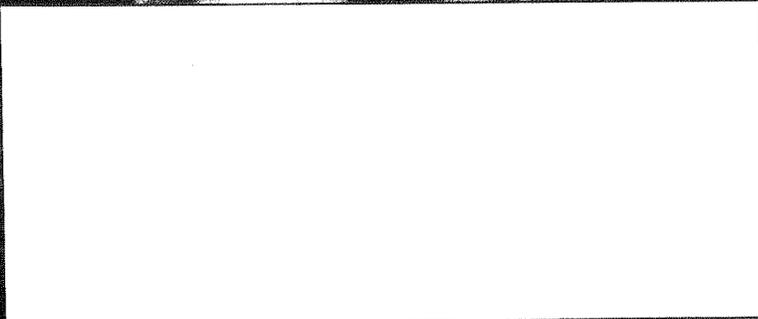
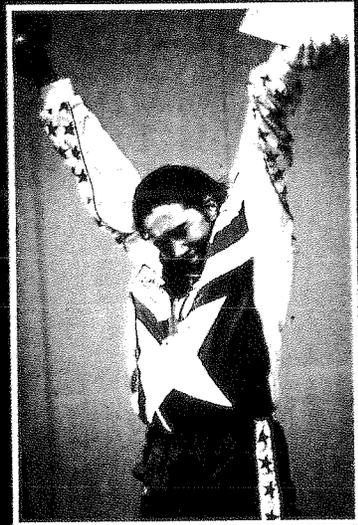


# American

December 1999



*Cover Story*  
Iris Zimmermann  
Takes Bronze at Worlds

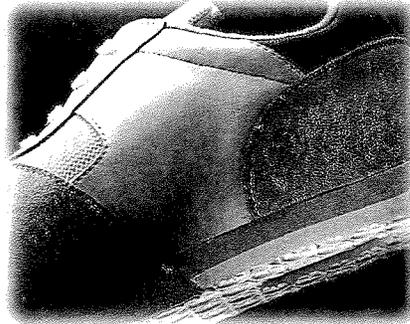


# After 500 bouts, 8,000 attacks, and 6,000 retreats...

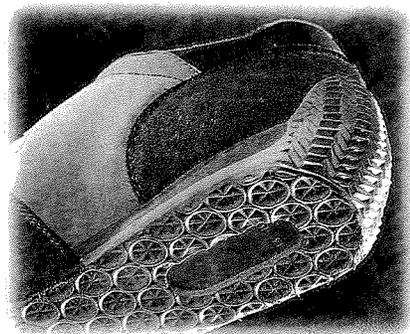
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**2 The President's Column**

President Alperstein aims to recognize individuals and organizations who make a difference at the Summer National Championships in Texas.

**4 1999 World Championships**

Behind the exhilarating bronze-medal performance of Iris Zimmermann, America's Women's Foil Team reached its goal of qualifying for the 2000 Olympics.

**12 Faces of Fencing:  
A Discussion with Dave Micahnik**

Coach Dave Micahnik shares his thoughts on the athletes, rules, and future of American fencing.

**15 USFA Developmental Grant Fund**

The Association announces the appropriation of \$10,000 in cash grants and fee waivers.

**17 A Psychophysiological  
View of Fencing**

Investigators at the Mayo Clinic Sports Medicine Center examine the mind-body relationship in fencing.

**21 The Fencing Master**

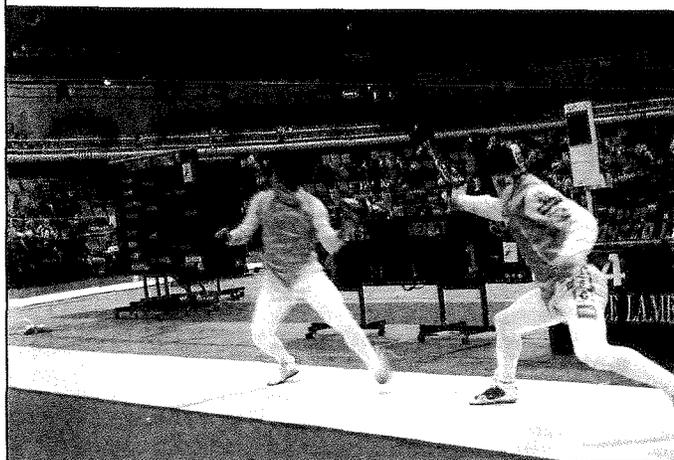
Author Arturo Perez-Reverte shares an excerpt from his book, *The Fencing Master*.

**24 Technical Talks**

Joe Byrnes shares his thoughts on the staple of his fencing tool belt, the multi-tool.

**Photo Credit**

Cover photos by Carl Borack.  
Cover design by Richard Stern.



The United States Fencing Association  
Member Services Directory

The United States Fencing Association is the national governing body for the sport of fencing in the United States. The USFA is affiliated with the Fédération Internationale d'Escrime, the international federation for fencing. The mission of the United States Fencing Association is to develop fencers to achieve international success and to administer and promote the sport in the United States.

The United States Fencing Association

Phone: (719) 578-4511  
Fax: (719) 632-5737  
E-mail: [info@usfencing.org](mailto:info@usfencing.org)  
Web: <http://www.usfencing.org>

President	Donald W. Alperstein
Vice President	Edwin (Buzz) Hurst
Vice President	Sherry Posthumus
Vice President	Ralph Zimmerman
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Jose R. DeCapriles 1912-1969  
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**Interim Editor:**

Michael Sullivan - [Isabre@aol.com](mailto:Isabre@aol.com)

**Associate Editors:**

Chris Cuddy - Advertising Sales  
Karen Mittelstadt - Layout and Design

**Editors Emeritus:**

Mary Huddleson, Emily Johnson, Albert Axelrod,  
Candi McConaugha

Please send all correspondence and articles for submission to Editor, *American Fencing*, One Olympic Plaza, Colorado Springs, CO 80909-5774. *American Fencing* publishes quarterly in January, April, July, and October. Please contact the editor regarding submission deadlines. Please contact Chris Cuddy at (719) 578-4511 regarding advertising.

*American Fencing* (ISSN 0002-8436) is published quarterly by the United States Fencing Association, Inc., One Olympic Plaza, Colorado Springs, CO 80909-5774. Periodicals postage paid at Colorado Springs, CO 80909-5774, and additional offices.

Subscriptions to *American Fencing* are included with membership in the association. Individuals can subscribe for \$16 in the United States and \$28 elsewhere.

Postmaster: Send address changes to USFA, One Olympic Plaza, Colorado Springs, CO 80909-5774.

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## The President's Column

by Donald W. Alperstein

Often during my years penning this column have I commented on the debt we owe those whose efforts make a difference. In a volunteer organization, indeed, in life, nothing has more meaning than recognition and appreciation. Next July, at the Summer National Championships in Austin, Texas, we have an opportunity to recognize individuals and organizations who make a difference and to thank them for their generous gifts of time, energy, and support. Every member of the USFA has a chance to nominate someone to receive a public expression of our gratitude.

Austin will see the inauguration of what I hope will become a USFA tradition. All fencers and their families are invited to a banquet where we will honor people and organizations who make special contributions to our sport. The evening's program already includes the induction of new members to fencing's Hall of Fame, the announcement of our developmental and elite coaches of the year, and the introduction of our outstanding athletes for 2000. Club Development Grants for next season will also be awarded. I want to include among the honorees other essential members of our community, but we need the membership to help identify those who merit recognition.

Each of us knows people without whom fencing would be diminished. Whether through a particular act of sportsmanship, a distinguished career, tireless administrative work, or in other ways these individuals and programs have touched the lives of fencers and made them better. Ironically, these important people are often unknown to most of us because they work not for acknowledgment or renown, but for love of the sport, to support a child, or simply for the satisfaction of making a contribution. Since these people rarely toot their own horns, we need to do it for them. But first we need to find them.

Certainly there are referees, armorers, division officers, and parents whose stories would encourage others, if only their unsung efforts were wider known. How about a coach who builds character off the strip, or a club that demands academic achievement as well as technical accomplishment? Maybe a reader knows of a disadvantaged fencer whose courage or determination motivates those around her, or someone whose sportsmanship engenders special respect. These kinds of people, who find myriad ways to make a difference, are the ones we want to acknowledge. We know they are out there; we just don't know who they are or all of the ways in which they benefit our community.

I am therefore challenging all members of the fencing family – help us identify people and organizations that deserve our thanks. Help us bring their contributions to light, not only so that they will know of our appreciation, but that by doing so we may see them as examples of selfless excellence to inspire us all. If any reader of this column knows of a person or an organization that deserves a special and public expression of thanks, I urge you to share that information with us.

Nominations for recognition should include the name of the nominee and that of the person making the suggestion, together with contact information for both. We also need to know why the nominee merits special recognition.

Nominations can be sent by e-mail to [suggestions@usfencing.org](mailto:suggestions@usfencing.org), with a copy to me at [dalp@aol.com](mailto:dalp@aol.com), or by mail to Suggestions, United States Fencing Association, One Olympic Plaza, Colorado Springs, CO 80909-5774, with a copy to me at the same address.

You can also recognize these special people in person. I urge everyone who comes to the fencing party in Austin to attend the Awards Banquet. By showing up to applaud the honorees, you send them a message of appreciation and re-

spect. In a community such as ours, there is no greater reward.

And speaking of recognition, let me take a moment to congratulate our international fencers for their outstanding recent performances. When I began writing this column in 1996, I was elated to acknowledge international results that today seem routine. We've come a long way. While we used to view World Cup finals as a major accomplishment, we now tout medalists. And major victories at that.

At this year's Junior and Cadet World Championships, Jessica Burke, G. Colin Parker, and the junior men's epee team (Weston Kelsey, Soren Thompson, and Jan Viviani) all won medals. Andrea Ament won two. Five medals at a World Championships was unprecedented for this county, and that was only the beginning.

Not to be outdone by their youthful counterparts, our veterans earned another five medals at their World Championships in August. Mary Annavedder, Alexander Kovacs, Larry Pinkus, Dr. Calvert Schlick, Jr., and Ray Sexton brought home hardware. Ray's was gold.

Then came a couple more groundbreaking events. Cliff Bayer became the first U.S. fencer to win a World Cup when he took the podium at the St. Petersburg Men's Foil. And in early November, Iris Zimmermann climbed on the victory stand to accept this country's first-ever Senior World Championship medal. Days later, she and her compatriots on the women's foil team (Ann Marsh, Erinn Smart and Felicia Zimmermann) guaranteed the United States would be represented in Sydney when their seventh-place finish qualified the team for the Olympic Games.

The strides made by our representatives in world competition have elevated the United States from internationally irrelevant to a respected contender. These fencers have earned the respect of their foreign opponents. Let us at home in the U.S. not forget to appreciate and acknowledge their outstanding accomplishments. •

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**"I am therefore challenging all members of the fencing family – help us identify people and organizations that deserve our thanks."**

## A Letter from the Editor Michael Sullivan

Traditionally, space is reserved for Letters to the Editor. However, with the resignation of Candi McConaugha as editor, and my designation as interim editor, only one letter reached me and its subject matter can wait. I've chosen to use this space to explain my role in this transition and outline short-term goals for *American Fencing* magazine.

In Candi's last issue as editor, President Donald Alperstein expressed the gratitude of the Association for her diligence as editor these past seven years. He also described her tortured existence as editor which may explain why there has been little response to the want ad that followed.

In two months walking in Candi's shoes, I've learned we can't thank her enough for so many years of dealing with the frustration and aggravation that come with the role of editor and that size six pumps really hurt. Before I exchange Candi's shoes for something more sensible, I hope to deal with the difficult nature of the editor's role by working with the National Office and the Board of Directors to redefine the role.

There are two reasons the editor's role is difficult. The first is that we have asked way too much of a volunteer to solicit content, edit, write, photograph, do layout, sell advertising, work with printers, and then be subject to unfair and uninformed criticism for the effort. The second has to do with the nature of the editor/contributor relationship. Part of an editor's job to chase writers and it is the nature of writers to stall, delay, and evade, seeking extra time to find the right word or look for inspiration watching reruns of Zorro on cable. We can fix the first, the second can be improved upon, but it will never go away.

In the last two months, we have moved responsibility for publishing and advertising sales to the National Office and engaged the services of Karen Mittelstadt, the communications coordinator for USRowing, to help with the layout and graphics (hence the new look of the magazine). These operational changes will enable the future editor to

concentrate efforts on developing policy, themes, and content. Thus the role of editor will be more managerial and require the ability to network, communicate, and lead. Most of all, our future editor needs to love our sport like a parent loves their child; to put up with the various fits, tantrums, and hi-jinx of the fencing world and smilingly accept those flaws as the imperfections that make fencing a special sport.

But *American Fencing* magazine needs more than an editor to maximize its potential. We need people with creative ideas who will follow through with tangible product and are able to work in a team environment. I hope to see a staff of volunteer associate editors who will cover beats like international, domestic, youth, veteran, photos, history, etc., making the editor's role even more managerial and, I think, fun.

So, please tell us what you'd like to contribute to make this a better magazine. This magazine is for the entire membership of the USFA and should reflect the varied interests of our readers in a positive and entertaining way.

### Another Letter from the Editor:

At the risk of abusing my interim-editorial authority, I just have to say thanks to the people who supported me through this pleasant exercise/wretched ordeal/fulfilling experience. (The description changes with every phone call or e-mail received or ignored).

Thanks to *Don Anthony*, author of draft no. 1 and his editorial board (*Mrs. Don Anthony*, author of drafts 2, 3, and 4), for their report on the Electric Sword-play competition in Columbus, Ohio. *Barb Anderson* took charge of the interview of *Dave Micahnik*, one of the many people who have spent a lifetime supporting our sport and developing insights we can all benefit from.

This wouldn't be *American Fencing* magazine without a piece from *Joe Byrnes*. This month's topic? The ubiquitous multifaceted multi-use doo-hickie mutli-tool. As a pre-electric sabre fencer, I lack interest in tools of any kind that I can't hit someone with, but I still read Joe's articles faithfully and always end up smiling. *John Heil* helped pull together an article written by a team at the Mayo clinic analyzing the mind-body connection that will appeal to our scientific minded readers. If you make a mental connection between that article and the Iris piece, you might see some interesting corollaries. John also provided photographs from the World Championships.

Despite an impossible schedule, *Carl Borack* managed to write about our

stars of the present and future and provide photos from Seoul. Thanks *Carla Mae Richards*, *Michael Massik*, and *Chris Cuddy* who lent the support of the National Office and helped get me information and photos. I'd like to offer a very special thanks to *Iris Zimmermann* for taking the time to write about her experiences and feelings the day she took home the bronze medal in Seoul. Iris, your medal is bronze, but your heart is pure gold.

A really big thank you to *Karen Mittelstadt* of USRowing who suffered most from the missed deadlines and cheerfully guided this editing neophyte through the publishing process. For reasons I can't fully explain, the U.S. Postal Service would have slapped a stiff fine on us if we didn't get this magazine in the mail prior to December 31<sup>st</sup>. Under this onerous time restraint, Karen got the job done. We can all look forward to further improvements in the operations and content of the magazine as we move forward under less difficult circumstances. •

## World Championships

### First Person: Iris Shares Her Bronze Medal Experience

*In Seoul, Korea, Iris Zimmermann accomplished something no other American fencer has ever done – she won a bronze medal at the World Championships. Her result paved the way for the U.S. Women's Foil Team to qualify for the 2000 Olympics. American Fencing magazine asked Zimmermann to write about her thoughts and feelings that special day. Read on and you'll discover an athlete who exudes confidence, overcomes doubts through force of will, and wins because she feels like winning.*

When I woke up the morning of the preliminary pools, I was determined to stay relaxed and to try to fence for fun. During my recuperation from knee surgery, I realized fencing should be a way to relieve stress, not the cause of it.

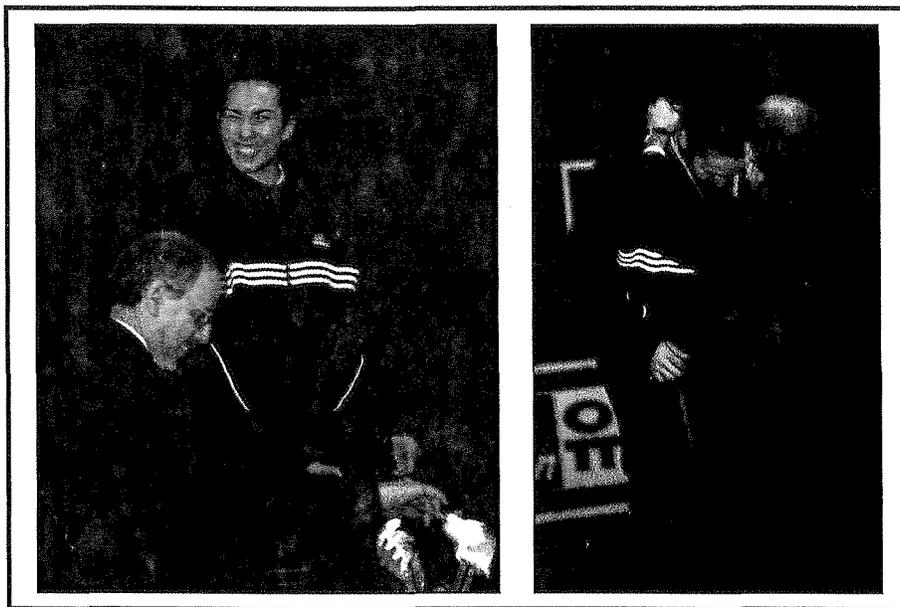
After we arrived at the competition site, I took a lesson from my coach, Buckie Leach, and warmed up with my teammates Felicia, Erinn and Ann. Despite my plans to stay relaxed, I started to feel nervous and got a little bit grumpy. This lasted until my third bout of the preliminary pool, when the nervousness finally wore off and I was able to just fence.

Before I started fencing, Buckie told me to relax, work hard, and fence well. He has this phrase for me – RFC (Relaxed, Fun, and Confident). He has given me the skills I need to win and he has confidence in me which directly affects the belief and trust I have within myself. Even though he doesn't tell me specifically what to do, it helps to turn around and know he's there watching me.

#### Preliminary Round

I went 4-2 in the seeding round, losing two 5-4 bouts to Ayelet Ohayan of Israel and Camille Couzi of France. I should have won both bouts, but I made mental mistakes. Against Ohayan, I overcame an early deficit to tie the score, but I rushed the last attack and ended up missing. In the bout with Couzi, I made a tactical error and missed my last action again.

I entered the round of 64 seeded 36th and went to bed that night knowing I had drawn Martina Genser, an Austrian junior, for my first bout in a bracket that included Giovanna Trillini, a former world and



*Iris receives her bronze medal from FIE vice-president Sam Cheris.*

Olympic champion. I put the possible bout with Trillini out of my mind because I knew I had to focus on winning my first bout. Besides, anything can happen in DE bouts.

#### Round of 64

My bout with Genser turned out to be the most difficult. I have fenced her before and I expected to win, but I was afraid of losing. Even though I was nervous and I didn't fence my best, I managed to win the bout 15-10. After I fenced Genser I began to worry about my level of energy.

When fencing someone like Giovanna Trillini, you have to have the strength and energy to move all nine minutes. After recovering from knee surgery and starting college at Stanford, my life has had some

big changes which has affected my conditioning. I realized that this line of thinking wasn't helping and that I had better refocus if I wanted to win my next bout. I asked Aladar Kogler what I should do and he showed me a small meditation routine.

#### Round of 32

Giovanna Trillini has been my idol from day one; I have always watched and emulated her, I once trained with her for a while in Italy, and I really respect her. But this was the first time I've ever fenced her in competition. I was really excited to finally get my opportunity and I wanted to present her with a challenge. At the start of the bout, the only thought going through my head was, "I want to beat her."



*Iris meditates prior to her match with Giovanna Trillini.*

Borack

Heil

The first period, the bout started with her gaining touch after touch. She was aggressive and I fell behind early, but I tried to stay mentally focused. It wasn't until after the bout that I realized how far behind I was (13-8). I honestly wasn't thinking about the score; I just kept relaxed and focused on getting one touch at a time.

Finally, the score was 14-14. The last action in my memory seems like it was in slow motion. The timing of the action was very close. I thought she had hit me, but when I turned around, my light was the only one on. Even so, it was only when I heard my teammates cheering that I realized I had won. I couldn't believe I beat the person I have admired and watched all these years. It was an incredibly amazing feeling. I was initially ecstatic but then I realized what I had done. What am I supposed to do when I beat my idol? Although I had conflicting emotions, beating Trillini was a new level. I felt it was definitely my time to step up and win. After that bout I had a renewed confidence and believed I could beat anyone.

## Round of 16

My next bout was against Diana Bianchedi of Italy. Since I had beaten her last September in Moscow, I don't think she was mentally ready to fence me. I refocused for my bout with Diana, I knew I had to keep going. I felt like the bout was won before it started, and I was in control the entire time. The final score of the bout was 15-10.

## Quarterfinals

Though it was a surprise that Francoise Darchicourt of France made it to the final eight, I knew she must be fencing well. But I felt like I was unbeatable at that point. I was in a zone and no matter how many touches she got, in the end, I knew I would be the one to reach fifteen first. It is indescribable, having that confidence and knowing that you are invincible. The final score was 15-9.

## Semifinals

I wanted to continue the feeling of confidence that had carried me through so far. But there was a long wait before the finals and that gave me time to let my accom-

plishment sink in and intimidate me. I was fencing in the finals of the World Championships! When I got on that stage to fence Valentina Vezzali, I was in awe of the whole situation and I completely lost my focus. Even though Vezzali has won nine of the last ten World Cup events she has entered and was the clear favorite, I was disappointed that I didn't fence to the best of my ability in my 15-10 loss.

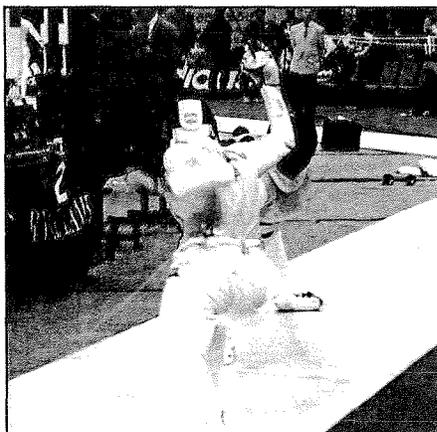
Standing on that stage, I felt a fantastic amount of pride for my country, my team, and my teammates. I was so grateful that I had my whole team cheering for me, I heard every voice. I was walking on clouds for days afterward. It was one of the most spectacular experiences I have ever had. •

**"Standing on that stage, I felt a fantastic amount of pride for my country, my team, and my teammates."**

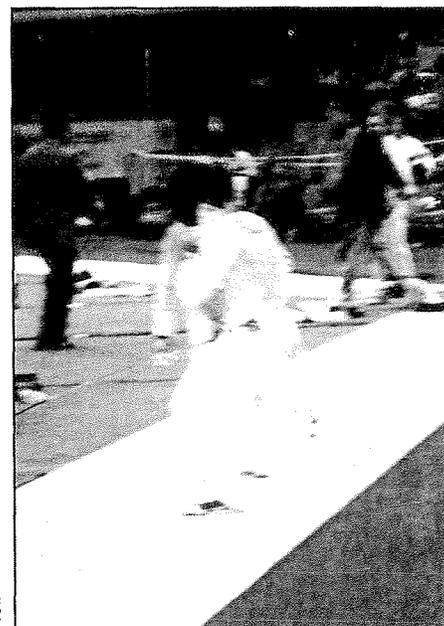


Attacking Trillini tied at 13.

Heil



Trillini riposte at 4-6.



In Iris' own words, the end was a blur.

Heil



Fencing against Valentina Vezzali in the round of 4.

Borack

## 1999 World Championships – Seoul, Korea

by Michael Sullivan

*Behind the exhilarating bronze medal performance of Iris Zimmermann, our Women's Foil Team reached its goal of qualifying for the 2000 Olympics. Cliff Bayer proved that he belongs amongst the world's elite foilists. And Michael Marx briefly ended his early retirement.*

The 1999 World Championships held last November in Seoul, Korea, was arguably the most important and challenging event American fencers have ever entered. The stakes had never been higher: for the first time, American fencers' route to the Olympics is through an extremely difficult qualifying process. The top eight teams in each event from the Seoul competition would qualify a total of 24 athletes for the 2000 Olympics. The remaining 16 spots allowed by the International Olympic Committee will be earned by individuals competing in World Cup and zonal events over the next six months.

After months and years of preparation, with one notable exception, the American team in Seoul arrived determined to compete at their highest level despite concerns about jet lag and a foreign environment. Our cadre did what it could to overcome these concerns, from providing physical therapy to bringing a supply of good old American breakfast cereal.

### Women's Foil: Sydney Bound

The American highlight of the event was the bronze medal won by Iris Zimmermann. Her description of that day is included on page four. After a shaky 3-3 record in the first round, Erinn Smart rebounded with a strong 15-12 victory over French champion Clothilde Magnan to advance to the round of 32. Ann Marsh's 4-1 record in the preliminary round provided a good seed in the DE and an opportunity to advance, but she was short-circuited in a tense 15-13 loss to Elena

Koltsova of the Ukraine. Inconsistent calls by the referee frustrated Marsh's attacking style. The deliberate nature of Felicia Zimmermann's game resulted in a difficult loss by the score of 7-12 when time ran out. After eight minutes of careful exchanges, Felicia stayed within striking distance, but fell further behind when she had to make gambling attacks to even up the score.

Iris' individual performance against the heart of the Italian team and the solid results of her teammates eased the American team's path to the Olympics by making it possible to reach the crucial final eight by defeating the not-to-be-taken-lightly-but-thank-heavens-they're-not-Italian team from Great Britain. After that breezy 45-29 victory, their quest for a medal was halted by a strong Chinese team by a final score of 38-45.

In the continuing battle for placement, the Americans had the misfortune to draw a revenge-seeking Italian team unaccustomed to not being part of the medal round. Ironically, the Italians did not earn their customary spot as the top seed largely because two of their stars lost to Iris. They consequently lost a close match to the ever-dangerous and always inspired Polish team.

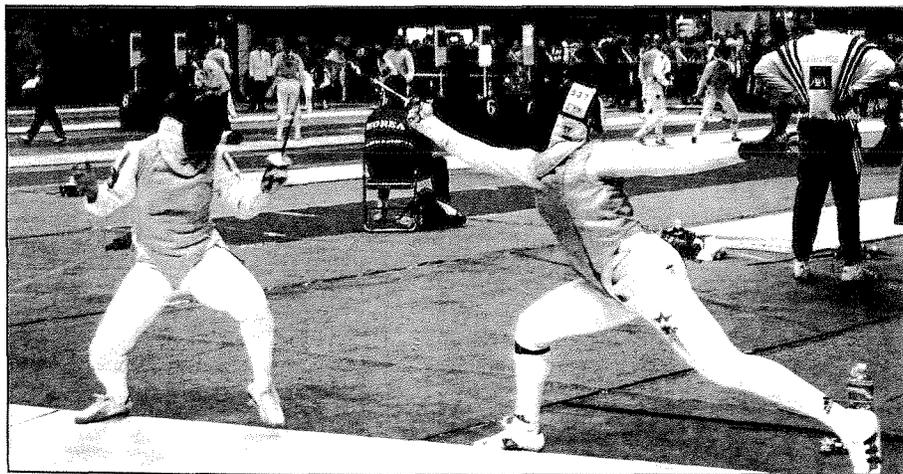
What goes around, comes around. We continued to show the level of ex-

cellence we have achieved in women's foil in the 42-45 defeat to the determined Italians. In their final match for seventh place, our ladies soundly defeated the team from the Ukraine by a score of 45-33.

### Men's Foil: Cliff and Sergei

Cliff Bayer continued to show the world that he is one of the great talents on the world scene. His twelfth-place finish will keep him solidly in the running for one of the at-large Olympic berths. His defeat by Sergei Golubitsky, current world champion and the head and shoulders leader in World Cup points, was another episode in the developing rivalry between Bayer and Golubitsky. Bayer's breakthrough World Cup victory over Golubitsky last September (reported in the November 1 issue of *Sports Illustrated*) set the stage for a re-match of equally high stakes. The Ukrainian took his A game to Bayer, who lost point control to fall behind early. Ultimately, the final score was 15-9. Now ranked twelfth in the world, Bayer has proven he can win in Sydney.

The rest of our Men's Foil Team didn't have their usual pluck. Dan Kellner, whose worst result in seeding rounds over the last year was four wins against two losses, couldn't muster his



Erinn Smart duels Clothilde Magnan in the round of 64.

usual energy and was eliminated in the first round with a 1-5 record. Zaddick Longenbach and Peter Devine each managed a 2-3 record, but fell victim to the resulting middling seeds and lost their first DE matches, failing to reach the tableau of 64.

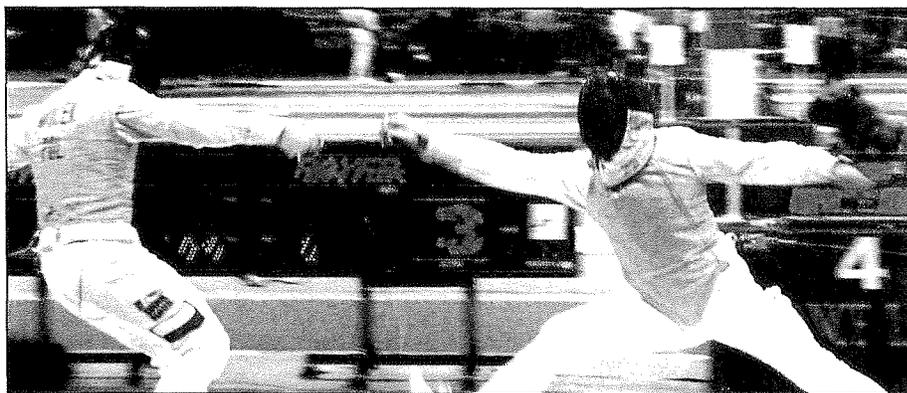
The disappointing individual results led us directly to yet another encounter with Serge Golubitsky and his second-seeded Ukrainian teammates in the round of 16. With world champion Golubitsky anchoring, our team was defeated by a score of 45-37. After this disappointment, a 38-45 loss to Hungary was sandwiched by victories over a strong Austrian team and eighth-seed Portugal 45-40 in the match for eleventh place. The final results of the Men's Foil Team competition show how competitive this weapon is in a team format: the Italian and German teams, despite impressive results in the individual competition, failed to reach the medal rounds, respectively falling to Poland and China. Upsets happen, and we have the talent to make them happen. Fight and team spirit are key ingredients to victory.

## Women's Sabre

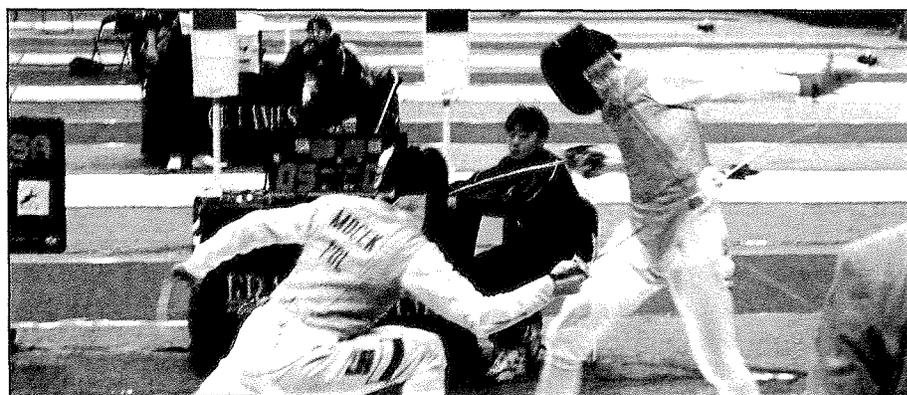
The individual performance of our Women's Sabre Team was led by Christine Becker, who placed ninth, losing her bout to make the top eight to emerging Italian fencer Daniela Colaiacomo by a score of 15-12. Christine Latham was the only American entry required to fence in the seeding round and finished with a steady three wins against two losses. She subsequently lost to Venezuelan Nieves 11-15 in the first round of DE. Our other entries, Kelly Williams and Sue Bartholomew, couldn't take advantage of byes earned by virtue of their top 16 world rankings and lost their first DE bouts 15-8 and 15-9 respectively.

We drew the Venezuelan team in the first match of the day to reach the top eight. Our poor showing continued with

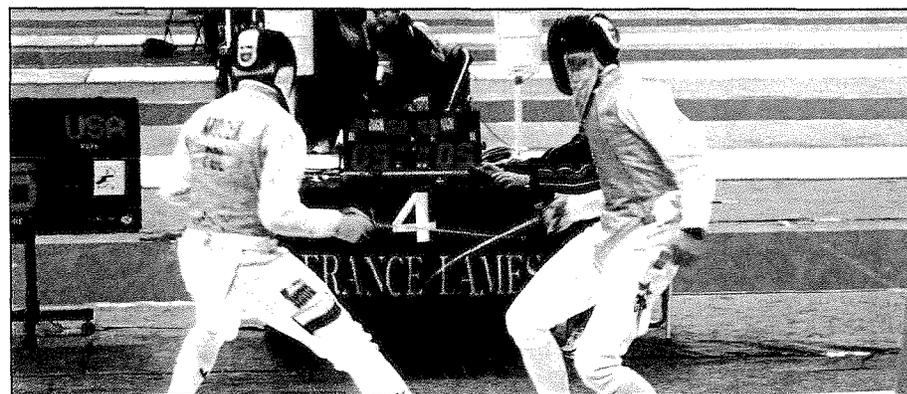
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*Cliff Bayer attacks.*



*Passe.*



*One light...6-5.*



*Coach Yafim Litvak with Bayer.*



*Cliff Bayer contemplates his match.*

# 1999 World Championships

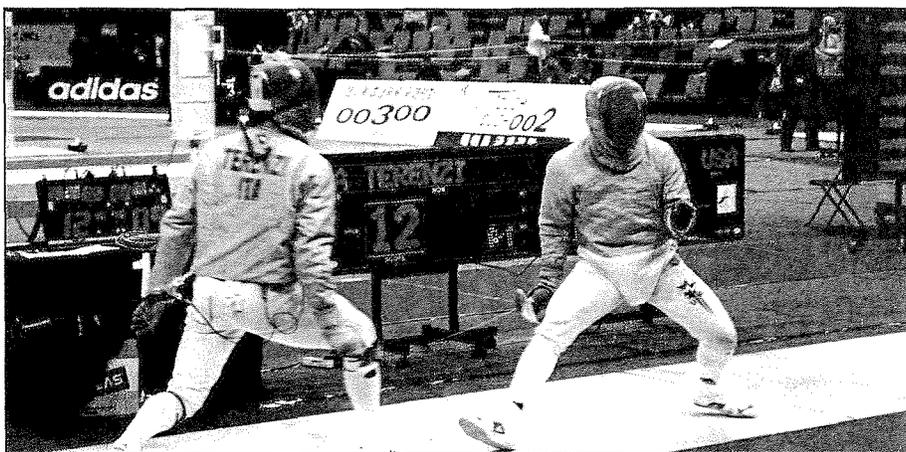
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an unexpected 39-45 loss. After rebounding with a convincing win over an out-matched Australian team and suffering a 44-45 loss to an excited home team from South Korea, our ladies ended a frustrating day with a victory over China for eleventh place.

## Men's Sabre

Our promising young Men's Sabre Team continued to show that promise by doing well early and fighting hard in their DE bouts. In the first round, Aki Spencer-El attained the 25th seed with five wins against a lone loss to arch-rival Denis Bauer of Germany. Terrence Lasker took three close losses in the first round in a tougher than normal pool, but hung tough in all the bouts, convincingly winning the three bouts he had to win. The U.S. team's emotional anchor, Herby Raynaud, in a relatively weak pool, missed an opportunity to earn a high seed, but still navigated his way through the first round with three victories. The big surprise was the first round exit of Keeth Smart. Suffering from acute jet lag, he was unable to find the adrenaline reserves that normally fuel his will to win. Smart has recently been achieving top 32 results.

All three of our remaining athletes advanced to the 64 tableau. Spencer-El took advantage of his good seed by dispatching Michael Johnson of Great Britain 15-7 to get into the top 32. Herby Raynaud drew the top-ranked Rumanian Mihai Covaliu, an exciting and temperamental fencer who drew on his experience to win 15-9. Terrence Lasker faced Rafal Sznajder of Poland, a dangerous opponent ranked thirteenth in the world. Fighting to the end, Lasker lost 12-15. Spencer-El's next bout was against Tonhi Terenzi, ranked fifth, winner of the World Cup last April and eventual fifth place finisher. Down 0-5 and 3-9, Spencer-El found the right distance and mounted a comeback. At 10-12, a crucial reversed call put him in dire straits against the veteran Italian, finally losing 15-11.



Aki Spencer-El comes back fighting to 12-10 against Tonhi Terenzi.

The individual results weren't bad, but they weren't good enough to avert drawing Italy in the round of 16 of the Men's Sabre Team event. After an early warm-up match against the Australian team in which we prevailed by the eye popping score of 45-12, we fell to the Italians 37-45. In the matches for placement, we defeated Great Britain 45-36 before getting whipped by the Spanish team, earlier victims of an upset by Romania, 28-45. We prevailed 45-36 in the match for eleventh place, an almost intramural skirmish with our continental colleagues, Canada.

## Women's Epee

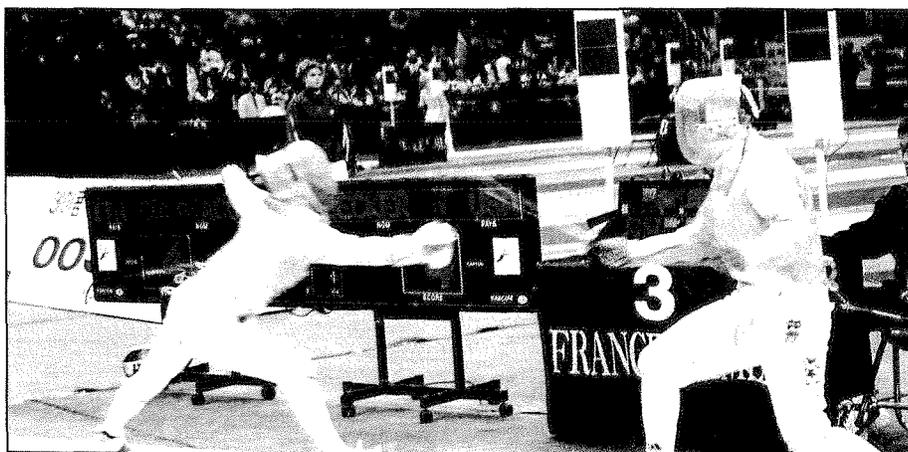
Junior star Arlene Stevens and Penn State sophomore Stephanie Eim joined veterans Elaine Cheris and the ever-competitive Nhi Lan Le as American representatives. In the first round, our ladies couldn't separate themselves

from the pack resulting in low to average seeds. As the DE progressed, only Eim was able to advance to the tableau of 64, where she lost a close bout with Sophie Moressee-Pichot of France 11-12 when time ran out.

Our performance in the individual event put us behind the eight ball in the team event when we immediately drew a very tough China team, which ultimately earned the silver medal. Using the clock to help us stay within a few touches, we ultimately lost 29-37, failing to make the top 16.

## Men's Epee

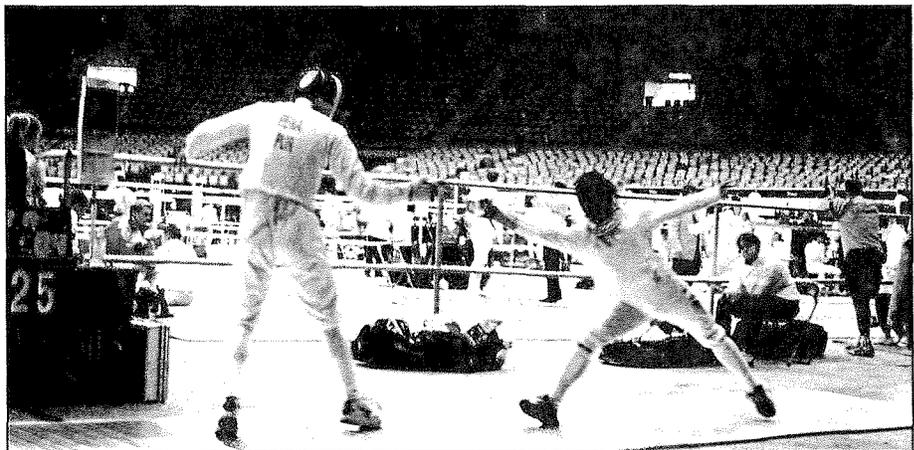
In a bizarre turn of events, the United States found itself once more being represented in the World Championships by legendary five-time Olympian and current women's epee national coach, Michael Marx. Top-ranked American epeeist and medical student Tamir



Christine Becker: Parry Quatro.

Bloom traveled to Korea despite an ACL knee injury incurred just days prior to departure. It was quickly determined by the American medical staff that he would be unable to compete, and not wanting to give up the entry slot and the opportunity to help ourselves in the seeding, our cadre looked at the alternatives available to them. Since it was clearly not possible to get our fifth-ranked fencer, Scott Rostal, to the facility on time, Michael Marx was lured out of his three-year retirement and thrown to the wolves. Marx reminded the audience of his great talent by calling on his innate athleticism and wily skills to leave a few of those wolves howling.

The Americans fenced the first round with gusto. Shaking off rust accumulated in three long years of retirement and employing brand new equipment purchased by the United States Fencing Association for the occasion, Marx achieved an impressive 4-2 record. Inspired by Marx's efforts in support of the American team, Justin Tausig and Jon Normile surpassed this result with five wins each in the early going. Rob Stull, maybe because he's almost as old as Marx with his own impressive list of



Michael Marx comes out of retirement.

accomplishments, had a less inspired 2-3 record.

In the DE, Stull failed to reach the 64 tableau, while the rest of our team continued their winning ways established earlier in the day to advance. Marx's run ended at this point, but only in a heartbreaking 14-15 loss to Wojciech Wozniak of Poland. Normile put up a great fight, but lost another 14-15 thumper to Abajos of Spain. Tausig lost his edge when he ran into a buzz saw from Austria, Olivier Kayser. Falling behind early, Tausig was forced to fence out of character and take chances, resulting in a hard-to-take 5-15 defeat.

The final placement of our American epeeists doesn't indicate how well they fenced and how close they were to achieving solid results, which would have helped our seeding in the team event.

After defeating a very resourceful team from the Ukraine 42-45 in the first team match, we failed to defeat Germany, eventual silver medal winners, 35-45 in the match to advance to the top eight. Olympic dreams temporarily dashed, the dispiriting performance against Germany carried over to the match against Poland which was lost 33-45. •

## 1999 World Championship Results

### Women's Epee - 104

**Individuals:** 1. Laura Flessel-Colovic (France); 2. Diana Romagnoli (Switzerland); 3. Miraida Garcia-Soto (Cuba); 3. Ildiko Kniczka (Hungary); **54. Stephanie Eim (USA); 68. Arlene Stevens (USA); 78. Elaine Cheris (USA); 83. Nhi Lan Le (USA).** **Team:** 1. Hungary; 2. China; 3. Germany; 4. Switzerland; **18. USA.**

### Men's Epee - 132

**Individuals:** 1. Arnd Schmidt (Germany); 2. Peter Vanky (Sweden); 3. Kaido Kaaberma (Estonia); 3. Pavle Kolobkov (Russia); **45. Jon Normile (USA); 46. Justin Tausig (USA); 52. Michael Marx (USA); 92. Bob Stull (USA).** **Team:** 1. France; 2. Germany; 3. Cuba; 4. Austria; **15. USA.**

### Women's Foil - 83

**Individuals:** 1. Valentina Vezzali (Italy); 2. Sabine Bau (Germany); **3. Iris Zimmermann (USA); 3. Svetlana Bojko (Russia); 31. Erinn Smart (USA); 39. Ann Marsh (USA); 55. Felicia Zimmermann (USA).** **Team:** 1. Germany; 2. Poland; 3. China; 4. Russia; 7. USA.

### Men's Foil - 111

**Individuals:** 1. Sergei Golubitsky (Ukraine); 2. Matteo Zennaro (Italy); 3. Wolfgang Weinand (Germany); 3. Young Ho Kim (South Korea); **12. Cliff Bayer (USA); 80. Peter Devine (USA); 84. Zaddick Longenbach (USA); 93. Dan Kellner (USA).** **Team:** 1. France; 2. China; 3. Poland; 4. Cuba; **11. USA.**

### Women's Sabre - 59

**Individuals:** 1. Elena Jemaeva (Azerbaijan); 2. Ilaria Bianco (Italy); 3. Eve Pouteil-Noble (France); 3. Anna Ferraro (Italy); **9. Christine Becker (USA); 20. Kelly Williams (USA); 24. Sue Bartholomew (USA); 34. Christine Latham (USA).** **Team:** 1. Italy; 2. France; 3. Azerbaijan; 4. Russia; **11. USA.**

### Men's Sabre - 86

**Individuals:** 1. Damien Touya (France); 2. Stanislav Pozdniakov (Russia); 3. Jean Phillipe Daurelle (France); 3. Luigi Tarantino (Italy); **24. Aki Spencer-El (USA); 50. Terrence Lasker (USA); 58. Herby Raynaud (USA); 73. Keeth Smart (USA).** **Team:** 1. France; 2. Poland; 3. Russia; 4. Germany; **11. USA.**

## The Future is Bright

by Carl Borack

Over the last five years, a number of young American fencers have been achieving impressive results in the Cadet and Junior World Cups and World Championship competitions. They are a new wave of American competitor that has learned to win against their international contemporaries and are now forging their way into the senior ranks.

Felicia Zimmermann was the number 1 ranked junior in World Cup points in 1995. That same year, her 14 year old sister, Iris, won the Cadet World Championships and became the first U.S. fencer to win a World Championship in our sport. Joining them in this new success of our youth have been Cliff Bayer, Terrence Lasker, Aki Spencer-El, Keeth Smart, Erinn Smart, Monique De Bruin, Jessica Burke, Andrea Ament, Ivan Lee, Seth Kelsey, Colin Parker, and Amelia Gaillard.

In the women's senior foil ranks, Ann Marsh has made her mark with medals and consistently high performances in World Cup competition, but also provides a great role model for our young athletes. Her steady hand and guidance is a comfort and inspiration to our other young women.

Cliff Bayer and Iris Zimmermann have compiled impressive cadet and junior results and set the world on notice that they're ready to make their steady mark in the seniors. Cliff was phenomenal last August, winning a World Cup in Russia, by defeating world champion Sergi Golibutsky for the gold medal in front of a partisan crowd in a bout officiated by the legendary Russian foilist, Alexander Romankov. Iris, crediting Cliff's success as a motivating factor, followed up a few weeks later by making the finals in the Moscow Women's Foil World Cup. That achievement was just the warm-up for Iris's phenomenal bronze-medal performance at the World Championships in Seoul.

Cliff and Iris's success is no surprise. They both possess terrific competitive dispositions and have gotten used to winning. It is important to note that success in the international cadet and junior ranks gave them the confidence and belief in themselves to achieve significant senior results. They are in awe of no one and have the

attitude it takes to win. As I scanned the floor of all our competitors at the recent World Championships, I realized that the USFA has two of the best, pure fencing athletes in the Olympic field in Iris and Cliff Bayer. They have the joy, spirit, and passion it takes to be a winner in the very difficult terrain of international fencing. And the story will only get better as our fencers start to believe in themselves and their ability to achieve significant results. Over the next four years, watch for significant results from the likes of Erinn Smart, Aki Spencer-El, Keeth Smart, Jed Dupree, Ivan Lee, Terrence Lasker, Andrea Ament, and Jonathan Tiomkin.

Seoul was a very special trip because of Iris's performance. She is a wonder! I had the pleasure to witness her first World Championship victory in Paris in 1995 and she made me cry as she received her medal. In Seoul, she had me crying again as she made the medal round (in fact, I got to share a good ole cry with Emik Kaidanov). It was a joy to watch Iris beat Giovanna Trillini, roaring back from a 13-8 deficit to win 15-14 and then easily handling Diana Bianchedi in back-to-back bouts. Her third place result helped us onto the seeding path that led our women's foil team to the 2000 Olympics.

Our women's foil team has a chance for individual and team medals. Felicia, Erinn, Ann, and Iris are a terrific team and all have dedicated themselves to this upcoming Olympic year. I truly believe that Cliff is also a viable candidate for a medal in Sydney. In Seoul, Erinn proved herself very formidable in the direct elimination of the individual event defeating Magnan of France, who was eighth in the World Championships last year, and she fenced very well in the team event as well, seemingly recovering from her knee surgery more rapidly than expected. Our veterans Felicia and Ann have the ability, heart, and talent to shine and hopefully the Olympics will be the place it comes together.

Our athletes need your support, good wishes, and prayers. This is a period where optimism, passion, and positive thinking is an essential ingredient to success. Let's all pitch in by creating a positive environment in which all our athletes can thrive. One last note, when you see Buckie Leach, Iris's coach at one of the next tournaments, be sure to congratulate him on his student's performance. •

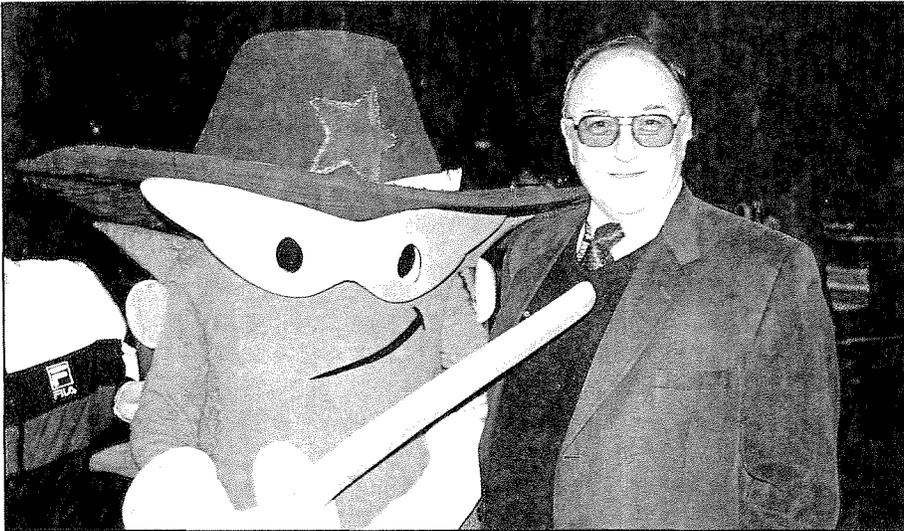
*Carl Borack, Olympian and former national champion, has served as the U.S. Team Captain in the last three Olympic Games and is currently a member of the FIE Publicity and Promotion Commission.*

**"Felicia, Erinn, Ann, and Iris are a terrific team and all have dedicated themselves to this upcoming Olympic year."**

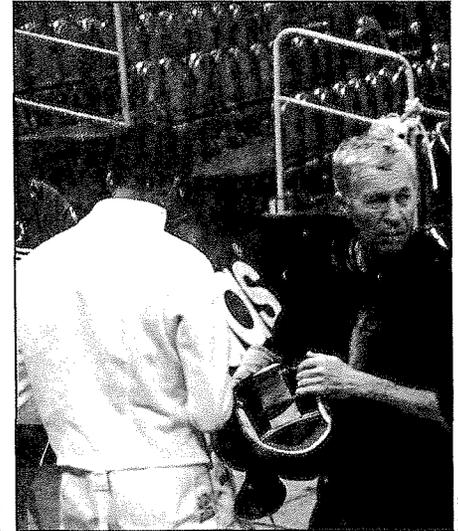


The U.S. National Fencing Team pictured at the World Championships.

# 1999 World Championships



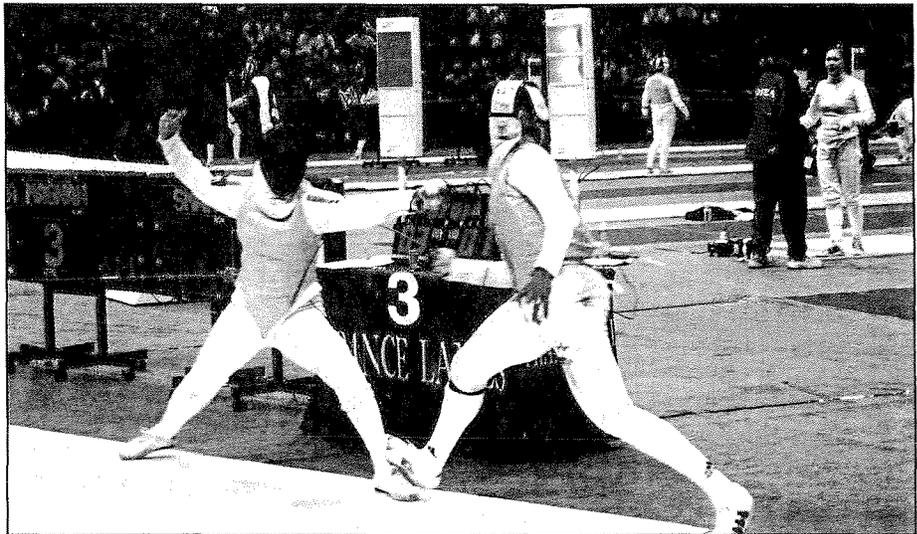
*Emik Kaidanov gets a date in Seoul.*



*U.S. National Coach Vladimir Nazlymov.*



*Champion foilist Sergei Golubitsky.*



*Look at the points. Look at the lights. Look at the feet.*



*Some serious fans - the Seoul police force.*



*Penn State sophomore Stephanie Eim.*

## Faces of Fencing: A Discussion with Dave Micahnik by Barbara Anderson

**D**ave Micahnik graduated in the spring of 1959 from the University of Pennsylvania where he started fencing with the great Maestro Lajos Czisar at 17. He was the 1960 National Epee Champion, a three-time silver medalist at the 1964, 1966, and 1968 Nationals, and was a member of the 1960, 1964, and 1968 Olympic teams.

In 1974, Micahnik became the head coach at Penn where his teams have been a mainstay in the top ten ranking. A coach of numerous All-Americans, he also served on the cadre of many USFA international delegations. Micahnik has returned to his competitive roots and participated at the 1998 and 1999 Summer Nationals in the Veterans Epee Competition. A nationally rated referee, he began his USFA administrative career as an athlete's representative on the International Committee and currently represents the USFA Congress on the Board of Directors.

**AF: Why did you choose fencing as a career?**

**DM:** When I was still in college I had some ambitions to make the Olympics, take a shot at winning it, and then become a coach. My coach (Lajos Czisar) told me it was a bad idea because coaches

work too hard and don't make much money, but he didn't talk me out of it. I worked other jobs along the way so I could keep on fencing. My ambitions as a competitor didn't get quenched very early. I fenced all the way up until the 1973 Nationals as an amateur. At that point, my real desire was not to go find some 'make do' jobs anymore, but to get on with coaching because I felt that was what I wanted to do. Steve Sobel was the newly elected president at that time and he was looking for a recent Olympian to be on the Olympic Committee and the then AFLA International Committee. He asked me if I would do it. The condition was that I couldn't be a candidate for any team the committee selects. I had to make a choice at that point about the direction of my competitive career. I felt that if I wasn't going anywhere in the Olympics, that if I wasn't getting any better, at least by being on the committee I would have a hand in developing the athletes. I felt that was my role – to produce athletes.

**AF: What single word best describes the feeling of fencing?**

**DM:** Combat.

**AF: What animal best represents the style of fencing you practiced?**

**DM:** (Laughing) It would depend on which bout. Some of the best bouts of my career were that of an angry bear.

**AF: Who is your fencing idol and why?**

**DM:** (Speaking in an Italian accent) Eduardo Mangiarotti.

**AF: Pardon?**

**DM:** (Speaking in an even louder Italian accent) Eduardo Mangiarotti! He was pointed out to me as an example by my coach when I was developing my own style. He was a great world and Olympic Champion. A fantastic stylist. He had a repertoire that was something to be copied.

**AF: What influence did your family have on your fencing career?**

**DM:** At most they humored me. They thought I was a little bit nuts. They asked, "Can you make a living from that?" My

answer was no, and it's still true today (laughing).

**AF: What one bout stands out the most in your mind?**

**DM:** Tokyo, 1964 Team Epee, Great Britain. I was fencing Bill Hoskins who was a former world champion and who had just received a silver medal in that same year's Olympics. It was the last bout of the match. If I win, we win. If I don't win, we lose.

**AF: Did you win or is it a secret?**

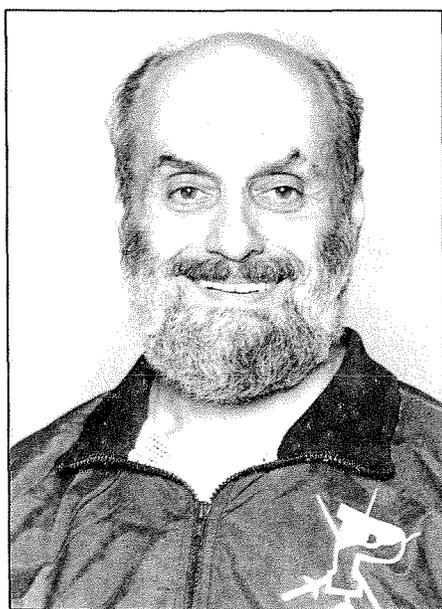
**DM:** I won it, and collapsed. It was emotional. Everything was on the line. That was one of those angry bear routines. I had gone off in a corner and huffed and puffed and stomped like an animal; rather than losing control, I was hyper focused.

**AF: Whom would you like to challenge to a duel?**

**DM:** Early in my coaching career, a coach of another school implied that I was cheating. My guy would get hit and his wire would break so the touch would be annulled. The coach said, "You have to tell me how you do that so it breaks at convenient times." I looked him straight in the eye and said, "The next time you accuse me of cheating, bring a weapon."

**AF: What rule(s) would you like to see changed or added?**

**DM:** From a decorum stand point, I'd like to see a much stricter enforcement of code of behavior, such as obscenities and vulgarities being penalized more. That annoys me enormously. One can punish it under the current rules, but it's not a clear, uniformly enforced rule. As far as the combat is concerned, I'd like to see a consensus on the right of way with indirect actions. In foil it has to do with the broken arm preparation. I would like to see some clarification. I would love to see the fleche come back in saber. That is, if the nature of the fleche were clarified by consensus so that bent arm running is not considered part of it, but only the extension of the fleche. The fleche is a beautiful action, and done properly, it changes the rhythm of a movement. Taking away the fleche is a cure worse than the disease.



Dave Micahnik has been the head coach at Penn for 26 years, leading the Quakers to winning records each year including 13 Ivy League Championships.

**AF:** If you could reinvent the sport of fencing, what would it look like?

**DM:** Elegance is a good word. There is nothing about combat that has to be grubby. I'd like to see more elegance.

**AF:** What do you think the USFA could do to help collegiate fencing?

**DM:** It is just a matter of programmatic commitment. I'd also like to see the restoration of the USFA Collegiate Open. Competitive opportunities at the national level for varsities would be good. A lot of the collegiate programs are gone by the boards now. What a pity. I'd like to see some coordination in the development of referees. I'd also like to see a mentoring process so that the collegiate and best U.S. referees work together and develop more and more capable referees. It wouldn't take tons of money to provide.

**AF:** How would you compare the international programs during your career with those of today?

**DM:** We didn't send teams off to compete on a routine basis like we do today. Now they're complaining because the teams are still under funded. We had zero funds. What we regard now as a minor line item in the budget used to be the annual budget of the entire association. It's an entirely different world right now.



*Micahnik with his coach, the great Maestro Lajos Csisar, in 1982.*

**AF:** What would you change about the sport of fencing in America?

**DM:** I would definitely like to see several million more dollars a year spent on our team and youth developments. I don't know where the money would come from particularly, but I think the only way we're ever going to be a world class power across the board is to have major capital investment in our athletes.

**AF:** If the sport of fencing didn't exist, what other sport would you have chosen?

**DM:** Maybe none. I was a spectator, not a participant in sports at all until I got into fencing. I was not in any kind of condition and was never encouraged or taught to play sports. Fencing was the first sport I had even a little flare for.

I didn't even know how to learn a sport when I learned fencing. Fortunately, I had a great master. He was more artist than scientist. He was so encouraging. He would find what I did well and capitalize on that and then expand on it with a brilliant program. If I had not had that experience with that kind of coach, maybe just that coach, I probably wouldn't have fenced and I wouldn't have done anything else either.

**AF:** How did you train as a fencer and what would do differently if you were just starting out today?

**DM:** I trained extensively. My first four or five years

of training I would put in as many as forty hours a week of fencing. I often say that learning to fence is like shopping in a Middle Eastern bazaar. The product may be identical but the price is different from person to person. My price was very high in terms of time and sweat. It took me many, many repetitions and many lessons to get things right, but I was willing. That was my price. Differently, I would be more efficient in my use of time in the sense that, I don't know if you want to print this but, I would have gone to class more instead of diverting to the gym. I would've gotten as much constructive work done fencing, but I probably could've paid more attention to my academics. With my students, I encourage the academic side.

**AF:** What lesson(s) do you carry with you as a learning experience in fencing?

**DM:** Refuse to lose and make it stick. Assuming you deserve to win because you have put in your work and your time, when all else fails, the will to win can get you through.

**AF:** What one single piece of advice would you give to the youth fencers of today?

**DM:** Aim high. Look up and see the stars.

**AF:** What one thing in all your contributions to the sport of fencing would you like people to most remember you for?

**DM:** I'd like to be remembered as a good coach who cared very much about his fencers. To make them the best they could be. The very best they wanted to be. •

## Electric Swordplay 2000: A New Entertainment Experience

by Donald Anthony, Jr.

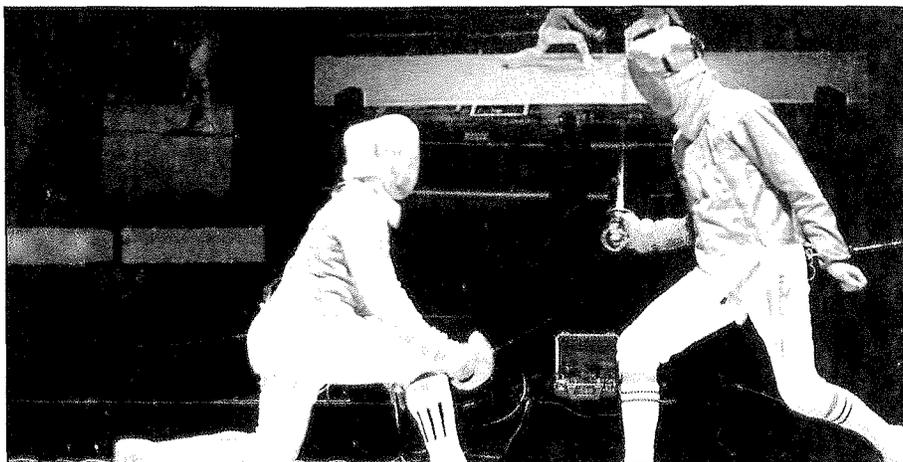
Imagine – three large video screens, ten foot tall fencing images, captivating sound, dazzling lights, a great stage, play-by-play announcing, and over 500 people in the audience! On October 16, 1999, Columbus, Ohio, was treated to a new entertainment experience called Electric Swordplay 2000.

The Warrior Group produced a world-class invitational fencing tournament. Fifteen top athletes competed to gain greater exposure for the sport and demonstrate how to package it to create an entertaining, exciting, and audience-friendly event. This revolutionary production was held in the Mershon Auditorium, on Ohio State University's campus.

The auditorium lights dim, and a video comes on-screen showing a superbly edited collage – animated swords, world-class fencing, great crowd scenes, clips from large fencing demonstrations, and really hot music. This is not a boring sportscast! It opened with this statement: "You are about to witness the birth of a new sensation – the renaissance of a sport sweeping through the nation like a firestorm! You are part of history tonight, part of the premier event marking Columbus and the Midwest as the new heart and soul of international fencing competition. So get ready for in-your-face, non-stop action. The biggest names in world fencing tonight and some straight up jamming tunes because here comes Electric Swordplay 2000."

The music came up full and the master of ceremony, Donald Anthony, Jr., came out to welcome the audience and introduce the live entertainment setting the stage for the action to come. Electric Swordplay was designed to introduce fencing to new audiences while entertaining experienced fencers at the same time.

The event featured world-class women's foil and men's sabre. Vladimir Nazlymov was introduced as the new head coach at Ohio State University to his new hometown, creating a prototype event for exposing the sport in major markets across the country. Peter Westbrook



*Aki Spencer-El duels Hungary's Gabor Szelle before claiming the men's sabre title.*

presented the prizes to the winners and autographed copies of his book.

Professional video clips on the history of fencing presented before each competition gave the audience some context and created a better understanding and appreciation for the sport. After the competitors were introduced by Mik'ail Sankofa (formerly Michael Lofton), the announcer for the evening explained the rules while Felicia Zimmermann and Ann Marsh demonstrated the foil, and Tim Summers and Kitts Sebert demonstrated the sabre.

The women's foil event was run as a team competition between an international team of Yelena Kalkin (Kazakhstan), Jujie Luan (China/Canada), Julie Mahoney (Canada), and a American team comprised of Melanie

Jones, Ann Marsh, Felicia Zimmermann and Iris Zimmermann. Doug Findlay was the referee. This was a dynamic demonstration of the team format to be followed by the individual format in men's sabre.

Men's sabre was run as a final tableau of eight with the U.S. team paired against fencers from Canada and Hungary. The international contingent included Canadian fencers Michel Boulos, Evens Gravel, and Marc-Olivier Hassoun, and Hungarian Gabor Szelle. The U.S. was represented by Terrence Lasker, Herbie Raynaud. Keeth Smart, and Aki Spencer-El. Louis Casado was the referee.

"They were riveted to their seats," said Doug Bliss, secretary of the Columbus, Ohio division, as the American women won the team competition, defeating the international team by a wide margin. The U.S. women blew them out after four or five bouts but the audience kept wondering, "Can they come back?" as the international women fought valiantly. The men's sabre was won by Aki Spencer-El who defeated Terrence Lasker in a very exciting bout, with Gabor Szelle and Keeth Smart finishing out the top four. The prizes were from the Waterford Crystal Millennium Collection with the champagne bucket going to the winner of the individuals and champagne coasters going to the winning team.

The audience loved the production and the fencers had a great time. A VIP reception was held before the event for sponsors, guests, and officials. After the event the audience was invited backstage for a dessert reception where they had an opportunity to meet the athletes and get autographs signed. Some of the comments from the audience were: "It was the first time that I really understood what was going on," and "This was the slickest, most made-for-viewing fencing event I have ever attended."

This is a new and exciting time for fencing. The Warrior Group is preparing to spread this excitement throughout the country. The next city scheduled for the event is New York early next year. Other cities under consideration are Chicago, Los Angeles, Atlanta, San Antonio, Boston, and San Francisco. •

## USFA Developmental Grant Fund Awards

by Michael Sullivan, USFA Secretary

In the community of American fencing, there are as many ideas about what our sport is as there are participants. Some view it as a fun way to get exercise, some as a way to socialize, and others are in it for the sole purpose of facing down an opponent in one on one combat. Many of us, especially those of us old enough to look backward, appreciate our sport not just for the exercise or the fun, but also for the lessons about honor, discipline, respect, and hard work. These lessons learned on the strip carry through all our endeavors for all of our days.

All around the landscape of American fencing are people who pass on the lessons they've learned to others. The coaches who think they're only giving fencing lessons, but are really teaching us how to live. The teammates who urge us to victory and console us in defeat, but are really teaching us about friendship. The volunteers who for love of our sport, give their most precious possession, time, to provide opportunities for fencers. All of us, by participating in this sport, give to this sport.

There are many clubs and organizations reaching out and introducing disadvantaged kids into our community, not so that we can benefit from their athletic prowess, but so they can benefit from the lessons to be learned in fencing and so we can benefit from having known them.

### Developmental Grant Fund

In 1998, at the urging of President Donald Alperstein, the USFA created the Developmental Grant Fund as a sign of the USFA's commitment to supporting the growth of fencing amongst the less advantaged of our nation. Always strapped for cash and seemingly forever in deficit, our Board of Directors drew a collective breath and appropriated \$4,000 for this purpose.

The Peter Westbrook Foundation and the San Antonio Sports Foundation were given awards in 1998. Both these programs reach out to the inner city to introduce disadvantaged kids to our sport.

In 1999, the Board increased this fund by including an additional \$6,000 in fee waivers to be distributed to eligible programs. At the September meeting, the Board approved the distribution of \$9,000 in cash grants and fee waivers to the following organizations. Each of these programs takes a different approach to addressing the needs of inner city kids while spreading the gospel of fencing. Here's an outline of what they do to help kids.

**Dreams For Youth:** A program of the San Antonio Sports Foundation encompassing six Olympic Sports, DFY targets disadvantaged youth to expose them to the sport of fencing and promote self-esteem and personal growth. There are currently eight DFY fencing programs in San Antonio, located in local fencing clubs, YMCAs, and housing projects.

**Boston Fencing Club:** BFC works with City Year, a national service organization connected to Americorps, and collegiate fencers from Boston College, MIT, and Tufts to provide after

school programs for middle school programs. The college teams provide volunteer instruction, thus the program not only develops young fencers, but provides opportunities for college students to grow and develop as instructors. Everyone wins!

**Sister's Academy:** This school in Asbury Park, N.J., is financed totally through grants and donations. Operated by the Sisters of Mercy and open only to underprivileged children, the school's mission is to educate girls in the fifth through eighth grades. All fifth grade girls are required to participate in the fencing program and may choose to participate in later years as members of the USFA.

**Lincoln Fencing Club:** The Lincoln Fencing Club is located in T-town, the poorest part of Lincoln with the highest crime rate. Kit Boesch, the head coach writes, "Single parent families, low to no income, referrals from the criminal justice system, fencing has become family for these kids. When they attend a tournament it is the only chance they have ever had to leave Lincoln. There's no guarantee these kids will make the Olympics, but some of these kids could do quite well, maybe get into college."

**Salle Loomis:** This club from Mountain Home, Idaho, promotes youth fencing in its community and many of its kids participate in USFA national events. USFA fee waivers will be used to help defray the entry fee and USFA membership costs of struggling kids. •

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## 2000 USFA Developmental Grant Fund

The USFA Development Grant Program was created to assist programs dedicated to developing young fencers from economically deprived backgrounds and to broaden the base of American fencing by combating financial barriers that prevent potential athletes from participating in the sport. At its annual meeting in September, the Board of Directors renewed its appropriation of \$10,000. Of this amount, \$4,000 will be distributed as cash grants and \$6,000 will be awarded in the form of membership and competition entry fee waivers. Applications for Development Grants are now being accepted from groups that meet the criteria outlined below.

### Development Grant Eligibility and Application Rules

1. Grants will be awarded only to organizations such as fencing clubs, park and recreation departments, foundations, civic organizations, educational institutions, and others that demonstrate not-for-profit status as part of their applica-

tion package. Awards will not be given to individuals.

2. Proposals must include a description of the applicant organization, a list of its specific programs and goals as they apply to youthful fencers from economically distressed backgrounds, and an explanation of the intended use of the grant. Applications must differentiate between requests for cash and in kind awards, but may combine proposals for both forms of assistance.

3. Awards will be granted only to organizations that have specific goals and programs designed to introduce fencing to disadvantaged young people or to instruct and train youthful fencers from economically distressed backgrounds.

4. Grant proposals must be submitted to the President of the USFA c/o the National Office in Colorado Springs. Applications must be received in the USFA office by March 1, 2000. Late applications will not be reviewed or considered.

The final decision on Development Grant awards will be made by the USFA Board of Directors. USFA President Donald W. Alperstein will appoint a Grant Proposal Review Committee to evaluate all complying applications and report its findings to the Executive Committee. It is expected that the Executive Committee will report recommendations for consideration by the Board of Directors at its July meeting. •

USFA Developmental Grant Fund  
by the Numbers

**Establishing in 1998.**  
**Initial Appropriation: \$4,000**

**1999 Appropriation: \$9,000**

**2000 Appropriation: \$10,000**  
**Cash Grants: \$4,000**  
**Membership/Waivers: \$6,000**

**2000 Grant Proposals  
Due March 1, 2000**

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# A Psychophysiological View of Fencing: The Mind-Body Connection

by Nicole J. Detling, B.A., Aynsley M. Smith, R.N., Ph.D., John Heil, D.A.,  
Angela D. Hartman, M.S., & Steven B. Finnie, M.Ed.

Fencers need to maintain their concentration and emotional balance under combat conditions while displaying speed, endurance, strength, precision, flexibility, and quick reactions, as well as controlling physiological intensity. To excel in fencing requires the mind and body to work in harmony. Cliff Bayer, recent World Cup gold medalist, recognizes this important mind-body relationship calling the sport an intellectual exercise.

Investigators at the Mayo Clinic Sports Medicine Center have been analyzing the relationship of mind and body in sport (hockey goalies, golfers, baseball catchers, and figure skaters) and in high performance professions (health care providers, musicians). The mind-body relationship has also been examined with an elite fencer and is described below. The common thread that binds these high performers together is the need to perform complex motor skills under a high level of psychophysiological intensity.

The Mayo Clinic Sports Medicine Center system combines information from psychological tests with heart rate (HR) telemetry (wireless monitoring of heart activity) and live videotaping of practices and competitions to guide each athlete to a better understanding of how his/her mind and body work best together. By identifying the mood state or level of state anxiety and superimposing the athlete's HR onto a videotape recording of his/her sport performance, the athlete can better identify the psychophysiological zone in which he/she performs best. By studying many successful athletes in the same sport, a zone of the optimal level of psychological and physiological variables can be identified for each sport.

Some people believe that if the HR is high the athlete is anxious, or conversely if the HR is low the athlete is relaxed. Through their research on ice hockey goalies and other athletes, Mayo researchers understand this is not always the case. Many times, athletes who are physically and mentally fit are feeling

calm while their body responds to excitement (adrenaline) with a fast HR. The high level of arousal they experience can contribute to fast reaction time and an excellent performance. The key factor seems to be whether or not the athlete is embracing and looking forward to the event or whether the athlete is frightened and dreading the competition, thus experiencing high anxiety combined with a high HR.

For example, in fencing, changes in HR can be examined in relation to specific offensive and defensive actions, to change of momentum in the bout, and to tactical adjustments, in addition to studying how fencers use the time between touches to compose themselves and prepare for the next action. Changes in HR can also be analyzed in relation to success and failure, to the score, and to the importance of the event. See Figure 1 for a depiction of the way an athlete's HR is displayed onto the videorecording.

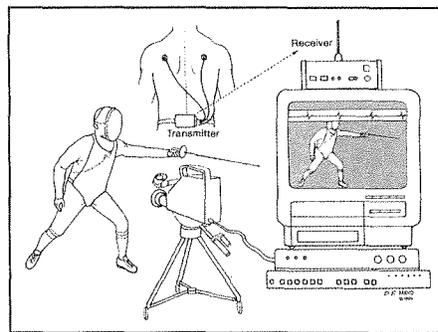


Figure 1

## Case Study of an Elite Fencer

An elite fencer was referred to a sport psychology consultant for mental skills training. Upon the initial interview with the sport psychology consultant, it was found that the biggest stressors in fencing were questioning whether or not his/her best effort was good enough, inconsistency, and losing in the first direct elimination bout. The fencer believed the relationship with the coach was positive and that overall social support was just right.

Any pressure experienced was generated from within. The fencer performed well in the pools at national com-

petitions, but struggled with a tendency to fade as he progressed through direct elimination bouts. The Profile of Mood States (POMS), a measure of psychological mood, was administered. The POMS scores for this fencer were inconsistent with the iceberg profile that is associated with elite athletes, and suggested the need for a comprehensive intervention which blended mental skills training with life-style adjustments. When athletes have a POMS profile on which tension, depression, anger, fatigue, and confusion are low, the vigor (energy) score is usually high.

In this ideal mental state, the athlete feels energetic and positive, mentally fit, and ready to compete. Athletes with the opposite mood state profile are often using their body's precious energy to fight off negative feelings leaving them less mentally fit for their competitive event. Athletes with the ideal POMS profile are able to concentrate better and use psychological skills appropriately as necessary. This initial psychological profiling served as a starting place for a more comprehensive mind-body analysis, which was developed through the use of HR analysis in conjunction with videotaping the fencer's performance.

The fencer's performance was monitored using HR telemetry during a series of morning and evening practice bouts. During the morning bouts, mean HR was 116 bpm two minutes prior to the match, 147 bpm during the match, and 133 bpm two minutes after the match. In the afternoon, mean HR was 133 pre-match, 132 during the match, and 119 post-match. Despite the variation in HR between the morning and evening sessions, the slow return to baseline suggested inadequate physiological conditioning.

After reviewing this data as well as the fencers' current conditioning program with a strength and conditioning specialist, a fitness program was established. This program consisted of a mix of running, biking, fast walking, and swimming for aerobic endurance ben-

*continued on page 18*

*continued from page 17*

efits; DOT Drills (a series of dots laid out on a mat, the athlete must jump from one dot to the next, in order, as quickly as possible) to increase foot speed; along with juggling and hacky sack were suggested to increase reaction time. The athlete also began a strengthening and stretching program specific to fencing, under the supervision of a physical therapist and was referred to a nutritionist.

The fencer worked with the sport psychology consultant to develop a performance script to boost mental readiness, which was rehearsed before each competition. This script included the fencer's own words and phrases to access the mental state needed for a best performance.

After beginning this training program, the fencer's best performance was markedly improved, but inconsistency was still a problem. The fencer acknowledged slacking off from the psychological and physical training aspects of the program after enjoying some success. This realization motivated the fencer to resume the program. In re-

sponse to slacking off then choosing to integrate the program back into his/her routine, the fencer stated, "After I stopped the program I realized how important it was so I started back up again. It's working out pretty well now. I am still doing it and it seems to be pretty helpful." To further motivate the fencer, an individualized mental imagery audiotape was prepared for upcoming World Cup events, further guiding him in preparation for the specifics of each competition.

The right balance of mind and body during fencing competition is critical to success. By better understanding the psychological and physiological demands of a sport, athletes can be more effectively trained to perform their best on a consistent basis. Our case study fencer stated, "I found the assessment to be really helpful. It was great to see what my heart rate was doing during and after the matches. Now I am learning how to get my resting heart rate down so that I can recover faster between matches and have it accelerate when I need it so I can perform effectively. The program was very helpful."

Investigators at the Mayo Clinic Sports Medicine Center hope to extend this case study into a larger investigation to ultimately define the zone for fencers across weapon groups (foil, epee, and sabre). Only by understanding the psychological and physiological demands of the sport can applied sport psychologists most effectively help fencers perform at their best on a consistent basis. This idea was recently proposed to the United States Olympic Committee (USOC). Although the USOC liked the general notion inherent within the proposal involving the integration of psychological, physiological, and situational variables, unfortunately the proposal did not receive financial support.

The research proposal has very strong support from the United States Fencing Association (USFA) sport psychology consultant, a national fencing coach who worked on the project, and the USFA. Mayo Clinic Sports Medicine Center investigators appreciate their interest and efforts and will continue to seek opportunities to continue this important research. •

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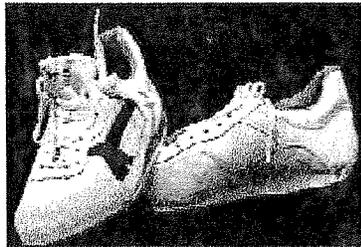
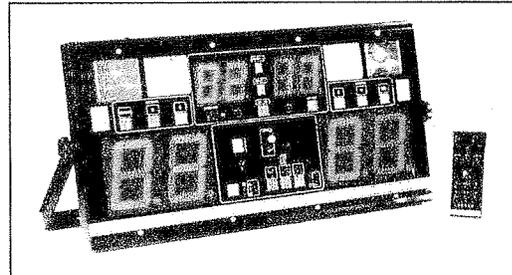
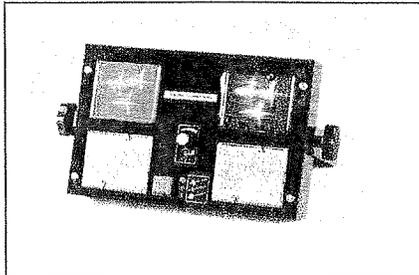


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## The Fencing Master

by Arturo Perez-Reverte

*Everyone in Madrid in the fall of 1868 is discussing political plots and revolution except for Don Jaime. A man of honor, he is an anachronism. An old school fencing master who believed fencing should be conducted as a matter of life and death and decried the development of fencing as sport. For years he has been perfecting an unstoppable thrust. Approached by a beautiful and mysterious woman with a scar at the corner of her mouth hinting at dark violence, against all convention, she asks the maestro to teach her the unstoppable thrust. Senora de Otero's weapons of charm and elegance overcome Don Jaime's reluctance and he agrees to test her skills, leading him into a plot of seduction, politics, secret plots and murder.*

They saluted, preparing themselves for the bout. Senora de Otero covered herself with absolute correctness; she held the foil with just the right degree of firmness, her thumb on the grip, her ring finger and little finger close together, keeping the guard at chest height and the point of the foil slightly higher than the wrist. She stood in the orthodox Italian fashion, offering the fencing master only her right profile, the foil, arm, shoulder, thigh, and foot all in one line, her knees slightly bent her left arm raised with the wrist apparently limp.

Don Jaime admired the graceful picture that the young woman presented, ready for attack like a cat about to pounce. Her eyes were narrowed, almost feverishly bright; her jaw line was set. Her lips, beautiful despite the scar, were now just a thin line. Her whole body seemed to be tensed, like a spring about to be released. Don Jaime, taking all this in with one professional glance, realized with some disquiet that for Senora de Otero this was much more than a capricious, eccentric pastime. Merely placing a weapon in the hands of this beautiful young woman turned her into an aggressive opponent.

Accustomed to understanding the human condition precisely through aggres-

sion, Don Jaime sensed that this mysterious woman was the guardian of some fascinating secret. That is why, when he held out his foil and stood on guard before her, he did so with the calculated care he would have taken when facing an opponent with an unprotected foil. He sensed that danger was lurking somewhere and that this game was far from being an innocent diversion. His professional instinct never deceived him.

They had only to cross sword for him to see that she had had an excellent teacher. He made a couple of feints to test his opponent's reactions; she replied calmly, keeping her distance and remaining on the defensive, conscious that her opponent was a man extraordinarily well versed in combat. Don Jaime could categorize opponents at once merely by observing the positions they assumed and by testing the firmness of their steel, and this young woman certainly knew how to fence.

She behaved with a curious combination of aggression and clam; she was perfectly ready to lunge, but she was cool enough not to underestimate a formidable opponent, however often he appeared to offer her opportunities to deliver a decisive thrust. She remained prudently in quarte, resting her defense on the upper third of her foil, quick to take avoiding action when the teacher changed tactics and came too close. Like all expert fencers, she did not look at the blades but into her opponent's eyes.

Don Jaime made a half thrust in tierce, intending it to be a false attack before he attacked in quarte – to test the young woman's reaction, because he still did not wish to touch her with his foil. To his surprise, she stood firm. And he saw the tip of the enemy foil flash only a few inches from his belly when with unexpected speed, she unleashed a low thrust in seconde, letting out a soft

grunt between pursed lips. He retreated, not without some embarrassment, furious with himself for having been so careless. The young woman recovered herself, took two steps back and then advanced one, again in quarte, her lips pressed together and looking into her opponent's eyes through half closed lids, in a pose of absolute concentration.

"Excellent," murmured Don Jaime loud enough for her to hear, but she showed no satisfaction at his praise.

---

"Don Jaime could categorize opponents at once merely by observing the positions they assumed and by testing the firmness of their steel, and this young woman certainly knew how to fence."

There was a vertical line between her eyebrows, and a bead of sweat ran down her forehead to her cheek. The skirt did not seem to encumber her movements; she held the foil with her arm slightly bent, aware of Don Jaime's slightest gesture. She was less beautiful like that, he thought, she was still

beautiful, but also something dark and wild.

Senora de Otero did not move sideways, she kept the line and maintained the correct measure on which purists were so keen and which Don Jaime himself recommended to his pupils. He advanced three steps, and she responded by retreating three. He made a thrust in tierce, and the young woman opposed him with an impeccable counterparry in quarte, describing a small circle with her foil around the enemy blade, which was turned aside by the maneuver.

He silently admired the clean execution of that defense, considered to be the most important of the principle parries; anyone who mastered it knew all there was to know about fencing. He waited for her to lunge immediately in quarte, which she did; he neutralized the attack and delivered a thrust over her arm

*continued on page 22*

*Excerpt from The Fencing Master.  
©1998 by Arturo Perez-Reverte.  
English Translation ©1998 by  
Margaret Jull Costa.*

continued from page 21

which would have hit home had he not deliberately stopped about an inch short. The young woman noticed this, stepped back without lowering her foil, and looked at him, eyes blazing.

"I'm not paying you so that you can just toy with me as if I were one of your beginners, Don Jaime." Her voice trembled with ill-contained anger. "If you're going to hit me, then do so."

He stammered an apology, amazed at her furious reaction. She merely resumed her frown of concentration, and suddenly lunged forward so violently that he barely had time to interpose his foil in quarte, although the force of the attack obliged him to step back. He attacked in quarte to keep his distance, but she continued her assault, engaging, attacking, and advancing with extraordinary speed, marking each movement with a hoarse cry. Less troubled by the nature of the attack than by the young woman's passionate determination, Don Jaime continued to retreat, staring as if hypnotized, at the terrible expression contorting his opponent's face.

He broke ground again, but she advanced again, engaging and thrusting in quinte and attacked in seconde. "Enough is enough," thought Don Jaime, determined to put an end to this absurd situation. But the young woman still had time to engage in tierce and attack in quarte over the arm before he had completely recovered himself. With considerable difficulty, he managed to extricate himself and, standing firm, waited for her to present her foil horizontally. He disarmed her with a short, sharp blow on the blade and almost simultaneously raised his foil and held the tip to her throat. As her weapon fell to the floor, she jumped back, staring at the threatening foil as if a serpent were about to bite her.

They exchanged a measured, silent look. To his surprise, the fencing master noticed that the young woman no longer appeared angry. The anger that had contorted her features during the fight gave way to a smile in which there was a flicker of irony. He realized that she was glad to have given him a hard bout, and this irritated him. •

## Penn State Open Results

### Men's Sabre

1. I. Lee (St. John's)
2. Krochmalski (WSU)
3. M. Stahlhut (Penn State)
3. Efsthathoiu (MIT)
5. Fabricant (UND)
6. Crompton (UND)
7. Morehouse (Brandeis)
8. Herganhan (St. John's)

### Men's Epee

1. Gurevich (St. John's)
2. D. Landgren (Penn State)
3. Burrell (Princeton)
3. Roytblatt (St. John's)
5. Nazarov (Rutgers)
6. Casas (UND)
7. Weikel (Yale)
8. Levit (St. John's)

### Men's Foil

1. Gang Lu (Penn State)
2. Cohen (Penn)
3. Fisher (St. John's)
3. McGill (Penn State)
5. Debic (UND)
6. Lidow (Penn State)
7. Reagan (Princeton)
8. Nivelles (Princeton)

### Women's Sabre

1. Mustilli (St. John's)
2. Treiber (UNC)
3. A. O'Neill (Penn State)
3. Neumann (UNC)
5. S. Tam (Penn State)
6. Mazur (UND)
7. Purcell (MIT)
8. Ferris (FDU)

### Women's Epee

1. Takacs (St. John's)
2. O. Korfanty (Penn State)
3. S. Eim (Penn State)
3. Carnick (UND)
5. Stevens (St. John's)
6. J. Burke (Penn State)
7. Korony (Temple)
8. Lawrence (Princeton)

### Women's Foil

1. C. Esteva (Penn State)
2. Kalkina (OSU)
3. Petschnigg (Princeton)
3. C. Walker (Penn State)
5. Jennings (Columbia)
6. Szotyory (Princeton)
7. Groes (OSU)
8. Rostal (Princeton)

## Thompson Wins Bronze at World Cup

Epee fencer Soren Thompson of San Diego, Calif., won a bronze medal at the Junior A World Cup, November 7 in Catania, Italy. He defeated Slovakia's Gabor Asvani 15-10 in the round of 64, then dealt Rouven Ackermann of Germany a 15-11 defeat in the round of 32. Next he defeated Romania's Bertalan Arcosi 15-8 in the round of 16, and followed with a 15-13 victory over Mario Boettcher of Germany in the quarterfinals. Thompson lost in the semifinals to eventual silver medalist Bernhard Frank of Germany, 15-14, to finish tied for third place.

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### Cadet Men's Épée

1. Solomon, Benjamin (Ohio)
2. Guevara, Joshua (Texas)
3. Lee, Martin (Calif.)
3. Perry, Cameron (Colo.)

### Cadet Men's Foil

1. McGuire, Joshua (Canada)
2. Sinkin, Gabriel (N.Y.)
3. Gerberman, Steven (Texas)
3. Woodhouse III, Enoch

### Cadet Men's Saber

1. Zagunis, Marten (Ore.)
2. Hagamen, Timothy (N.Y.)
3. Magee, Andrew (Ky.)
3. Momtselidze, Mike (Kan.)

### Cadet Women's Épée

1. Jacobson, Raelyn (Calif.)
2. Gearhart, Sherice (Tex.)
3. Kehoe, Rebecca (N.Y.)
3. McGlade, Jasmine (Colo.)

### Cadet Women's Foil

1. Thompson, Metta (N.Y.)
2. Thompson, Hannah (N.Y.)
3. Leahy, Jacqueline (N.Y.)
3. Stinetorf, Chloe (Calif.)

### Cadet Women's Saber

1. Jacobson, Sada (Ga.)
2. Macarow, Amy
3. Providenza, Valerie (Ore.)
3. Rake, Madeline (Kan.)

### Youth-14 Men's Épée

1. Perry, Cameron (Colo.)
2. Adjemian, Aaron (Texas)
3. Habermann, Blake (Colo.)
3. Myers, Seth (Ohio)

### Youth-14 Men's Foil

1. Perry, Cameron (Colo.)
2. Kirk-Gordon, Dimitri (Ga.)
3. Patterson, Hunter (Wash.)
3. Woodhouse III, Enoch

### Youth-14 Men's Saber

1. Thanouser, William (Ore.)
2. Kloeppe, Benjamin (Kan.)
3. Stearns, Matthew (Minn.)
3. Zich, Matthew (N.Y.)

### Youth-14 Women's Épée

1. Kercsmar, Anne (Ohio)
2. McGlade, Jasmine (Colo.)
3. Rose, Alexa (N.J.)
3. Vedder, Leslie (Colo.)

### Youth-14 Women's Foil

1. Florendo, Jessica (N.Y.)
2. Leahy, Jacqueline (N.Y.)
3. Cross, Emily (N.Y.)
3. Rush, Allison (Colo.)

### Youth-14 Women's Saber

1. Providenza, Valerie (Ore.)
2. Rake, Madeline (Kan.)
3. Jacobson, Emily (Ga.)
3. Parker, Sarah (Ga.)

### Youth-12 Men's Épée

1. Baldwin, Scott (Ind.)
2. Kubik, Mark (Texas)
3. Miller, Daniel (Ga.)
3. Moore, Nathan (Pa.)

### Youth-12 Men's Foil

1. Chinman, Nicholas (Colo.)
2. Meyers, Brendan (N.Y.)
3. Berkowsky, Jonathan (N.J.)
3. Heimsath, Andrew (Texas)

### Youth-12 Men's Saber

1. Rake, Marshall (Kan.)
2. Wolff, John (Ga.)
3. Berkowsky, Jonathan (N.J.)
3. Quirk, Ian (Calif.)

### Youth-12 Women's Épée

1. Park, Rachael (Ky.)
2. Smith, Morgan (N.Y.)
3. Byerts, Keri (N.Y.)
3. Parker, Melissa (Texas)

### Youth-12 Women's Foil

1. Rush, Allison (Colo.)
2. Finkel, Kelsey (N.Y.)
3. Glasser, Allison (Calif.)
3. Svengsouk, Jocelyn (N.Y.)

### Youth-12 Women's Saber

1. Parker, Sarah (Ga.)
2. Bartoszewicz, Ann (N.J.)
3. Bass, Molly (Texas)
3. Siebert, Lillian (Kan.)

### Youth-10 Men's Épée

1. Miller, Stuart (Ga.)
2. Grubb, Ryan (Pa.)
3. Kubik, Steven (Texas)
3. Mansfield, Christophe (Utah)

### Youth-10 Men's Foil

1. Parkins, Benjamin (Texas)
2. Kubik, Steven (Texas)
3. Jones, Stephen (Wis.)
3. Mansfield, Christophe (Utah)

### Youth-10 Men's Saber

1. Igoe, George (N.Y.)
2. Kolasa, Thomas (N.J.)
3. Douville, Michael (Ga.)
3. Gordon, Joseph (Calif.)

### Youth-10 Women's Épée

1. Kroeker, Kathryn (Tenn.)
2. Zero, Natalia (Ill.)
3. Martersteck, Emily (Colo.)
3. Sriram, Annapurna (Tenn.)

### Youth-10 Women's Foil

1. Coates, Megan (N.Y.)
2. Marinello, Samantha (Ill.)
3. Hirschfeld, Rebecca (N.Y.)
3. Martersteck, Emily (Colo.)

### Youth-10 Women's Saber

1. Jacobson, Jackie (Ga.)
2. Bass, Molly (Texas)
3. Kohn, Jeri (Neb.)
3. Park, Casey (Ky.)

## NAC Cadet/Junior

Pittsburgh, Pa.

November 5-8, 1999

### Junior Men's Épée

1. Kelsey, Cadet (Colo.)
2. Viviani, Jansson (N.Y.)
3. Seguin Jean-Pierr (Canada)
3. Solomon, Benjamin (Ohio)

### Junior Men's Foil

1. Fisher, Joseph (N.Y.)
2. Eriksen, Kevin
3. Gerberman, Steven (Texas)
3. Merritt, Davis

### Junior Men's Saber

1. Parker, G. Colin (Ga.)
2. Szelle, Gabor (Hungary)
3. Lee, Ivan (N.Y.)
3. Yilla, Ahmed (N.Y.)

### Junior Women's Épée

1. McConkey, Marina (Can.)
2. Campbell, Lindsay (Ohio)
3. Dunnette, Catherine (Can.)
3. Walton, Kerry

### Junior Women's Foil

1. Ament, Andrea (Ohio)
2. Petschnigg, Eva (Australia)
3. Cavan, Kathryn (N.Y.)
3. Thompson, Metta (N.Y.)

### Junior Women's Saber

1. Jacobson, Sada (Ga.)
2. Pack, Catherine (N.J.)
3. Gaillard, Amelia (Ga.)
3. Gelman, Julia (N.Y.)

### Cadet Men's Épée

1. Solomon, Benjamin (Ohio)
2. Seguin, Jean-Pierr (Can.)
3. French, Timothy (Texas)
3. Guevara, Joshua (Texas)

### Cadet Men's Foil

1. Sinkin, Jeremy (N.Y.)
2. Woodhouse III, Enoch
3. Gerberman, Steven (Tex.)
3. Snyder, Derek (Calif.)

### Cadet Men's Saber

1. Rogers, Jason (Calif.)
2. Clement, Luther (Kan.)
3. Chernov, Ilan (Calif.)
3. Douville, David (Ga.)

### Cadet Women's Épée

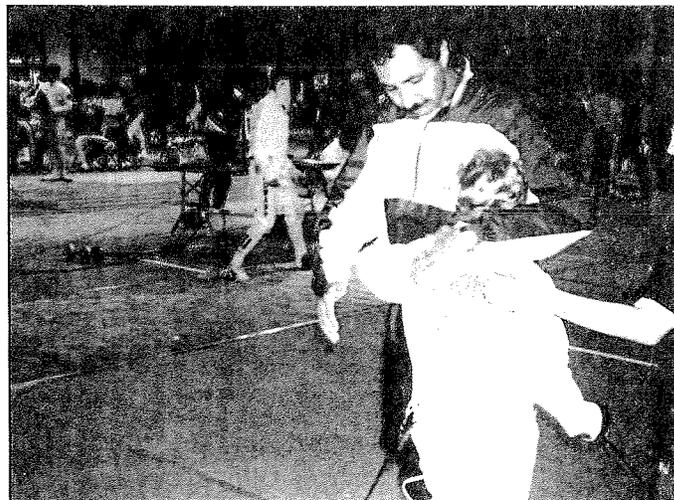
1. Jacobson, Raelyn (Calif.)
2. Gearhart, Sherice (Texas)
3. Hohensee, Kira
3. Szarwark, C. (Tenn.)

### Cadet Women's Foil

1. Luitjen, Cassidy (Texas)
2. Thompson, Hannah (N.Y.)
3. Cross, Emily (N.Y.)
3. Thompson, Metta (N.Y.)

### Cadet Women's Saber

1. Jacobson, Sada (Ga.)
2. Gaillard, Amelia (Ga.)
3. Gelman, Julia (N.Y.)
3. Macarow, Amy



*Benjamin Parkins of Texas won the Youth-10 Men's Foil title at the NAC Youth/Cadet in St. Paul, Minn.*

## Technical Talks

by Joe Byrnes

Anybody who has ever seen me around a fencing site has probably noticed the clusters of wires, plugs, and other doo-hickies suspended from my belt loops. They are practically a part of me. In fact, on one occasion when I had omitted packing them and they weren't there, I had a lot of improvising to do.

Usually two of these things are what are called multi-tools. That is to say, they are more sophisticated advances on the Swiss Army knife. Actually, if you look closely, you'll see that I always have a genuine SAK as one of the doo-hickies. Apart from the knife blade, the part of it that gets most use is the smallish screwdriver point on the bottle-opener. That happens to be the perfect size for coping with all sorts of set screws that we encounter in body cords, floor cords, foil twist-lock assemblies, etc.

The most useful item in any multi-tool is the pliers, I think. That's one reason why I usually carry two of them, not identical, and I try to vary the style of the plier assembly. A needlepoint type of pliers will work well in some circumstances when a blunt point won't, but you may need the blunt point too on occasion. Trying to cope

with some of those French-type nut-assembled two-pin foil and saber body cord plug sockets practically calls for the double approach. And if one of the plier units can be used at an angle, all the better.

I can hear the usual complaint about the combined tool – They work, all right, but not very well. Unfortunately, that's probably true. I will agree that the usual multi-tool will let you do all sorts of things after a fashion, sometimes nearly as well as you could accomplish with a real, dedicated tool, although with more expense of effort and frustration. But if you don't have such an ideal at hand?

I speak as a kind of multi-tool freak, I fear. It hadn't really occurred to me that I was perhaps in any way being peculiar, until last year when I was filling out the registration card for a new acquisition. The supplemental info sought by the manufacturer, for doubtless Machiavellian goals of their own, asked, "Do you own other similar multifunction tools? If so, how many: 1, 2, 3, 4, 5, 5+?" That 5+ got to me. I hadn't given much thought to my obsession, if that's what it is, but by now, if you count SAKs, I have getting on for three

dozen of these things. Not all of them lend themselves to being carried at your average fencing competition, of course.

I generally have one of my Leatherman models at hand (there's a particular reason for that, even though I don't actually use that function very often). The other such tool is whatever I fancy trying out on that occasion, though I admit that some of the more specialized versions have yet to see an outing and just occupy space in my collection.

So far as I have observed, only the larger Leatherman models (and the Schrade Tough Tool incidentally) actually have a really small screwdriver tip that will get into the slots of epee and foil point screws, even Uhlmann foil types, so long as they are not flattened or distorted. Of course, when you have that itsy-bitsy screwdriver properly swung out to function, the overall balance of the tool is not quite what you would have with a proper, neat little real jeweler's screwdriver. And you would have some trouble getting and keeping the tip magnetized, if such was your desire. But do you want everything? And think of all the other things you can do with just one gadget. •



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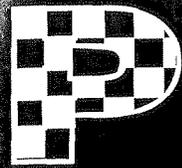
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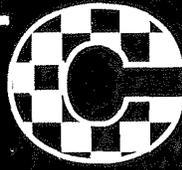
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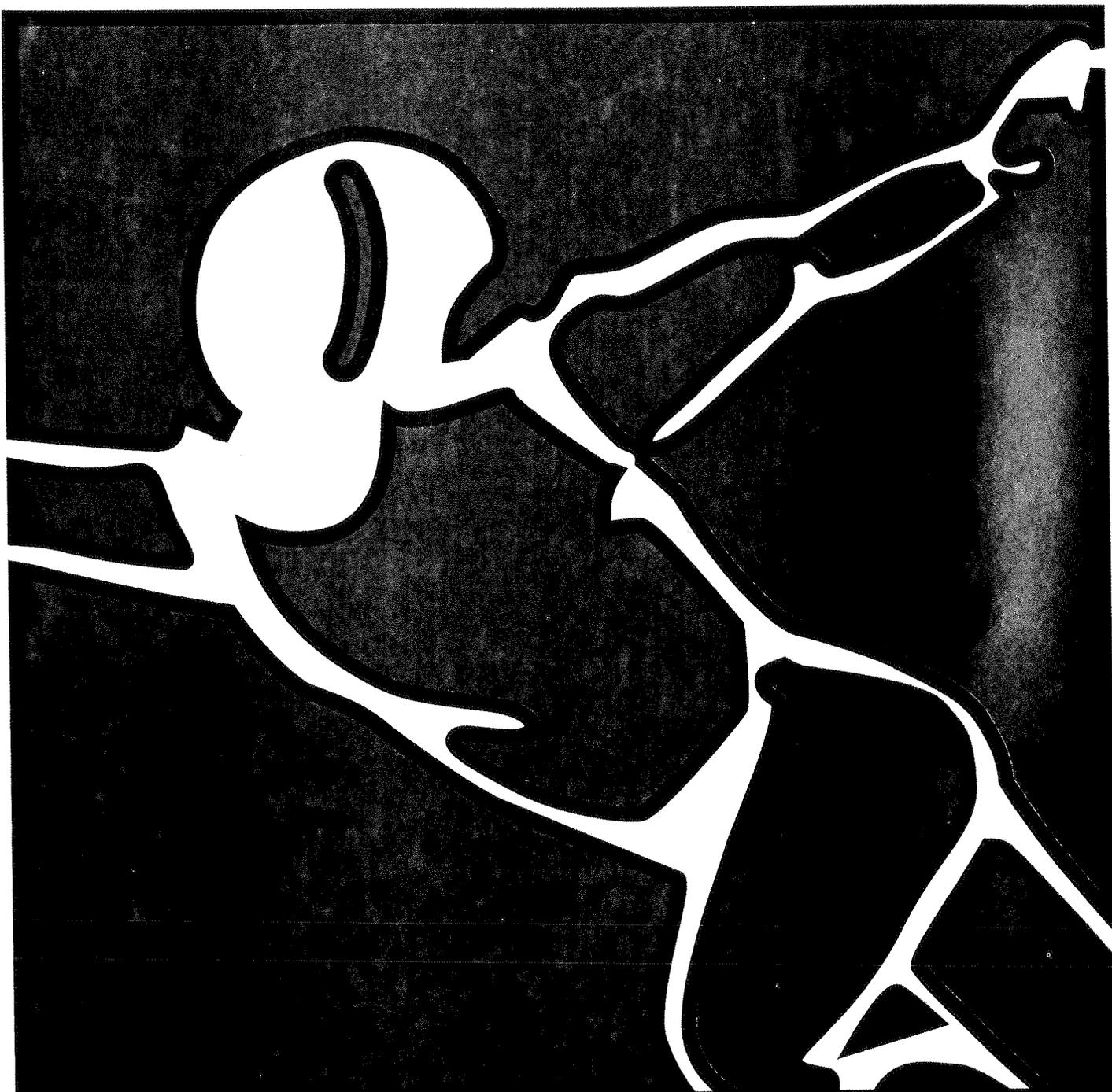
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