual foil in 1932 was the first (a
only) silver medal won by a
fencer, and who also had a bror
the team event that year. The th
of this triumvirate is of course /

The remaining 18 American
won bronze Olympic medals in t
Frank Righeimer won two in 19
epee teams) and Miguel de C
won two (epee team in 1932 and
at London, 1948). Single me
were Henry Breckinridge, Fr
eycutt, Arthur Lyon, Harold F
Robert Sears (foil team, Antw
Hugh Alessandrini, Dernel
Richard Steere (foil team, 19
Heiss, Tracy Jaeckel, and C
(epee team, 1932); Norman
George Worth, Tibor Nyilas, D
and James Flynn (sabre team,

There have been quite a few r
Maria Cerra (Tishman) tied fo
women's foil at London (1948)
4th on touches. Janice Lee Yo
was 4th both at Helsinki (1952)
bourne (1956). Richard Pew wa
in 1956. The United States foil te
at London (1948) an Melbourne
sabre team was 4th at Los Ang
Helsinki (1952) and Rome (196

In brief, although the drought
is very real indeed, it would be
assume that Olympic medals
the reach of American fencers
been done in the past can be r

HOW DO WE GET THERE FROM H

by Rob Hayden MFDP Progr

In the last two issues of American Fencing you've seen articles about the promotion and development of fencing. Both are based upon the efforts and experiences of the Maine Fencing Development Program (MFDP). Such feats as the doubling of AFLA membership in the Division and a national qualifying tournament which drew entrants in numbers never before seen in Maine, and the equal of most tournaments in the North-

east. These are impressive figures
were they accomplished in a Di
is still less than a year old? W
continuing plans to maintain a
this growth?

The thrust of the MFDP has be
interest in fencing, both as a rec
well as an international compe
and then to assist in the develop
instructional projects and the e

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How Do We Get There From Here

existing fencing programs. A development effort that can only rely on sufficient funds for a year, unless new sources are found, cannot place most of its energy into producing fencers. It must produce other programs which will be more effective over a large geographic area, and which will be strong enough to continue when their initiator is no longer available.

The first step was to determine the extent and potential for the sport. This was done with a state-wide survey which gave us the information we needed. It indicated the extent of interest in, and the potential for fencing, gave us names and contacts from which to begin, and told us the problems that would need solution before any success could be expected.

We discovered that there were several high schools in the state which already had small fencing programs of which the Division was unaware. These were primarily physical education classes of three to six week duration — but they gave us one place to start. We also found more schools and recreational organizations which wanted to be able to offer fencing, but cited problems which they felt they could not surmount alone.

The problems that were most common were the lack of an understanding of the sport among the potential students, the dearth of qualified or available instructors,

and an insufficient budget to invest in equipment.

The first step was easy. We put together a 40-minute demonstration and offered it, free of charge, to those interested. This accomplished two objectives. It gave us an opportunity to explain and publicize the sport and give a plug for the nearest clubs and instruction programs, and also indicated the extent of the interest among the potential students.

We did 25 of these demonstrations to a total audience of 5954. We found that demonstrations at schools were most successful due to the captive audience of from 100 to 650 young people and teachers. Advertised demonstrations at YMCA's and town recreation leagues usually drew less than twenty people. There isn't enough understanding of the sport to draw large crowds with posters and advertising, yet.

Meanwhile, other publicity efforts concentrated on newspaper, television and radio to announce tournaments and their results, as well as other fencing activities. We tried to keep fencing in the news, figuring that some people would eventually get curious enough to want to know more.

Money for equipment was much more difficult, and still remains a problem. Schools are under very tight budget restrictions, especially here in Maine. A significant, continued interest among the students must be demonstrated before the schools will invest in fencing equipment. We helped as best we

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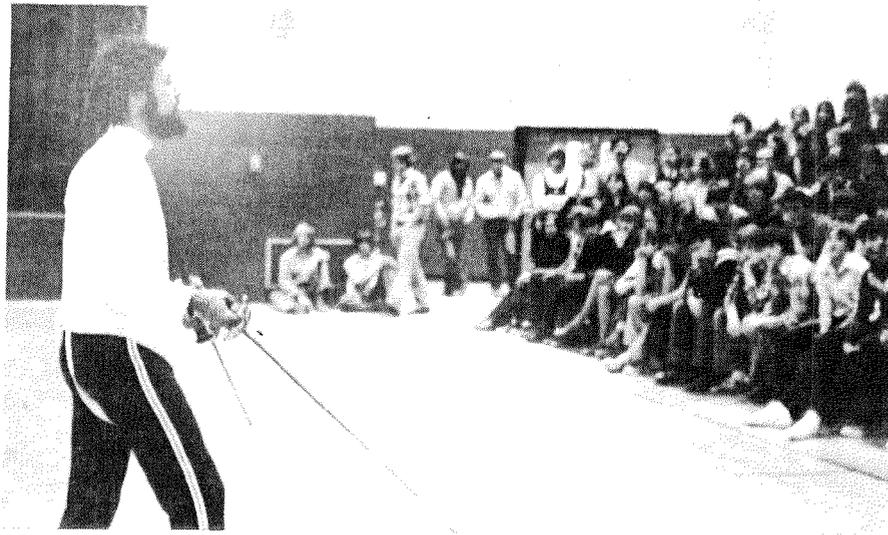
could to find equipment starter kits at reduced prices and to encourage equipment loans from other schools and organizations. We are now seeking a funding source for money to buy fifty to a hundred sets of equipment (one mask, foil and jacket per set) to start our own loan program; believing that once a program shows continued interest, the schools and organizations will find the money to purchase their own.

Producing qualified and confident instructors requires a lot of work but is reachable goal. Workshops and clinics for physical education teachers and recreational department personnel are a good start. We are also putting together a three-credit teacher recertification course which we will give this Fall. This course already has the approval of the state board of education which will grant the recertification credits to those who complete the course. These credits give added incentive to take the course, thereby providing more potential instructors. It also allows us to go into more detail and cover the subject more completely than a two-day workshop.

The lack of instructional information and materials has been a considerable deterrent to those who would have liked to have introduced fencing programs into their cur-

riculum in the past. There are no teaching aids currently on the instruction of fencing. Teachers to include fencing badly need their material from their own, us experience and from technic fencing which concentrate more moves are performed than how order they are taught. So we do own instructor's manual.

This manual consists of six detailed lesson outlines which are divided into segments as short as five minutes, allowing for different class lengths. It contains a total of thirty-two hours of student-to-class activities and teaching techniques which include teaching techniques, new moves, drills for review and sections on the most common mistakes to match for in the students. The manual is divided into sections throughout the manual, although they would be most helpful. There are 16 appendices are also included which cover such things as the history of the sport, warm-up and conditioning exercises, competition rules, how to use an official AFLA series of "handouts" which are photocopied and given to the student as part of the package.



How Do We Get There From Here

The combination of workshops and the manual will not produce instant masters, nor is it expected to. It will, however, add to the ranks of confident and competent instructors whose enthusiasm can reach significant numbers of young people and begin their instruction in the sport. From there the student's own ambition and competitive spirit are the only determinants in his or her development.

Instructors and coaches who have seen the manual have viewed it as an invaluable tool for teaching an introductory foil course. With this encouragement, we are seeking a publisher to produce and market the manual on a national level. If you think that this manual could be a useful tool for you, send us a letter. If we have a publisher we will let you

know where and when to expect to see it. If not, your letter may help us secure a publisher, since they think in terms of sales and not the availability of information. Letters of interest will indicate to a publisher the available markets and their potential size.

Five years ago such sports as soccer, running and racketball were as unknown and misunderstood as fencing is today. With a concentrated and coordinated promotional effort through programs such as the MFDP, and the development of materials like the instructor's manual, fencing could become as popular as these other sports and give us a much broader base from which to draw excellent Olympic fencers.

Maine Fencing Development Program
Bangor YMCA (207-942-6314)
127 Hammond St.
Bangor, Me. 04401

NATIONAL SQUAD POINT EVENT

The first set of squad point events for the national squad will be held in January. Sabre will be held at the New York Athletic Club in New York City on Sunday, January 7th. Foil, both men and women's, and epee will be held at San Jose University in San Jose, Calif., the week-end of January 13th and 14th. More details will be mailed to eligible members of the national squad. The national squad is now limited to the top 24 fencers in each weapon in points as reconstituted in August, 1978. The members of the Pan-American team for the 1979 Pan-American Games will be selected based on point standings after the April squad point events. The eligible fencers for squad point events this year are as shown in the accompanying table.

ALFA NATIONAL SQUAD MEMBERS 1978-1979

MEN's FOIL	EPEE
1 J. Nonna	P. Pesthy
2 M. Lang	P. Schiffrin
3 G. Massialas	L. Derybinskiy
4 E. Donofrio	B. Makler
5 M. Marx	L. Shelley
6 P. Gerard	S. Bozek
7 M. McCahey	W. Johnson
8 W. Krause	R. Nieman
9 N. Cohen	G. Masin
10 H. Hambarzumian	M. McCaslin
11 P. Mathis	G. Losey

12 M. Smith	C. Hanson
13 J. Freeman	W. Matheson
14 P. Ashley	R. Marx
15 J. Tichacek	J. Moreau
16 E. Wright	P. Daley
17 J. Herring	D. Wigodsky
18 A. Axelrod	J. Myrden
19 J. Shamash	S. Vandenberg
20 L. Siegel	W. Dragonetti
21 J. Biebel	H. Farley
22 B. Jugan	M. Marx
23 M. Dale	M. Duika
24 R. Wolfson	T. Glass (Tie)
	R. Main (Tie)

SABRE

1 P. Westbrook	G. D'Asaro
2 S. Lekach	N. Franke
3 A. Orban	V. Senser
4 E. House	A. Russell
5 T. Losonczy	S. Johnson
6 J. Gluchsmann	I. Maskal
7 P. Reilly	D. Waples
8 S. Kaplan	S. Badders
9 R. Maxwell	I. Farkas
10 G. Bartos	S. Armstrong
11 C. Gall	E. Ingram
12 S. Blum	E. Grompone
13 P. Apostol	J. Ellingson
14 M. Benedek	D. Cinotti
15 Y. Rabinovich	S. DeBiase
16 M. Sullivan	L. Goldthwaite

Cont. on page 13

TECHNICAL TALKS

by Joe Byrnes

This column, and the next at least, will be about handling copper strips—"taming the wild copper" or something of the sort, if you please. You may ask: why bother to tell fencers in general about something that only the organizers of a competition really need to know about? Tut, tut, someday you may find yourself working or helping in that capacity. You do pitch in and help, don't you?

Comes that day, you'll learn that copper strips aren't docile things that lie there tamely underfoot; that they don't roll themselves out, or back up, or stretch themselves nicely; that, in fact, they can leave you tearing your hair out by the handful.

In the first place, just as an aside, most "copper strips" that I've seen really aren't copper; the stuff is more likely to be brass or bronze or some alloy in that neck of the woods. But everybody says "copper," so copper let it be (but we all know better). In the second place, you already know that the only reason the stuff is needed in the first place is to keep foil and epee touches that hit the floor, whether deliberately or as a result of misses or parries, from going off, as off-target and valid respectively, and confusing the results. So much for the (very) basics.

A metal strip may be anywhere from five and a half feet wide to eight feet wide and from sixty to eighty feet long. In any case, that's quite a bit of metal. It may weigh in at around a hundred pounds or run to nearly three times that—it all depends on the thickness of the original wires and how worn down the mesh was when the fencers acquired it. As old-timers will certainly remember, for years copper strips were almost invariably stuff that paper manufacturers had finished with, metal mesh that had been worn so thin that leaving it on the paper-making machinery would be false economy, because of the chances of messy breakdowns. Given the right connections with a friendly paper mill executive, fencers could secure the need metal in the necessary length for its value as scrap. In recent years—the result of all this affluence, doubtless—we have been seeing more new metal in use at fencing competitions. Some of the new stuff is technically "second qual-

ity," having weaving defects that are desirable or even unusable for ing, but having no bearing on fence new: which is better? There are a lot to know about each kind. Of probably roll out more readily, but tear more easily. Very heavy ne be the very devil to stretch out. Anyway, be grateful that you're getting something, because, as of a few years ago, machinery manufacturers learned to use plastic mesh instead of metal. Demand for the original is dropping, and less is being made. There will come a time when we can't get a strip for love or money. So treat it with respect and care. I know it's difficult advice to take; copper strips are so downright ugly, besides being prone to tear or rip, and a general nuisance to handle in the limited space before and after a competition, be unfriendly too, and tear you up with nasty raw edges: wear heavy gloves when wrestling the beast. Anyway, and let's get on with the job.

Once the floor plan has been set for a competition (yes, it pays to advance how much room you need where everything is to go), you're laying out the strips. To begin with, and as the FIE likes it, copper strips be up on some sort of low platform, a few inches off the floor. That makes them out much easier, with ten feet over the ends of the platform. Even the biggest international competitions ever, such platforms are rarely used, at least in this country. (I was amused to read in the official FIE reports that it would be possible to tape a strip right to the floor—it seems Europe caught up with us in that respect.) The strip out on the floor, stretch it down. Right?

Wrong. The only floor you lay out directly on is one with a finish that's anything, or that is already sanded off and refinished—and

TECHNICAL TALKS

get the permission of the owner in writing. No matter how well it's stretched and taped, a copper strip, being trampled over by a herd of fencers for a few days, or even one day, will "work" back and forth a bit, and that movement back and forth will leave the floor looking as though a giant piece of sandpaper had been rather unevenly applied. The newer the strip the worse the effect. Always have something between the floor and the mesh. If you've got any of those huge old rubber strips they'll do nicely, but who has any of those any more? A padding of newspapers, liberally applied and overlapped, will work, though it's not the best approach. What your friendly local builder's supply or lumber yard called "red roofing paper" works well; it handles easily; as it's usually in 3-foot wide rolls, you need two rolled out side by side, lapped just a bit in the center. Remember, any uncovered gap is likely to leave an abraded dull or whitish spot on the finish of the floor. The most efficient approach I've seen in recent years is one that was pioneered, to the best of my knowledge, by Dave Micahnik at Penn. Dave's

technique is to underlay the copper by a pad of light foam rubber or plastic, about a quarter of an inch thick. Besides protecting the floor superbly, it provides a resilient footing, and the foam damps down the tendency of the metal strip to move longitudinally, thus reducing the tearing of the tape and the need for frequent retaping. Like the roofing paper rolls, the foam rubber, handled carefully, will last for many competitions.

The tape that is most often used to hold a metal strip is what is known as "duct tape." It comes in 2" and 3" wide rolls. The 2", carefully applied, will do the job satisfactorily and is much cheaper than the wider version. It's a good idea, in advance of a competition, to try the tape you're planning to use off in a corner somewhere, to find out if its adhesive affects the floor adversely when you remove it. I once saw (at an event I wasn't running) the fancy modern plastic finish on a gym floor lifted off in jagged inch-wide bands when the tape came up—fortunately that was one of those cases in which the floor was scheduled for a complete stripping and refinishing in a few weeks anyway, so the owners of the gym didn't get too mad. If you have that kind of problem with a tender floor,

wide "masking tape," with its less aggressive adhesive, can be the solution. You will have to replace or repair the taping more often, of course, as it will shear more readily with the movement of the edges of the strip.

More next time: patching 'em, etc.

ALFLA NATIONAL SQUAD MEMBERS 1978-1979 cont.

17 D. Goldberg	M. Miller
18 W. Goering	J. Angelakis
19 P. Friedberg	C. Louie
20 P. Barcelo	S. Posthumus
21 A. Lara	J. Faulkner
22 F. Morea	C. Massiala
23 J. Tishman	A. Kayler
24 S. Beutel	H. Konecny

through the ballroom, literally gutting the tire room and causing some \$10,000 in damages. Fortunately, the fire was confined to the ballroom area, and there were no injuries or deaths as a result of the fire. In retrospect, I shudder to think of what would have happened had occurred shortly before the national championship, or even worse, had occurred during the competition.

In any event, the question of fire and any other dissatisfactions of the competitors is now purely a matter of it is my understanding that the ballroom will be completely rebuilt, literally but the beautiful velvet flocke the lush thick carpet, and the suppliers are no more.

Those of us who lives in the Miami area are fondness for the ornate atmosphere of the Diplomat ballroom, and we hope that it will be generally be recreated pretty much as it was. In any event, we all record our appreciation for the fortuitous timing of the event, and are grateful for the fact that what was lost was proper

Letter To The Editor

Editor:

As a postscript to my article appearing in the July-August edition of American Fencing Magazine (1978 National Championships or Reflections in a Bloodshot Eye), I would regretfully submit the following report.

Some three (3) weeks after the conclusion of our 1978 fencing championship in the Diplomat Hotel, a fire of unknown origin swept

DEAN J.
Gold C

Fencing Pro wanted for the Greenville, Kentucky area. Address at Tony E. Mathis Chairman, Ky. Div. AFLA 3169 South Third Street Louisville, KY 40124 1-(502)-366-3842

ANALYSING POOL SYSTEM

Few AFLA division have training programs for meet organizers. With the possible exception of directors, meet organizers have the most important and least appreciated job at a meet. An important aspect of the meet organizer's job is to determine a pool/round system that will permit the meet to run smoothly and in a reasonable time. To aid people thrust into the organizer's position with little or no training we offer the following information to help them.

First consider the number of bouts needed to complete pools of four to nine fencers.

# in Pool	Bouts
4	6

By Charles

5
6
7
8
9

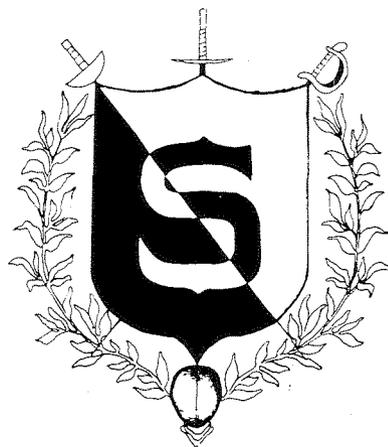
If we apply the requirements of each pool: 1974 AFLA Fencing xvi, paragraph E) and note that it is practice to take up a minimum pool, i.e. four up from pools of eight and five up from pools of four we can determine the number of bouts needed to eliminate one fencer

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Fencers in Pool	Eliminate	Bouts to Elim one
4	1	6
5	2	5
6	3	5
7	3	7
8	4	7
9	4	9

From this simple analysis it is immediately obvious why pools of five and six are preferred. They eliminate more fencers in fewer bouts than other size pools. It appears there is no reason to pick pools of six over five until we note the restriction of advancing three fencers from each pool naturally forces the organizer toward the six man pool system. An organizer setting up a pool/round system eliminating to 48,24,12,6 will usually finish much faster than a colleague attempting a different method.

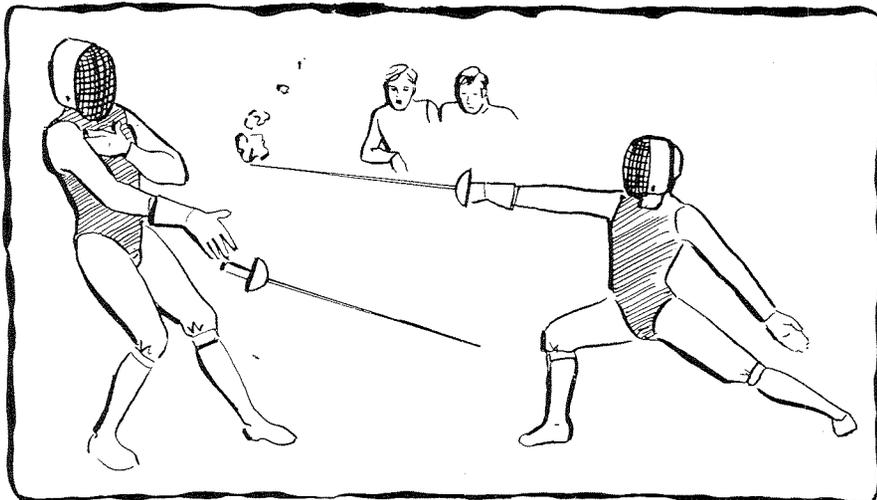
There is a temptation to adjust early rounds for comfortable five and six man pools with three up from each pool. This generally leads to a nine man final. The organizer is then tempted to run the unwieldy nine fencer pool on two strips. As a rule of thumb you should avoid double stripping as if it were poison. The usual difficulties of keeping scores correctly is exacerbated. Since this is the finals it will mean your crew

of available directors will be severely curtailed in all but unusual circumstances. Remember, most of the directors will be fencing since it is a large finals.

Part of the apparent savings in time is lost when a fencer takes the allotted rest if two bouts must be fenced back-to-back. Also you will find fencers simply go slower toward the end of one of these marathons. Finally we note the specter of equipment failure. A breakdown on either strip will stop the other cold. So while double stripping a finals of nine may seem a good idea it should be avoided if at all possible. The easiest method of avoiding the nine fencer finals is to adjust the pool/round system to allow more fencers to advance in the early rounds so as to enter the 48,24,12,6, sequence quickly. This will eliminate fewer fencers in the early rounds but quickly puts the meet into the easily managed groupings of six.

In Table I is presented a series of pool/round systems which give the novice organizer a possible grouping for meets with entrants between fifteen and sixty in number. A shorthand notation was used to list the pool/round sequences. Three pools, each containing five competitors, is written: (3X5). Mixed pools, say one of four and two of five can be shown as (1X4,2X5). Variable

tournament time



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numbers of competitors in pools can be shown in a general way: (6X4's, 5's, 6's). The first six indicates six pools are needed. The 4's, 5's, 6's indicates that the organizer is to use pools of from four to six fencers to reach the required number of slots.

Organizers are also faced with the choice of the direct elimination system with repechage. In this system one round of pools must be fenced and the competitors are placed in an elimination ladder based on their standing at the end of the pools. After repechage a finals of six is fenced.

As an example let us pick thirty fencers. To facilitate comparison of the pool and repechage system we introduce the concept of the maximum strip. If one strip is visualized as always having the largest pool of each round and we count the number of bouts fenced on that strip to the completion of the competition this will give a measure of the relative merit of the two systems. In the pool system given in Table I for thirty fencers we see that four rounds are required. The maximum strip will have ten bouts in the first round and fifteen in each of the three remaining rounds. The maximum strip sees fifty-five bouts in the pool system.

Repechage systems are a little more dif-

ficult to compute. Each repechage must be fenced for ten touches. you will find that a ten touch bout slightly longer than two five touch summing six strips available the first pools will require ten bouts. A repechage of sixteen fencers three bouts must be needed. The maximum strip v ten touch bouts in both the first and third round must be needed. The repechage adds ten bouts. The finals bring the total bouts on the maximum strip to thirty-five versus the pool system. The difference is substantial, hours if bouts are the only measure. In the case of double-stripping there are hidden time factors. The repechage requires careful work at the master's table and there is some time lost in the round. While it is somewhat faster, the organizer must weight the reduced time of the intermediate fencer, the need for directors in the repechage system, and the availability of help in keeping the room moving.

Hopefully this will give the meeters some useful material and enlighten fencers to the difficulties faced by people working at the scoring table.

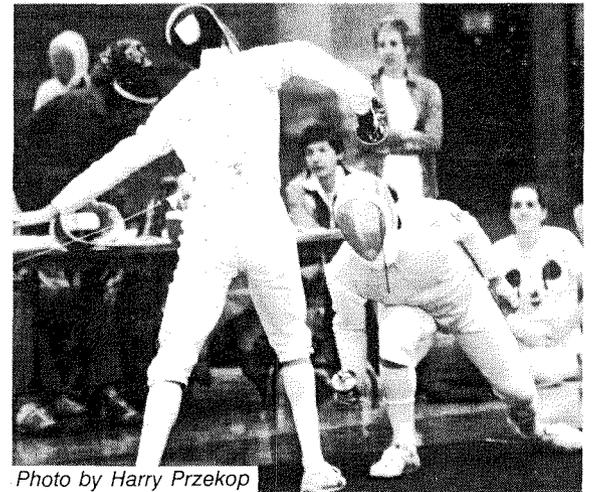


Photo by Harry Przekop

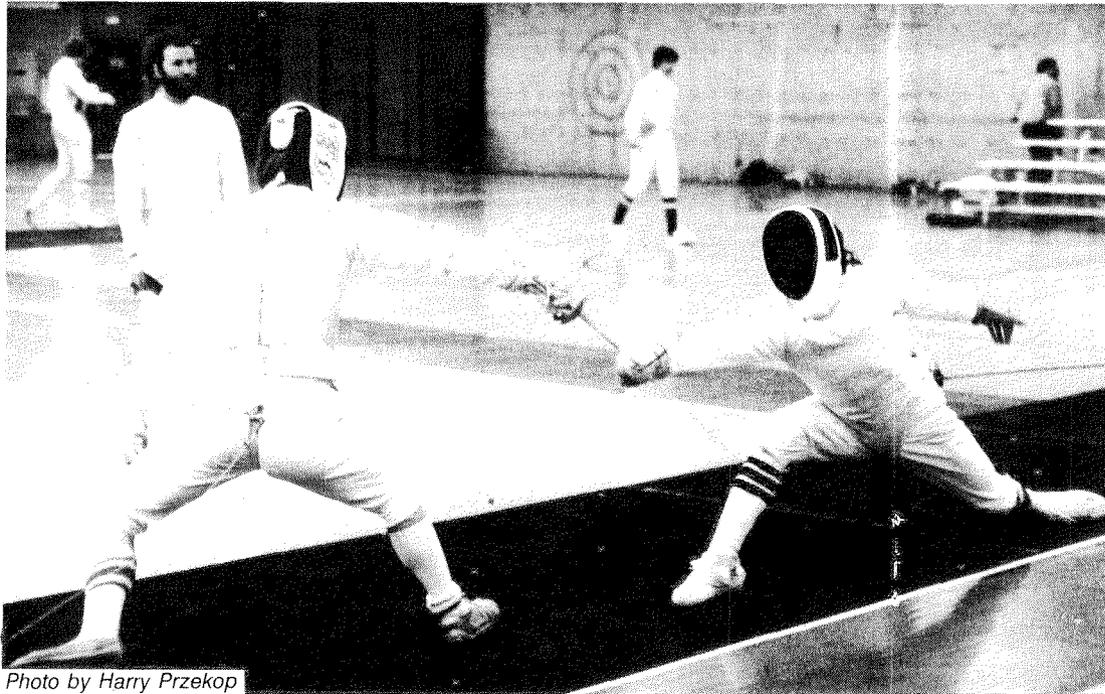
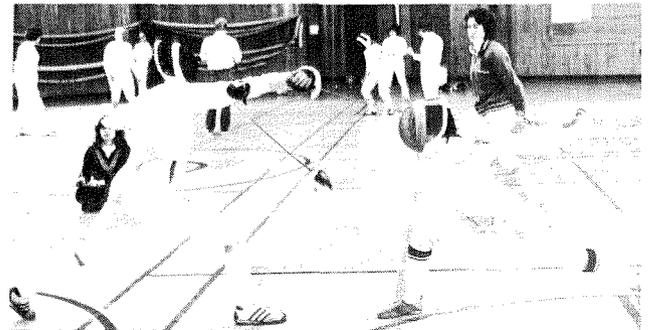
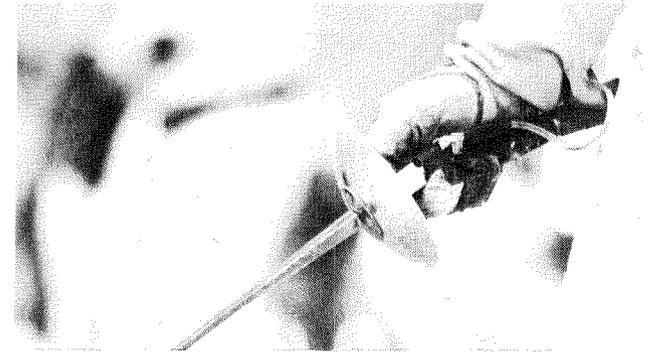


Photo by Harry Przekop



ANALYSING POOL SYSTEMS cont.

TABLE I

Fencers	Round 1	Round 2	Round 3	Round 4
15-18	(3 X 5's, 6's)*	(2X6)	(1X6)	
19-24	(4 X 4's, 5's, 6's)	(2X6)	(1X6)	
25-29	(5 X 5's, 6's)	(3X6)*	(2X6)	(1X6)
30-36	(6 X 5's, 6's)*	(4X6)	(2X6)	(1X6)
37-48	(8 X 4's, 5's, 6's)	(4X6)	(2X6)	(1X6)
49-60	(10 X 4's, 5's, 6's)	(6X5's, 6's)*	(4X6)	(2X6) (1X6)

*Advance four from each pool



COMING ATTRACTIONS

This year, the Csiszar Women's Foil will be held on Saturday, December 2, and the Csiszar Epee will be held on Sunday, December 3, 1078, at the University of Pennsylvania, Philadelphia, Pennsylvania.

The Gladius Society of the University of Pennsylvania will offer attractive prizes to all finalists in each event.

The U.S. International Squad will receive direct invitations. All other Class "A" and Class "B" fencers may enter. Class "C" fencers, outstanding collegiate fencers, and leading U-19 and U-20 fencers may apply for entry. Visiting internationalists are welcome to compete, and should be brought to the attention of the organizing chairman as early as possible for proper arrangements to be made.

Those desiring to enter should do so by November 15, 1978.

Send: Name, Address, Phone Number, AFLA Division, Club, Classification, National Rank, Squad Rank, \$10.00 entry fee (check payable to "Daniel J. Steinman")

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Dept. of Athletics
Weightman Hall, E-7
University of Pennsylvania
Philadelphia, PA 19104
(215) 243-6116

Fourth Annual Rebel Yell

The Fourth Annual Rebel Yell (Bourbon) Open will be held November 18-19, 1978 at E. P. Tom Sawyer Park, Louisville Kentucky.

Trophies will be awarded to the first six places in Men's Foil, Men's Epee, Men's Sabre, and Women's Foil; the first three places in Women's Epee and Women's Sabre.

The cost is six dollars per weapon, five dollars with valid student I.D.

For further information contact:

Maureen Keilty	Louisa Felty
4206 Naneen Drive	6502 Newcut Road
Louisville, Ky.	Fairdale, Ky.
40216	40214

1978 CORNELL OPEN FOIL COMPETITION

The 1978 Cornell Open Foil Competition will be held on Saturday and Sunday November 4th and 5th, in Barton Hall on the Cornell University Campus, Ithaca, New York.

Format. Preliminary pools will be followed by a direct elimination round for a six-fencer final pool.

Schedule. All elimination rounds will be on Saturday Nov. 4th. Weapon check will open at 8:00 AM. Men's Foil will begin at 11:00 AM. Women's Foil will start at 12:00 PM. Both finals will be held on Sunday Nov. 5th. The Women's Foil final will begin at 11:00 AM. The Men's Foil final will start at 12:30 PM.

Awards. Awards will be presented to the top six fencers in each weapon.

Awards Luncheon. All awards will be presented at a ceremony at the Statler Inn on the Cornell campus immediately following the men's final. A buffet luncheon will also be served. Fencers and guests may attend the

Awards luncheon for a charge of 6.00 each. Finalists will be admitted free.

Accommodations. The Ithaca Hotel has offered special rates for those desiring accommodations.

All finalists will lodge courtesy of the Fencer's Club.

Holiday Inn reservations must be made by October 28th. A reservation card is enclosed with each entry form, or reservations may be made by telephone: Ms. Johnson, Holiday Inn 607-257-3100.

Entry. Entries will be by pre-registered only. Entry forms along with the 10.00 entry fee must be received by mid-October 21st. Admission fees for the Luncheon 6.00 each for fencers and guests must also be sent with the entry forms write:

Cornell Fencing Club
Teagle Hall
Cornell University
Ithaca, New York
14850

You may also call the Fencing Office 607-256-2368.

RESULTS

1978 PENTATHLON NATIONALS

by George Nelson

Greg Losey, finalist in the 1978 AFLA Fencing National Championship in epee, won the 1978 Pentathlon Nationals at Ft. Sam Houston, San Antonio, Texas, July 8-15. Losey was the leader in the fencing event with 1034 Pentathlon points for a better than 70 per cent victory average. In fact, showing an increasing emphasis on the fencing results, the top four places in the senior category were also the top four fencers: Neil Glenesk, second place with 949 fencing points; Mike Burley, third place, also with 949 fencing points; and Keith McMormick, fourth, but with a fencing score of 969. The day-long, 66 bout epee one touch round robin left the competitors as well as the judges from the South Texas and North Texas divisions exhausted. The large junior category had fenced the previous day. Terry Alexander won the junior division, scoring 980 points in the fencing, and Gina

Swift, defending World Champion women's division of Modern Pentathlon, retained her U.S. title with a score of 930 in fencing. The U.S. will send a senior men, women, and junior men Modern Pentathlon World Champion to Sweden in August.

MARDI GRAS FENCING TOURNAMENT

Unusually cold February weather discouraged the fencers of the 1978 Mardi Gras Fencing Tournament from enjoying parties, parades, sight-seeing and recreation at this annual showcase event in Orleans.

Sponsored by the New Orleans Fencing Club and the Tulane University Fencing Club, the competition drew a strong turnout of both its events, women's foil and epee, (next year, foil, epee.)

The Friday night gala reception at the International House was packed with

their friends and families. Challenge bouts were fenced between National Champion Sheila Armstrong and Gay D'Asaro and between sabre champion Tom Losonczy and Dr. John Kalmar of the NOFC. The audience sipped champagne and enjoyed creole cuisine after the 10 touch bouts.

All finals were fenced on the stage of Tulane's McAleister auditorium, affording excellent lighting for the fencers and unobstructed viewing for the spectators. Officiating went exceptionally smoothly, thanks to the skilled directing and judging of Mr. Gabor Delneky, a former Hungarian sabre star (medalist in Olympic and World Championships.) Maestro Mike D'Asaro and Mr. Arnold Mercado of Rice University's fencing staff, assisted Mr. Delneky. Score towers fixed at the orchestra pit level enabled the audience to follow the bouts easily.

Details for next year's Mardi Gras Fencing Tournament will appear later in *American Fencing*.

FINALISTS

Women's Foil (Group I)

1. Gay D'Asaro Salle D'Asaro
2. Sheila Armstrong Salle Santelli
3. Lois Goldthwaite IFCS, Texas

Fencing at the Pentathlon

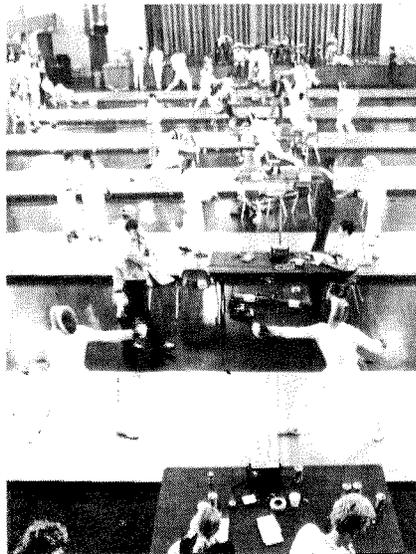
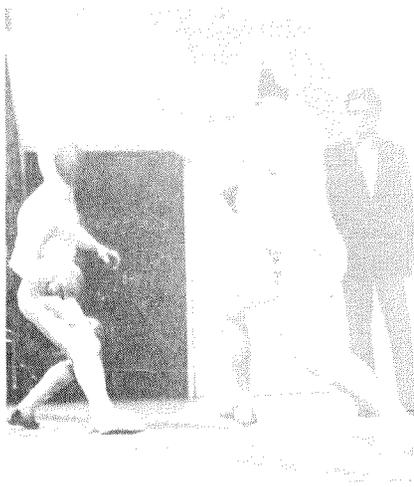


Photo by Nelson

SABRE

1. Dr. John Kalmar New Orleans Fencers Club
2. Alex Orban New York Athletic Club
3. Tom Losonczy New York Athletic Club



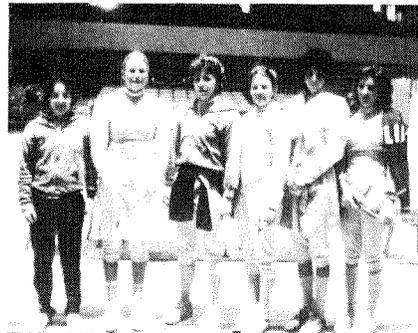
THE 1978 HELENE MAYER INTERNATIONAL

The first International (and 25th Domestic) Helene Mayer Foil Competition for Women took place in March 1978 in the Oakland, California, Auditorium Arena. Due to short notice, fencers from Japan, China, and Mexico were unable to participate, although all three countries expressed an interest in next year's event when they would have more time to make arrangements.

Canada sent a full contingent of a coach and three fencers, two of whom, unfortunately, arrived too late to enter the competition. All three fencers stayed in the San Francisco area for the following week and fenced at the local salle d'armes, much to the appreciation of all concerned. They also participated with West Coast women in some Olympic Squad training sessions.

The tournament itself attracted 35 entries, many of the strongest of the West Coast. Results of the final round.

- 1) Sue Badders (5-0), 2) Gay D'Asaro (4-1), 3) Vincent Hurley (2-3), 4) Debbie Waples (2-3), 5) Edit Kolos (1-4), 6) Stacey Johnson (1-4).



1978 Helene Mayer Finalists

left to right: D. Waples, G. D'Asaro, S. Badders, S. Johnson, V. Hurley, E. Kolos
photo by Cyril Orly

15th Grand International

Our 15th Grand International was the most successful we've had. 92 competitors from the western states came to Tucson for three days of competition, sunshine, and social events. Although the overall strength of most events was down slightly over previous years, the quality of the competition has remained consistently high.

The highlight of the tournament was the traditional duel at dawn, "The E Honor", held at San Xavier Mission. The sound of bagpipes signaled the start of the event, as competitors at our desert breakfast watched, and applauded, the two members of the "Pipers" bagpipe club of Tucson march towards the breakfast area, wearing traditional kilts and sounding the call.

Next year's Grand International will be held on April 27, 28, 29, 1979, and will be even bigger and better. See Results:

Men's Foil (53 Entries)

1. Brian Byrd, Tucson Fencing Club
2. Dean Halstead, San Diego
3. Ron Lumm, T.F.C., 5-3

Women's Foil (25 Entries)

1. Margo Miller, Halberstadt, CA
2. Jane Littmann, CUFC, 4-1
3. Yvonne Gallego, TFC, 4-1

Men's Espada (40 Entries)

1. Joseph Metcalfe, 49ers

Women's Espada (17 Entries)

1. Jane Littmann, CUFC

Men's Epee (37 Entries)

1. Robert Hurley, Rice F.C., 4-1

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- 1977 Modern Pentathlon World Championship-San Antonio, Texas
- 1978 Balkan Games-Split, Yugoslavia
- 1979 Mediterranean Games-Split, Yugoslavia
- ECAC, NCAA, US Nationals, Canadian Nationals

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Men's Handicap Foil (24 Entries)

1. Steve Aguilu, Univ. of AZ., 5-0
2. Michael Hall, Unatt., 4-1
3. Steve Barbour, CSUF, 3-2

Men's Sabre (34 Entries)

1. Dean Halstead, SDFC, 7-1*
2. Steve Gerstein, TFC, 7-1
3. Joshua Runyon, LAAC, 5-3

Women's Epee (22 Entries)

1. Jane Littmann, CUFC, 4-1
2. Mickey Conte, LAAC, 3-2
3. Peggy Oels, Cavaliers, 3-2

Women's Sabre (10 Entries)

1. Heidi Meyers LAAC, 4-1*
2. Jane Littmann, CUFC, 4-1
3. Lynne Antonelli, Sala de San Jose, 3-2

*Won by barrage

9th Annual Senior Olympics FENCING

July 1 and 2, Arcadia, California

FOIL

- | | |
|-----------------------|------------------|
| 40-44 1st Milton Bank | Pebble Beach, CA |
| 2nd Edward Hasbrouck | Sacramento, CA |
| 45-49 1st And Rivera | Los Angeles, CA |
| 2nd Ben Buenviaje | Los Angeles, CA |

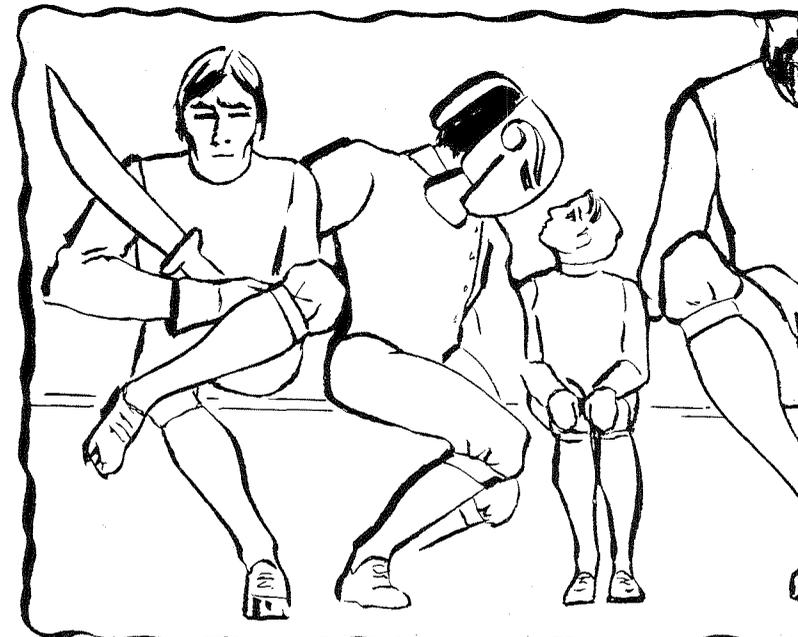
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|--------------------------|-------------------|
| 50-54 1st Joseph Steiner | Torrance, CA |
| 2nd Daniel DeLao | Fair Oaks, CA |
| 3rd Nikoli Kariagin | Chatsworth, CA |
| 55-59 1st Leroy Jones | Cleveland Hts, OH |
| 2nd George Willis | Chesterland, OH |
| 3rd Werner Kirchner | Arcadia, CA |

- | | |
|----------------------------|--------------------|
| 60-64 1st Aaron Bell | Marblehead, MA |
| 2nd Theodore Gurley | Mt. Holly, NJ |
| 75-79 1st Steve Barden | So. Pasadena, CA |
| WOMEN'S FOIL | |
| 35-39 1st Carolina Brodkey | Silver Springs, MD |
| 60-64 1st Maxine Mitchell | Covina, CA |

- | | |
|--------------------------------|------------------|
| EPEE | |
| 40-44 1st Milton Bank | Pebble Beach, CA |
| 2nd Edward Hasbrouck | Sacramento, CA |
| 45-49 1st Andy Rivera | Los Angeles, CA |
| 2nd Ben Buenviaje | Los Angeles, CA |
| 50-54 1st Stephen Mutschbacher | Studio City, CA |

- | | |
|-------------------------|--------------------|
| 2nd Richard Guest | Anaheim, CA |
| 3rd Nikoli Kariagin | Chatsworth, CA |
| 55-59 1st George Willis | Chesterland, OH |
| 2nd Herb Spector | Silver Springs, MD |
| 3rd Leroy Jones | Cleveland Hts, OH |
| 60-64 1st Aaron Bell | Marblehead, MA |
| 2nd Theodore Gurley | Mt. Holly, NJ |
| 3rd Fred Rayser | Los Angeles, CA |
| 75-79 1st Steve Barden | So. Pasadena, CA |

- | | |
|---------------------------|------------------|
| SABRE | |
| 40-44 1st Milton Bank | Pebble Beach, CA |
| 2nd Edward Hasbrouck | Sacramento, CA |
| 45-49 1st Victor Rohrback | Santa Cruz, CA |
| 50-54 1st Daniel DeLao | Fair Oaks, CA |
| 2nd Nikoli Kariagin | Chatsworth, CA |
| 3rd Joseph Steiner | Torrance, CA |



novice notes

- | | |
|---------------------------|--------------------|
| 55-59 1st Warner Kirchner | Arcadia, CA |
| 2nd Herb Spector | Silver Springs, MD |
| 3rd Robert Crawford | Hollywood, CA |
| 60-64 1st Fred Rayser | Los Angeles, CA |
| 2nd Aaron Bell | Marblehead, MA |
| 3rd Theodore Gurley | Mt. Holly, NJ |
| 75-79 1st Steve Barden | So. Pasadena, CA |

- | | |
|----------------------------|--------------------|
| WOMEN'S SABRE | |
| 35-39 1st Caroline Brodkey | Silver Springs, MD |
| 60-64 1st Maxine Mitchell | Covina, CA |

- Sabre
1. Bill Goering, Detroit
 2. Frank Nagorney, Cleveland
 3. Bob Foxcroft, Toronto

- Women's Foil Team
1. Donna Mc Avoy, Melba Woolcott Balzton from Harmonie Fencing Club

Cleveland Open

April 29 and 30, 1978

- Epee
1. Bill Reith, Cleveland
 2. Dan Schoof, Detroit
 3. Joe Scott, Detroit

- Men's Foil
1. Ed Wright, New York
 2. John Aviles, Boston
 3. Pat Van De Motter, Cleveland

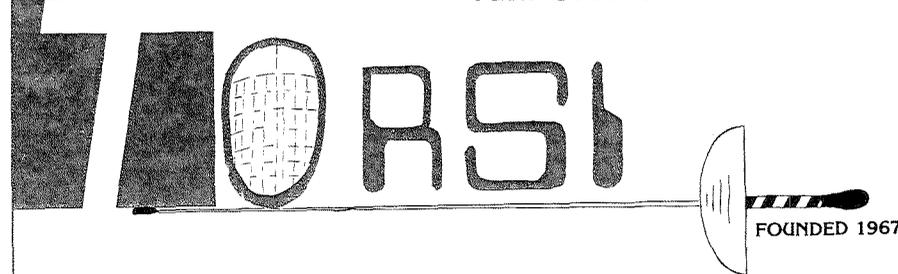
- Women's Foil
1. Donna Mc Avoy, Toronto
 2. Pat Balzton, Toronto
 3. Ann Klinger, Chicago

THE YORICK OPEN FENCING TOURNAMENT

San Marcos, Texas
By Lewis J. Smith

The fourth annual Yorick Open Tournament was held at Southwestern State University on April 8-9, 1978. Aqua Sports Center. The SWT Fencing Society hosted 93 entries who represent different open or collegiate team. The tournament proved to be an outstanding group with Rod Marin taking a hard victory. Women's foil produced the defeated meet winner with Liz Fr Houston edging Lee Dillman in an 5-4 bout.

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Howard Williams of Southeast Texas was the outstanding meet fencer. He took both men's foil and sabre with victories in a barrage.

FINAL RESULTS:

MEN'S FOIL (16)

1. Howard Williams, (C), SWTSU, 6-1*
2. Rudy Salazar, (B), unatt., 6-1
3. Steve Baranoff, U. Texas alumni, 4-3

WOMEN'S FOIL (16)

1. Liz Fekete, (6) Houston FC, 7-0
2. Lee Dillman, (B) unatt., 6-1
3. Tracy Yelton, (C), SWTSU, 5-2

SABRE (19)

1. Howard Williams, SWTSU, 6-1*
2. Jim Jackson, SWTSU, 6-1
3. Paul Anderson, (C), SWTSU, 3-2

EPEE (42)

1. Rod Marin, (A), unatt., 4-1
2. Bruce Markovich, (C), TAMU, 3-2
3. Joe Elliot, (A), unatt., 3-2

* WON BARRAGE



Mardi Gras Tournament Sabre Finalists: Tom Losonczy, Chris Trammell, Andrew Vela, Alex Orban, Herb Spector, Dr. John Kalmar.

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50th National Intercollegiate Women's Fencing Championship

Individual Championship-University of Pennsylvania April 1, 1978

FINAL INDIVIDUAL RESULTS AND STANDINGS

		V's
1. Stacey Johnson	San Jose State University	5
2. Vincent Hurley Senser	San Jose State University	4
3. Sheila Armstrong	Jersey City State College	3
4. Anne Kayler	University of Pennsylvania	2
5. Rebecca Bilodeau	Cornell University	1
6. Louise Ackerman	North Carolina State University	0

7. Loree Kelcher	Johns Hopkins University	2
8. Diane Knoblach	North Carolina State University	2
9. Carol Jursik	Pennsylvania State University	2
10. Noreen Hydel	Wayne State University	2
11. Virginia Adams	Hunter College	1
12. Kathy Valdiserri	Notre Dame University	0
	ALL-AMERICAN	

FIRST TEAM

Stacey Johnson	San Jose State University
Vincent Hurley Senser	San Jose State University
Sheilah Armstrong	Jersey City State College
Anne Kayler	University of Pennsylvania

SECOND TEAM

Rebecca Bilodeau	Cornell University
Louise Ackerman	North Carolina State University
Loree Kelcher	Johns Hopkins University
Virginia Adams	Hunter College

TEAM CHAMPIONSHIPS-UNIVERSITY OF PENNSYLVANIA MARCH 30-31, 1978

FINAL TEAM STANDINGS

*Regular.

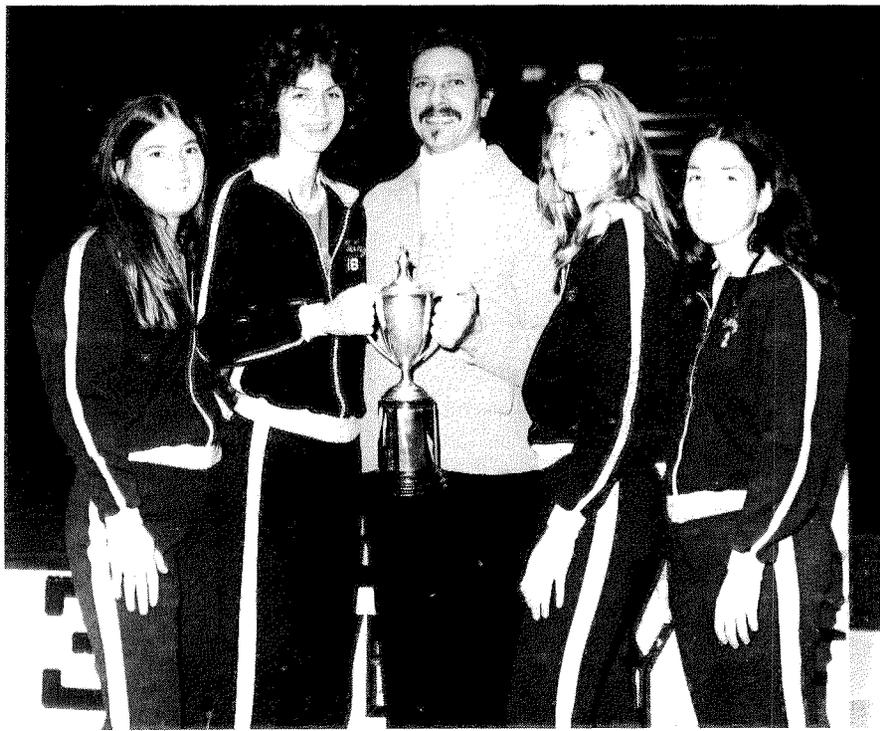
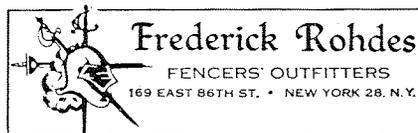
Place	School	Team V's	D	C	B
1.	San Jose State University	90	14	25	25
2.	University of Pennsylvania	88	20	20	23
3.	Penn State University	76(+189)	*14/6	23	20
4.	St. John's University	76(+164)	23	19	20
5.	Portland State University	71	20	19	13
6.	Cornell University	69	19	19	12
7.	Jersey City State College	66	15	16	12
8.	Wayne State University	64	18	11	22
9.	Temple University	62	12/3	16	17
10.	University of Wisconsin	59(+56)	19	20	4/4
11.	North Carolina State University	59(+44)	3/8	17	17
12.	Northwestern University	51(+31)	10	20	10
13.	Montclair State College	51(-21)	11	14	14

Team Championships Final Team Standings

Place	School	Team V's	D	C	B	A
14.	Hofstra University	48	17	15	12	4
15.	Ohio State University	46	11/5	9	12	9
16.	Hunter College	44(-36)	7	14	7	16
17.	William Paterson College	44(-68)	17	6/2	16	3
18.	Johns Hopkins University	43	4/5	8	10	16
19.	Fairleigh Dickinson-Teaneck	42	8	8	8	18
20.	New York University	40	7	2/0	17	14
21.	United States Naval Academy	35	11	5/0	7	12
22.	University of North Carolina	34(-62)	6/4	11	12	0/1
23.	Barnard College	34(-92)1/2	8	11	12	
24.	Yale University	34(-105)	12	10	8/0	4/0
25.	University of Maine	29	7	5	8	9
26.	Dartmouth College	26	6	3	7	10
27.	California State College (PA)	23	3/1	6	3	10

BELOW: TEAM CHAMPIONSHIPS -
SAN JOSE STATE -

Hope Konecny, Vincent Hurley Senser,
Michael D'Asaro - Coach, Stacey Johnson,
Sharon Roper.



Individual Finalists - Louise Ackerman, Rebecca Bilodean, Anne Kayler, Shiela Armstor Hurley Senser, Stacey Johnson

Western Intercollegiate Fencing Conference

at
California State University
Northridge, March 1978
by MURIEL BOWER

At the annual coaches' meeting it was decided that this conference has grown to the point that it should be split. Next year the twelve western colleges and universities eligible for the NCAA fencing championships will form a Division I association and other schools will make up a Division II association.

Results of this year's championship are as follows:

Overall Team Standings Pl.

- 1 San Jose St.
- 2 U.S. Air Force
- 3 Cal-St. Northridge
- 4 Cal-St. Fullerton
- 5 Stanford
- 6 San Francisco St.
- 7 USC
- 8 Cal-St. Long Beach
- 9 U.C. Santa Cruz
- 10 U.C. Berkeley
- 11 City Col. San Francisco
- 12 Cal-St. Los Angeles
- 13 U. Arizona
- 14 U.C. Santa Barbara
- 15 U.C. San Diego
- 16 UCLA

WESTERN INTERCOLLEGIATE

FOIL TEAM			
Pl.		MW	BW
1	San Jose	11	33
2	Air Force	11	27
3	Santa Cruz	10	27
4	Berkeley	10	26
5	San Francisco St.	8	23
6	Fullerton	8	21
7	Stanford	6	
8	Northridge	5	
9	Los Angeles	4	17
10	Long Beach	4	15
11	CC San Francisco	4	12
12	Arizona	4	10
13	USC	3	13
14	UC San Diego	3	12

EPEE TEAM			
Pl.		MW	BW
1	San Jose	823+49	
2	Air Force	823+29	
3	Long Beach	823+28	
4	Northridge	8	20
5	Stanford		7
6	Fullerton	6	19
7	San Francisco St.	6	18
8	Santa Barbara	6	15
9	USC		4
10	CC San Francisco	2	11
11	UC San Diego	2	7
12	Arizona		1

SABRE TEAM			
Pl.		MW	BW
1	Northridge	10	
2	San Jose	9	
3	USC	7	
4	Fullerton	6	
5	Air Force	5	15
6	Los Angeles	5	15
7	UCLA	4	13
8	Stanford	4	12
9	CC San Francisco	3	
10	San Francisco St.	1	5
11	Arizona	1	3

INDIVIDUAL STANDINGS			
FOIL			
Pl.		BW	Ind
1	Marlowe Hood	UCSC	6
2	Bobby Thompson	SJSU	6
3	Wendell Kubik	USAFA	5
4	Mark Decena	SJSU	4
4	George Platt	UCSC	4
6	Carlos Uribe	SJSU	3
7	Tony Jakubowski	CSULA	1
8	Mark Kastor	SFUS	1
9	Eugene Manzano	UCSD	0

EPEE			
Pl.		BW	Ind.
1	Jeffrey Haas	USAFA	6
2	Donald Jughey	CSUF	6
3	Peter Shifrin	SJSU	5
4	Larry Riggins	CSULA	4
5	Joe Metcalfe	CSULB	4
6	Charles Firus	CSULB	4
7	Ted Bartell	Stan	4
8	Mike Miller	CSUN	3
9	Steve Charolla	USAFA	0

SABRE			
Pl.		BW	Ind.
1	Mark Detert	SJSU	8
2	Scott Knies	SJSU	6
3	Robert Randolph	USC	6
4	Andy Frieder	UCLA	5
5	George Hayes	CSUN	3
6	Bill Morrow	CCSF	3
7	Tim Moore	GSUN	2
8	Dave Fuller	USC	2
9	Ron McGee	CSUN	1

Sala dell'Orso, f. c.

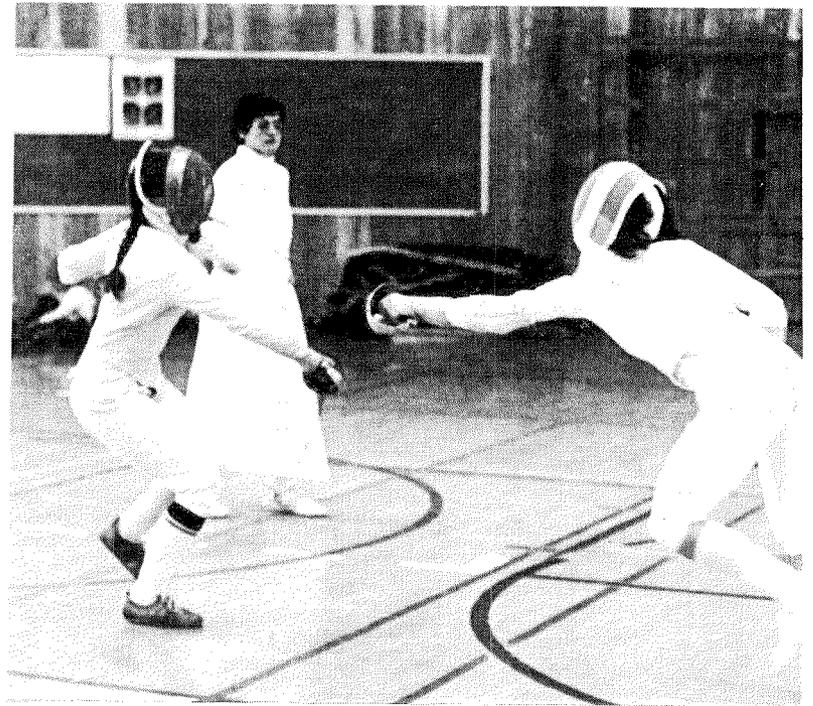
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AFLA Membership Totals For Season Ending July 31 1978

	Act.	Asc.	Col.	St.	Life	Total
03 Arizona	20	4	18	2	1	45
04 C. California	75	12	93	22	2	204
05 N California	129	28	89	59	4	309
06 S. California	100	34	101	85	5	325
07 Colorado	43	6	48	7	0	104
08 Columbus	5	2	26	1	0	35
09 Connecticut	39	6	42	43	2	132
12 C. Florida	18	3	27	21	2	71
13 Gateway FL	14	1	22	2		39
14 Gold C. FL	37	5	29	7	2	80
15 Georgia	28	3	32	6	0	69
16 Gulf C. TX	29	7	25	16	1	78
17 Harrisburg	7	2	18	1	2	30
18 Hudson-Brk	14	1	11	3	0	29
19 Illinois	52	16	56	133	1	258
20 C. Illinois	1	1	8	2	0	12



Women's sabre

21 Indiana	33	4	34	46	1	118
22 Iowa	7	1	11	4	1	24
23 Kansas	43	3	52	23	0	121
24 Kentucky	25	2	24	26	0	77
25 Long Is	32	17	38	112	1	200
26 Maryland	38	39	66	63	1	207
27 Metropolitan	131	59	168	167	23	548
29 Michigan	94	25	86	72	0	277
30 Minnesota	30	15	39	42	3	129
31 New England	80	29	129	80	4	322
32 New Jersey	90	28	136	390	14	658
33 New Mexico	14	3	12	2	1	32
34 So. Jersey	18	6	35	12	3	74
35 No. Ohio	42	7	54	23	2	128
36 S.W. Ohio	13	1	4	5		23
37 Oklahoma	36	2	22	6	0	66
38 Phil.	30	11	19	53	5	118
39 Oregon	44	13	55	33	8	153
40 Lewis & Clark	40	10	18	43	4	115
41 St. Louis	41	5	18	10	0	74
42 Tennessee	15	0	32	13	2	62
44 N. Texas	24	3	19	33	8	87
45 Wash. D.C.	68	13	52	9	2	144
46 Westchester	11	8	5	25	0	49
47 Western NY	45	12	55	4	6	122
48 Western PA	33	6	33	12	0	84
49 W. Virginia	6	1	9	0	0	16
50 Wisconsin	46	6	62	58		
52 West Point	4	1	7			
53 N. Carolina	22	4	79			
54 Border	12	0	7			
55 Hawaii	3	1	3			
56 S. Texas	54	4	49			
57 Virginia	27	12	75	11		
58 Alabama	37	2	20			
59 O. Coast CA.	37	4	61	17		

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B. Toe raises on a raised board — stand with balls of toes on the edge of a raised board, then do a toe raise as high as you can go, then go as low as you can push your heels down. This will also stretch out your calf muscles.

9. Ankle and Hip Stretches (pliés)



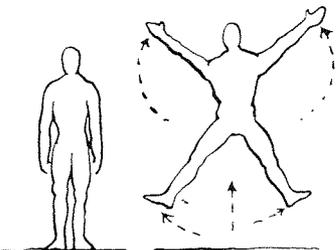
A. Standing, feet flat on floor, 180°, heels together or up to 3 feet apart, as you wish, bend knees as far as possible, recover, 10X.
B. Right heel to left toe, feet parallel, bend knees 5X. Reverse 5X.

10. Half Knee Bends



Stand on one foot, support if necessary, half knee bend, return upright, 25X. Reverse, 25X. Hold #25 for 5 counts.

11. Eagle Jumps



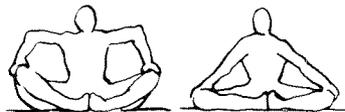
Half knee bend, hands at sides, jump into air, legs spread, arms 45° over shoulders. Land in original position, 20X. Start slow, increase speed, making recovery quickly

12. Sit down, relax 10 seconds

13. Hamstring and Back Sequence

Sitting, legs forward 90° between them, arms out, stretch past right toes as far as possible. Push, recover, 5X. Repeat halfway to front, 5X. Straight ahead, 5X. Halfway, left, 5X. Past left toes, 5X. (Note: Partner can help you by pushing from behind.)

14. Abductor Stretch (groin stretch)



Sitting, soles of feet together, pull as close to crotch as you can with hands on ankles. Press knees apart with slow count to 5. Relax. Repeat 3X.

15. Abductor Exercises

Lying flat on side, head down. Keep lower arm stretched over head for support. Keep upper arm palm flat on floor in front of chest for support. Without rotating ankle, lift top leg as high as you can. Recover, 10X. Reverse 10X.

16. Quadriceps Stretch



Leaning to right side, supported by right arm, right leg forward locked at knee, left leg bent at knee 90°. Move left leg back as far as possible. Then pull ankle toward you to feel tension in quadriceps. Relax. Repeat 3X.

William Flexion Exercises

17. Alternate knee hug — lie flat on floor, knees bent, feet flat on floor, bring right knee to chest, pull down, hold, return to floor, bring left leg to chest, pull down, hold, return, 5X each leg.

18. Double knee hug — lie flat on floor, knees bent, feet flat on floor, bring both knees together up to chest, hold, then spread knees apart and pull down more, return to floor, 5X.

19. Pelvic tilt — lie flat on back, knees bent, feet flat on floor, make an arch in your lower back so you can put your hand underneath, then rotate your hips forward to press your hand against your back, hold for 3 seconds, 5X. You should feel the stretch in this area, and in some cases it might hurt when you draw your hips up. Remember to use

your lower back when making the arch and not your upper back.

20. Relax on back 10 seconds

A. Sit-ups (upper abdomen). Lying down, legs bent, do sit-up 1/3 way up, return to start. Repeat 20X.
B. Leg-ups (lower abdomen). Lying down, legs out, flat, flex knees against chest. Extend legs and hold 12" above floor, hold to count of 5, flex knees to chest. Repeat 20X.

21. Back Stretch

Prone. Arms extended, thumbs locked. Arch back as far as you can go, recover, 10X, then rest. Then 10X again.

22. Push-Ups

Arms out wider than shoulders. Do 25 in one minute OR hands under shoulders, push up, clap hands, recover, 20 in one minute.

23. Relax 10 seconds on belly

Sit up, bend forward to stretch back muscles. Relax 10 seconds sitting.

24. Ankle Twirl

A. Sitting, rotate ankles clockwise, 10X. Reverse, 10X. Point toe as far as possible, 5 count. Lift toe as far as possible, 5 count.
B. Get up. Shake loose.

25. Reciprocal Lunges

Take lung position. Back up rear hip down, use hands to reverse without getting up, 5

26. Split Exercise

A. Try to do split with arm side supporting weight, 10 seconds. Reverse, 10 seconds. Repeat once.
B. Stand up. Shake loose.

27. Further Split Exercise (optical)

Ankle on support waist high knee. Bend rear knee and lift in hamstrings. Count 5. Rel. Then reverse.

28. Jump for Height

A. Start with half knee bend, high as you can - react. Land on right foot, sink to half knee bend. Jump to land on left to half knee bend. Repeat.
B. Stand up. Shake loose.

29. Hip Extension (optional)

Lie face down with legs up chair or small table. Have someone sit on your legs. Place hind head, try and raise your head 180° then return to starting position in 3 sets of 10 every other

RULES BOOK SUPPLEMENTS

In an announcement made at the September 1976 meeting of the AFLA Board of Directors, the national office reported that a Rules Book Supplement would be mailed free of charge around the end of October to all current AFLA members. The supplement will contain revisions of the AFLA Bylaws and Operations Manual as well as FIE rules changes made since the printing of the 1974 Fencing Rules Book. The distribution of the supplement will extend the effective life of the 1974 Rules Book and all fencers who do not already own a Rules Book are encouraged to order one from the Secretary, Eleanor Turney, 601 Curtis St., Albany, Ca. 94706; the price of individual copies is \$3.

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