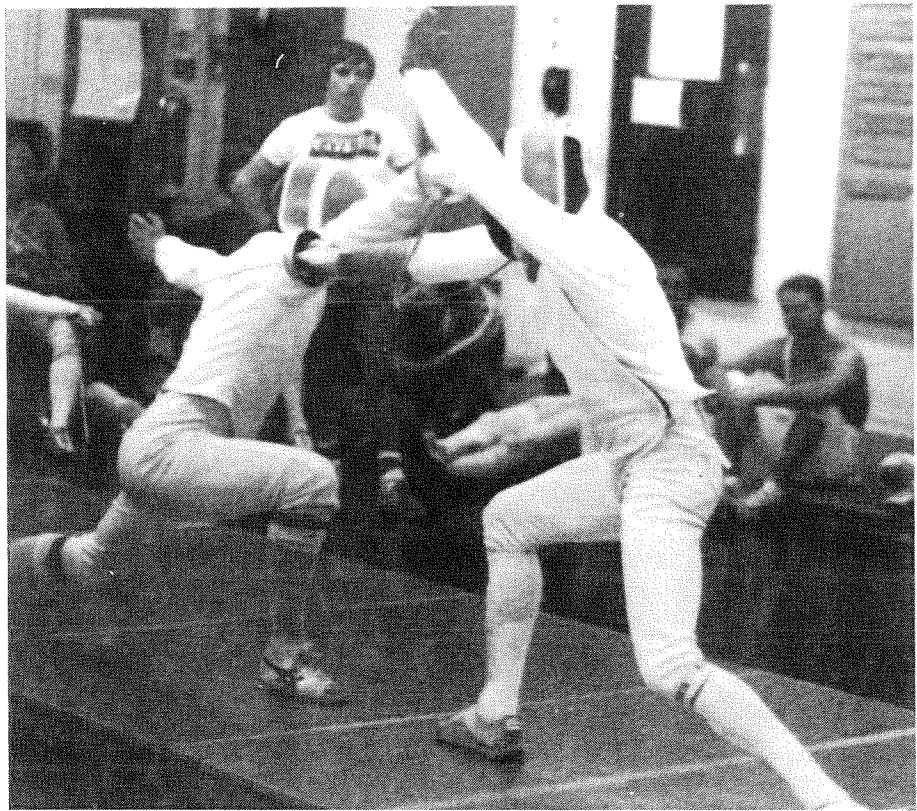


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On the Cover: From the 1981 Ma
Johan Harmenberg, Sweden (on
monstrates the flexibility of an epee
scores against John Moreau, U.S.M
Photo by Nelson.

EDITORIAL

There are, at least, two schools of thought on how to enhance the appeal and develop the sport of fencing in the U.S. Both schools are equally valid, but we perceive a lack of charity and support, each for the other.

One approach is that of our top calibre, competitive fencers, dedicated to many hours of training to perfect their technique, train their bodies, and concentrate their minds. They want to perform to the best of their abilities in national and international competitions. They would like to see more of our USFA resources devoted to providing them equipment, training, and more opportunities to compete internationally.

Participation and success in the World Championships and the Olympic Games is their ultimate goal.

It would certainly give our sport a boost if we could produce a few international champions.

The other approach is that of the fun-and-games, recreational fencers, who love the sport and enjoy club fencing. Some of them participate in competitions, but few of them travel far and wide to do so. Because of the exigencies of age (both young and old) and other commitments of jobs, school, and families, they spend perhaps a few hours a week in fencing for exercise and diversion. There are thousands more recreational fencers than there are Olympic aspirants. They take equal pleasure in picking up a weapon and matching wits against an adversary. They would like to see some of their contributions to our resources devoted to providing better facilities, management personnel, and coaching for themselves and their friends.

There is room for both elitists and hackers in the USFA. Indeed, they badly need the support of each other, although precious few will admit it. The former need the moral and financial(!) support of the latter; the latter need the star performers to create enthusiasm for the sport and to encourage others.

Although we do not always succeed, we try to include something for everybody in each issue of AMERICAN FENCING. We welcome your opinions. We hope to create constructive and informed discussion of our problems and triumphs — MTH

1982 NATIONAL CHAMPIONSHIPS

(Welcome to Washington!)

The 1982 National Championships will be held May 28—June 5 on the George Mason University campus in Fairfax, Virginia ... about 15 miles west of Washington, D.C. It's the same facility where the Cherry Blossom Open has been held.

Air service is available via Washington's National Airport; Dulles Airport; and by AMTRAK's Union Station in downtown Washington.

Dormitory housing at GMU and motel lodging from nearby facilities will be available.

Make certain that your Division's secretary knows that you are planning to compete and forwards your qualifying information on time. No alternates will be permitted this year.

Make sure to send your entry in on time. The official application, with full details, will appear in the next issue of AMERICAN FENCING. For any interim information, contact the Chairman of the Organizing Committee, Michel Mamlouk, 1127—15th Street, Washington, D.C. 20005. (202) 296-8820.

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From the President

by Emily Johnson



It is difficult to comprehend the complexities inherent in running an organization such as the USFA until you have coped for awhile.

First you start with the usual chores—the day to day running of the USFA. Problems at all levels. Committee assignments. Keeping a watchful eye. Dealing with the FIE. Seeing that reports are filed. Answering questions. Being sure that things are done. Putting out a fire in one place and starting it in another. Running a business where all of us are trying to get new programs started and to continue and improve old programs.

I salute the many hard-working, dedicated volunteers who do so much work. Without you there would be nothing.

Now we add on. We get funds from the U.S.O.C. to keep us going. This means forms and more forms. Letters. Phone calls. Meetings. I am not complaining. They are giving us more benefits. They must have adequate records.

Then we add on one more factor. We will be the host nation for the Olympic Games in 1984. As far as I can tell the LAOOC (Los Angeles Olympic Organizing Committee) is doing a bang-up job. But the closer we get to the games the more will be demanded of us if we are to be able to point with pride.

So? You say. I'm getting there in my usual chatty fashion.

Eleanor Turney, our illustrious USFA Secretary, and I spent a weekend at the USOC Training Center in Colorado Springs a month or so ago at an NGB meeting. (In this alphabetized world that stands for National Governing Body.)

Several years ago the USOC set up a building so that the different sports could establish permanent headquarters at Colorado Springs. They offer free rent, free use of their huge computer and many other benefits either free or at a reduced cost. A few brave sports took the plunge while the rest of us debated the pros and cons. The "plungers" are universally enthusiastic not merely for the record but over a cup of coffee. They all agreed that having a permanent office in

the center of the amateur sports world far preferable to a movable office spare bedroom of whoever happened to be the current secretary or a hole in the some run-down office building.

Eleanor and I went over to inspect facilities and found them very nice if

We both felt it was time that the stopped debating and started behaving a real, genuine, live first-class sports organization and established a permanent We have kept the Executive Committee the Board aware of the possibility of a for a long time.

This proposed move will be c Agenda for the meeting of the USFA of Directors in February. It is suggest it take place after the Nationals to give summer to get well settled in.

The LAOOC has a policy of appointing one or two co-commissioners who are residents of Southern California i sport. At least one of the co-commis must be knowledgeable about the s

Jan Romary whom many of you kn Olympic Teams—flag-carrier at the Olympics in Mexico City) has been na co-commissioner for fencing. Rah!

The Sports Medicine Department USOC has set up a pilot program in F in New Jersey. We were picked because the great variety of physical demands hand-foot-eye coordination required sport. We are assured that in time start getting back information that will fencers. Irwin Bernstein, Marius V and Jack Keane are closely involved in ing coordinate the project.

Many of you who coach were kind e to fill in and return a form that we sent a year. Extracts of the answers and st were published in American Fenc didn't end there. Feasible suggestion the point of view of money and peop time) were noted in my book of pr and ideas. You may have noticed tha of them are being implemented and will be in time. We need more rubber t do all that needs to be done.

So— we keep on going.

LETTERS TO THE EDITOR

Dear Editor:

I'm just an average fencer. I don't have contact with national officials and have never attended a meeting of the Board of Directors of the United States Fencing Association. I've never had the pleasure of attending the nationals as either spectator or competitor. Despite these limited qualifications I think that the direction fencing is taking in this country is not in the best interest of our sport in either the short or long run.

Cream rises to the top, and it is to the cream that most of the attention and money in our sport is directed. This is not an attack on any of our top fencers; they have my respect and admiration. If anything I could do would help to bring a major tournament victory home to America I would gladly do it. Need my car? The keys are on my desk.

The cream is important, but what about the milk that created the cream? Why is so little attention paid to the lower ranks where a high attrition rate is found in almost all clubs? Where is the effort to build a field of fencers at all skill and age levels, a field that will feed our national and international ranks for years, if not generations to come?

If more people were trying fencing, more would be staying with the game. Of those who stay a percentage will move up in the ranks, and, as more competition takes place the competition will get better. With these surviving, better fencers entering the national ranks our world standing will improve, and the future of our sport be insured.

It is time to strike out in a new direction to save fencing from forever being locked in the "minor sports" department of the nations universities. Without taking anything away from our support for the top fencers we must match time, effort and money towards building a broader base for fencing in this country. A pyramid has an enormous base in relation to the size of its top. Fencing must have a broader base if it is to grow, improve, and support our international competitors, or maybe if it is even to survive. Towards this end we should:

First, at the local level, help those with the most enthusiasm learn how to promote fencing at every opportunity. Public demonstrations, television, radio, and posterizing are a few of the avenues which help achieve this

goal. Raising the visibility of fencing will bring more members into the clubs. Fencing "sells" itself, but people can't "buy" what they can't find in the market.

Second, more clubs must be established. Two clubs meeting in different places have a greater chance of being seen by potential fencers than one club. Again, the idea is visibility. Even if larger clubs break up just to cover more ground the goal is realized (and perhaps some new competition inspired).

Third, more clubs will require more coaches. The present coaching cadre must watch for those among their students who are temperamentally suited to the job of teaching and coaching. Clinics must be made available to these potential instructors, perhaps resulting in some type of certification. Also, an index of coaching needs in their new area of residence.

Finally, the coaches' time and attention must belong to both the competitive and recreational fencer equally. The good will and attention of those who enjoy fencing as a pastime is as vital to the future of the sport as the effort of the person trying to earn national ranking. Fencing is fun; if that isn't true for you, why do you fence?

How about it?

— David Scyster

* * *

Dear Editor:

Although I have just started fencing, I am rapidly becoming a great fan of the sport. It's excellent physical exercise, as well as challenging mental exercise.

I think fencing is vastly underrated as a spectator sport. I'll admit, at first it is a bit confusing, but with increased understanding it becomes an exciting sport to watch.

As a new subscriber to AMERICAN FENCING, I found my first issue interesting and informative. The article, "U.S.F.A.: A New Name, A New Direction" (Sept/Oct 1981), is very strong. To spur the public's interest in a sport, they must know who the top athletes are. They must know the U.S. athletes have influence in international sports. I agree with Ms. Richards. The survival of the sport depends on greater public awareness. Awareness leads to understanding. Understanding leads to support.

Sincerely,
Marcia M. Bernd
State College, PA

* * *

Dear Editor:

As a recent rejoinder of AFLA, I was surprised at the pessimistic attitude expressed in AMERICAN FENCING (Sep/Oct 1981) and was shocked by the picture on page 27 that proclaims to the world the status of fencing at the U.S. Nationals. If this is how we want to depict ourselves, why worry about international results? And shown scoring with ease on page 24 is a Cuban, of course. It doesn't take much negative propaganda to weaken American prestige and influence abroad, but why do it to ourselves in our own publication? Pravda could not have done better.

Attitude is an extremely important factor in the success of an organization. We talk of AFLA problems. With a change in attitude we can talk about AFLA opportunities. Many of us can remember when there was no JO program; not a problem, simply an opportunity for AFLA to better fulfill its charter. Some old hangups had to be discarded, certainly, but the JO program today is a fine example of follow through on an opportunity. Fencers complain about the officiating at tournaments — nothing new. Directors clinics are held occasionally but what else can be done cheaply, effectively, and continually? Here is another opportunity. Does anyone have a suggestion? Are the rest of us willing to listen intelligently and contribute productively? Again, attitude.

We are told that AFLA needs more money from its members in order to support a prototype international training program; this during an inflationary recession that mocks our paychecks and threatens our livelihood. Since stopgap measures bring, at the most, stopgap results, we should be trying to develop a long term funding base. If dues and voluntary contributions do not support this funding base, we need to consider building a larger membership. Here is an opportunity to prove we have something of value to offer the grass roots public. We could double our membership but why stop there? There is a potential for at least 100,000 new members in those grass roots, maybe a million, but for our attitude: the grass roots people are not wanted unless they compete. Fencing just

for fun and health is discouraging and detrimental to the achievement of our goal. The grass roots would like to afford to fence, and would like competitive fencing with their volunteer work if they were AFLA. They simply do not wish to compete for good reasons of their own. Is there a hangup on this one? Consider are enough of them to warrant the purchase of fencing equipment in that there are not enough of us. Are enough of them to provide a funding base for our international there are not enough of us. Are enough of them to entertain real concept of regional fencing centers are not enough of us. Why change attitude? Because, in the words of famous and syndicated possum met the enemy and he is us."

It would be great to have 100 members on board for our centennial opportunity is knocking on our door. I suggest we open it.

Sincerely,
Lew Kenner
Coach, Boeing Employees' F.C.



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RESULTS * OF NORTH AMERICAN CUP CIRCUIT EVENTS

Michel Alaux Women's Open Foil (December 5, 1981, New York City)

- 1. D. Waples, Auriol
- 2. V. Bradford
- 3. J. Angelakis, TCFC
- 4. I. Ducharme, Canada
- 5. J. Ellingson, D'Asaro
- 6. S. Moriates, Cheyenne
- 7. Steiner
- 8. A. Metkus
- 9. Philion
- 10. C. Bilodeau
- 11. Burton
- 12. I. Maskal, Santelli
- 13. Cogswell
- 14. Cormier
- 15. S. Monplaisir, NYFC
- 16. Clark

Michel Alaux Men's Open Foil (December 5, 1981, New York City)

- 1. M. Marx, Auriol
- 2. J. Bukantz, NYFC
- 3. G. Nonomura, Letterman
- 4. J. Tichacek, NYFC
- 5. G. Massialas, D'Asaro
- 6. E. McNamara, NYAC
- 7. D. Blaney, Letterman
- 8. M. McCahey, NYFC
- 9. M. Smith, Atlanta
- 10. P. Schmidt, Sebastiani
- 11. E. Wright, Santelli
- 12. J. Bonacorda, NYAC
- 13. B. Vauls
- 14. B. Giasson
- 15. P. Lewison
- 16. M. Harris
- 17. L. Blair
- 18. D. Crable, Mori
- 19. J. Biebel, III.
- 20. J. Nonna, NYFC
- 21. P. Bennett
- 22. L. Rocheleau
- 23. R. Petretti
- 24. A. Bosco

Note: Some of the above information is incomplete and sketchy. None of it is official. It was received via phone and incomplete score sheets the day before we went to the final paste-up. The complete official listing of the top 24 contestants of the men's and women's foil will appear in our issue.

Kadar Sabre Open (December 17, 1981, Cleveland, Ohio) 75 entries

- 1. P. Westbrook, NYFC
- 2. P. Reilly, NYAC
- 3. J-P. Banos, Canada
- 4. C. Marcil, Canada
- 5. P. Ott, Canada
- 6. F. Nagorney, Kadar
- 7. R. Mazwell, UFC
- 8. S. Mormando, NYFC
- 9. M. Sullivan, NYAC
- 10. J-M. Banos, Canada
- 11. E. Sukundo, Canada
- 12. J. Glucksman, NYFC
- 13. W. Yung, NYFC
- 14. S. Lekach, NYAC
- 15. V. Ferretti, Canada
- 16. E. House, NYAC
- 17. C. Ga., Unatt.
- 18. J. Friedberg, UNC
- 19. G. G-Rivas, NYAC
- 20. Y. Sohn, Csiszar
- 21. J. Marotta, NYFC
- 22. W. Balk, Canada
- 23. L. Pinkus, Unatt.
- 24. F. Morea, NYAC

CSISZAR OPEN EPEE (December 6, 1981, Philadelphia, Pa.) 95 entries

- 1. R. Marx, Auriol
- 2. P. Schiffriin, D'Asaro
- 3. R. Nieman, USMP
- 4. L. Shelley, Orsi
- 5. J. Moreau, USMP
- 6. T. Glass, Sebastiani
- 7. G. Losey, USMP
- 8. D. Perreault, Canada
- 9. M. Dessureault, Canada
- 10. R. Stull, USMP
- 11. J.M. Chouinard, Canada
- 12. H. Farley, S. Richards
- 13. R. Hupp,
- 14. C. Hanson, Csiszar
- 15. J. Melcher, NYFC
- 16. G. Kocab
- 17. J. Elliott, Mori
- 18. R. Washington
- 19. M. Mroczky, FAM
- 20. D. Adams, Sebastiani
- 21. R. Frenson, NYAC
- 22. W. Reith, Alcazar
- 23. W. Dragonetti, Csiszar
- 24. G. Thorenson, Sebastiani

PRE-COMPETITION WARM-UP LESSON

By David Micahnik, Coach, Univ. of Pennsylvania
movements correctly, to move with precision, to build up tempo, and, finally, to fence with competitive intensity, in order to enter into the game".

Many fencers learn to do movements without ever analyzing the movements. These fencers are often subject to hot and streaks. Their flaws of execution are known to them and are, therefore, not corrected spontaneously. These fencers can be helped to become consistent by a coach, who analyzes their movements, them and puts them onto the right track immediately before they compete. Naturally, their coach would do well to teach these fencers to understand the principles and components of their movements so that they could correct themselves. This would be done in teaching lessons, however, in warm-up lessons, when time is short, energy should not be wasted. The coach must realize, too, that some people are naturally mechanical by nature and will definitely attempt to develop sensitivity to nuances of movement. If you have such a fencer, must warm him up.

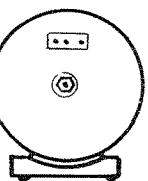
There are those fencers who are inherently sensitive to nuances of movement, but forget that fencing is combat. They spend too much warm-up time savoring nuances without getting their fencing into competitive tempo. They will have to be corrected in this approach, lest, like Rome, civilization be overcome by barbarism. Meanwhile, while they are learning the lessons of history, the coach can help the fencer compete effectively by warming up tempo, bringing them up to the speed, and proper degree of combative intensity necessary for competition, by means of a warm-up lesson.

There are those fencers who get hot and sweaty, who practice movements well, are amply combative and yet who have no idea of what to do when the director says "Fence!". In short, they have trouble "getting into the game". If they've been taught tactics well, they'll do all right once they're going, but they may lose a few bouts in the process and get eliminated early. The coach can help forestall this by warming up

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cs, by giving them problems to solve, tions to deal with and combinations of ements which will generate a bout struc- Once again, until the fencer learns to do 'or himself with a partner, the coach's tured warm-up lesson will save many s which might otherwise be lost through oseless random selection of actions. nally, there is the fencer who warms up physically, who corrects his own move- and drills himself well, who works well a partner, who has a game plan, and fights well right from the beginning. A on may be offered by the coach theless, or it may be requested by the er, if a good partner is not available. ever, if he really does not need it, such a er should not be compelled to take a up lesson just because the coach's fencers had to take one, and the coach ld not be upset if the lesson is declined offered. Rather, the coach should be he has such a mature well-prepared er; he should take off his plastron and

exists, "Is it wise to make it a regular practice?" This again engenders diversity of opinion. Some coaches say that a fencer should learn to fend for himself, to be independent, to compete effectively, even if his coach is not present. Other coaches make it their business to be present at all their fencer's competitions, in order to give warm-up lessons and guidance throughout the meet.

The issue revolves about three factors — confidence, dependency, maturation. If, in fact, the fencer does well, aided by warm-up lessons, he develops confidence in himself as a competitor. On the other hand, a series of early eliminations from tournaments may prove irreparably damaging to a young fencer. If we are considering team meets, the whole team risks paying for the individual's acquisition of experience. Therefore, for a young fencer, warm-up lessons are recommended. While he is learning how to manage himself, he is doing better for him- self or for his team. He will come to find security in the ritual or ceremony involved in a proper warm-up, including a lesson, and will confidently be able to recognize the moment when he is ready to fence.

The danger in "ritualizing" the warm-up

lesson is the risk of developing irrational dependency. We certainly don't want the fencer to become so dependent on the coach that he panics if he doesn't get a lesson. Rather, the process should be one of progressively weaning the fencer away from needing a coach's warm-up lesson in order to be confident and to compete well.

As he learns more and more how to prepare himself, a maturing fencer will generally require the warm-up lesson less and less. This is a proper goal for both the coach and the pupil. Sooner or later, fencers will have to compete without the coach's help. It is neither a coach's purpose nor his responsibility to make himself indispensable to his fencers, but rather, he should derive satisfaction from having prepared them so well that, like young eagles, they are ready to leave the nest.

The desirability of a warm-up lesson then becomes a question for the fencer and the coach to decide at the time. If the fencer feels a lesson will help him, he should request it. Likewise, the coach should stand ready to help if asked, and he should offer a lesson, even to a mature advanced fencer, if he feels that it will materially add to the fencer's preparation.

PACE AND FORMAT

There are two countervailing considerations which must be balanced by the coach in giving a warm-up lesson. On the one hand, the lesson must have enough speed, vigor and repetition to ensure that the fencer is fully warmed up and ready for the upcoming opponents. On the other hand, energy, stamina, muscular elasticity, and spontaneity must not be dissipated unduly, lest the fencer "run out of gas" during the meet.

The coach and the fencer must both have an idea of the level of conditioning which the fencer has attained. One might say, offhandedly, that an out-of-shape fencer has only 50 competitive lunges in him. These must be budgeted very carefully and expended only when most profitable, i.e., to score a touch following an effective preparation. Very few can be spent in warming up.

One might say that a fairly well-conditioned fencer has 200 or more competitive lunges in him. These may be used in preparation as well as in scoring, and some should be spent in the warm-up to make sure that such a game will be effective.

One hopes for a fencer who has 500 or more competitive lunges in him. Such a

"stamina horse" can lunge all day and, presumably, should be able to impose a game which places a premium on legwork & stamina, to his own advantage. Natural this fencer can take a hard and vigorous warm-up lesson without risk, and should carried all the way to full tempo, full distar preparation and execution, in order to sure sharpness in applying his main ass

The coach and the fencer must both ha a good appraisal of the level of the op nents to be met in the round for which t are preparing. In some cases the leve opponent is high enough, relative to fencer himself, that all thoughts of pac must be dismissed, and the fencer m warm up to his absolute peak.

In other cases, though, the fencer t good reason to expect to advance eas and some pacing should be considered save energy for later rounds. In such a sit tion the fencer must still complete a full phical and technical warm-up, but the pa and duration of the up-tempo or competiti portion of the lesson should not be ov done. Also, the fencer's strategies, or "ga plan", should be kept relatively simple a basic, so he will be confident in a low simple game, and will not be tempted engage in excessively complicated, & therefore risky, actions against oppone who do not merit it. Additional warm-up fore succeeding rounds of the competitit will be desirable as a means of preparing the higher level opponents to be faced.

SAMPLE ROUTINE FOR SABRE WARM UP LESSON

These exercises should be done with little conversation as possible.

1. Standing still, on guard.
- a. The fencer makes a simple, single straight cut to each target in turn, indicated by the coach.
- b. Repeat starting with each target closed, the coach opening to invite, and the cut coming in response to the invitation.
- c. Repeat cut upon invitation, with the fencer making two separate cuts in rapid succession to the same target (not cut and remise).
- d. Repeat the cut upon invitation, making an immediate second cut to a different target, with the movement

- of the coach's blade dictating the location of the second cut.
2. Repeat all of 1, above, hitting with an advance and retreating after the blade action is completed.
 3. Repeat all of 1, above, hitting with a lunge and recovering immediately after hitting. In repeating step "d", the first cut comes as an attack with the lunge, and the second cut is executed as a remise, during the early stage of recovery so that the rearward movement takes place instantly after the remise arrives.
 4. Repeat all of 1, above, with the fencer executing an advance-lunge on the attack, and a recovery-retreat immediately afterward.
 5. Standing still, on guard.
 - a. The coach attacks each target in turn with a simple straight cut, varying the sequence to avoid anticipation. The fencer parries and makes all ripostes to the head.
 - b. The coach again attacks each target in turn, and the fencer makes all ripostes to the flank.
 - c. The coach again attacks each target, and all riposted are to the chest.
 - d. Once again, and all ripostes are made with the point.
 - . Repeat 5, above, with the fencer retreating throughout.
 - . Repeat 5, above, with the fencer advancing to invite the attack, retreating to parry and riposte.
 - . Repeat 7, above, the fencer riposting with a lunge, followed by *immediate* recovery.
 - . Repeat 7, above, the fencer riposting with a fleche.
- OTE:** 7, 8, and 9 should be varied in rhythm, pace, and distance by the coach to induce spontaneous adaptation. The fencer may be compelled to retreat more than once before parrying, to avoid a habitual pattern of retreating a certain number of times.
9. Various one-two feint-cut or feint-thrust combinations, executed with an advance; next with a lunge and recovery; next with advance-lunge and recover-retreat; next with a fleche; next with advance-fleche or balestra-fleche.

11. Repeat 10, above, using a one-two-three movement, i.e., preparatory feint, then one-two.
12. Coach feints to each target in turn, giving an invitation for a stop cut, and advances. Fencers stop-cuts and retreats.
13. Repeat 12, above, fencer stop-cuts twice (cut and remise) in the same place, and retreats.
14. Repeat 12, above, fencer stop-cuts, retreats; the coach follows with a straight cut; the fencer parries and ripostes.
15. Repeat 14, above, the fencer ripostes directly with a fleche.
16. Repeat 15, above, the fencer ripostes indirectly (with a feint and cut) using a fleche.
17. Repeat 15 and 16 alternatingly, varying the sequence with the time of the coach's recovery to distance and the time of his parry dictating whether the riposte shall be direct or indirect.
18. The coach presents his blade, and standing still, the fencer makes a beat-cut directly to the forearm. The same action is then done with an advance, then with a lunge.
19. The coach presents his blade, and standing still, the fencer makes a beat-cut directly to the head. The same action is done with an advance, then with a lunge, then with a fleche.
20. The coach presents his blade, and the fencer, lunging, makes a beat-cut to the hand and immediately continues to the head. This is repeated with an advance lunge, with a fleche, and with an advance fleche.
21. Repeat 19 and 20, above, but the fencer starts in motion, keeping distance and balance, following the advances and retreats of the coach and attacking when the blade is presented.
22. Repeat 19, but following the beat the fencer makes a feint to the head and cut to the belly or flank.
23. Repeat 22, but start in motion as in 21, above.
24. Mixed at random among the repeated executions of the various proceeding drills, the coach should parry the final and riposte; execute prises de fer or coup d'arrêt to make sure the pupil is mentally alert and on balance.

PRE-MEET TIMETABLE

It is imperative that ample time be allotted for a thorough and complete warm-up. An hour is not too much; many fencers require an hour and a half. The following outline contains a practical and proven time allocation in preparing for competition.

Minutes till competition	Activity	Minimum Duration minutes
60	General limbering, light jogging	5
55	Light stretching, full body	5
50	Full static stretching routine, major muscle groups	10
40	Basic footwork and agility, gradual build up	5
35	Partner drill, basic technique and movement, or beginning of warm-up lesson	5
30	Warm-up lesson, increasing pace and content to climax	10
20	Fence bouts with one or more partners, increasing intensity up to full combat level through the course of at least three bouts.	15
5	Warm-down; light jog and reloosening; restretch gently; cool off and rest.	5
0	Immediately before fencing, light jog, light stretch, light footwork.	1

Please note that no time has been allotted to dressing, checking in or equipment inspection. These are additional activities, and additional time must be provided so as not to compromise the preparation for combat.

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IN MEMORIAM

Henrique Santos, 1908 - 198

Henrique Santos, one of the country's epee fencers during the 40's, died on 23rd, following a heart operation.

Born on the Island of Madeira, Portugal he represented that country at the 1928 Olympic Games in Amsterdam as a runner in the 3000 Meter Steeplechase. At that time he witnessed the Olympic Fencing Championships and became so intrigued by the sport that he took it up upon his return to Madeira. Later, his business took him to Pan American where, pursuing his interest in fencing he won the epee championship of that country in 1936. In 1936, he came to the United States where Beatrice, his new bride, and joining the York Athletic Club, soon made himself recognized as a top quality epeeist.

He became the National Epee Champion in 1942 and was nationally ranked in epee in 1942, '43, '45, '46, and '47. (Rankings were limited to 10 in those days.) He was also a member of the NYAC National Epee Team in 1942 and was a member of the National Champion T1 Weapon Teams in 1942, 1947 and 1951.

Henry achieved the respect of all of his opponents for his strong and aggressive style which, combined with an obvious desire for the epee, made him a popular competitor.

—Dernell E.

THE PORTLAND PROJECT

by Mary Huddeson

Objective: To provide controlled, intensive training to top foilists with emphasis on sic nutrition, conditioning, technique, and m rapport." The goal is to "develop interonal finalists."

he USFA, with major support from the .. Olympic Committee, has embarked on a lot project based on a new concept, diff-ent from anything imagined by most ateur American fencers. Although we e had week-end and summer training ips, the Portland Project, which began in tember, 1981, is new in the duration of training program and in its adaptation to part time jobs held by the trainees.

six young foil fencers, four men and two nen, are learning to adapt their life styles n 11 month period of concentrated train- Complete facilities have been made avable by the Cornell Court Club, owned and rated by Mr. Chuck Richards, a modern itathlete and a member of the 1972 mpic team. This includes the use of a versal weight training room, indoor and door track, swimming pool, sauna, jet ball and indoor tennis courts. The Auriol Fencing Club, with four permanent metal strips plus two shorter strips, is part of the modern health club com-

ver 2/3 of the projected \$40,000 cost of project if from U.S. Olympic funding ugh the Olympic Fencing Committee. rest is made up from the USFA, local ect matching funds, and contributions n the participating athletes themselves. project was conceived and is managed Colleen Olney, Chairman of the Oregon sion and a National Vice-President of the A. She is the "Mom" of them all. Yves ol, maître d'armes graduate of the I.N.S. aris and a coach for the 1980 U.S. Olymteam, is the director of the program. he athletes are housed in two nearby rtments. They do their own housekeep- and cooking. They have part-time jobs red to their training schedule: one is a cker in the local Safeway, another is in agement training in a bank, another is a packer in a national jewelry store, and ral are hired by the health club itself. he agenda calls for a six month super- d program in Portland with daily morning

work-outs Monday through Friday; afternoons are devoted to jobs; three evenings a week are spent on club fencing. The trainees will attend all Circuit events plus other major tournaments. In February they will take off for an extended European competition trip, after which they will return to Portland for critiques and intensified training culminating with the U.S. National Championships and the World Championships in July.

Sounds like fun and games? The athletes have committed themselves to almost a year of intensive training, taking leaves of absence from their schools and colleges, or from the pursuit of more lucrative careers. They provide their own equipment and contribute a portion of their meager part-time earnings to their room and board. Maître Auriol devotes to the program five full mornings a week plus three evenings from his regular schedule in his salle.

Now, meet these dedicated young athletes:

Jana Angelakis, current National title holder in both senior and junior women's foil, member of the 1980 Olympic team, has taken a year's leave of absence from Penn State, where she was National Collegiate champion. She shares an apartment with Debbie Waples, her teammate at the 1981 World championships and ranked #5 in national point standings. Dennis Crable, ranked #11, has come up from Los Angeles to train and intends to return down there next year to get a Master's degree. Michael Marx, #2 in national point standings, is a former national champion and also a 1980 Olympian; he is a native of Portland and works at the Cornell Court Club. Nestor Rosario has taken leave of absence from Cornell University. He was our most successful junior fencer in 1980 in Venice and has had three big wins in 1981: the U-19 National foil championship, the Canadian Terre des Hommes, and the Empire State Games. Mark Smith is our 1981 National foil champion and a member of the 1981 World Championship team. He spends part of his time in Atlanta, Georgia, in pursuit of his Ph.D. One should note two other trainees who are participating in the program at their own expense: Bob Marx, a nationally ranked epeeist and a marathoner, and Mike Van der

Velden, a ranking junior foilist.

Your roving reporter followed these strangely inspired people around during a typical day's activity:

7:30 — 8:15 AM: up and, after a light breakfast, off to the club.

8:30 — 9:00 AM: exercise and stretching class with other sport club members (Jana and Debbie). Some of the lads play tennis on the indoor courts. It is raining in Oregon, per usual.

9:00 AM: Maître Auriol appears and we all pile into several cars and drive to McLean Park, a woodsy area with running trails. Since the rain has momentarily stopped, the fencer take off for a two-mile run over the hills and through the trees. Marathoner Bob goes the distance with no visible effort, with Mike dogging his heels ("When you have an elk "or a brother, it's hard to keep up!"). Neither Jana, Dennis, or Nestor seem fond of running, but they eventually appear ("Where is Nestor?" "Is he lost again?" "Ah, there he is, at last!") amid encouraging noises from the rest of the group.

They tell of a terrible hill which tormented Jana for days, until she conquered it with Mike's help. Mike ran behind her up the gruesome trail, saying, "You are now dreaming that you are in the World Championships. If you make it up to the second big tree, you will be in the quarter-finals." "Here you are in the semis! One big effort around that bend and you will be in the finals. Allez!" "Now for the final push to the top. Your last bout and you must WIN! You made it" The hill is now called "Jana's Dream" and she runs to the top without stopping.

10:00 AM: We all return to the salle and the fencers go through a supervised jump rope routine of fast and slow intervals, with occasional pulse-taking. Then comes some class footwork, following Maître Auriol's hand signals: advance, retreat, lunge, jump lunge, cross over, fleche, etc.

10:45 AM: Fencers pair up for combat practice on the metal strips, while the maître gives individual lessons.

12 noon: Everyone scatters to his/her job.

6:00 — 8:30 PM: Reconvene to work in the weight room and/or more practice fencing. Other club members drop in to fence with them.

8:30 PM on: Those who have not eaten before 6, have dinner (frequently home and self-cooked) in their apartments. They look at TV, read, study until about 11 PM, when

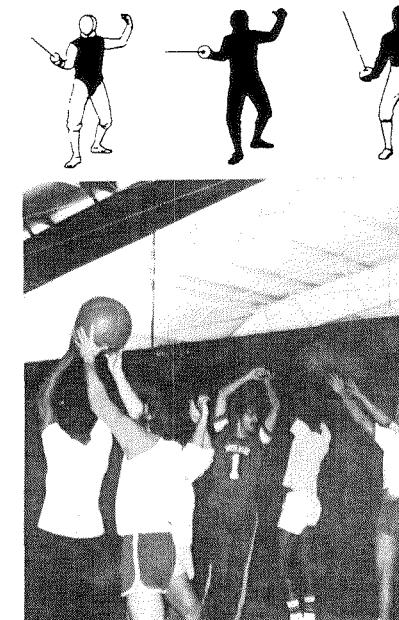
they go to bed.

Asked how they feel as a team, the sponse is very positive. At competitions ti cheer each other on. After competitiv they say, they like to simmer down toget and "go dancing." They claim there i great difference in how they now spend tl time; many more hours are spent in train and, in off-hours, they like to socialize gether. They now feel better and stron than when they started the program months ago; they are supportive of ea other and appreciate having equal parts to fence with.

Asked how they like the virtual isolati they reply, What isolation? They can "away" for week ends. The only problem the expense of the air fare, as Portland is what might be called "geographically c tered."

Director Auriol is encouraged by the gi improvement in physical condition of charges. He is not sure that much can accomplished in the way of psychological training, aside from the main exp ence of competing in many meets. T have had meetings with a hypnotist an

Continued page

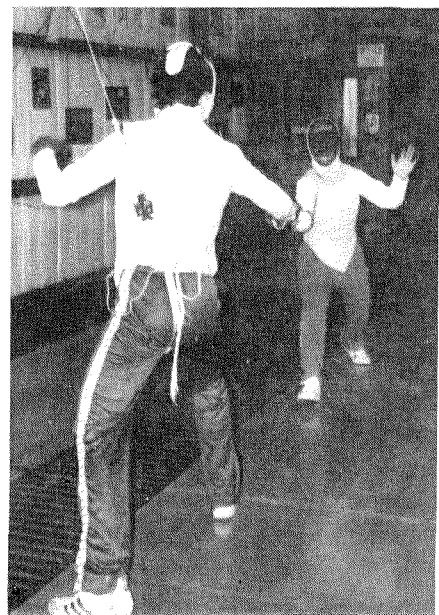


Medicine ball game at the Training Center
AF staff phot

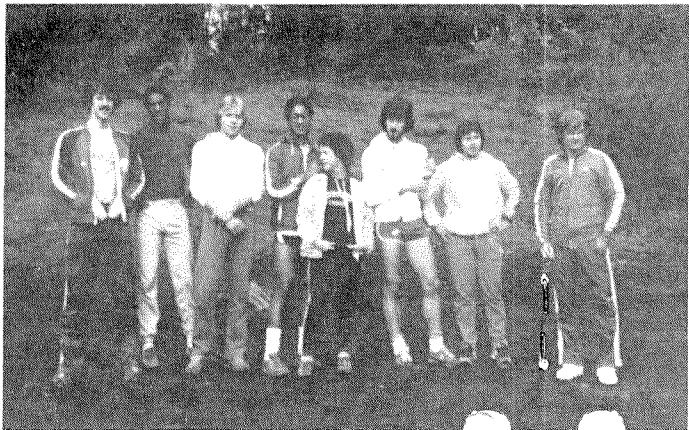
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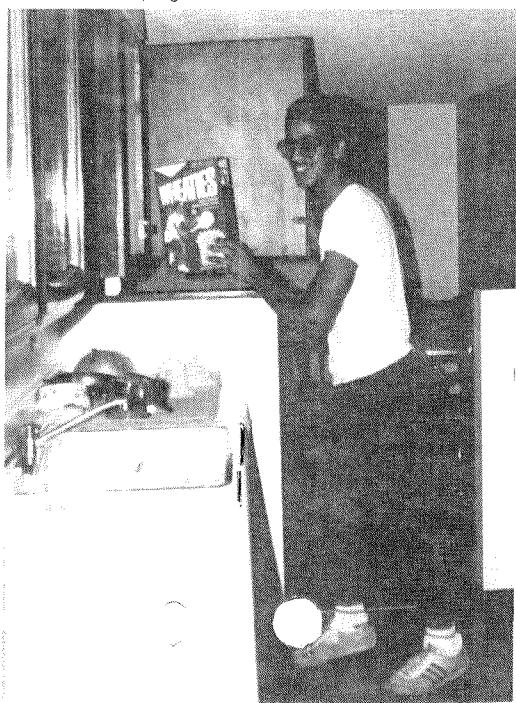
(above) Coach Auriol on the road.



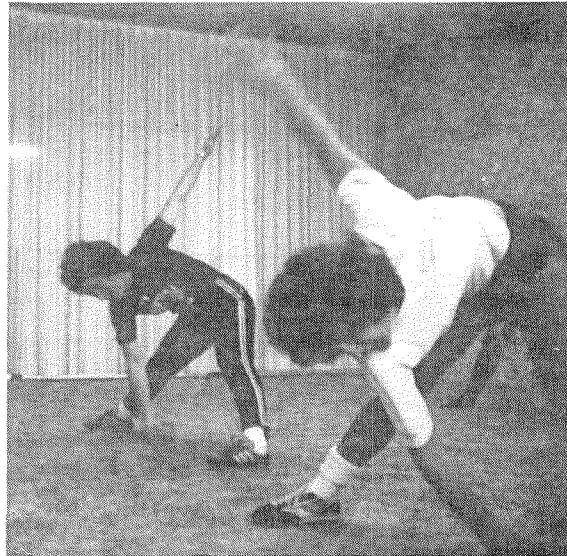
(below) Bob Marx and Jana Angelakis.



(from the left)
After the morning run: Bob Marx, Dennis Crable, Mike van der Velden, Nestor Rosario, Debbie Waples, Mike Marx, Jana Angelakis, Coach Yves Auriol.



(below) Nestor Rosario does some housekeeping.



(right) Debbie Waples joins the morning exercise class.



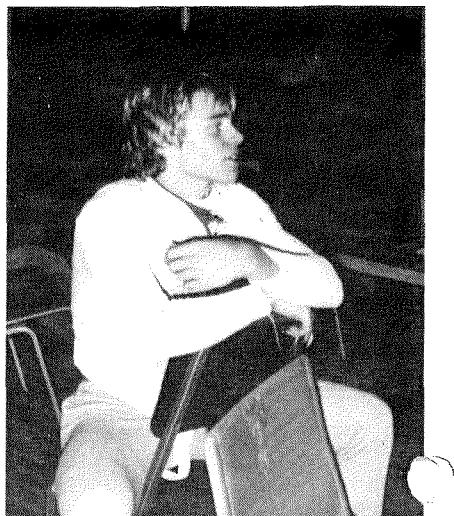
Mike Marx works out with weight training.

psychologist, who appeal to some fencers, but not to others. Each learns how to relax in his own way and they learn a great deal from inter-action among themselves. They have met with a nutritionist who is in process of doing a hair analysis of each one; the results are due soon. Their main problem seems to be in maintenance of equipment, as, with increased practice time, each fencer has averaged 5 to 6 broken electric foil blades so far, after two months' training. Each works on and provides his own equipment.

The enthusiasm for the program is best expressed by the oft-repeated phrase, "This is the best thing that has ever happened to me in fencing!"

DONATIONS TO THE PROJECT

If you would like to give financial support to this project, send your (tax deductible) cheque to: Colleen Olney, 2221 S.E. 117th St., Portland, OR 97216. Make cheque payable to "U.S.F.A."



Michael van der Velden, a junior fencer who is participating in the Portland Training Project.
AF staff photo.



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DIETARY MISTAKES MADE BY ATHLETES

by Dr. Jean-Pierre de Mor
Reprinted from **Olympic Review**, July-August 1972

What not to do

1. Build up one's strength at the meal preceding exertion.
2. Take a meal shortly before exertion.
3. Avoid certain foods before exertion.
4. Take salt tablets to avoid cramps and tiredness.
5. Take potassium at each sport exertion (training and competition).
6. Avoid drinking during exertion on the ground that it makes one lose one's strength.
7. Increase intake of meat in order to increase muscular strength.
8. Take a sweetened drink before exertion, thinking that it will raise one's energy level.
9. Think that perspiring copiously will make one lose weight.
10. Abuse vitamins to improve performance.
11. Drink alcohol to increase muscular strength.
12. Forget to eat during exertion.

What sportsman, whether in competition or otherwise, has not suffered at one time or another from cramps, hunger pangs, exhaustion, digestive problems, stitches, a sharp decline in muscular tonus, or desperate thirst?

All these problems can be prevented by a balanced, suitable intake of food, either before, during or after the competition.

In fact, good eating habits should be adopted a long time in advance. They play a large part in bringing the athlete gradually up to top form.

The opposite is also true—a freak diet during the competition or pre-competition period frequently results in poor performance during exertion.

Among athletes, there are two extremes: some over-sacrifice dietary rules to gastronomy, while some do quite the opposite, building dietetics up into an infallible and miraculous means of helping them win victories.

According to the latter, success depends on a so-called "wonder" foodstuff or even nutrient, whether it be raw meat, vitamins, potassium sugar or glucose, etc.

In both cases, the nutritional mistakes are numerous.

We shall therefore look at the most common dietary mistakes and beliefs which are encountered in the sporting environment.

1. Build up one's strength at the meal preceding exertion.

Because of the relative slowness of digestion, the last meal will not have effect in providing the energy-giving substances required for exertion during competition. All the specialists are agreed in commanding a very light meal.

2. Take a meal shortly before exertion.

The last meal before exertion should be taken at least three hours, and even four hours for some people, before exertion.

Why such a long interval between the meal and the beginning of the competition?

When exertion takes place during a competition, the latter is seriously upset and may be stomach cramps or even voracious tachycardia (increase in the number of beats per minute), and breathlessness.

During digestion, the blood supply is drawn towards the digestive area, i.e. from the muscles and the brain.

If, at that moment, the athlete exerts himself, the muscles are at a disadvantage since they require an inflow of blood to carry out their work (hence a lack of tonus, loss of strength and difficulty in starting to move again, performance, sleepiness).

It is therefore easy to see that digestion and muscular effort do not go together comfortably.

3. Avoid certain foods before exertion.

The composition of the meal preceding the competition should not be rigid. Some people are able to eat practically anything and achieve their best performance, while others who on the contrary have restricted themselves to a pre-competition meal in the sporting style (ham, sandwich) if they are to avoid digestive difficulties during exertion.

I know one judo champion who, during the whole day of a championship (Paris, 1972, Olympic Games), was only able to take liquids.

Thus, without taking it to excess, the athlete may eat in a reasonable manner whatever he likes, even if this includes foodstuffs which have a bad dietary reputation in sporting circles.

However, to make the most of the possibilities, it is preferable to take the pre-competition meal recommended by the Scandinavians. "This meal is made up mainly of bread, marmalade (jam), a slice of ham and a lightly sugared drink (less than 20 grammes per litre). Whatever it includes, the meal should be a light one, and athletes must be advised not to take in large quantities of poultry, meat, etc. at that moment."

4. Take salt tablets to avoid cramps and tiredness.

During intense, repeated exertion in high temperatures, the secretion of sweat increases, particularly the amount of water, while the concentration of salt in the sweat is reduced. The kidneys adapt themselves by reducing the excretion of sodium in the urine, and the liquid secreted by the salivary glands contains less salt. At this level of adaptation, the trained athlete is able to retain his hydro-mineral (water and salts) balance and maintain his physical condition with only 5 grammes of salt per day, at the same time as providing intense work in a hot, humid atmosphere and excreting between four and nine litres of sweat per day.

Thus, the addition of a little salt to foodstuffs is sufficient to make up for excessive losses.

5. Take potassium when it is hot.

Under normal exertion conditions, there is no point in the athlete taking in extra potassium, since only very little potassium is lost in sweat. Many authors have given proof of this. Normal eating ensures an adequate supply. If a loss of potassium is feared, 1½ litres of natural orange juice provides the equivalent of a potassium loss corresponding to between two and three litres of sweat.

6. Avoid drinking during exertion on the grounds that it makes one lose one's strength.

In sport, there are two particularly tenacious ideas which are still being hawked around in 1981:

"The runner who does best in hot weather is the one who drinks the least."

"Don't drink during exertion — you'll lose your strength."

In our opinion, it is these ideas which should be lost! In fact, work carried out by

Scandinavian scientists has demonstrated the essential role of drink in respect of performance.

When the athlete perspires, the liquids bathing the muscular cells are reduced. These cells cannot function properly until the quantity of liquid is built up again. In order to limit the drop in performance due to perspiration during exertion, a glucose solution must be taken in. The concentration of glucose in the drink varies according to the air temperature (summer or winter), for example:

below 10°C: 120 grammes per litre;
around 20°C: 60 grammes per litre;
above 25°C: 40 grammes per litre.

7. Increase intake of meat in order to increase muscular strength.

Most athletes are convinced of this, and base their excessive consumption of meat on the fact that proteins are active in the formation of muscle.

The well-known saying "beef muscle makes human muscle" is firmly entrenched in the minds of athletes.

Much work has been done which proves that the energy provided by protids during intense physical exertion is no greater than at rest. Which means that when there is too much—over 20% of the intake of calories—the excess is destroyed.

8. Take a sweetened drink before exertion, thinking that it will raise one's energy level.

It is generally admitted that the last normal meal should be taken at least three hours, or even four hours for some people, before the competition. On the other hand, there is no point in taking a glucose drink during the period between the end of the meal and 20 minutes before the competition. In fact, a "sugared" drink consumed during this period results in the secretion of insulin, a hormone which reduces the blood-sugar level and thus the physical possibilities at the beginning of the effort. In other words, an excess of sugar, in the form of drinks, while at rest is likely to have the opposite effect to that intended.

However, a glucosized drink taken during the 20 minutes preceding exertion, by virtue of the time required for absorption and therefore for it to become usable by the organism, will be effective between 20 and 30 minutes after being drunk, i.e. at the beginning of exertion.

9. Think that perspiring copiously during exertion will make one lose weight.

It is not rare to see athletes wearing several layers of clothes or even a sweat garment during training in the hope of losing more quickly the weight put on during holiday periods or between seasons. They even work hard at it, since these athletes have noticed that perspiration is greater during intense exertion.

It is true that weighing oneself immediately after exertion shows a weight loss of between one and three kilos, depending on the intensity and duration of the exertion. That is normal.

However, if the weight were to be checked after the meal following the training period, the athlete would have the disagreeable surprise of seeing that there was no weight loss.

In fact, during intense exertion, the loss of weight is due to dehydration — in other words, to the loss of water through perspiration.

During the intake of food following exertion, the organism makes the most of the opportunity to maintain the balance of liquids bathing the cells.

Thus, during the meal following exertion, water in the food will not be eliminated in the urine but retained to compensate for the loss due to exertion. As a consequence, the weight measured before training will remain practically the same.

On the other hand, in order to lose weight, there must be an effort at between 30 and 50% maximum capacity since, at that moment, it is fats which are used up by the organism.

10. Thinking that the abuse of vitamins improves performance

Vitamins are substances without any inherent energy value, which are necessary to the organism and its growth, acting in small proportions and which cannot, generally speaking, be produced within the body. This means that they must be provided in the diet. The presence of sufficient quantities of vitamins is essential for obtaining good sports results.

Experiments carried out on young people show that the vitamin enrichment of diets which are already balanced in no way increases capabilities for work and exertion.

Several important rules should be observed by the athlete in using vitamins.

— Never give one vitamin on its own, but in

multi-vitamin preparations; one absorbed alone in excessive quantity is prejudicial.

— It is not necessary, in terms of volume, to "dope" the athlete at the time of competition with a large overdose of vitamins. It should be taken that the daily dose of training includes a sufficient, but not excessive, quantity of vitamins. A very large quantity (fresh vegetables, dairy products, etc.) will not only cover daily requirements but will also ensure optimal daily weight slightly higher than the daily minimum.

As the Scandinavians point out so justly, "the absorption of large quantities of vitamins in the form of pills is a rather笨拙的 means of increasing the vitamins in the urine."

11. Thinking that alcohol promotes muscular strength.

The work of physiologists provides a clear, unequivocal answer: this is not true. The calories provided by alcohol can be used for muscular work. The organism eliminates alcohol is no more rapidly than a labourer or an athlete than for a sedentary person.

Alcohol may have a part to play in the energy in respect of the organism's mental requirements — the so-called "alcohol consumption".

On the other hand, if the organism carries out a normal activity (walking) or a strenuous activity (a removals man, lumberjack, athlete), the consumption of calories increases as a function of the intensity of exertion and, for the lumberjack or athlete, could rise to ten times higher than at rest.

The contribution of alcohol to the organism's increasing consumption rate does not vary. Thus the labourer "uses" a certain quantity of energy, the same quantity of alcohol as the person sipping a whisky lying in bed. All this shows that the labourer does not need several bottles of wine in order to carry out his work on the same level that he "uses up" a lot of energy.

12. Forget to eat during exertion = death.

Athletes who "forget" to take in nourishment during exertion of a prolonged nature (cross-country skiing, marathons, running race, etc.) may suffer from a feeling of weakness and lose all strength.

It is easy to halt this state of weakness, whether it manifests itself by pangs of hunger, exhaustion or loss of strength, by the immediate intake of carbohydrates in liquid or solid form.

The meal preceding exertion does not prevent pangs of hunger in any way. In fact,

they can only be prevented by an intake of food during exertion whenever this lasts more than 45 minutes (glucosene drinks such as XLI, Milupa, Athlon, etc.; glucose tablets such as Dextrosante, Dextrodose, etc.).

J. P. M.

TECHNICAL TALKS

by Joe Byrnes



More than once I've had occasion to be astonished at what some fencers will stick in front of their faces as an excuse for a mask. After all, you are going out to meet an opponent who will be vigorously poking a three-foot length of steel at you, face not excluded.

Granted — many masks can look in less than top condition and still be perfectly safe, but quite a few are shockingly bad when looked at closely. I have to conclude that the problem lies there: most fencers apparently never really look very closely at their masks just take them for granted and get inside.

Unless you do focus your eyes down close, or maybe use a magnifying glass, it is easy to pass over a lot of things that ought to make you very uncomfortable to think about. When you are inside of your mask you can't really see what you need to look for: you have to make a deliberate inspection.

One of the best ways to check the condition of the wire mesh — which is the important thing — is easy to do, once you know how, and you can do it without a magnifying glass. Hold the mask, as though you were about to put it on, but out at arm's length or thereabouts, up toward a source of light, and look into it carefully. Whether the interior has been painted black or not, this viewing angle gives you a good perspective on the mesh. You can see the places where what should be nice little squares have been knocked lop-sided, or splayed open. Those points are the critical ones. The probability is that a mask punch of the FIE pattern might plow right through such a spot, thus demonstrating its dangerous weakness. Probability, I say, not certainty, because some masks, made of very heavy and stiff wire mesh, can be somewhat deformed and still resist the punch. Such a mask — but they are a small minority in my experience — is technically still safe; but if I were going to get back

side it I would want to be sure all the splayed wires had been straightened back into their original positions.

I recommend frequent checking of your mask for such splayed wires, and careful restoration of the original right-angle pattern of the mesh. Use an awl, or an ice pick (re-

member those?), or a utility hook, medium screwdriver blade (if it's r screwdriver — misusing good to barous). This realignment is a measure, and helps keep a slight r of the wire from becoming a bigg next time you are hit there. Th movement can splay the wire a break loose a bit more of the tin holding the wires, and pretty soon open to the extent that no matter w the mask punch will go through it knife through butter.

Incidentally, some masks are n Under the FIE rules, that is perm vided the mesh is a heavy stain (you can't tin stainless). A mask made of a merely galvanized mes not also been dipped into a hot tin being shaped is not internationa ble, and, unless it is made of very h will not stand up to the punch test e been used a few times.

For those who may be wonder this "mask punch," let me point ou nothing very new; they have been for use internationally for a few ye We use them at our National Champ and the better run major events cally. The point of the device is ins the mesh at various places, partic the areas covering the eyes and m definitely at any spot that looks a b is then pressed down firmly, but wi wriggling around, until the metal hollow core is driven up by the loading. That center rod should con to the top of the body of the instru that you can feel it with the bal thumb, or see it, depending on how holding the tool. And while this is c the pointed end of the punch mus scend any farther into the mesh.

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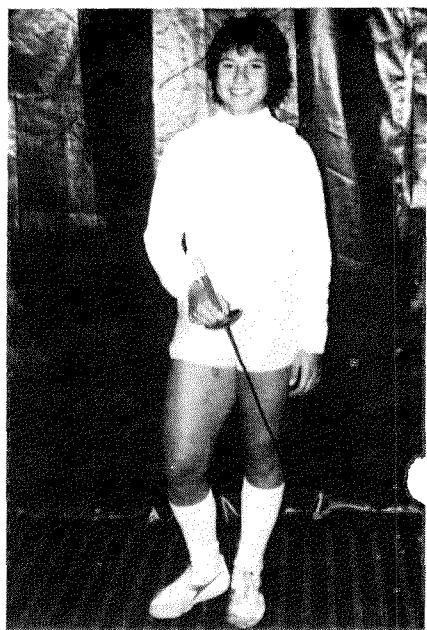
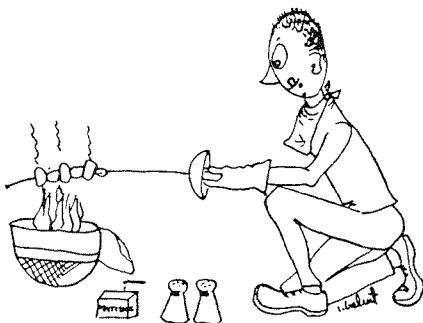
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Amusingly enough, not everybody who has one of these things knows how to use it properly. At the World University Games this past summer, an over-enthusiastic tester was driving (and wriggling) the punch until the core rose out as far as it could. I have no idea of how much more than the required strength this added test demanded of a mask, but he was flunking perfectly good masks, some brand-new stainless steel models among them, made by what some think of as the world's premier manufacturer, right and left, until I had to step in and explain to the boys how the punch was properly used. Ah well.



Jana Angelakis, U.S. and Intercollegiate National Champion, has been nominated Outstanding Woman Fencer of the Year by the U.S.F.A.

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COACHES COLUMN

MURRAY APPOINTED FORD'S FENCING COACH

James Murray has been appointed head fencing coach at Haverford College. Murray also serves as an instructor at the Salle Csiszar club which trains at the University of Pennsylvania where he served as an assistant coach from 1976 to 1978. He is a fencing master at the Santelli School of Fencing in New York City and is a member of the U.S. National coaching staff.

Murray is a graduate of Iona College in New Rochelle, N.Y. and holds fencing masters certificates conferred by both the American Fencing Academy in Ithaca, N.Y. and the Academie d'Armes Internationale of Geneva, Switzerland.

MARY BALDWIN COLLEGE HOSTS THE ELEVENTH FALL CLINIC

by Gwendolyn E. Walsh

Enjoying the beautiful fall colors of the Shenandoah Valley, forty three fencers drove to Mary Baldwin College for a weekend of fencing with Beth Alphin, Donna

Perna, Hanne Skattebol and Phy Penn. State fame. Gone are the spending hours of precious time, retreat and lunge. Beth, 15 of the Year, concentrated on fencers to both give and receive within the group lesson. The students not only challenged but worked with enthusiasm. Correcting improper using low lines and moving the fencer took on a new perspective.

The fencers will return to their schools of the rule changes and at inspire and help others with their students and coaches came from Mary Baldwin College, Randolph-Macon Woman's College, Hollins College, Lynchburg University of Virginia, James Madison University, Augusta Military Academy, Military Institute and Staunton Fencing Club. Beth is planning to return next fall, clinic (which will include a Mixe Foil Competition and an Exhibition) to your fall calendar and get a head start on your fencing season.



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

(Signed) Ele
Secret

FROM THE OFFICIALS COMMISSION

by William Goering, Chairman

At its October meeting the Fencing Officials Commission took the following actions:

- Assigned representatives for all Circuit Events. Organizers and the representative will agree on officials for these events.
- Agreed on a \$300 Circuit Event budget line item for per diem payments for officials.
- Modified the rules test to incorporate the new changes. The test will be distributed for study by candidates who will be required to score 90% to pass.
- Approved the following candidates for Class 3 licenses:

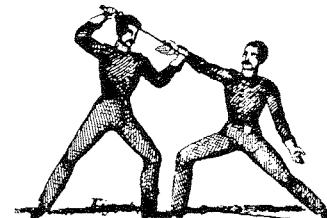
Gay D'Asaro— foil
Edwin Hurst— foil
Stacey Johnson— foil, epee
Jane Littman— epee
William Shipman— foil, epee

At the request of the new FIE administration, reviewed the list of U.S. international officials and removed those without recent international experience. The Commission wishes to encourage the use of Commission Guidelines for the many directors clinics that are given each year in the Divisions. These and related articles have been collected into a convenient booklet by the USFA secretary and copies have been sent to the Division chairs and secretaries. These may be reproduced or more copies obtained from the secretary.

If a Division or other group wishes to hold a Commission Authorized Clinic to augment or initiate local efforts, applications must be made to the Commission Chairman. An authorized Clinic Director will be assigned, and the sponsoring group will be expected to pay the expenses of that Director. Two such Authorized Clinics deserve special mention because they involve FIE officials. The first of these will be held on Friday 26 March just prior to the Chicagoland Circuit Event at the University of Illinois, Chicago Circle campus. It will be presented by Thierry Brouquier and Jacques Graizon, both A-rated French officials with many recent international assignments. The seminar will be conducted in English (both speak it fluently), and participants in the Circuit Event and officials are welcome. The second of these special Clinics will be given at either

the Cherry Blossom Circuit Event or at the U.S. Nationals in Washington, D.C. (details will be announced). This seminar will be conducted by Eduardo Mangiarotti of Italy and Patrick Vajda of France, both experienced and respected international A officials. Every U.S. official who can do so is urged to attend one or both of these seminars.

The Commission regularly receives questions on how to gain a Class 3 rating. In the past, this rating could only be earned by officiating at the U.S. National Fencing Championships because this was the highest level domestic tournament at which officials could be observed. Because of limited opportunities to officiate in semi-finals or finals, the candidate often had to wait years before being observed by enough Commissioners in different events to establish his credentials. This situation is improved now because the Circuit Events offer high level opportunities and there is a Commissioner present at each one. Class 3 candidates must first submit a request to the Commission to be considered (a copy of the request form was printed in the September-October issue of American Fencing). This only establishes intent; the candidate must attend as many Circuit Events as possible (and the Nationals) and contact the representatives there for observation. The cumulative experience and performance of the candidate will be considered at the October meeting of the full Commission for awarding of Class 3 ratings. This same procedure should be followed by Class 2 candidates so that they are recognized by the Commissioners, gain experience by officiating, observe higher ranked officials and discuss their performance with the Circuit Event representative.



COMING ATTRACTIONS

LAJOS CSISZAR

WOMEN'S FOIL

The Gladius Society of the University of Pennsylvania will hold the Csizsar Women's Foil Tournament at the University of Pennsylvania, Philadelphia, PA on Saturday, April 17, 1982.

Place: Hutchinson Gym, 33rd Street between Spruce and Walnut Streets

Time: Registration 7:30 to 8:30 a.m.

Entry: By mail, no phone entries. Must be received by April 10, 1982.

Fee: Entry Fee — \$15.00 Make checks payable to:

"DAVID M. MICAHNIK"

Address: Mail entries to:
David M. Micahnik, Fencing Coach
D.I.A., Weightman Hall/E7
University of Pennsylvania
Philadelphia, PA 19104-3896

THIRD ANNUAL MILWAUKEE GRAND PRIX

Will be held on Saturday and Sunday, April 17 and 18, 1982 in Oconomowoc, Wisconsin.

Schedule:

Saturday, April 17

Men's Foil 9:00 AM

Women's Epee 12:00 Noon

Men's Epee 1:00 PM

Sunday, April 18

Men's Gilman 9:00 AM

(Foil & Epee)

Men's Sabre 12:00 Noon

Women's Foil 1:00 PM

All events are individual events. Awards will be given to all finalists and for the best U-20 result in each Foil event, Sabre, and Men's Epee.

Registration deadline: April 5th (Late fee: \$3.00).

Events are \$10.00 per weapon for adults, \$8.00 for U-20 fencers. Registration in 3 events: \$20.00

For further information, contact: Abbas Fadel, 947 Silver Lake St., Oconomowoc, WI 53066. Telephone (414) 567-7508

CHICAGOLAND OPI

1982

Will be held on March 27 and 28 Bldg. of the University of Illinois : Circle, 901 W. Roosevelt Rd., Illinois. Men's Foil event (N. American) will be on Saturday, March the 28th, as originally announced) for this circuit event will be a silk fencing at the Munich Olympics, c world famous sports artist, Leroy

Events: Men's Foil, Women's F and Women's Epee, Men's E finalists will receive replica s trophies.

Deadline for entries: March 20,

Entry fees: \$15 for Men's foil, \$ other events; \$5 late fee for entries marked after deadline.

For entry forms and information contact Fred Rhodes, 458 W. Briar Pkwy., IL 60657 (312) 883-1855.

DIRECTORS CLINIC

In conjunction with Chicgoland OPI, Messrs. Thierry Brouquier and Graizon (FIE "A" Jury Presidents epee) will conduct a seminar on March 26, from 7:30 to 10:00 F.U.I.C.C. Gymnasium.

Fee: \$5.00



Maître Aurio with Dennis Crable at the Directors Clinic

RESULTS

1981 MARATHON EPEE

by George Nelson

The 1981 Marathon Epee Open Fencing Tournament was held on November 21-22 at the U.S. Modern Pentathlon Training Center Fencing Salle at Ft. Sam Houston in San Antonio. Making his third appearance in San Antonio was 1980 Olympic epee Gold Medalist Johan Harmenberg from Sweden. The South Texas Division and the USMPTC intend to continue the successful importation of European fencing talent to the U.S., in an effort to provide more exposure of U.S. (epee) fencers to current quality world class competition. Harmenberg's trip to the U.S. was sponsored by proceeds from the two-day competitions held in San Antonio, the Marathon Epee and the Pentathlon Open.

The first day of the tournament consisted of preliminary pools and a round of 32 to a final of 8. The second day began with a direct elimination table of 64 which reduced to a round of 32 with repechage and another final of 8. Harmenberg won both competitions, suffering only one defeat in the two days.

Saturday Results

1. Johan Harmenberg
2. Paul Pesthy, NYAC
3. Tim Glass
4. Greg Losey, USMP

Sunday Results

1. Harmenberg
2. Tim Glass, Sebastiani
3. John Moreau, USMP
4. Pesthy

Overall Results

1. Harmenberg
2. Glass
3. Pesthy
4. Risto Hurme, USMP

Kim Dunlop was the highest ranked woman on Saturday, ranked 24th, and Vincent Bradford was ranked 23rd on Sunday.

1981 PENN STATE COLLEGIATE OPEN

by Maxwell R. Garret

The 1981 SOCIT brought 237 competitors together (70 Men's Foilists, 44 Sabreurs, 72

women foilists and 51 epeeists) representing twenty-five (25) universities. These entries broke all existing records for number of individual entries and number of institutions represented.

The final results were:

Women's Foil (72)

1. C. Hamori (Cornell) (4-1)
2. H. Skatlebot (Penn State) (4-1)
3. A. Reeves (Wisc.) (3-2)
4. A. Miller (Penn State) (2-3)
5. S. Wasserman (Ohio State) (1-4)
6. D. Perna (Penn State) (1-4)
7. M. Biroleaux (Temple) (3-2)
8. V. Mamora (Pennsylv.) (2-3)
9. K. Lesser (Cornell) (2-3)
10. C. Richter (Ohio St.) (2-3)
11. P. Wert (Penn State) (1-4)
12. M. Recker (Penn.) (0-5)

Epee (51)

1. M. Storm (Pennsylv.) (4-1)
2. M. Simowicz (Penn State) (3-2)
3. B. Storm (Columbia) (3-2)
4. S. Dzinctieliewski (Clemson) (2-3)
5. A. Meyers (Pennsylv.) (2-3)
6. S. Alali (Ohio State) (1-4)
7. W. Shuford (Clemson) (3-2)
8. M. Corona (Penn St.) (2-3)
9. S. Hollenbeck (Penn St.) (2-3)
10. J. Hodde (U. of N. C.) (1-4)
11. J. Ludwin (Clevel. St.) (1-4)
12. A. Sebuk (Pennsylv.) (0-5)

Sabre (44)

1. J. Friedberg (U. of N.C.) (4-1)
2. M. Wasserman (Clemson) (4-1)
3. C. Lefon (Navy) (3-2)
4. R. Blum (Pennsylv.) (2-3)
5. O. Selsor (Clemson) (2-3)
6. J. Kroeten (Wisc.) (0-5)
7. P. Wharton (Penn St.) (3-2)
8. C. Schmitz (Temple) (2-3)
9. D. Powell (Pennsylv.) (1-4)
10. R. Locatena (Northw.) (1-4)
11. M. Poehler (Clemson) (1-4)
12. R. Bellatoni (Wm Pat.) (0-5)

Men's Foil (70)

1. P. Schmidt (Princeton) (5-0)
2. A. Flom (George Mason) (3-2)
3. V. Altschul (Columbia) (2-3)
4. C. Vecchione (Clemson) (2-3)
5. V. Rayzman (Columbia) (2-3)
6. J. Papp (Penn State) (1-4)
7. B. Renk (Wisc.) (2-3)
8. J. Zelkowski (Wayne) (2-3)
9. G. Johnson (Clemson) (1-4)
10. B. Franco (Clemson) (1-4)
11. J. Brown (Penn State) (1-4)
12. T. Kerschke (Northw.) (1-4)

Next year's SOCIT tournament will be held on November 13 and 14, 1982.

Universities and colleges interested in seeing their **undergraduates** in a major pre-season competition should reserve this event for their schedule.

27th CANADIAN HEROES MEMORIAL

(Oct. 10 & 11, 1981, London, Ontario)

Sabre (30)

1. S. Danosi, FAM
2. J-P. Banos, Scarm.
3. Y. Robinovitch, FAM
4. E. Sukurda, Wp'n'm.
5. W. Goering, FAM
6. J-M. Banos, Scarm.
7. F. Nagorniy, Kadar
8. V. Feretti, Mousq.
9. C. Marci, Scarm.
10. A. Jeffrey, Spad.
11. P. Ott, Wp'n'm.
12. T. Balla, FAM

Men's Foil (42)

1. E. Simon, FAM
2. M. Dessureault, Spad.
3. J-F. Bilodeau, Mousq.
4. P. Vaillancourt, Equib.
5. M. Masters, FAM
6. J. Zelkowski, Wayne S.
7. S. Kogler, FAM
8. M. Meudt, OIFC
9. L. Rochelau, Mousq.
10. G. Thabourin, Equib.
11. R. Bindler, RIT
12. T. Brady, U of Det.

Ladies Foil (40)

1. C.A. Wishart, Spad.
2. S. Steiner, TFC
3. P. Balz, TFC
4. D. McAvoy, Roeder
5. M. Veilleux, Wp'n'm.
6. L. Gregoire, Equib.
7. I. DuCharme, Mousq.
8. P. Caple, Alcaz.
9. P. Wallbridge, Gillet
10. M.F. DuFour, Spad.
11. Y. Ode, UAT
12. J. Larigue, Wayne S.

Epee (46)

1. J-M. Chouinard, Mousq.
2. E. Bianchi, FAM
3. M. Dessureault, Spad.
4. R. Hupp, Gillet
5. W. Reith, Alcaz.
6. C. Schneider, FAM
7. J. Goumond, Estoc
8. S. Trevor, Alcaz.
9. R. Bindler, RIT
9. R. Levine, IFC
11. T. Gilham, MFC
12. C. Hurley, Detroit

THE 1981 CLEVELAND GRAND PRIX

by William Reith

The Ted Willis Foil Trophy

Mike McCahey fenced strongly and accurately to defeat former U.S. Olympian, Ty Simmins, 10-4, to start the final 8 direct elimination. Steve Trevor defeated Dean Halstead of Washington's Salle d'Armes in a close match 10-8; both were working in the top bracket, while 3rd seeded Mark Smith of the Atlanta Fencers Club out duelled Alex Flom of George Mason University 10-7, 2nd seeded Mark Masters of F.A.M. lost to Ernie Simon of Australia.

Mike McCahey won the final match and the Foil Championship easily 10-5. He looked fresh and strong against a tired Simon. Ernie's comments after the match reiterated his performance. He has never won the Cleveland Grand Prix, but finished 2nd several times, as it was early in his training season. His stamina is not yet strong enough to win two or three tough matches in a row. However, his conditioning was raised a quantum leap after the tournament.

Ernie, with a low seed into the round of 16, faced McCahey after defeating Marc Deig of South Africa. Ernie had to fight it out with Joe Biebel of Milwaukee to make the final. He had a lot of tough matches. Ernie lost to McCahey 10-8 and defeated Biebel 10-7.

It is obvious that being in top condition, as Mike McCahey was, means as much as the

quality of your fencing when put rigors of the Direct Elimination System must have both.

The Madi Dods Epee (36 fencers)

The final showdown match of the Grand Prix found Ettore Bi the Italian Team, matched against Harmenberg of Sweden. The match raged in intensity as Bianchi kept touch lead to 9-7. From there it toenail to toenail with Harmenberg at the pressure. One more touch, a single or a double, would mean a victory for the 21 year old Italian. Harmenberg attempted to score the 9-9. Needing to win, Bianchi scored the tenth touch, but it was the final one. For a split second seemed to think that he had won, but reverted to the match at hand.

They each scored on a double attacking the score to 11-10, and the Olympic Champion stopped to ask rector what would happen if the next were a double. The answer by Pat Motter was simple and direct, Bianchi win 12-11. Harmenberg coolly repla mask and prepared the assault. evened the score again at 11-11 with sure 6 disengage to the inside st They again doubled to 12-12, Harm again pressed for the attack, this time several false-short-fast attack which it seemed impossible for him back in time to avoid being hit or no himself. As the suspense mounted Swede lunged and the light showed Bianchi, Johan had won 13-12 against tough young Italian.

Dinner with Johan proved to be interesting. When asked about the touches of the match, Harmenberg knew I was going to win at the end, he had him, Bianchi, under psychologic trol." "I knew what he thought I was do." "He was looking for me to make disengage, but I went 6 straight."

Later on in the dinner conversati topic of game levels and change we cussed. Johan made an accurate otion for winning a ten touch match. "I to win you must change the game twice." My reply agreed, sometimes iing lesser fencers, I found myself v early lead with a simple game. I woul change to a losing game to keep the nent from changing to a winning Often he would catch up, then I wo

back to the winning game leaving him with the same losing game. At the end, he would never know what had transpired wondering why the same game did not win in the end. The case in point; two game changes, and a win. Against a stronger fencer of course this type of game change does not work. The game changes must continually be upgraded to produce the victory.

Johan admitted that he allowed Bianchi to lead to 9-7. Bianchi's game therefore never changed. He had no reason to believe the same game would not work in the final touches. Also his mind and body were getting behaviorally conditioned to respond in that way no matter what the wanted to do. Harmenberg made the first change to tie the score and carry it to 12-12. The second change occurred at the last touch when he set up and knew what Ettore was thinking and expecting. There we have it, two changes and a win.

Cleveland Grand Prix, Nov. 27, 28, 29, 1981

Madi Dods Epee

1. J. Harmenberg, Sweden
2. E. Bianchi, Italy
3. W. Dragoritti, Phila.
4. S. Trevor, Clevel.

5. J. M. Chouard, Canada
6. M. DeJong, S. Africa
7. G. Kocab, Mich.
8. K. Smith, Ohio

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Women's Gilman (foil-epee)

1. J. Angelakis, Boston
2. G. Farkashazy, Australia
3. L. Erdos, Clevel.
4. M. Szabunia, Phila.
5. M. Gilham, Wisc.
6. C. Massiala, Mich.
7. K. Furu, Mich.
8. J. S-Burke, Clevel.

Women's Foil

1. E. Cheris, Wyo.
2. J. Angelakis, Boston
3. G. Farkashazy, Australia
4. D. Basinger, Atlanta
5. M. Szabunia, Phila.
6. D. Theriault, EGFC
7. M.E. Eller, SB
8. C. Massiala, Mich.

Women's Epee

1. G. Farkashazy
2. C. Massiala
3. C. Carter, S. d'A.
4. A. Ezzel, Alc.
5. M. Szabunia
6. F. Turner, Alc.

J. St-Stitz Sabre

1. S. Renshaw, N.D.
2. J. Fazekas, AFM
3. F. Nagurney, Kadar
4. G. Rivas, NYAC
5. J. Fazekas, Alc.
6. A. Radivoyevitch, Al.
7. J. Ellis, PSU
8. A. Gilham, MFC

Ted Willis Foil

1. M. McCahey, NYFC
2. E. Simon, Australia
3. M. Smith, Atlanta
4. S. Trevor, Alc.
5. M. Masters, FAM
6. D. Halstead, S. d'A.
7. A. Flom, GMU
8. T. Simmons, Det.

Men's Gilman

1. M. Smith, Atlanta *
2. M. Masters, FAM *
3. J. Biebel, GIFA
4. J. Harmenberg, Sw.
5. W. Reith, Alc.
6. D. McCormick, Alc.
7. K. Hunter, Alc.
8. E. Bianchi, Italy

*Editor's note: The Cleveland Press has these two in reverse order, but official score sheets sent to AF show the above order.

Cumberland Open

Oct. 31, Nov. 1, 1981, Tennessee Division

Men's Epee

1. J. Coffey
2. D. Wood
3. J. Jordan

Women's Foil

1. M. Adrian, Unatt.
2. G. Wood, N'ville
3. B. Holub, Vand.

Men's Sabre

1. M. Szalhmary, Unatt.
2. W. Levitch, U Tenn.
3. J. Turnley

Women's Epee

1. M. Adrian
2. E. Rienhardt, Vand.
3. C. Walsh, Vand.

Men's Sabre

1. M. Dunlap, Atlanta
2. D. Wood, N'ville
3. J. Jordan, Hunts.

The Armadillo Open

(Sept. 26 & 27, 1981, Austin, Texas)

Women's Foil

1. H. Valkavich, Tr. Tex.
2. D. Stoll, AFA
3. L. Ronchetti, AFA

U-16 Foil

1. C. Shelton, DFC
2. R. Potter, HHH
3. M. Moyers, S. Marks

Open Epee

1. C. Michaels, USMP
2. I. Tomiyasu, USMP
3. J. Parker, USMP

Open Sabre

1. P. Anderson, Tr. Tex.
2. H. Williams, Tr. Tex.
3. M. Johnson, NOFC

Open Foil

1. V. Bradford, Crkvview
2. R. Nonomura, FC of Tex.
3. H. Valkavich, Tr. Tex.

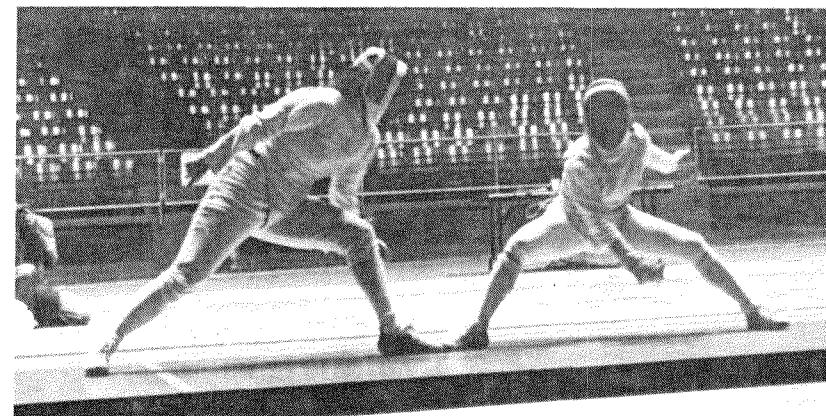
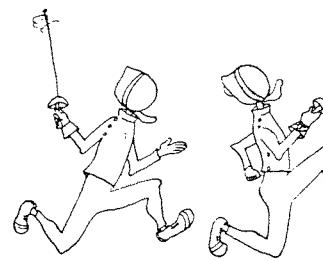
CLUB ROSTER

Harrisburg PA. Division

Penn. State Univ. Fencing Club
33 White Building
University Park, PA 16802
Contact: Ms. Beth Alphin, Women
ing Coach
Penn. State Univ.
White Bldg.
University Park, PA 16802

Metropolitan Division

Santelli School of Fencing
412 Sixth Ave.
New York, N.Y. 10011
Contact: Miklos J. Bartha, Senior
Master
or Gerard Shaw, Fencing Master
(212) 254-4071



Hope Knoecky (left) versus Debbie Waples in the 1981 National Women's Foil finals.

Photo by M. Frie