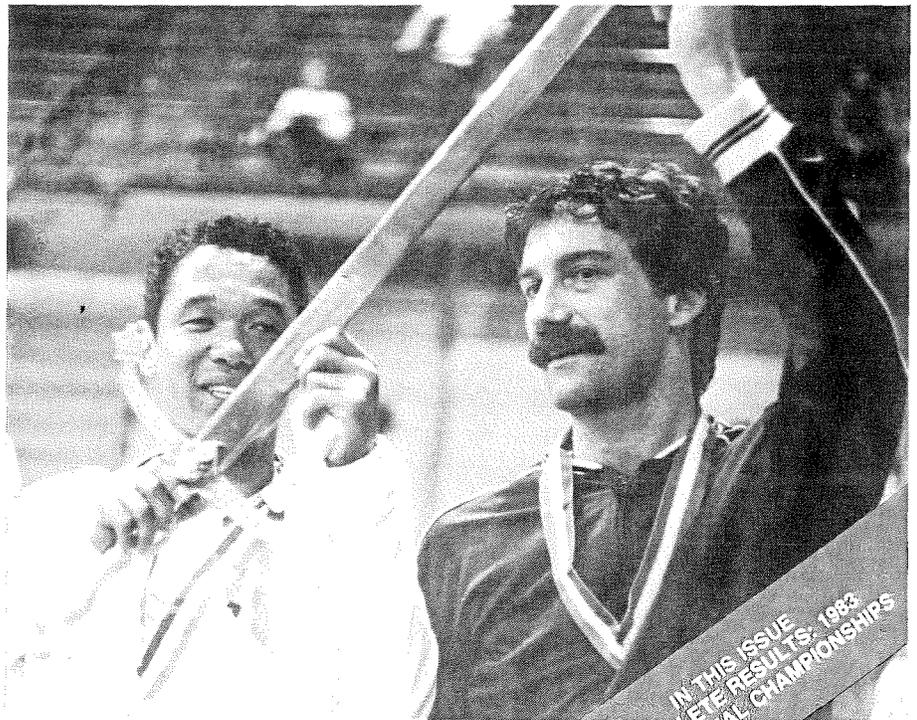


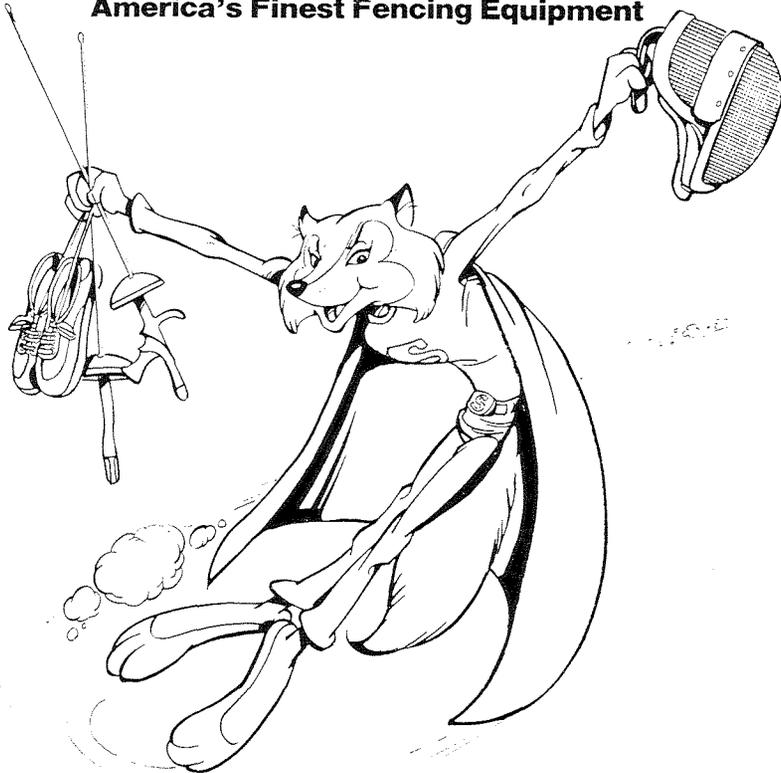
American
FENCING

JULY/AUGUST 1983
Volume 34, No. 6



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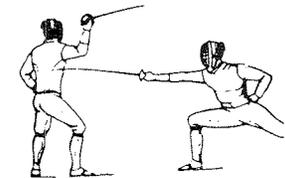
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JAN/FEB	DEC 10	FEB 1

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ON THE COVER

Peter Westbrook, assisted by Phil Reil Sabre Champion's sword at the 1983 Na Francisco. This was Peter's seventh tit Veda Lewis).

the fencers are milling around and not paying attention to the meet. If a reporter shows up, be sure to assign someone to stay with him and provide information about what is happening. After the meet, the coach should go out of his way to talk with the reporter.

It may be easier to get spectators to a meet than to get them to come back again. Every coach has the problem of schedules that allow only two or three home dates, and this makes it very difficult to build a fan following. But we must try because many athletic directors and the media gauge the worth of a sport by the interest shown through meet attendance.

29th CANADIAN HEROES

The 29th CANADIAN HEROES MEMORIAL Tournament (Open) will be held in London, Ontario on October 8-9th, 1983. The Epee and Ladies' Foil is on Saturday, October 8th. Men's Foil, Sabre, and Ladies' Epee is on Sunday, October 9th. Open to all professionals. For information, contact Sabine Nolke, 542 English Street, London, Ontario, Canada N5W 3V2. (519) 433-2689.

OUR 1983 PAN-AMERICAN TEAM

- Men's Foil:** Mark Smith
Greg Massialas
Jack Tichacek
Michael Marx
(alt.) Heik Hambarzumian
(alt.) Michael McCahey
- Men's Sabre:** Peter Westbrook
Phil Reilly
Stan Lekach
Steve Mormando
Edgar House
(alt.) George Gonsales-Riv.
- Women's Foil:** Debra Waples
Jana Angelakis
Margo Miller
Vincent Bradford
Andrea Metkus
(alt.) Joy Ellingson
- Men's Epee:** George Masin*
Paul Pesthy
Tim Glass
Peter Schiffrin
Robert Nieman
(alt.) Steve Trevor
(alt.) Lee Shelley

*Unable to attend

The 1983 U.S. NATIONAL CHAMPIONSHIP

The Memorial Gymnasium at the University of San Francisco provided the facilities for a wide variety of fencing events from June 4 to 11. In addition to the 13 major events sponsored by the USFA, the National Fencing Coaches Association held a Master tournament, the Northern California Division conducted Women's Sabre and Women's Sabre Team meet, and, in a nearby gym, the Senior Olympians happily ran their own six contests.

An outstanding performance was turned by Peter Westbrook of N.Y. Fencers Club, who won the sabre title for the seventh time and was followed wherever he went by a television camera crew, which must have proved distracting, to say the least, but was all for the good cause of promoting fencing.

Long time Olympian Paul Pesthy from South Texas won his first epee championship in 1964. This time he outlasted a patient field of wiley epeeists and several 6-minute-no-touch-scored bouts to win his fifth title. Mark Smith, the electrical engineer from Georgia Tech, regained the foil title which he first won in 1981. Debra Waples of Salle Auriol attained her long sought goal and prevailed over Jana Angelakis in women's foil, while Vinnie Bradford of the US Modern Pentathlon TC successfully defended her women's epee title.

The U-19 events demonstrated the rising strength of our younger fencers. The U-19 epee finals were more lively and interesting to the spectator than their senior counterparts. Tanner City FC, under the coaching of Joe Pechinsky, continues to produce junior champions: James O'Neill won the epee and Molly Sullivan the women's foil. Wilbur Wheeler of the Alcazar FC is still the best little foilsman in the country and we have a new face but an old name in sabre: young Michael D'Asaro, Jr. is following in his father's footsteps and earned his first national title.

Our thanks go to the hard work mittee members who organized an eight day tournament. Our Nation becoming more demanding in personnel funding and facilities. Our special thanks to the Chairmen Organizing Committee, Bruce Me whose shoulders rested most of the sibility for the success of the championships. Recognition also should be Dwight Chew, head of the Technical mittee, to Veda Lewis for public relations, Joe Shamash and American Fencing for staging a unique gala night, an Committee Chairs Wally Oliver and Johnson. May they and their co-members all have a fine summer's a job well done.

NATIONAL RESULT

Women's Foil

- | | |
|--------------------------|-------------------|
| 1. D. Waples, Auriol | 29. S. Ballinger, |
| 2. J. Angelakis, TCFC | 30. I. Hamori, |
| 3. M. Miller, Mori | 31. M. Wichik, |
| 4. V. Bradford, USMPTC | 32. E. Cheris, C |
| 5. S. Monplaisir, NYFC | 33. S. Holland |
| 6. J. Starks-F., Csis. | 34. L. Goldthw |
| 7. A. Metkus, Yale | 35. D. Mendley |
| 8. S. Badders, Auriol | 36. M. Szabuni |
| 9. M. Sullivan, TCFC | 37. A. Klingner, |
| 10. S. Posthumus, Halb. | 38T. E. Kristo-N |
| 11. C. McClellan, TCFC | 38T. L. Clark, D |
| 12. H. Konecny, NYFC | 40. J. Benini, N |
| 13. L. Piazza, LI | 41. S. D'Agnes |
| 14. H. Valkavich, Esg. | 42T. D. R-Christ |
| 15. J. Ellingson, D'As. | 42T. D. Allen, O |
| 16. S. Moriates, NYFC | 44T. T. Swensor |
| 17. R. Botangan, Mori | 44T. S. Marx, A |
| 18. P. Walbridge, Gillet | 46. M.J. O'Neil |
| 19. M. Verhave, NYFC | 47. J. Littmann, |
| 20. M. Madon, SCal. | 48. K. Coombs, |
| 21. E. Grompone, Bardakh | 49. N. Latham, |
| 22. T. Hurley, Sebas. | 50. W. Miles, P |
| 23. A.F. Miller, Penn. | 51. Jen. Yu, C. |
| 24. P. Medina, Nat'l. | 52. J. Hynes, T |
| 25. D. Armstrong, CCal. | 53. C. Handeln |
| 26. M. Nagy, N.J. | 54. T. Covington |
| 27. I. Maskall, Sant. | 55. R. Hayes, T |
| 28. C. Bilodeau, MFT | 56. L. Maskell, |

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- 57. K. Torres, Asgard
- 58. C. Hamori, NOFC
- 59. D. Basinger, Atl.
- 60. D. Tavares, Sant.
- 60T. J. Camiener, Alcaz.
- 62. G. Notowitz, Halb.
- 63. M. Gilham, Madison
- 64. Jes. Yu, D'As.
- 65. N. Anderson, La.
- 66. K. Lesser, Cornell
- 67. N. Walters, GCoast
- 68. K. Aanstad, Halb.
- 69. M. Annavedder, TCFC
- 70. M. Lamarca, Sant.
- 71. T. Barbieri, N. Cal.
- 72. L. Vullkommer, Bard.
- 73. R. Samet, LI
- 74. M. Adrian, Wash.
- 75. P. Wullenweber, Gill.
- 76. E. Erdos, Kadar
- 77. C. Weber, Bardakh
- 78. M. Petranek, TCFC
- 79. D. Stone, Orsi
- 80. J. Rachmann, Temple
- 81. B. Leigh, Halb.
- 82. E. Orly, Cap.
- 83. E. Garfield, Boess.
- 84. J. Raleigh, Mori
- 85. H. Hamilton, Ill.
- 86T. C. Tremonte, Sebast.
- 86T. V. Lewis, Halb.
- 88. G. Rossman, LI
- 89. J. Lastique, FAM
- 90. N. Lederer, LAAC
- 91. M. Chouteau, Sebast.
- 92. M. McCarthy, Sebast.
- 93. C. Ward, Maine
- 94. J. Intrator, Halb.
- 95. S. Rohrer, Dallas
- 96. J. Lenzini, Halb.
- 97. A. Dracott, Selberg
- 98. D. Banville, Atlanta
- 99. K. Kariagin, Cougars
- 100. V. Marmora, Penn.

Men's Foil

- 1. M. Smith, Atlanta
- 2. G. Massialas, D'As.
- 3. M. McCahey, NYFC
- 4. G. Nonomura, Lettm.
- 5. H. Hambarzumian, Lettm
- 6. J. Tichacek, NYFC
- 7. E. Ballinger, Sant.
- 8. E. Kaihatsu, Gr. L.
- 9. M. Marx, Auriol
- 10. P. Lewison, NYFC
- 11. P. Gerard, Auriol
- 12. E. McNamara, NYAC
- 13. J. Bukantz, NYFC
- 14. D. Blaney, Lettm.
- 15. E. Wright, Sant.
- 16. P. Bennett, NYFC
- 17. J. Biebel, Gr. L.
- 18. M. Tarascio, Penn.
- 19. P. Burchard, D'As.
- 20. W. Geinew, 49ers
- 21. J. Bonacorda, NYAC
- 22. F. Fox, Mori
- 23. W. Wheeler, Alcaz.
- 24. E. Rosenberg, NYFC
- 25. N. Campbell, Csis.
- 26. M. Decena, NYFC
- 27. A. Bosco, FCFC
- 28. D. Crable, Mori
- 29. S. Gross, Cap.
- 30. J. Powers, NYAC
- 31. D. Rainford, NYFC
- 32. C. Higgs-C., TCFC
- 33. D. Valsamis, NYAC
- 34. R. Nonomura, Mori
- 35. G. Unruh, Kans.
- 36. P. Schmidt, Priton.
- 37T. N. Mattox, Sant.
- 37T. T. Pryor, NYFC
- 39. W. Pardy, Nev.
- 40. R. Ashton, NYFC
- 41. B. Schaenzer, Gr. L.
- 42. G. Mueller, Gr. L.
- 43. D. Miller, Auriol
- 44. R. Cunningham, Kans.
- 45. C. Balestracci, Penn.
- 46T. B. Milligan, NYAC
- 46T. R. VanHousen, SCal.
- 48. F. Yoshinaga, SFST
- 49. J. Shamash, Pann.
- 50. P. DesGeorges, Aur.
- 51. M. Hall, Pann.
- 52. S. Dunlap, Atlanta

Men's Epee

- 1. P. Pesthy, S. Tx.
- 2. T. Glass, Sebast.
- 3. W. Matheson, Border
- 4. V. Asatrian, Mori
- 5. G. Masin, NYAC
- 6. R. Marx, Auriol
- 7. J. Moreau, USMPTC
- 8. R. Nieman, USMPTC
- 9. W. Landers, Cap.
- 10. G. McMullen, DCFC

- 53. P. Zylkes, BYU
- 54. J. Zelkowsky, FAM
- 55. M. Bevers, Auriol
- 56. M. O'Donnell, Duke
- 57. J. Walling, Sojer.
- 58. D. Nichols, D'As.
- 59T. M. Walch, Mori
- 59T. M. Gross, SE
- 61. G. Schneider, Cap.
- 62. M. Dale, NCal.
- 63. P. Bunanno, Mori
- 64. M. VanDerVelden, SS
- 65. P. Gerring, Lettm.
- 66. J. Rios, NCal.
- 67. J. Manzano, Lettm.
- 68. D. Crosslin, Lettm.
- 69. L. Siegel, NYFC
- 70. S. Kogler, WayneS.
- 71. D. Comas, Conn.
- 72. V. Yokum, Sebast.
- 73. K. Kelsen, CCal.
- 74. K. Woodward, STex.
- 75. H. Kavet, Richards
- 76T. A. Leask, SD
- 76T. C. Ferrail, HI
- 78. O. Barrera, STex.
- 79T. B. Martin, GCoast
- 79T. T. Thompson, D'As.
- 81. G. Martin, SD
- 82T. B. Selzler, IEMP.
- 82T. G. vanderWege, STex.
- 82T. H. Zuker, WWash.
- 85. J. Gallardo, Tucson
- 86. J. O'Neill, TCFC
- 87. G. Treitz, Ktky.
- 88. J. Taylor, Colo.
- 89. P. Simmons, Kans.
- 90. A. Alonzo, Bard.
- 91T. C. Funai, N.D.
- 91T. R. Mellen, Ind.
- 93. T. Close, WNY
- 94. T. Lebenzon, Aur.
- 95. D. Fleming, M'souri
- 96. S. Collins, Faulkner
- 97. R. Pinchuk, Lettm.
- 98. B. Kneider, Maine
- 99. J. Flint, Csis.
- 100. P. Reeves, WWash.
- 101. A. McMann, Kans.
- 102. J. Shanks, Okla.
- 103. K. Kassenfoss, Seb.
- 104. D. Demitchell, CFla.
- 105. L. Carnigan, Ore.
- 106. P. Siritwat, Piedm.
- 107. R. Sydney, Asgard
- 108. A. Thoroughgood, Penn.
- 109. C. Young, WMich.
- 110. M. Bloomer, Yale
- 111. R. Morales, LSU

- 112. R. Walter, Plains
- 113. T. Ling, HI
- 114. C. Thompson, Piedm.
- 115. M. Rinne, Plains
- 116. S. Acree, IEMP.
- 117. S. Johnson, NOH.
- 118. G. Puziss, Lettm.
- 119. A. Skopik, Sebas.
- 120T. P. Moy, Pann.
- 120T. G. Hamilton, AZ
- 122. A. Chillemi, WNY
- 123. T. Clark, NCal.
- 124. T. Williams, Alcaz.
- 125. N. Lumum, Tucson
- 126. J. Lehman, Lettm.
- 127T. S. Medina, Nat'l.
- 127T. T. Lansford, Ind.
- 129. K. Crosby, IEMP.
- 130. T. Lutton, Colo.
- 131. A. Robinson, Nev.
- 132T. D. Sheldon, NMex.
- 132T. N. Rosenstein, SUNY
- 134. D. Fong, Halb.
- 135. E. Mullarkey, TCFC
- 136. E. Tobias, Gr. L.
- 137. J. Ledbetter, STex.
- 138. M. Headley, CCal.
- 139. J. Delia, L.I.
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- 141. C. Harkness, Csis.
- 142. P. Wheeler, Wyo.
- 143. J. Valentine, Nev.
- 144. A. Wong, NCal.
- 145. M. Thompson, Minn.
- 146T. D. Hinton, D'As.
- 146T. J. Bracker, Phila.
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- 149. F. Lui, NCal.
- 150. V. Mataele, HI
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- 152T. R. Khoury, Atlanta
- 152T. J. Sweet, Lettm.
- 156. M. Shelby, Tucson
- 157. K. Mills, SD
- 158T. M. Gilman, Gr. L.
- 158T. M. Husband, Plains
- 158T. M. Larue, Lettm.
- 161. J. Downes, Wyo.
- 162. P. Bagalman, NOH.
- 163. M. Callao, IEMP.
- 164. L. Bello, USF
- 165T. T. Philpot, USF
- 165T. R. Li, Pannonia
- 165T. O. Temple, Plains
- 168. S. Bello, USF
- 169. J. Pitzel, LSU

Men's Sabre

- 1. P. Westbrook, NYFC
- 2. P. Reilly, NYAC
- 3. S. Lekach, NYAC
- 4. S. Mormando, NYFC
- 5. M. Lofton, NYFC
- 6. G. Gonzales-R., NYAC
- 7. P. Friedberg, NYAC
- 8. E. House, NYAC
- 9. J. Glucksman, NYFC
- 10. A. Orban, NYAC
- 11. M. D'Asaro, D'As.
- 12. F. Nagorney, Kadar
- 13. D. Anthony, Univ.
- 14. W. Balk, Montreal
- 15. C. Gall, NYAC
- 16. B. Keane, NYAC
- 17. G. Bartos, NYAC
- 18. S. Blum, NYFC

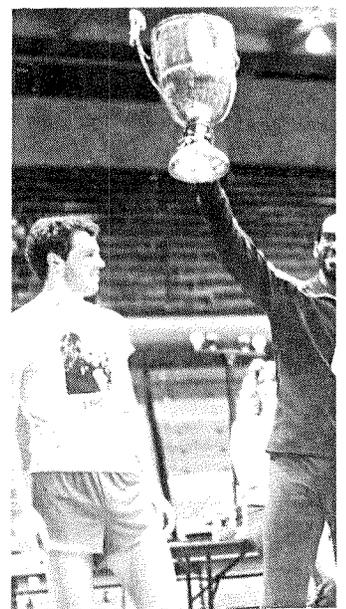
- 73. J. Melcher, NYFC
- 74. B. Lee, Princeton
- 75. K. Crosby, I. Emp.
- 76. E. Falt, Dallas
- 77. P. Gerring, Lettm.
- 78. K. Chavin, Phila.
- 79. A. McManna, Kans.
- 80. R. Levine, Ill.
- 81. R. Mitchell, NCal
- 82. A. Alonzo, Bard.
- 83. D. Sheldon, NMex.
- 84. S. Johnson, NOH.
- 85. M. Wheeler, Halb.
- 86. G. Bragg, USF
- 87. D. Adams, Sebast.
- 88. G. Puziss, Lettm.
- 89. D. Sheppard, Bard.
- 90. C. Swenson, NCal.
- 91. J. Flint, Csis.
- 92. C. Young, WMich.
- 93. D. Lewin, Lettm.
- 94. T. Thompson, D'As.
- 95. A. Eibel, NYFC
- 96T. R. Kulik, Nev.
- 96T. D. Wells, Colo.
- 98. R. Wilpitz, Halb.
- 99. B. Hecker, D'As.
- 100. J. Pitzel, LSU
- 101. B. Milligan, NYFC
- 102. J. O'Neill, TCFC
- 103. J. Downey, Halb.
- 104. S. Wilkes, I. Emp.
- 105. P. Simmons, Kans.
- 106. W. Sneider, SD
- 107. J. Delaney, Halb.
- 108. D. Schaffner, Corn.
- 109T. J. Walling, So. J.
- 109T. D. Humphreys, N.E.
- 111T. T. McClintock, S. Cal.
- 111T. L. Siegel, NYFC
- 113. T. Sarnowski, Nev.
- 114. A. Rahm, Border
- 115. S. Griffiths, NJ
- 116T. J. Duiberto, Ind.
- 116T. R. Alexander, NYFC
- 118T. T. Litton, Denver
- 118T. R. Booth, Piedm.
- 120. R. Moralis, LSU
- 121. Temple, Plains

Women's Epee

- 1. V. Bradford, USMPIC
- 2. E. Erdos, Kadar
- 3. V. Mormora

- 4. M. Adriaer
- 5. L. Goldth
- 6. H. Valkav

Mark Smith regained the Men's Foil to Greg Massialas the runner-up. (Photo by



- 19. M. Sullivan, NYAC
- 20. G. Chiang, Halb.
- 21. R. Martinez, D'As.
- 22. B. Reed, D'As.
- 23. B. Kogler, Wayne S.
- 24. D. Powell, Penn.
- 25. J. Berson, Univ.
- 26. A. Kabil, NYAC
- 27. S. Knies, D'As.
- 28. M. Benedek, Univ.
- 29. G. Rodriguez, NYFC
- 30. S. Boides, Halb.
- 31. C. Trammell, NOFC
- 32. J. Marotta, Univ.
- 33. B. Huffman, N. Cal.
- 34. W. Goering, FAM
- 35. C. McCraw, Sebast.
- 36. J. Viveros, D'As.

- | | |
|---------------------------|---------------------------|
| 7. C. Davis, U.C. Davis | 31. M. Szabunja, Csis. |
| 8. K. Torres, San Jose | 32. O. Uuskoski, OCoast |
| 9. J. Littmann, Palmentto | 33. A. Dunleavy, NYFC |
| 10. A. Reid, Stanford | 34. R. Spence-H., Otto |
| 11. D. Allen, Ashland | 35. J. Sapulski, |
| 12. A. Klinger, Auriol | 36. C. Brannon, Gren. |
| 13. K. Losculzo, NYFC | 37. F. Zauner, Atlanta |
| 14. S. Moriates, NYFC | 38. D. Lapeyre, |
| 15. M. Males, Colo. | 39. E. Fox, Letterman |
| 16. P. Wullenweber, Gil. | 40. P. Smith, Bardakh |
| 17. M. Kent, Unatt. | 41. E. Turney, Unatt. |
| 18. H. DasGupta, Boise | 42. K. Tabori, Mori. |
| 19. A. Dracott, Selberg | 43. K. Nettle, TAMU |
| 20. W. Miles, Csiszar | 44. C. Abramson, Atl. |
| 21. M. Steele, SWTexas | 45. J. Thurston, Colo. |
| 22. J. Sheehan-B., Alca. | 46. L. Wiessler, Cap. H. |
| 23. P. Medina, Nat'l. | 47. K. Patterson, Borra. |
| 24. C. Lewis, Csiszar | 48. B. O'Dell, SDiego |
| 25. M. Packard, | 49. J. Umphress, LDSFC |
| 26. C. Yu, Asgard | 50. L. Montgomery, OCoast |
| 27. M. Huddleson, O'Dag. | 51. C. Phelps, OCoast |
| 28. D. Latch, Stockton | 52. E. Rust, St. Louis |
| 29. M. Annavegger, TCFC | |
| 30. G. Love, Letterman | |

Northern California Women's Sabre

- | | |
|------------------------|-----------------------|
| 1. K. Torres, San Jose | 17. C. Davis, D'As. |
| 2. K. Lesser, Cornell | 18. B. O'Dell, SDSt. |
| 3. E. Murphy, BYU | 19. G. Tiggs, |
| 4. M. Adrian, Wash. | 20. P. Wullenweber, |
| 5. J. Littman, Palm. | 21. V. Lewis, Halb. |
| 6. M. Perejra | 22. C. Abramson, Atl. |
| 7. M. Savage | 23. D. Nichols, Birm. |
| 8. S. Ganchev | 24. E. McArayen |
| 9. K. Aanstadd, Halb. | 25. E. Turney, Unatt. |
| 10. B. Rannon, Gren | 26. R. Watson, NYFC |
| 11. V. Acham | 27. J. Lenzini |
| 12. L. Wade | 28. K. Brynildsen |
| 13. D. Allen, Ashl. | 29. J. Henderson |
| 14. S. McKee, Unatt. | 30. S. Paul |
| 15. J. Umphress, LDSFC | 31. A. Kleimen |
| 16. C. Ward, Um-O. | |

Under 19 Men's Epee

- | | |
|------------------------|--------------------------|
| 1. J. O'Neill, TCFC | 11. D. Mandt, Jr. |
| 2. K. Hunter, Alcazar | 12. T. Gargiulo, C. Cal. |
| 3. J. Urban, Orsi | 13. D. Lewin, Letterm. |
| 4. A. Yuffa, Colo. | 14. A. Halpern, Csis. |
| 5. G. Petranek, TCFC | 15. J. Socolof, N.J. |
| 6. A. Baxter, Csiszar | 16. D. Woodson, NYFC |
| 7. L. Murk, Ramapo | 17. D. Horvath, TAMU |
| 8. T. Gillham, Madison | 18. G. Polusny, LI |
| 9. J. Haugh | 19. D. Banks, Wofford |
| 10. W. Wharton, Ramap. | 20. L. Wilson, Penn. |

Under 19 Women's Foil

- | | |
|------------------------|-------------------------|
| 1. M. Sullivan, TCFC | 14. C. Bilodeau, MIT |
| 2. M.J. O'Neill, TCFC | 15. M. Lamarca, Sant. |
| 3. M. Madon, Un. | 16. M. Wichik, Whitm. |
| 4. I. Hamori, N. Orl. | 17. C. Weber, Bardakh |
| 5. R. Hayes, Temple | 18. E. Garfield, Boess. |
| 6. Jen. Yu, C. Cal. | 19. O. Sandler, LaB. |
| 7. K. Coombs, D'As. | 20. Z. Zenowich, Metro. |
| 8. J. Hynes, TCFC | 21. T.G. Yee, Saltus |
| 9. Jes. Yu, D'As. | 22. K. Perkin, Metro. |
| 10. J. Camiener | 23. G. Rossman, L.I. |
| 11. J. Hall, TCFC | 24. A. Harbison, Metro. |
| 12. K. Kralicek, Aur. | 25. P. Fox, Houston |
| 13. J. Rachman, Temple | 26. D. Grossman, S.J.S. |

- | | |
|-----------------------|------------------------|
| 27. C. Valkovich, TX. | 28. S. Stopes, N. Cal. |
|-----------------------|------------------------|

Under 19 Men's Foil

- | | |
|--------------------------|--------------------------|
| 1. W. Wheeler, Alcazar | 16. T. Gargiulo, C. Cal. |
| 2. M. Naranjo, Gr. Lakes | 17. D. Miller, Penn. |
| 3. E. Chew, Stanford | 17T. R. Aiken, Houston |
| 4. M. Van der Velden, SS | 19. J. O'Neill, TCFC |
| 5. T. Sadruddin, Auriol | 20. A. Goldberg, JHU |
| 6. B. Selzer, Pierce FC | 21. B. Schatfield, NYFC |
| 7. L. Wilson, Penn. | 22. T. Guerra, La. |
| 8. A. Yuffa, Colo. | 23. P. Ciemins, Alcaz. |
| 9. A. Thurgood, Penn. | 24. D. Horvath, Tampa |
| 10. M. Yu, Asgard | 25. R. Thurston, Dipl. |
| 11. J. Deutsch, Penn. | 26. M. Garlett, Wich. |
| 12. C. Higgs-Coul., TCFC | 27. C. Owen, Alcaz. |
| 13. D. Kinhan, Auriol | 28. A. Halpern, Csis. |
| 14T. N. Platt, Bardakh | 29. J. Young, Csis. |
| 14T. J. Delia, Un. | |

Under 19 Men's Sabre

- | | |
|------------------------|-----------------------|
| 1. M. D'Asaro, D'As. | 11. D. Atkins, Gren. |
| 2. J. Edward, N.D. | 12. D. Horvath, TAMU |
| 3. T. Regn | 13. M. Garlett, Wich. |
| 4. K. Small, Halb. | 14. J. Barreda, TCFC |
| 5. D. Johnson | 15. A. Baxter, Csis. |
| 6. P. Ciemins, Alcaz. | 16. C. Owen, Alcaz. |
| 7. R. Wilson, NYAC | 17. J. McElgin |
| 8. G. Rossi, Chas. | 18. C. Reohr, Csis. |
| 9. M. Cramer, Gren. | 19. R. Thornton, Dip. |
| 10. R. Cottingham, MKA | 20. J. Weber, Sant. |

Men's Epee Team

- U.S. Modern Pentathlon (Nieman, Moreau, Stull, Michaels, Eckersdorf).
- Salle D'Asaro (Schifrin, Burchard, Masialas, Thompson, Phibbs).
- Mori Fencing Academy (Elliott, Astatrian, Varadi, Bedford, Hamada).
- Letterman Fencing Club (Oliver, Behrens, Johnson, Blayney, Gerring).
- D.C. Fencing Club
- New York Fencers Club
- Tanner City Fencers Club
- Alcazar Fencing Club
- Sebastiani Fencing Club
- Salle Csiszar
- Brigham Young University Fencing Club

Men's Foil Team

- Salle Auriol (M. Marx, DesGeorges, Gerard, B. Marx, Miller).
- Letterman F.C. (Hambarzumian, Blaney, Nonomura, Dale).
- New York F.C. (Tichacek, McCahey, Lewison, Bukantz, Rosenberg).
- New York Athletic Club (Powers, Valsamis, Donofrio, McNamra, Bonacorda).
- Great Lakes Fencing Association
- Salle D'Asaro
- Mori Fencing Academy
- Salle Santelli
- Pannonia Athletic Club
- Alcazar Fencing Club
- Trans-Texas Fencing Club
- Tanner City Fencing Club
- Salle Csiszar West
- San Diego Fencing Club
- Sebastiani Fencing Club
- Brigham Young University
- La Belle Fencing Club
- Boeing Employees Fencing Club

Women's Foil Team

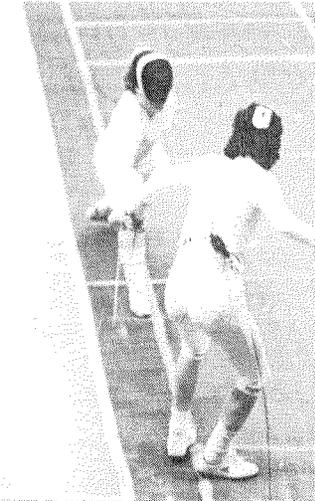
- Tanner City Fencing Club (Angelakis, McClellan, Sullivan, O'Neill, Annevedder).
- New York Fencers Club (Monplaisir, Konecny, Piazza, Verhave, Moriatus).
- Salle Csiszar (Faulkner, Szabunja, Miles, Hayes).
- Salle Auriol (Waples, Badders, Klinger, Marx, d'Agnese).
- Salle D'Asaro
- Salle Gillet
- Halberstadt Fencing Club
- Salle Santelli
- Madison Fencers Club
- Sebastiani Fencing Club
- Cheyenne Fencing Society
- St. Mary's College Fencing Team
- Dallas Fencers Club
- Phoenix Fencing Club

Men's Sabre Team

- New York Fencers Club (Westbrook, Mormando, Blum, Lofton, Glucksmann)
- New York Athletic Club (Reilly, Lekach, Friedberg, Orban, House)
- Salle D'Asaro (D'Asaro, Reed, Martinez, Knies, Viveros)
- University Fencers Club (Marotta, Pinkus, Benedick, Berson, Anthony)
- Salle Grenadier
- Halberstadt Fencing Club
- Tanner City Fencing Club
- Alcazar Fencing Club
- Salle Csiszar
- Sebastiani Fencing Club
- Brigham Young University

Northern California Women's Sabre Team

- Grenadiers (Gaucher, Brannon, Mikelsavage).
- Halberstadt (Aanestad, Lewis, Lenzini).
- Horizon-4 (Acham, Pereira, Tigges).
- Deep South (Abramson, Nicolai, McCraven, Z



Sue Badders (top) vs. Vinnie Bradford in t. Foil finals. (Photo by V. Lewis).

Women's Foil finalists (8th through 3rd place, from the left): Badders, Metkus, Starks-Faulkner, Bradford, Miller. (Photo by V. Lewis).



OUR WORLD UNIVERSITY GAMES TEAM

Men's Foil:	Greg Massialas Mark Smith Jack Tichacek George Nonomura Peter Lewison (alt.) Jeff Bukantz	Women's Foil:	Jana Angelakis Andrea Metkus Sharon Monplaisir Caity Bilodeaux Hope Konecny (alt.) Avril F. Miller
Men's Sabre:	Steve Mormando George Gonzales-Rivas Paul Friedberg Michael Sullivan Brian Keane (alt.) Donald Anthony	Men's Epee:	Peter Schifrin Steve Trevor Lee Shelley Robert Marx Charles Michaels (alt.) Greerson McMullen (alt.) Rob Stull

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Are you willing to drive? Own Car Car Provided _____

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State Where issued _____

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USFA# _____ Date of Birth _____

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PREVIOUS OLYMPIC EXPERIENCE, IF ANY:

VOLUNTEER EXPERIENCE: (include names of relevant organizations to which you belong as well as positions held within them.)

FENCING EXPERIENCE:

LANGUAGES:

Signature of Applicant

Date

(attach resume)

Send to: Carlos Fuertes, LAOOC, L.A., CA 90084

NATIONAL NEWS

NCAA FENCING "COACH OF THE YEAR"

Temple University's women's head fencing coach, Nikki Franke, was selected Coach-of-the-Year by her peers at the NCAA National Championships. Nikki's 11 year record at Temple stands at 134-50. A former member of the U.S. Olympic Team, she is a graduate of Brooklyn College with a B.S. in health and physical education. She holds a M.Ed. degree in health education from Temple in 1975, and is currently completing work on her doctoral program.



Nikki Franke. (Temple U. photo).

STANFORD COACH TO THE OLYMPICS

Buzz Hurst, head fencing coach at Stanford, has been named Director of Managers for the 1984 Olympic Fencing Venue which will take place at the Long Beach Arena. Hurst will have supervision of six managers and over 400 volunteers during the 10 day run of the fencing competition. He expects to join the Olympic staff, headed by Jan Romary, Commissioner of Fencing for the LAOOC, in April, 1984.

BOARD HI-LIGHTS

At its June 1983 meeting in San Francisco the USFA Board of Directors voted to award the 1984 Junior Olympic Championships to the Oregon Division. The site is Hudson Bay High School in Portland. The dates are February 18-20, 1984.

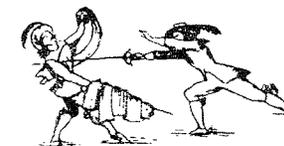
Chapter V, Section 7 of the Operations Manual was changed to include among "automatic" qualifiers to the US Nationals those fencers who have accumulated points equivalent to placing 24th or better in three Circuit events of that season.

Chapter V, Section 9 A was amended to include "automatic" qualifiers in the total count of the number of eligible competitors

in qualifying events upon which at the number of qualifiers to the Na

The amendments to the By-Laws, published in our March/April issue, were needed. These had to do with election procedures and dates.

Upon recommendation of a special committee, the Board voted to suspend Micki Conte of the Southern California Division from the USFA until it is satisfied that all financial obligations to the USFA and the Southern California Division have been fulfilled. This suspension means that Ms. Conte may not hold office in the USFA nor participate in USFA sanctioned tournaments nor voting rights in USFA matters.



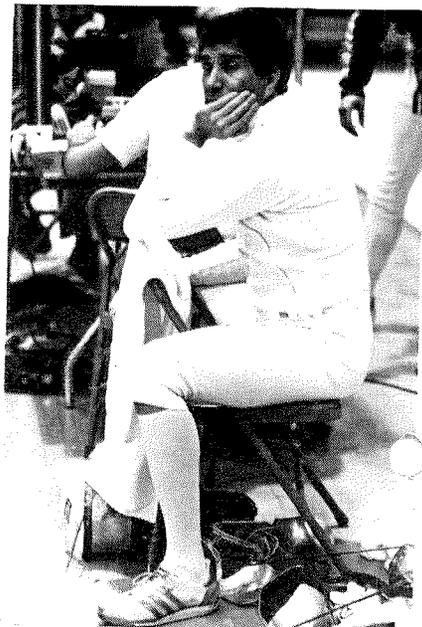
OLYMPIA AWARD

Another winner of the prestigious Southland Olympia award is Alex Orban, whose credits include five national titles in sabre, four second-place finishes, two thirds and a gold medal in the 1971 Pan-American Games, and a victory in a class A Poland sabre tournament. Born in Budapest, Alex emigrated to the U.S., perfected his fencing art while serving in the U.S. Army and has been at the top of his sport for nearly two decades. While he continues to compete on the international level, he now concentrates on working with younger fencers and serving as a meet official. Congratulations, Alex!

FIE DIRECTOIRE TECHNIQUE

The FIE has designated the following officials to compose the Directoire Technique of the 1984 Olympic Games:

- M. Rolland Boitelle, President
- M. Valery Bazarevitch, USSR
- M. Pal Schmit, Hungary
- M. Daniel Bukantz, USA
- M. Mario Favia, Italy
- M. Wolf G. Dieffenbach, W. Germa
- M. Carl Schwende, Canada



Alex Orban. (Photo by Bruce Repko).

IN MEMORIAM

Arthur Wise

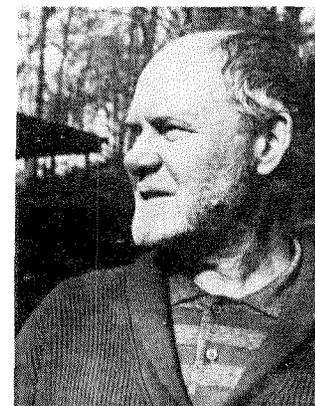
by Jeffrey R. Tishman

Arthur Wise, the British novelist, died in New York on February 9, 1983. He was 60. A native of York, he had been a resident of New York for nearly six years.

The author of thirteen novels, including *Who Killed Enoch Powell?*, for which he won an Edgar Allan Poe special award in 1970; he was known principally to the fencing and theatrical worlds for two works of non-fiction: *The Art and History of Personal Combat* and *Weapons in the Theatre*. The first was an extensive history of single combat from ancient to modern times; lavishly illustrated from period sources. The second concerned the history and mechanics of mounting theatrical fights, and enumerated what has become one of the four preeminent modes of stage combat notation.

His lifelong interest in stage combat led him to establish Swords of York, Ltd., a firm devoted to the manufacture of theatrical weapons. In his youth, he had been a regional actor and fight director in Britain. During World War II, he was a Spitfire pilot in the R.A.F.

He is survived by his wife, Nan Wise, who was also his writing partner: two daughters, Susan and Julia, a son, Christopher, and two grandchildren.



Arthur Wise, author and historian.

One such young man was Chris whom I recall first meeting in the summer of 1979. He had knocked on my door to ask what he needed to do to join some of the other boys in my neighborhood who had just started receiving fencing instruction. I had tried to understand him at first because he was so fast. I was to learn later that the thing he did he did very rapidly.

At the age of nine he was the youngest in the group, most of whom stayed in our present fencing club. He disappeared at the end of that summer, and spent a year in Norway where his father took a sabbatic. His mother continued working on her art history.

One year later Chris returned to training on a regular basis, and doing so for the next three years. In the first two years of this period, he had many boyish qualities and always enjoyed that portion of the work which he did more than his share. He would gate whenever practice became difficult.

Midway through the 1981-82 season Chris entered the Minnesota Olympic qualifier and, to my surprise, he won the Under-16 Sabre. It was an ac-

Christopher John Stout 1969 - 1983

By Robert Van Der Wege

During the past four years in which I have coached predominantly junior male fencers, I have never ceased to marvel at the process by which boys become men. That is not to say that such a passing is without trauma. But, without exception, the young men with whom I have had the pleasure to work have made the passage with no noticeable emotional scars.

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JUNE 1983

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FOILS — COMPLETE

201	French foil - aluminum or steel guard - leather grip	22.95
202	French foil - RENAISSANCE - aluminum guard - aluminum NON-SLIP grip	21.95
203	Pistol grip foil - aluminum grip of your choice (German - Italian - Belgian or American)	24.95
204	French electric foil - wired with tip - leather grip	36.95
205	Pistol grip electric foil - wired with tip - aluminum grip of your choice (German - Italian - Belgian or American)	39.95

For premier blade non-electric add 2.50
For premier blade electric add 3.50
Non-electrical foil with practice electrical blade add 5.50

EPEES — COMPLETE

301	French epee - aluminum guard - leather grip	33.95
302	French epee - RENAISSANCE - aluminum guard - aluminum NON-SLIP grip	32.95
303	Pistol grip epee - aluminum guard - aluminum grip of your choice (German - Italian - Belgian or American)	35.95
304	French electric epee - wired with tip - leather grip	46.95
305	Pistol grip electric epee - wired with tip - aluminum grip of your choice (German - Italian - Belgian or American)	49.95

SABRES — COMPLETE

401	Hungarian or Olympic sabre - aluminum guard - leather grip	29.95
402	Hungarian or Olympic sabre - steel guard - leather grip	31.95
403	RENAISSANCE sabre - aluminum guard - aluminum NON-SLIP grip	28.95

For premier blade add 7.50

BLADES

501	Foil blade - non-electric - standard - French or pistol grip	10.75
502	Foil blade - non-electric - premier - French or pistol grip	13.25
503	Electric foil blade - standard - French or pistol grip	22.75
504	Electric foil blade - premier - French or pistol grip	26.95
505	Unwired electric foil blade - French or pistol grip	15.25
506	Epee blade - non-electric - French or pistol grip	18.95
507	Electric epee blade - French or pistol grip	29.50
508	Unwired electric epee blade - French or pistol grip	20.95
509	Sabre blade - standard	12.50
510	Sabre blade - premier	19.75
511	Practice electric foil blade with dummy tip - French or pistol grip	16.95
512	Practice electric epee blade with dummy tip - French or pistol grip	21.95

GUARDS

601	French foil guard - steel or aluminum	3.25
602	French epee guard - aluminum	6.75
603	Sabre guard - Hungarian or Olympic aluminum	9.95
604	Sabre guard - Hungarian or Olympic steel	10.95

GRIPS

701	French foil or epee handle - leather wrapped	4.50
702	French foil or epee handle - RENAISSANCE - aluminum - NON-SLIP surface	3.75
703	Sabre handle - leather wrapped	4.50
704	Sabre handle - RENAISSANCE - aluminum - NON-SLIP surface	3.95
705	Pistol grip handle - aluminum (German, Italian - Belgian or American)	7.95
706	Pistol grip handle - aluminum - Russian	13.95

POMMELS

801	French pommel - foil or epee	1.50
802	Sabre pommel	1.35
803	Pistol grip pommel	.75

GLOVES

1	Foil glove - white leather	13.95
2	Foil glove - standard - soft leather	7.95
3	Foil sabre glove - tan chamois with padded cuff	17.95
4	(3) weapon glove - padded hand - quilted cuff - soft leather	7.95
5	(3) weapon glove - v with elastic	18.95
6	(3) weapon glove - p back - full cuff - soft leather	7.95

MASKS

11	Foil epee mask - insulated - white trim	29.95
12	Sabre mask	39.95
13	(3) weapon mask - white trim	34.95

EQUIPMENT BAGS

21	Equipment bag - standard - (2) tone color - blue or brown - full length zip - durable Cordura nylon	16.95
22	Equipment bag - DELUXE - (2) tone color - inner shelf and outside compartment - full length zip - blue or brown - durable Cordura nylon	19.95
23	Equipment bag - tubular - 48" x 12" square - durable Cordura nylon with carrying strap & handle	25.95

JACKETS - NEW - LIGHTER - MORE COMFORTABLE - DURABLE

31	Men's (3) weapon jacket - padded duck - front velcro closure	36.95
32	Men's (3) weapon jacket - stretch nylon knit - front zip	47.95
33	Woman's (3) weapon jacket - padded duck - front velcro closure	36.95
34	Woman's (3) weapon jacket - stretch nylon knit - front zip	47.95
35	Men's practice jacket - padded duck - back zip	26.95
36	Woman's practice jacket - padded duck - back zip	26.95
37	Men's metallic jacket - back zip (front zip add 5.50)	55.95
38	Woman's metallic jacket - back zip (front zip add 5.50)	53.75
39	Half jacket - men's or woman's - padded	26.95
40	Padded chest protector	14.95

Specify right or left-handed and chest size for all jackets

KNICKERS

51	Men's (3) weapon knickers - duck	24.95
52	Men's (3) weapon knickers - stretch nylon knit	31.95
53	Woman's (3) weapon knickers - duck	23.95
54	Woman's (3) weapon knickers - stretch nylon knit	31.95

Specify waist size for all knickers

PLASTERS

61	Underarm protector - duck - man's or woman's	9.50
----	--	------

SHOES AND STOCKINGS

71	Adidas fencing shoe - each made	43.95
72	Adidas fencing shoes - German made	48.95
73	Tiger fencing shoes - white - long wearing - flexible	26.95
74	Knee length white socks - cotton or stretch nylon	1.95
75	Knee length white socks - deluxe	2.95

TOOLS

81	Die holder	3.95
82	Die 12-24 or M6 x 1	2.25
83	Screwdriver set for electric foil and epee points	4.50
84	Gauges for blade and point settings - set	5.95

86	Weapons tester	11.95
87	Point setter - foil or epee	2.95
88	Crocodile clips	.4

ELECTRICAL PARTS

1001	Electric foil point - complete with wire	5.95
1002	Electric epee point - complete with wire	6.95
1003	Electric point tip - foil or epee	2.7
1004	Electric point screw - foil or epee	.2
1005	Electric point wire - foil or epee	1.7
1006	Electric foil point barrel	1.7
1007	Electric epee point barrel	1.9
1008	Electric point pressure spring - foil or epee	.1
1009	Electric epee point contact spring	.2
1010	Foil body cord - (2) prong	10.9
1011	Foil body cord - bayonet	10.9
1012	Epee body cord	10.9
1013	Electric foil guard socket - bayonet or (2) prong	3.5
1014	Electric epee guard socket	3.7
1015	Spaghetti wire - per foot	.0
1016	Blade wiring glue	2.9
1017	Dummy practice point - foil or epee	.9
1018	(2) Prong body cord plug	3.9
1019	Bayonet body cord plug	2.5
1020	(3) Prong body cord plug	3.9

SCORING APPARATUS

2001	Scoring machines	250.00 to 1,600.0
2002	Foil epee reels	180.00 to 390.0
2003	Connecting cables - machine to reel - pair	34.9

Exact amounts and other items are available on request

MISCELLANEOUS

3001	Foil tip	.2
3002	Woman's breast plates - aluminum - rubber edge - pair	4.9
3003	Wrist strap - velcro - white	1.7
3004	Heel protector - plastic	1.4
3005	Score pad - team and individual	3.5
3006	Elbow protector for sabre	3.9
3007	USFA rules book - 1982 Edition	5.0
3008	Foil guard pad - felt - standard or electric	.4
3009	Epee guard pad - felt	.6
3010	Sweat bands - head - white elastic	1.2
3011	RENAISSANCE T-shirt - white	4.5
3012	Fencing mats - black ribbed rubber - regulation size	395.0
3013	Metallic fencing strips - regulation size	mark
3014	FOIL FENCING By Garret and Poulson, Hardcover Copy	9.9
3015	Bib for mask	4.4
3016	U.S.A. fencing t-shirt	4.9

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ment he relished, but his victory did not trigger an intensity for training.

By this time I would see nothing of Chris during the summers as he had his family's love for the out-of-doors which would take them to various wilderness areas throughout the country for long outings.

By the start of the 1982-83 fencing season, 13-year-old Chris stood almost 5' 10" tall. His lean frame carried very little body fat and, to my surprise, he had not suffered the lapses of coordination so often associated with growth spurt. If anything, he was even quicker than before. His ability to react rapidly on the fencing strip could only be hampered by one thing — a long fencing day. As the hours of a competition grew late, Chris' game would deteriorate along with his stamina. Chris participated in such a competition at the 1983 Minnesota Junior Olympic qualifier. Fencing in four events, he qualified in the Under-16 and Under-20 Foil and became Minnesota's Under-16 Epee Junior Olympic Champion. Exhausted from the long day and from switching back and forth between foil and epee, Chris missed qualifying for the Under-20 Epee by only one place.

Nevertheless, Chris' success in the competition and the thought of traveling to the 1983 J.O. Nationals in Tampa brought out a new intensity in his training. In addition to our regular three-day-a-week practice sessions, Chris took hour-long lessons twice a week for six weeks prior to our Florida departure.

By the middle of February he was one of twelve juniors from Minnesota who boarded the plane for Tampa. This was his first major tournament and Chris was overwhelmed by the first day's competition in the Under-20 Foil. He went out in the first round and placed 82nd.

By the second day he had put his mind and body in gear and was ready for the challenge. Along with teammate Jed Purple, Chris had lost only two or three bouts leading up to the direct elimination in the Under-16 Epee. At the round-of-16 Chris and Jed found themselves facing one another. The result was a 10-8 defeat for Chris and an easy march up the backside of

the elimination to the final. But, as luck would have it, he was again paired against Jed for the round-of-8.

Although exhausted by this time, Chris was talking even faster than usual. The notion had come to him that he was one of the best Under-16 fencers in the country and the thought of it filled his mind with excitement and his body with adrenalin.

Jed and Chris again concluded their bout with a score of 10-8, but this time Jed had lost and Chris won his following bout handily. As his final bout began, Chris had slowed considerably. The lateness of the hour had caught up with him and he concluded the day as the National J.O. Runner-up in the Under-16 Epee.

On the third day Chris fenced the Under-16 Foil very well, even though he was ready for the tournament to conclude. Physically and emotionally drained by the time the semi-finals began, Chris concluded the day with a 14th.

continued on page 22



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RESULTS

N.Y. INTERNATIONAL SABRE

By Connie Latzko

The only "A" rated World Cup competition in the Western hemisphere is the New York International Sabre Tournament. Fencers from 13 countries, comprising a field of 86 competitors, participated in this grand event. Imre Gedovari of Hungary, who won this event twice previously, was the winner again, besting Vasily Etropolski of Bulgaria in a vigorous final bout.

The finalists were:

1. Imre Gedovari, Hungary
2. Vasily Etropolski, Bulgaria
3. Jose Lavendeza, Cuba
4. Gyorgi Nebald
5. Manual Ortiz, Cuba
6. Rudolph Nebald, Hungary
7. Christo Etropolski, Bulgaria
8. Jesus Ortiz, Cuba

A team competition attracted seven nations. The results were: 1. Bulgaria, 2. Hungary, 3. France, 4. United States, 5. Cuba, 6. Canada, 7. Argentina.

1983 PACIFIC COAST CHAMPIONSHIPS

By Colleen Olney

One of my more foolish endeavors was attempting to run 20 events in 2 and 1/2 days. It happened and all ran smoothly with just a few bumps to liven the activities.

JUNIOR PACIFIC COAST CHAMPIONSHIPS

U-14 Women's Foil:

1. Lisa Posthumus, Asgard
2. Jennifer Hill, Auriol
3. Holly Hamilton, Jason Lee

U-14 Men's Foil:

1. Dan Krogh, Auriol
2. Bern Deazley, Auriol
3. James Jackson, Asgard

U-19 Women's Foil:

1. Michele Madon, Unatt.
2. Jennifer Yu, Stanford
3. Elizabeth Garfield, SLB
4. Kristin Kralicek, Auriol
5. Deborah Grossman, SJSC
6. Susie Freidberg, Auriol

U-19 Men's Epee:

1. Terrance Garguilo, C. Cal.
2. David Lewin, Letterman
3. Marc Murcell, Delp.
4. John Haugh, Auriol
5. Derek Holeman, Auriol
6. Philip Smith, Asgard

U-19 Men's Sabre:

1. Darren Atkins, Grenadier
2. Kevin Small, Halberstadt
3. Michael Cramer, Grenadier
4. Nicolas Faroujia, Asgard
5. Don Turner, Grenadier
6. Brian Smith, Auriol

U-19 Men's Foil

1. Scott Chan, N. Cal.
2. Elliot Cheu, Stanford
3. Tauheed Sadrudin, Auriol
4. David Kinhan, Auriol
5. Marty Yu, Asgard
6. Terrance Garguilo, C. Cal.

U-16 Women's Foil:

1. LeAnne Leite, SLB
2. Jenny Hill, Auriol
3. T. Goodnight, Auriol
4. Brenda Leiser, Auriol
5. Tiffany Hackett, Asgard
6. Lisa Posthumus, Asgard

U-16 Men's

1. David Ki
2. Jeff Hill,
3. Derek H.
4. Marty Yt
5. Robert A
6. Cyril Dei

U-16 Epee:

1. Philip Sn
2. Aaron H.

Women's Epee

1. A. Klinger, Auriol
2. A. Dracott, Selberg
3. M. Adrian, WSU
4. J. Turner, SIB
5. K. Tabori, Mori
6. A. Runnings, WSU

Men's Epee

1. R. Marx, Auriol
2. E. Rains, Auriol
3. C. Cummings, Halberstadt
4. T. Thompson, D'Asaro
5. M. Purcell, WSU
6. D. Blaney, Letterman

Men's Sabre

1. R. Randolph, Grenadier
2. B. Melbine, Halberstadt
3. K. Small, Halberstadt
4. R. Martinez, D'Asaro
5. S. Knies, D'Asaro
6. G. Zilbershteyn, Grenadier

Women's Si

1. M. Adria
2. A. Klinge
3. K. Mikes
4. S. Ganck
5. D. Roden
6. C. Brann

Women's Fc

1. S. Badde:
2. M. Mado
3. A. Klinge
4. S. Posithu
5. G. Notov
6. L. Maske

Men's Foil

1. M. Tarasc
2. D. Hintor
3. R. Marx,
4. N. Camp
5. D. Blaney
6. W. Pardy

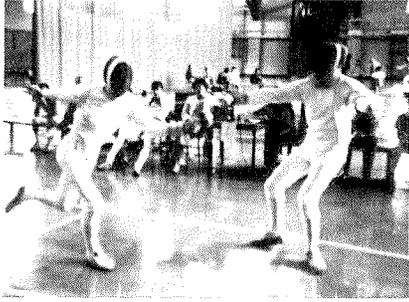
THE NORTH ATLANTIC SECTION CHAMPION

By Lar

One of the annual rites of the North Atlantic Sectionals. Held on a rotating basis by the nine members of the section, this year's home was the Robison Gym on the campus of Polytechnic Institute in Troy, hundred and one fencers in five turned out for the weekend on N

Starting with a field of 25, we boiled down to a final of 8, Konecny taking 1st place.

Men's Epee had a turn swordsman and a final round of eight. Ralph Spinella who celebrated his birthday by finishing 3rd. Robe



Ralph Spinella (left) vs. Yves Durkheim, North Atlantic epee championships. (Photo by Larry Roth, Jr.).

berger went on to take his 1st place, despite the distraction of having received a painful hit on his unarmed hand in an earlier round.

Men's Foil had a final of 9 after a starting group of 35. Anthony Bosco and David Comas, caught in a tie, had to barrage for first place. Mr. Bosco proved the victor in a toughly fought bout.

The 15 men Sabre field came down to a final 6, which also had to be settled by a barrage. This time there was a three way tie for first place among Andrew Prochniak, Herbert Mones, and Cal Schlick, who finished in that order.

The level of fencing at Women's Epee was marred by the fact that only four women showed for the event. Still, all got a good work out, as the event was fenced twice around. Mary Annavedder was the winner here.

The Sunday events attracted two local television stations and the weekend's final results ran into the local papers the next day.

All in all, the 1983 Sectionals came off quite well due to the efforts of many individuals. Arnold Behre did a good job as armorer. Steve Khinoy of BLADE Fencing Equipment was on hand with an assortment of gear for both days. Many fencers helped out with the directing and judging chores. Ralph Goldstein and George Worth were on hand to direct and administer directing exams. (Unfortunately, no one got past the written part of the exam). The media coverage was due in large part to Frank Collins. Finally, the competent ad-

ministration of Burt Moore and Barbara De-ller kept everything running smoothly. Next year, on to Connecticut!

Men's Foil

1. A. Bosco, Fairfield County FC
2. D. Comas, FCFC
3. F. Schwaibold, Syracuse
4. B. Milligan, Fencers Club N.Y.
5. D. Tatzel, St. John's U.
6. R. King, Gillet
7. R. Spinella, Old Blades
8. J. Martersteck, S. Richards
9. J. Rudman, FCFC

Sabre

1. A. Prochniak, U of Mass.
2. H. Mones, LI Swordsman.
3. C. Schlick, LIS
4. L. Pinkus, UFC
5. J. Vozella, TCFC
6. D. Weisenfeld, TCFC

MIDWEST SECTIONAL CHAMPIONSHIPS

April 29-May 1, Cleveland, Ohio

Men's Foil (34 entries)

1. E. Kaihatsu, GLFA
2. J. Stepiowski, GLFA
3. W. Wheeler, Alcazar
4. M. Masters, FAM
5. J. Biebel, GLFA
6. M. Naranjo, GLFA
7. Y. Melenev, GLFA
8. J. Zelkowski, FAM

Men's Sabre (23)

1. F. Nagorney, Kadar
2. W. Goering, FAM
3. J. Sheehan-B., Alc.
4. D. Mankham, Wauwat.
5. D. Koser, Wauwat.
6. A. Gillham, Mad.
7. P. Ciemins, Alcaz.
8. C. Owen, Alcazar

Women's Epee (9)

1. E. Erdos, Kadar
2. C. Richter, OSU
3. J. Sheehan-B., Alc
4. S. Gajor, UMD
5. L. Felty, L'ville.
6. K. Rahl, Schmit.

U-19 Men's Foil (22)

1. W. Wheeler, Alc.
2. M. Naranjo, GLFA
3. J. Burg, Cath M.
4. C. Owen, Alcaz.
5. T. Hensley, Lex.
6. M. Phillips, Excal.

U-19 Men's Epee

1. T. Gillham, Mad.
2. A. Washington, Alc.
3. K. Hunter, Alcaz.
4. M. Phillips, Exc.
5. T. Erickson, Exc.
6. S. Kline, Excal.

Women's Foil

1. H. Konecny, Conn.
2. M. Verhave, Westchester
3. M. Petranek, TCFC
4. M. Annavedder, TCFC
5. I. Romano, MIIT
6. J. Hall, TCFC
7. A. Barreda, TCFC
8. J. Hynes, TCFC

Women's Epee

1. M. Annavedder, TCFC
2. K. Ayres, TCFC
3. S. Shepherd, Alb. YWCA
4. L. Fick, Hudson-Berk.

Men's Epee (21)

1. K. Hunter, Alcazar
2. W. Reith, Alcazar
3. J. Scott, UNA
4. D. Moss, Kadar
5. J. Birkel, Kadar
6. G. Kocab, UNA
7. M. Czarnik, Disc.
8. C. Schneider, FAM

Women's Foil (23)

1. C. Richter, OSU
2. T. Swenson, Mad.
3. C. Hovanyi, OSU
4. M. Gillham, Mad.
5. E. Erdos, Kadar
6. J. Camiener, Alc.
7. J. Lartigie, FAM
8. S. Wasserman, OSU

Women's Sabre (8)

1. E. Dienes, Kadar
2. K. Furu, FAM
3. C. McHenry, BGSU
4. L. Burdick-H., MSU
5. L. Felty, L'ville.
6. A. Grizzell, Lex.

U-19 Men's Sabre (11)

1. S. Radivoyevitch, Kadar
2. P. Ciemins, Alcazar
3. C. Owen, Alcazar
4. R. Wroblewski, CSU
5. A. Goldstein, FAM
6. T. Hensley, Lex.

U-19 Women's Foil (9)

1. J. Camiener, Alc.
2. L. Miller, OSU
3. Mld. Jones, PORC
4. Mn. Jones, PORC
5. D. Dobesh, UNA
6. B. Summers, Disc.

NCCAA Women's National Fencing Championships

Penn State defeated defending champion, Wayne State, 9-6 to win the NCAA Women's National Championships held at the Pennsylvania State University on March 17, 18, and 19. In an exciting, well-fenced match for third place, perennial cross-town rivals, University of Pennsylvania and Temple University, fenced to an 8-8 tie with an identical record of touches received. Penn freshman Mary Jane O'Neill then defeated freshman Rachel Hayes to lead her team to victory. In an earlier round, the victory was reversed as Ms. Hayes had led her Temple team by winning the last out against Penn. Ohio State defeated Cornell for fourth place.

Jana Angelkis, Penn State, won out over Ruth Botengan, Cal State-Northridge, to capture the individual title. Sharon Monplaisir, Hunter, placed third, followed by Mary Jane O'Neill, Penn.

April Miller of Penn State received the Santelli award as the "Outstanding Sportswoman" of the championships. Popular Temple coach, Nikki Franke, was selected by her colleagues as the "Coach of the Year."

Team Results

1. Pennsylvania State University
2. Wayne State University
3. University of Pennsylvania
4. Temple University
5. Ohio State University
6. Stanford University
7. Cornell University
8. San Jose State University
9. Yale University
10. Barnard College
11. University of Wisconsin-Madison
12. Notre Dame University

Individual Results

1. Jana Angelakis, Penn State
2. Ruth Botengan, Cal St. Northridge
3. Sharon Monplaisir, Hunter
4. Mary Jane O'Neill, Penn
5. Andrea Methus, Yale
Hanne Skattebol, Penn State
Tracey Burton, Barnard
6. Diana Mendley, Yale
7. April Miller, Penn State
8. Gina Farkashazy, Wayne State
9. Lisa Piazza, Barnard
10. Czaga Hovanyi, Ohio State
11. Randi Samet, St. John's
12. Lynn Cornelius, Ohio State
13. Jennifer Yu, Stanford

16. Holly Hamilton, Wisconsin
17. Susan Valdiserri, Notre Dame
18. Rachel Hayes, Temple
19. Katy Coombs, San Jose
20. Cathy Kay, San Jose
21. Sandy Hill, Princeton
22. Alison Reid, Stanford
23. Carol Becht, Duke
24. Georgeann Weisgerber, Wisconsin

NCAA MEN'S CHAMPIONSHIPS U. of Wisconsin-Parkside

March 24-26, 1983 Foil

Foil

1. Valisamis, NYU
2. Schmidt, Princet.
3. Kaihatsu, Ill.
4. Kogler, Wayne S.
5. DeJong, ND
6. Stephenson, AF
7. Hagen, NWestern
8. Merner, Harvard

Epee

1. Harstrom, N
2. Bianchi, Way
3. Gillham, Wi
4. Scherpe, CS
5. Trevor, Penn
6. Bardakh, Co
7. Kaufer, Harv
8. Parra, Detroi

Sabre

1. Friedberg, UNC
2. Reed, S. Jose S.
3. Kogler, Wayne S.
4. Heyman, Harvard
5. Powell, Penn
6. Cheung, Pri
7. Gray, St. Jol
8. Cash, Stanfo

1983 NCAA MEN'S FENCING CHAMPIONSHIPS

RANK	SCHOOL	FOIL	EPEE	S.
1	Wayne State	18	19	
2	Notre Dame	16	21	
3	North Carolina	11	14	
4	Harvard	14	15	
5	Princeton	20	10	
6	Air Force	16	13	
7	Pennsylvania	10	16	
8	Stanford University	13	11	
9	St. John's	12	10	
10	Wisconsin	9	17	
11	Illinois	18	6	
12	MIT	11	11	
13	William Paterson	6	4	
14	Columbia	0	15	
15	Penn State	0	13	
16	Cal State-Northridge	0	16	
17	NYU	20	6	
18	Rutgers-New Brunswick	0	7	
19	Rutgers-Newark	0	7	
19	Haverford	9	5	
21	Northwestern	16	0	
22	Detroit	0	14	
23	Cleveland State	5	0	
24	San Jose State	0	0	
25	Yale	12	0	
25	Ohio State	0	11	
27	Cornell	0	0	
28	U. of Cal-San Diego	14	0	
29	Navy	4	0	
29	Tri-State	8	0	
29	Case Western Reserve	0	5	
32	Lafayette College	4	0	
33	Hunter	0	0	
34	Seton Hall	0	0	

34	Cal State-Long Beach	0	10	0	20
36	Wisconsin-Parkside	0	0	8	18
37	Southeastern Mass. U.	7	0	0	17
38	CCNY	3	0	0	13
39	Duke	0	0	0	12
40	Temple	0	0	0	8
40	North Carolina State	0	0	0	8
42	New Jersey Tech	0	0	0	6
43	SUNY-Purchase	0	0	0	5
43	Bernard Baruch	0	0	0	5
45	Steven's Tech	0	0	0	4
46	John Hopkins	0	0	0	3
46	Brandeis	0	0	0	3

IN MEMORIAM: CHRISTOPHER STOUT cont.

continued from page 18

In the month that followed, Chris committed himself to fencing and began to train like a seasoned veteran. In March he won an open foil competition and became, at 13, the youngest fencer in Minnesota to ever receive a "C" classification. Not only had he begun to realize his potential as a fencer, but his emotional and mental wiring was catching up to the rest of his engineering.

On Saturday, May 21, my wife and I drove a couple of the fellows in my club home after a division banquet. Chris was one of them. As we pulled into his driveway we noticed his mother outside enjoying the pleasant spring evening. As she approached the car, the guys piled out to display the fruits of their labors on the car roof. There was the Men's Minnesota High School League Championship Trophy, the Decade 80 Award for being Minnesota's high-point junior team and the Santelli Trophy which is awarded annually to the State's outstanding club.

Chris beamed as he told his mother to come and see what he won. At that point, Ann Stout, normally a very private woman, put her arm around me and told me how much fencing had come to mean to Chris. I took the occasion, in Chris' presence, to tell her what a joy her son had been to work with this year and what a pleasure it was to watch him change from boy into a fine young man.

I will never regret having taken that opportunity, for that was the last time I ever saw Chris. A few days later I was informed that he had died, on May 24, of exposure

after having spent nearly a half hour in chilling water following a canoeing accident near the Canadian border. Although his father and another adult survived the accident, Chris' strength to endure the cold and lack of body insulation were no match for the freezing waters of Lake Saganaga.

Perhaps in another year Chris might have gained enough stamina to have survived as well. In a couple of years he may have even been able to realize his tremendous potential as a fencer and a man. But for now, all that he could have realized and all that he might have been will have to live in the imagination of those of us who had the pleasure of knowing him and who now mourn his untimely death.



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THE FENCING FAMILY

by

A "Relative" Responsibility

Fencing is a family sport. Children of fencers are now prominent fencers themselves, and parents who are not fencers are involved in fencing through their children. There are many advantages in fencing families when this occurs, but, at the same time there are problems to be resolved. I would like to make a few recommendations, to create new fencing families, and to foster harmony in existing ones.

It is important for parents to attend competitions and become involved in their child's sport. It is also mutually beneficial. If parents are not fencers themselves they can easily learn to keep score or keep time. They can also assist in the organization of tournaments. Parents can help the Division by attending meetings, preparing schedules, or writing for newsletters. Our sport needs volunteers, and parents can fill this vital need. One general problem in society is that parents don't spend enough time with their children or take an interest in their activities. Fencing creates a great opportunity to participate together. Handled properly, togetherness in fencing provides encouragement, creates mutual respect, and reduces tension which will serve well in other family situations. There will be no generation gap in a properly adjusted fencing family.

While it is important for a parent to attend the competition, it is just as important for the parent to stay away from the fencer during the competition. If the parents are wanted, or needed at any moment they can be easily found in the gymnasium, but there is no polite way for a fencer to say "leave me alone" to a parent. Fencing requires maximum concentration and a parent can be a major distraction. Furthermore, the pressure of competition is hard enough to handle without adding at the same time the need for family approval. Therefore my strongest recom-

mendation to a parent is to find Strip F if your child is fencing competitively. Remember that you are a parent to watch; not a coach to criticize, not a team captain to protest. Parent fencers must also be careful. Your presence at the strip does not make you new or inexperienced officials who are USFA officials must not participate in decisions which involve a serious conflict of interest.

Achieving anonymity as a spectator has its humorous moments. I remember sitting in the bleachers watching my daughter fence at a Division C tournament when a woman introduced her to me and pointed to her daughter. I said "and pointed to mine. Later, when the official had to leave, the Bout C Chairman asked me if I would fit in."

"What kind of a sport is this . . . ?"

ferent pool. As I left I heard the remark, "What kind of a sport is this when spectators at random can't officiate?"

There will be moments of joy and triumph, victory and selection to an important team, and there will be moments of difficulty in facing defeat or not being selected to an important team. Happiness and sadness are not competitors. Therefore, a family which accepts triumph and setbacks and develops essential family unity will be able to successfully solve the greater problems in life.

Participation in amateur sports by fencers and their parents has many advantages. For the individual athlete, physical fitness, dedication, concentration, ability to perform under pressure, a few of the lessons which are taught in the gymnasium than in the classroom. For the family, ability

together, share adversity, and solve problems through mutual respect and understanding are just a few of the experiences better taught at a tournament by athletes and coaches than in a courtroom by judges and lawyers. Yet with all of these benefits, the survival of fencing, one of the oldest Olympic sports, is in great danger today. Budget cuts have resulted in the elimination of varsity fencing teams in high schools and colleges; commercialism and the hypocrisy of amateur eligibility in revenue producing sports threaten the survival of all amateur from grass roots to the Olympic games. It will be no easy job for fencers and their families to promote the sport we love so much for the future. It will require hard work, but preservation of fencing, a lifetime family sport, will be well worth the effort.

WEDDING BELLS

Our congratulations to fencers Debra Dominelli and David Creedon, who were married on May 26 in Mamaroneck, N.Y. They met on their high school fencing team and have continued on from there.

HELP WANTED

Advertising Manager to help promote and direct the "Advertising Department" of *AMERICAN FENCING* magazine. A non-salaried, volunteer, part time effort which could prove interesting to the right person. Contact: Editor, *AMERICAN FENCING*, 2201 Bywood Drive, Oakland, CA 94602. Telephone: (415) 531-7632.

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OLYMPIC UPDATE

LOS ANGELES OLYMPIC UPDATE. Officials from Mexico City to Munich are already marveling at the Los Angeles Olympic Organizing Committee's unprecedented, privately funded and operated organization. Unlike any previous Olympic Games staged, the LAOOC is working without government funded support at any level.

LAOOC President Peter Ueberroth runs the committee with a tough, corporate style that has kept every expense to a minimum and cut out other costs altogether. His current staff of 145 is setting the pace for future Olympic Games by functioning at five percent of Moscow's \$9-billion budget.

While past organizing committees poured money into building new Olympic Villages and athletic facilities, Los Angeles is utilizing existing structures whenever possible. Dormitories at UCLA and USC will make up separate Olympic Villages. By cutting corners, the games will come off with an astonishingly low \$472-million budget.

TV revenues, corporate contributions and gate receipts are the committee's major financial resources, along with receipts from the sale of Olympic coins and

**"By cutting corners
the games will come
off with an
astonishingly low
\$472 million budget."**

leasing agreements. Corporate sponsors have generously funded all major construction projects where existing facilities are inadequate. McDonald's Corporation's \$14-million, 11,000-seat swimming and diving stadium, Southland Corporation's \$3-million velodrome at Cal State/Dominique Hills and Atlantic Richfield's renovations of the coliseum are a few of the projects.

These renovations on Memorial Col-

iseum will be tested in a June 1 national track meet sponsored by the Times.

Other structures springing up in response to the Los Angeles people are a 900-seat dining hall at USC, an addition building (that currently is the LAOOC) at UCLA, an addition sportsmedicine laboratory at USC and world-class synthetic tracks and other chery ranges.

Even with the May, 1984 completion of new \$87.5-million West Terminal and the \$700-million "double decker" the airport, says Los Angeles International Airport General Manager Moore, that the Long Beach and Airports will probably need some of the air traffic.

The five-level terminal will take up two-thirds the floor space of the existing terminals and will have terminals processing points.

The Olympic Committee is located site near the airport where credentials for all athletes and officials would be processed before they enter the city. The committee plans for a multi-lingual visitor information service at the airport.

Once in Los Angeles, rooming will cost \$35-per day, the same as Sarajevo athletes will be charged for the winter games. Ueberroth says charges at World Championship level are ally more. He was ready to charge day until International Olympic Committee President John Antonio Sarmiento criticized the cost at last month meeting in Los Angeles.

Ueberroth has announced two ways of obtaining Olympic tickets. He is offering for 2000 people that are willing to pay \$25,000 for premium seats to one each of the Games' 16 days. Free tickets can be ordered by mail through a computerized lottery de-



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who gets seats for events of high interest.

The nearly \$90-million generated by the former patron program will allow about 100,000 needy youth, elderly and disabled people to attend the games. Ueberroth told the Los Angeles Times that the patron plan was a "historic first in the Olympics or (in) any sporting event."

Under the lottery system, anyone ordering tickets within 60 days after they go on sale will have an equal shot at choice events. Seats for low demand events will be allotted on a first come first serve basis.

The average ticket price will be \$18, although three-of-seven-million tickets will cost \$10 or less.

Capturing the Games on the official film will be Twentieth Century Fox Film Corporation, who will produce a 1 1/2 hour documentary. Fox paid the LAOOC \$1-

"Ticket lottery & patron plan is an historic first in the Olympics."

million for exclusive film, cable, video, cassette, disc and other rights.

Similar films of recent games such as Munich's "Visions of Eight" and Moscow's "O Sport, You are Peace" played commercial theaters. Fox is planning to release the film commercially in the summer of 1985. Their contract requires a one year delay before its release. In the meantime, however, it will probably be distributed to cable companies and by video cassette less than two months after the games.

-Reprinted from the Olympic Complex News via the USOC Sports Mediscope March/April 1983.

Peter Westbrook continued his winning ways by helping the N.Y. Fencers Club to victory. (Photo by V. Lewis).



TECHNICAL TALKS

I was reminded at one of the last season's major foil events of the old joking formula: "with friends like that you don't need enemies." It was the first round, of course, and the first bout for the victim, who was one very frustrated foil fencer, having wild troubles with all his weapons. He must have tried four or five foils, as I recollect, and kept getting either off-target hits on his opponent's lamé jacket, or, even more upsetting, nothing at all.

"The victim was having wild troubles with all of his weapons."

To begin with, what was happening was a variation on that old advertising slogan: "not just one but a combination of ingredients." First we had to get the reel that his opponent was hooked up to straightened away. Only then were we able to ascertain that two of his foils wouldn't give him anything but off-targets, even when hitting the same lamé jacket that his other foils could score on. When you see that sort of thing with all of a fencer's foils you look to the body cord, which has probably been miswired. In this case, of course, there had to be something peculiar with those two foils. Naturally, those were the ones he really wanted to fence with; they had good handles.

Well, while we were looking them over we found where the friend came in. The points on those foils were the Prieur model, and as we learned later had developed that nasty habit of coming apart in action — "fliers" I call 'em. You know: the little flange at the rear of the point top unscrews and the part of the point that counts flies out, leaving you with a dead foil — one that doesn't show it, though; it doesn't give a tell-tale off-target, or anything useful, it just sits there nice and quiet until you hit some-

thing, and zilch. That had happened often enough that the frier teered to do a sure-thing "fix." I points back together and ve. epoxied the little flange back into good news about that kind of fix flange won't unscrew, at least f while. The bad news is that if y much epoxy you can succeed in the flange from the core of the p behold: only off-targets. The frier lot of epoxy.

Needless to say, those two poin for the garbage can, or black muse had to be replaced with new ones that may eventually unscrew.

The proper cure, though it isn't to peen the rear of the point co small punch once you've reassem flier (or have detected the tend point still holding together).

One clever solution to this comes from another French man: MION, which has patented point: not fly. I don't know if any fencing in this country is currently impc Mion models — he has clever t both foil and epee, that I have s they are worth looking up.

The foil point looks like a Prieur glance, though it is a tiny bit slim whole assembly comes with its o der (barrel, button, call it what y spring, screws, etc. The spring ar and wire, for that matter, are dire: changeable with Prieur. And, al Prieur point doesn't want to go in barrel, vise versa is possible, if y mind a little extra lateral play. Rea perfectionists should of course more than just the point top: use t system and be sure. (If anyone trie point top and has authentic trou jamming. I'd like to hear about it

The point top comes in two parts. Part one is the main thing, the core of the point, which is a solid piece of steel from the top that hits the opponent to the flange at the back that the collar rests on. The necessary insulation sleeve is pressed onto this core. The second part of the point is the collar, which is not fitted permanently around the shank of the point above the flange (which would require a removable flange, naturally). The flange on this point looks almost like those that are engaged by the point screws in points made without a collar. That, however, is not quite so good a point

A CASE IN POINT

By William A. Goering

As president of jury for a foil bout, fencer A on your right initiates an action against fencer B. You see and hear a single blade meeting and both colored lights go on simultaneously. Your decision depends solely on your perception of the blade meeting. What are the options and what problems may arise?

If the blade meeting is perceived as a parry, the priority is with B and A is touched. The full analysis is "Attack no, Riposte yes, and Remise of Attack; Touch right". If you perceive the blade meeting is a beat by A. The priority is with A and B is touched. The full analysis in this case is "Beat attack, yes, and counter attack. Touch left". There is the further possibility that B has found A's blade in a feint or in the attack. In this case the priority is also with B and A is touched. The analysis for this situation is "Counterattack with prise de fer, yes, and remise of attack. Touch right". This latter terminology is more frequently heard in sabre, but is equally valid for foil.

There will be situations in which the president is not certain of the blade meeting and in this case there are two options. The president may abstain. There is no shame in this if it is very occasional. I admire the presidents who can carry this off with a slight shrug followed immediately by a firm "En Garde". The second possibility is the analysis "Simultaneous beat attacks. No touch". Real simultane-

ous attacks are rare, but this call is accepted in most too-close-to-call cases. Again it must be used very sparingly or the fencers will lose confidence in the president and the fencing will deteriorate. The president's perception of the blade meeting cannot be protested formally, but it is not unusual for fencer B who is declared hit by a beat attack from A to complain "I did the beat" or "but I parried". The first statement is merely a difference of opinion and the president's opinion carries. The second statement shows a lack of understanding that the president has already stated that the blade meeting was not a parry when the word "beat" was used. Beats by definition cannot be parried; attempted beats that land on the guard are not beats, because a beat retains the priority while a parried action loses it.

When a president gets one of these complaints, care must be taken to avoid the jungle of description that is illustrated by this Case in Point. In a Women's Foil Squad Trial several years ago (that was B.C. Before Circuits) one of our top women foilists was declared touched by a "beat attack." She complained "I did beat". The jury president's astonishing response was "You beat, but she beat harder". The Bout Committee was called to resolve the protest before the match would continue.

—from The Swordmaster, official Publication of the USFCA

WHAT MEDICAL RESEARCH TELLS US ABOUT STRETCHING TECHNIQUES

by Alexander Sapega, M.D.

For the majority of the joints in the body, motion in the mid-portion of the range is relatively unrestricted. A progressively increasing resistance is encountered, however, as the extremes of the normal range of motion are approached. This phenomenon is particularly noticeable in people who lack flexibility. The primary tissue structures involved in producing this resistance toward the extreme of joint motion are ligamentous capsules, muscles and tendons.¹ These tissues are therefore the targets of stretching exercises. Simply stated, the purpose of stretching exercises is to stretch out any or all of these tissue structures so as to allow a greater unrestricted range of motion.

Joint capsules and tendons are primarily composed of a fibrous protein called collagen, which has a very high tensile strength. This means that it can resist stretch very well. A muscle is mainly made up of contractile proteins, (the red "meat" of a muscle), but also has a significant amount of collagen around it and all through it, binding all of the muscle fibers together and attaching them strongly to the tendons of the muscle. This collagenous tissue "framework" is responsible for a significant part, if not most, of the resistance to stretch when a relaxed muscle is elongated as in a stretching exercise.²⁻³

From what has been stated, it is clear that collagen is the common, primary tissue element that is acted upon when joint capsules, tendons and muscles are stretched. A significant study has been done to determine the optimal techniques for stretching collagenous tissue so that a permanent lengthening is produced while at the same time minimizing any structural weakness caused by the linear deformation of the tissue. The following list represents a summary of what research has found.

(A) When collagenous tissue, also called "connective" tissue, is placed

under stretch, the total length can be divided components:

- (1) an "elastic" length which disappears when stretch is discontinued (behavior similar to a spring), and
- (2) a viscous of "plastic" lengthening, which remains even after the tensile stress is removed (behavior similar to taffy).⁴⁻⁵⁻⁶

Comment: The goal of stretching is to produce a relatively long increase in the range of unrestricted motion. The plastic component of lengthening is therefore the clinically desirable to its permanent nature.

- (B) Increasing the temperature of collagenous tissue, especially between 37 and 45 degrees, significantly accentuates the plastic lengthening stretch, whereas collagen at lower temperatures (non-permanent) lengthens with greater stiffness.⁷⁻⁸
- (C) Stretching will cause less weakening in connective tissue when done at higher temperatures than when done at lower temperatures.⁹
- (D) A more forceful stretch will lengthen collagenous tissue to a specified degree in less time, but will also cause a less forceful stretch in the mid-portion of that elongation to remain once the stretch is discontinued (plastic lengthening) for the low force, long duration stretching method.⁹⁻¹⁰
- (E) A given amount of connective tissue lengthening causes more weakening when accomplished with high force, short duration

technique than when a lower force, longer duration technique is used.⁹

The clinical implications of the research data are clear: the stretching method that can be expected to maximize permanent increase in range of motion while minimizing any structural weakening of the involved connective tissues is one where low forces are applied for relatively long periods of time to tissues that have been warmed up as much as possible.

When incorporating any routine of stretching exercises into a general exercise program, the following guidelines are recommended:

- (1) Stretching exercises should be done towards the **end** of your warm-up procedure, not at the beginning. Five to ten minutes of low intensity muscular exercise should be the first step. This will produce a significant rise in tissue temperature, making any subsequent stretching safer and more productive. Cycling, rope jumping, jogging, etc., done at an easy but slowly progressive pace are all suitable for this purpose.
- (2) A warm environment or appropriate warm-up clothing will facilitate the rise in tissue temperature and help maintain it while the stretching exercises are being performed.
- (3) Following the initial five to ten minute bout of light muscular exercise, the stretching routine is carried out:
 - (a) Each stretch should be done slowly and gently, maintaining a gradually progressive stretch over a prolonged period (60 or more seconds). You should feel a sensation of "stretch" but **NOT PAIN**. Pain inhibits relaxation and normal breathing patterns, and signifies potentially damaging force levels in the tissues being stretched.
 - (b) Ballistic or "bounce" stretching should be avoided. It tends to work more on elastic rather than plastic elements in connective tissue; it reduces your

control over the forces applied to the tissues and invites tissue failure (tearing), and it may also activate the myotatic or "stretch" reflex causing the muscle being stretched to contract in a manner resisting the stretch.

- (c) Breath regularly while holding a stretch. Holding your breath inhibits relaxation, which can result in an undesirable elevation of blood pressure.
- (4) Following the stretching routine: three to five minutes of light to moderate muscular exercise should be performed immediately prior to starting your intensity workout. This is recommended because the level of cardiovascular function achieved during the initial bout of warm-up exercises will have fallen off during the comparative inactivity of the stretching.
- (5) For people with excessively tight muscles and/or joints, it is recommended that the stretching routine be repeated after the full intensity workout when tissue temperatures will be at their highest point. A 3-5 minute period of mild exercise such as walking should follow immediately after cessation of full activity. This maintains adequate venous return to the heart, thus avoiding the pooling of blood in the extremities in the immediate post-exercise period. The stretching

routine should be performed directly following the "warm-down" process, before the tissues lose their heat content.

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NEW YORK FENCING CLUB CELEBRATE CENTENNIAL

The New York Fencers Club founded in 1883, celebrates its anniversary this year. To commemorate the event, the Club is planning a gala to be held at the Yale Club in New York on Friday, October 14, 1983. The event will include cocktails, dinner, and movies of early olympic fencing. Former members of the Club are urged to contact Eugene Blum, Fencers Club, 154 West 71st Street, New York, New York 10023 to obtain tickets and invitations. Please include name, address and telephone.

Jana Angelakis congratulates Debbie Wainwright for her first national Women's Foil title (Lewis).

