

# ***EN GARDE!***

May 1990 \$4 A New Fencing Magazine Vol. 1, No.2

**1990  
NEW  
YORK**

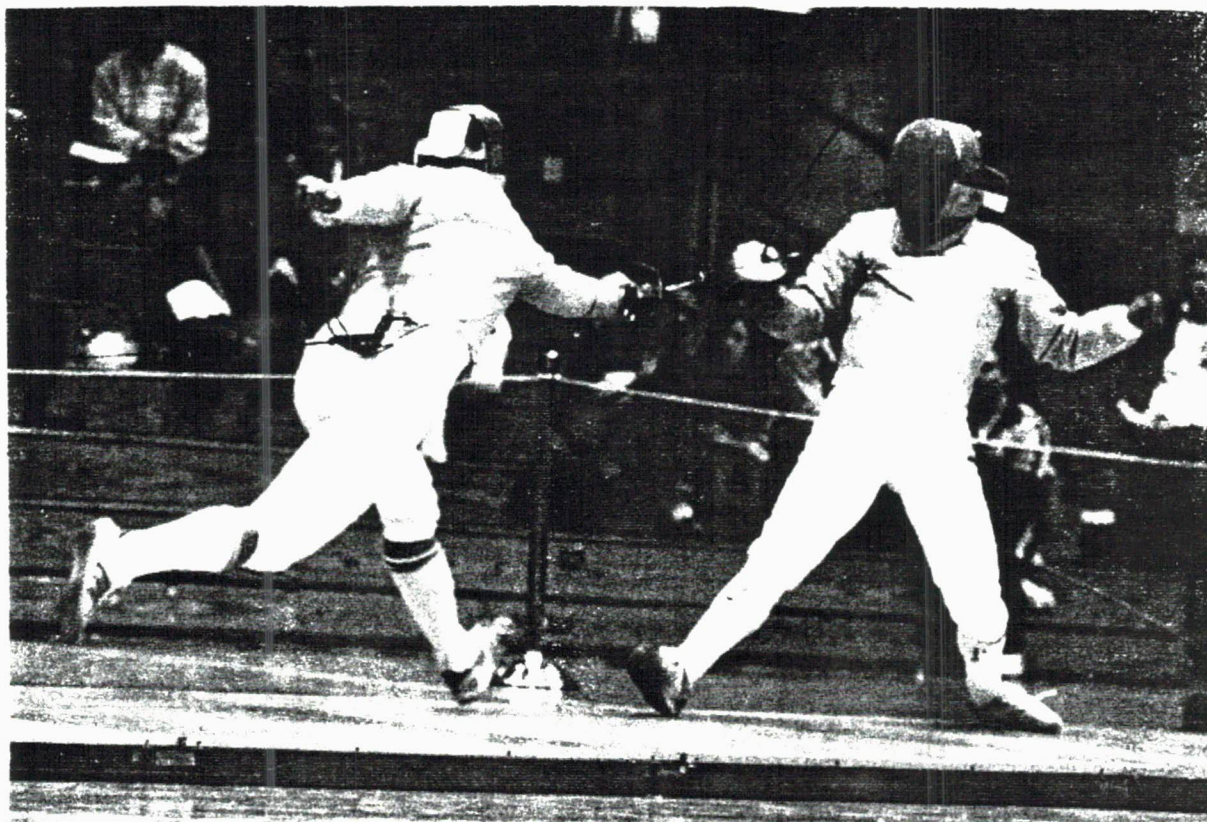
INTERNATIONAL



**SABRE**

TOURNAMENT

*World Cup Sabre Results on page 21, Subscription Information on page 6.*



1990 World Cup Sabre, New York City: One of the spectacular fleches of Imre Bujdosó of Hungary, which took him to his first place finish in the Challenge Enterprise Press. Here he attacks Philippe Delrieu of France (eighth) in the first bouts of the finals. For complete results see page 21.

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**En Garde!   En Garde!   En Garde!   En Garde!   En Garde!**



# En Garde!

*En Garde!* will bring you two things you won't find anywhere else: **in-depth** training coverage and **out-in-front** results coverage.

## I. In-depth training coverage

Training for fencing involves physical, technical, tactical, and psychological preparation. *En Garde!* will keep you informed on the best methods and the key developments in each of these important areas. *En Garde!* presents to you information which will help you improve your fencing skills and results, and deepen your understanding of fencing, regardless of your age or skill level. If you have questions about fencing, share them with *En Garde!* Each issue has space reserved for answering your questions. *En Garde!* also features interviews with top competitors. If you read *En Garde!* carefully and apply it to your fencing, you can only become a better fencer.

*En Garde!* is for coaches, too. Fencing has had, and currently follows, many different schools and systems, but *En Garde!*'s approach is pragmatic, not dogmatic. You will find it easy to use the articles printed here to reinforce your lessons and instruction. The methods and information that *En Garde!* provides are not personal opinions, but based on studies and research, as well as the experience of coaches from around the world.

## II. Out-in-front on results

*En Garde!* will appear eight times during the fencing season, or approximately every 6-8 weeks. It will cover North American Circuit events, providing complete results. It will also cover major Canadian and international competitions, as well as local competitions for which we receive results.

## III. Future issues

Future issues will continue with discussion of training

related topics, as well as addressing readers' questions. The upcoming summer issue will cover the 1990 National Championships, as well as catch up on selected world cup events. *En Garde!* will also experiment with format changes from time to time, possibly combining issues to reduce operating expenses. Readers' suggestions are invited. Send them to the address in the masthead on page 4.

## IV. Readers' comments

We include some excerpts from responses by some of *En Garde!*'s first subscribers:

*"I would like to congratulate the staff for its premier issue of En Garde! Magazine, and what an issue it was! The articles I read were very informative and interesting. You promised that if I read En Garde! carefully and apply it to my fencing, I can only become a better fencer. This was the truth as I was able to readily use the instructive information. I found my management of distance and psychological preparation to be greatly improved since."*

-LDS, Berkeley, California

*"Having reviewed your En Garde! Magazine, I was pleased and satisfied by the depth of understanding and the clarity of many fundamental concepts published in the magazine. . . . Keep up the good work."*

-TH, Binghamton, New York

*"I have just finished avidly devouring my first edition of En Garde! Magazine and I am very impressed. As you must know, this magazine has no parallel in our dear sport; this is a landmark publication. . . . I wish you many years of success and I thank you for the ideas you have already sparked in my mind."*

-BF, Brooklyn, New York

Please see next page for copyright notice.

So, are you ready? Then *En Garde!*

## ALADAR KOGLER, *EN GARDE!*'S FOUNDER

Aladar Kogler was born and educated in Hungary, where he studied physical education and sports psychology, earning a Ph.D. in both of these subjects. He served as full professor of sports psychology at Comenius University in Bratislava, Czechoslovakia, as well as Chairman of the National Coaches Academy. For fifteen years, until he left for the U.S. in 1981, he was also head coach of the Czechoslovakian national fencing team.

Dr. Kogler was the first U.S. National Coach, and has been coach of the U.S. Olympic, Pan-American, World University Games, and World Championships teams. Currently, he

coaches at Columbia University, the New York Fencers' Club, and the New York Athletic Club.

In addition, he has published over ten books and twenty-five scientific studies, and directed the Sports Psychological Laboratory at Columbia University, while serving as the sport psychologist for Columbia athletics. Dr. Kogler's other appointments include Co-Technical Director of the Olympic Fencing Sports Medicine Project, and the Vice Chairman of the Sports Medicine Committee of the USFA.

**Cover Photograph:** The artwork used to advertise the 1990 New York Sabre World Cup Competition, Challenge Enterprise Press, held in New York City on March 17-18. The poster was designed by Gary McKee at the ad firm of Edgar House, House & Co., for the USFA. Special thanks for permission to reprint in *En Garde!* Note: Due to printing technique, colors are not necessarily true.



# Basic Concepts

## ***DIMENSIONS OF FENCING: THE PSYCHOLOGICAL- TACTICAL TYPES OF FENCER, Part 2***

### **IV. INDEPENDENT vs. DISRUPTIVE**

#### ***A. The Fencer with Independent Tactical Operation***

This fencer understands the tactical intentions of the opponent at the start of the opponent's action. He responds as the opponent would wish, allowing him to believe he controls the field of action, but this type of fencer adds one unexpected action, by which he

North American Circuit No. 1: Ben Atkins attacks Josh Huttenbach while fencing in the tableaux of the first circuit in Louisville, Kentucky. This wide six parry isn't quite wide enough.

achieves the touch. He typically dupes his opponent in this manner. This competitor creates continuations of attacks (remise) in which he excels. His tactic is 'composed' and based on precise, advanced technique, the art of anticipating actions, and the ability to respond appropriately to these actions.

For example, the opponent engages the blade in four in an advance with the (second) intention of provoking a disengage, and then delivering the final attack with a counterfour or six beat. The independent type fencer responds with a disengage as the opponent would wish, but then adds another movement (deceive) going around the opponent's counterfour or six beat and hitting him.

#### ***B. The Fencer with Disruptive Tactics***

This fencer understands the tactical intentions of the opponent, but does not respond to them in the first phase of a

## ***En Garde!***

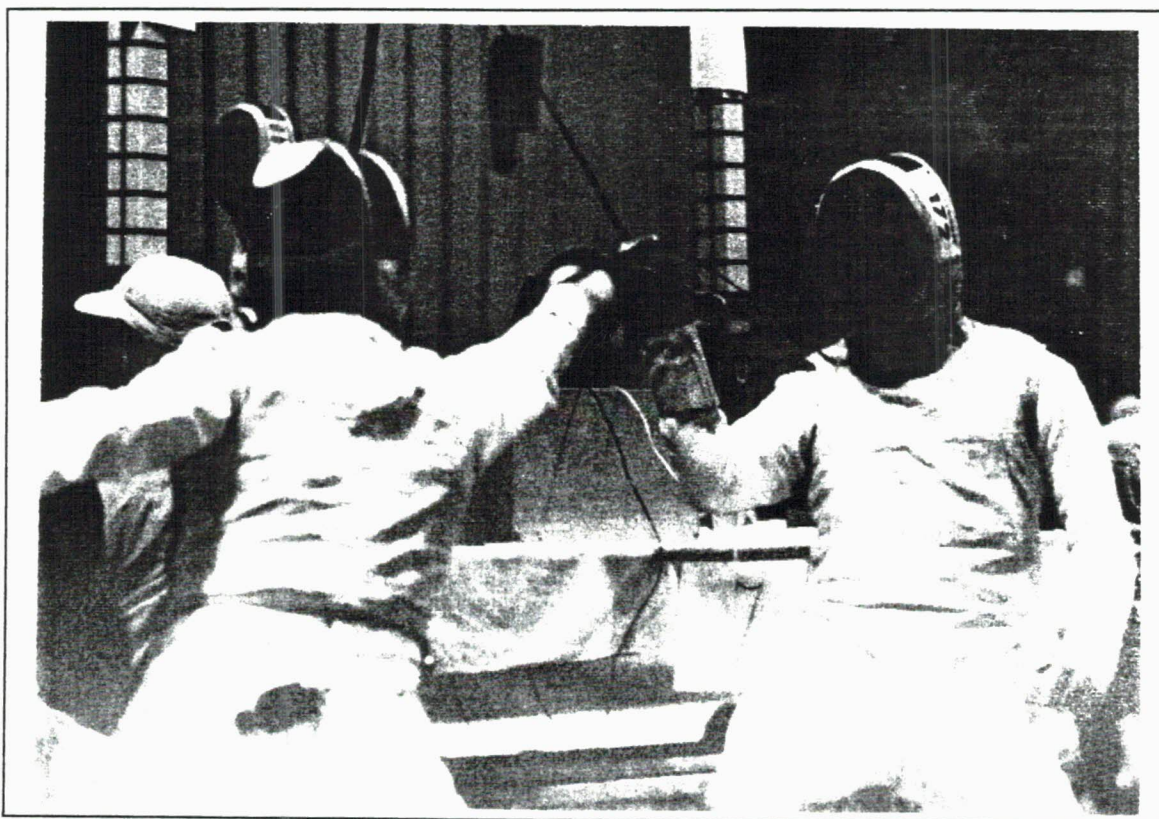
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**Published 8 times a year. We  
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**En Garde! Magazine**  
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given action. He uses simple actions to destroy the intended actions of his





opponent. He is inclined to use those simple tactics which result in short, well-executed actions. His tools are simplicity, speed, and effectiveness of actions.

As an example, the opponent begins the same action as described above. But the "disruptive" fencer does not respond to the opponent's engagement with a disengage. Instead he attacks into the opponent's preparation with a sharp 4 or counter-6 beat.

The characteristics of the remaining three pairs of types are evident in their names. They provide apparent yet nonetheless useful tools in classifying the opponent's tactical behavior. Remember that several types can apply simultaneously in the description of a fencer, and in fact, describing a fencer with more than one type might be the

**"The predetermined action is used when the fencer (based on analysis of the movements and intentions of the opponent) plans an action and awaits the suitable moment to execute it."**

only way to accurately understand and characterize him.

## **V. ONE-SIDED vs. MULTI-SIDED**

### **A. One-sided**

The one-sided fencer stays in one mode. It might be offensive, defensive or passive. He has a limited repertoire of tactics in attack or defense, or both. A good example is a fencer whose game is built around his parry-riposte.

### **B. Multi-sided**

The one-sided fencer's multi-sided counterpart, however, has expanded his

game so that he does not stay in any one mode. He might alternate and be defensive against an active offensive fencer, or disruptive against a planner type.

## **VI. CAUTIOUS vs. RISK-TAKING**

### **A. The Cautious Fencer**

The cautious fencer's trademark is patience, which insures he does not gamble. He is calculating in his tactics, often choosing to wait to capitalize on the mistakes of his opponent, and thereby reduce risks.

### **B. The Risk Taker**

The risk-taking fencer does the opposite. He often gambles on actions being effective when he has put himself

more detectable.

## **Identifying Tactical Types**

Identifying tactical types is very difficult. It requires long study of behavior in training and competition to cultivate expertise and intuition;

**"The disruptive fencer is inclined to use those simple tactics which result in short, well-executed actions. His tools are simplicity, speed, and effectiveness of actions."**

therefore, young fencers are especially in need of guidance from their coach. Coaches and competitors must know the basic characteristics and categories of fencing actions so that they can identify tactical types. A questionnaire can provide help with this process.

A simple questionnaire with four items is sufficient:

- A) Number of attacks with first intention
- B) Number of attacks with second intention
- C) Number of attacks with unanticipated finish
- D) Number of attacks with changing intention during the process of action (i.e., one action is planned, but based on the opponent's action, an altogether different action is used).

Over a two week period of heavy bouting, the fencer should record the number of different types of attack he has used. *Continued on next page.*

## **The 7 Dimensions**

**Active vs. Passive  
Offensive vs. Defensive  
Planner vs. Improviser  
Independent vs. Disruptive  
One-sided vs. Multi-sided  
Cautious vs. Risk-taking  
Large repertoire vs. Small**

## **LEARN TO KNOW THEM!**

in compromising distances or positions, so that if his action is unsuccessful he might be more easily hit.

## **VII. LARGE REPERTORY vs. SMALL**

### **A. The Large Repertory Fencer**

The fencer with a large repertoire does not place his entire type of game in one type of action. He has a large bag of tools to choose from, which enlarges the range of tactics on which he can draw. His tactical repertoire is colorful and diverse.

### **B. The Small Repertory Fencer**

This fencer, because of his limited repertoire of actions, has limited tactics compared to his counterpart above. This fact can often make his game



After the data has been recorded he can calculate how many different types of attack he uses and how often he uses them (% of total number of actions). For example, a fencer who used attacks with first intention 75% of the time, attacks with changing intention 20% of the time, and 5% other attacks can be characterized as "fast, with good reflexes both simple and complex." He relies mainly on anticipated actions with first intention, but executes them using good technique, and if necessary is able to change his intention and action in response to unexpected movement of his opponent. He does not have a large repertoire of fencing moves and tactics, as evidenced by his failure to use this knowledge. For attacks with second intention, or for attacks with unanticipated finishes, he relies mostly on speed, technique, and reflexes—as opposed to tactical intention or planning.

The fencing actions can be classified into the following categories from the tactical standpoint, which will help with the questionnaire:

#### *Unanticipated Actions*

- A) **Defensive Actions:** Executed reflexively through a parry or with a counterbeat used as riposte to unanticipated actions of opponent.
- B) **Offensive Actions:** Mainly unanticipated changes of tempo or continuations of attack.

#### *Anticipated Actions—Predetermined*

- A) **Actions with First Intention:** Different offensive actions which are planned and used in tactically suitable situations; also, anticipated defensive actions.
- B) **Actions with Second Intention** (utilizing movement reactions of the opponent): A masked attack is finished with a riposte in different tempo or with a continuation of initial attack (remise).

The predetermined action is used when the fencer (based on analysis of the

movements and intentions of the opponent) plans an action and awaits the suitable moment to execute it. The fencer can either await, or provoke, the situation appropriate for the execution of the planned action. Usually such predetermined actions are well executed, because the fencer can visualize the course of action precisely. For example, upon the opponent's approach or head feint, the fencer has already planned a beat-4 head cut.

#### *Partly Anticipated Actions*

At the onset, the intention is anticipated, but follow-up phases are not anticipated.

- A) **Actions (mainly attacks) with Unanticipated finish:** The attacker chooses the time, speed and method of beginning movements in the attack, but allows for variable finishes depending on reactions of opponent.

*Continued on page 18.*

## ***En Garde!***

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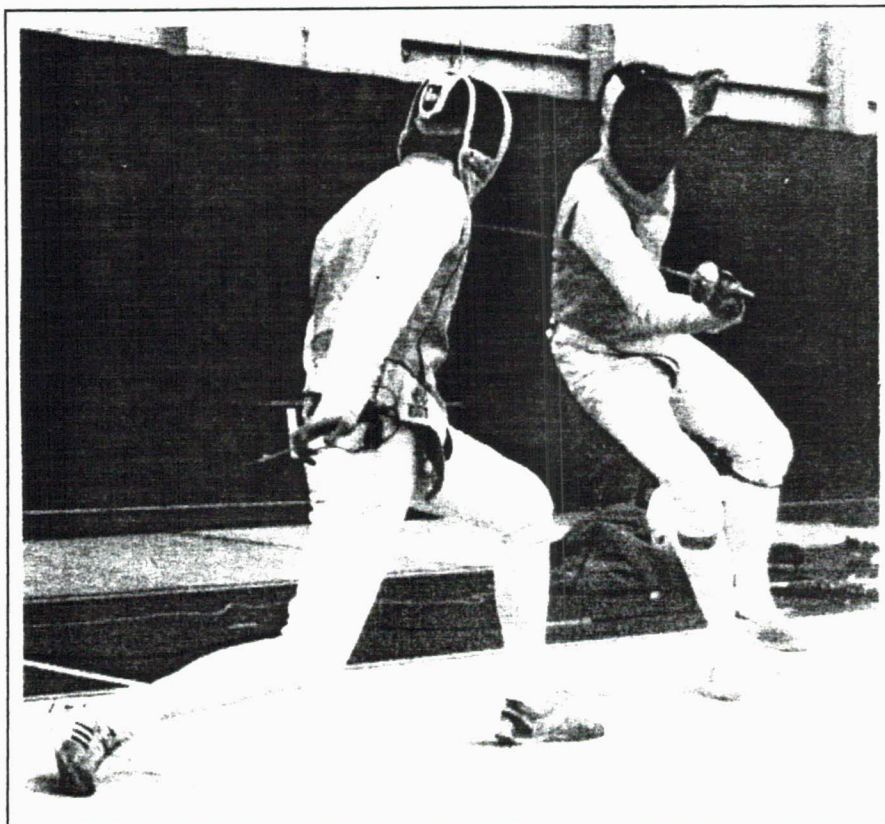
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# Basic Concepts

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## ***Psychological Preparation and Self-Mastery of the Athlete, Part 1***

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*The purpose of this ongoing article is to provide information to athletes and coaches about the methods of autoregulation predominantly used by Eastern European athletes. This article draws on many years of experience in the psychological preparation of top Eastern European athletes.*

Athletes and coaches have become increasingly aware of the importance of psychological preparation in their sport. This is true not only in the case of top athletes, but also for young and upcoming athletes as well. Research however indicates that athletes and coaches often do not know what the specific content or program of psychological preparation should be, nor exactly what psychological preparation can offer them. Usually the coach and athlete have good knowledge of the development of fitness, as well as physical abilities and technique, but they have less knowledge of how psychology can help, and how it can actually be utilized to optimize performance.

The coach and athlete often recognize the importance of psychological preparation when the athlete mentally "fails" in competition. They might then demand from a sport psychologist an effective method or program that can solve the problem(s) immediately or after only a few weeks. They are then however disappointed, as such methods do not exist.

Experience shows that without question psychological preparation can be

effective, and that it is effective only if it becomes an integral part of overall sport preparation.

### **What Does Psychological Preparation Consist of?**

Psychological preparation is a systematic program, which, by elucidating general principles of psychology and their effects on performance, helps the athlete learn and master mental techniques which

**"Experience shows that without question psychological preparation can be effective, and that it is effective only if it becomes an integral part of overall sport preparation."**

will help him to increase the effectiveness of his training and overall competitive performance.

The substance of psychological preparation is relaxation exercises, imagery exercises, and exercises for the development of concentration (attentional focus).

Not surprisingly the development of all these abilities is closely interrelated. We can say in general that the development of one of these abilities helps to develop the others. For example the athlete must be relaxed to induce effective imagery. And imagery is useful in learning techniques of relaxation. Similarly, with the help of imagery the athlete can improve his concentration. And by heightening

imagery skills, he will improve the overall ability to concentrate on the required task and situation. Hence the interrelated techniques of relaxation, imagery and concentration constitute the basis of psychological preparation, and as the above examples indicate, none of these techniques can be omitted or substituted for another or some additional technique to obtain the optimal psychological preparatory regimen.

Therefore every athlete should learn the methods which can help him optimally develop the necessary psychological aptitudes and abilities to improve performance. This means becoming familiar with the pertinent mental exercises, learning them, and regularly practicing them! The way to develop a psychological regimen through exercises is similar to training in any sport skill: practicing until the task becomes automatic and habitual.

As with sport training, mental exercises must also be practiced systematically. Improving the pertinent psychological functions in this way provides the most consistent and optimal results in training, and more importantly, competition.

Lastly, in order to implement and make psychological preparation effective, the motivation, interest and active cooperation of the athlete is a given requirement. The coach can provide important input here. Particularly as the task of explaining to the athlete the necessity of such training and its beneficial effects often falls upon him.

### **Psychological Problems in Preparation of the Athlete**

Because the traditional system of psychological preparation has the character of heteroregulation (i.e., regulation by another), many psychologists have applied their clinical experiences when working with athletes, and attempted to establish a



psychotherapeutic relationship with the athlete.

Problems can arise as the athlete often either refuses or rejects the role of being a patient, or passively adopts, or becomes dependent on another individual. Therefore it is useful to supplement the system of

**"Therefore it is useful to supplement the system of psychological preparation with methods which emphasize the independence of the athlete, the development of self-education, selfknowledge, and self-control."**

psychological preparation with methods which emphasize the independence of the athlete, the development of self-education, self-knowledge, and self-control.

This road has been proven empirically by old systems of achieving psychological equilibrium (e.g., yoga, zen, etc.), in which a collaboration between the teacher and student is fundamental, but the main emphasis and effort lies with the student. In this collaboration the student's goal is to achieve the fullest possible control over his mind by building a psychological independence from the disturbing and distracting external environment and internal stimuli.

It is necessary to supplement psychological preparation with practical self-preparation exercises, the goal of which is to create an active, spontaneous and creative approach both to training and competition.

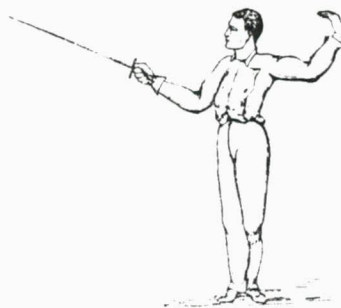
In summary, few athletes are able to attain the optimal pre-competitive mental state—that mental state which promotes the ability of the athlete to produce at increasingly improved levels of performance. It is therefore useful to have and follow a methodology by which such a state may be effected. The resulting self-regulation of the athlete is fundamental to optimal competitive results.

Systems of autoregulation are among the most significant means of mental state regulation. In these methods, the basic concept used is one which allows the athlete to "escape" from the negative influences of the internal and external environment. This concept is an old idea which can be traced back to disciplines such as Kung fu and yoga.

—AK

*End of Part 1.*

*This topic will be part of an ongoing discussion in En Garde! See upcoming issues for the continuation.*



## Classifieds

The staff wishes to thank Dr. Rudy Volkmann for his generous support and contribution to *En Garde!* An ad for his unique fencing dummy appears on page 9.

Black and white and color photographs of the 1989 World Championships are available for sale. Write to:  
**En Garde! Magazine/Photographs.**

## INTERVIEWS

### Zsuzsa Janosi:

Excerpts from an interview that appeared in *Vivo Hirado* [Hung.: *Fencers' News*] by Iren Borovsky. Zsuzsa Janosi is a 26-year-old member of the Hungarian women's foil team. She started fencing at the age of 11 and made the junior national team at 16. She has won numerous World Cup events. Her husband, Zsolt Nemeth, is also an elite fencer. We publish this interview to show how a fencer develops and to give insight into the intensity of training required to achieve world class results.

**Q.** What do you think it will take for you to win a gold medal in a world championships or Olympics?

**A.** I think good luck, as well as good fencing, is needed. I have only been able to expect really top results for the last two years. First, I needed experience in international competition. Only then could I expect success. Also, in my opinion, it's not good for a young competitor to switch coaches too often. In my own case, it was difficult to make constant adaptations to new coaches.

**Q.** Some fencers watch their prospective opponents all the time—what parries are they taking? what are their favorite actions? and so on. . . . What about you?

**A.** I observe my opponents carefully. In my opinion, it is necessary to prepare for almost everybody, because you can be beaten by almost everybody in a top competition.

**Q.** Do you adapt yourself to your opponent's fencing and choose your tactics accordingly, or do you try to force your game upon your opponent?

**A.** I try to control the bout and do what I want. *Continued on p. 19.*



## DEFINITIONS

**"RENEWED" FOOTWORK** is footwork that begins *in the middle* of footwork action already begun. For example, you begin an advance by advancing your front foot (half advance). In the middle (before bringing the back foot up) advance your front foot again, and only then bring up the back foot. This is called renewed footwork because it begins anew in the middle.

**Learn training and  
competition techniques to  
better manage your season  
from beginning to end.**

## Competitive Fencing Clinic 1990

**Organizers:** Jean-Marc Chouinard & Alain Cote

**Staff:** Jean-Pierre LeCoz  
Caty Bilodeaux  
Jean-Marc Chouinard  
Alain Cote  
Jean-Marie Banos  
Luc Rocheleau  
and Others

**Dates:** July 20-27  
July 29-August 5

**Place:** University of Montreal  
Montreal, Canada

**Price:** 7 Days: US\$425.  
14 Days: US\$800.

**Includes:** Full room and board (menu set by dietician, unlimited servings), all activities: lessons, fencing, conferences, other sports

**Minimum Age:** 12

**Registration:** Before June 15

**More Info:** Alan Cote, 4522 Girouard, Apt. 12,  
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Ph: (514) 484-2393, or  
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*Rudy Volkmann*

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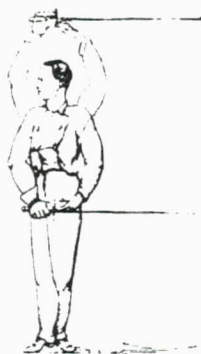
#### Foot Tempo

The instant the advance starts, and before it is completed. In this instant the front foot is off the ground, therefore making the fencer vulnerable as he is unable to stop his momentum forward or change direction until he has placed his foot down again to complete the advance. This instant is an ideal time to attack your opponent.

#### Hand Tempo

Similarly, hand tempo involves the time during changing of hand positions. This is the period of time that elapses while the hand changes from one invitation to another. It is also an ideal time to attack.





## Exercises

### Attack-Defense Exercises

Attack-Defense exercises are executed from a given distance by a pair of fencers, practicing predetermined offensive and defensive actions. The focus is on correct execution and controlling the speed of the action. Besides these main goals, these exercises serve to develop concentration and the techniques of dividing attention and changing the attentional focus. These exercises also teach the advantages of initiating the attacks and the difficulties of observation during the movements.

#### Attack-Defense Exercises in Pairs

1. Start with simple actions executed from lunge distance. Try to hit your partner with a straight cut or thrust as a first intention attack (i.e., from *terce*(3) make a head cut or from *octave*(8) make a straight thrust). Your partner, the defender, tries to defend himself with a given parry and riposte (i.e., from *seconde*(2) make a *quinte*(5) parry or from *octave* a *quarte*(4) parry).

After each action, both after the parry and riposte, stop, and remain motionless in the final position. Check for correct execution of the action. Then return to the starting position. Later you will not need to check yourself. After five or six trials change roles with your partner, letting him

attack while you defend.

2. A more difficult variation is to wait for your partner's "hand tempo" (blade movement, see definitions on page 9) to start the action. He can alternate his invitational positions. For example, from *sixte*(6) to *quarte* and back, forcing you to attack in tempo (see Exercises 2 and 3, examples of attacking in hand tempo).

3. Practise the composite actions from advance-lunge distance, or use a jump forward-lunge, *fleche*, half-advance-*fleche*, jump forward-*fleche*, etc.

### Two-Variation Exercises

4. You can also practice two-variation exercises. In foil, for example, attack with a straight thrust, or with a feint attack. Your partner must either anticipate the straight attack with a parry riposte, or anticipate the feint attack and remain in his original position. In the latter case your attack will finish on your partner's guard. Your partner is allowed only one parry

Women's Foil Circuit No.1, Finals: Sharon Monplaisir (L) makes a parry-riposte to the flank of Ann Marsh while infighting. Marsh though is victorious and goes on to take fourth place in the first circuit of the year.





against each attack. This forces him to better judge and observe the movements and intentions of his opponent. If he misjudges your attack in either case, then he is taking an "empty" parry and must allow you to hit him.

For example, in sabre, if your partner does not respond to your feint cut and remains in his original position, you will finish your attack in the line in which the feint was directed. For example, in the case of a head-feint that is not responded to, finish with a head-cut.

5. An alternate two-variation exercise. The attacker executes an attack with advance-lunge (for example, a head-cut). The defender either tries to parry and riposte from en garde, or make a riposte with a retreat. In the first case the attacker finishes his action. In the

Men's Epee Circuit No. 3, Finals: Jon Normile illustrates a textbook quarte parry against Dan Nowosielski of Canada, while fencing in the finals of the third epee circuit in Hagerstown, Maryland.

**"In addition to teaching correct execution and controlling the speed of the action, these exercises serve to develop concentration and the techniques of dividing attention and changing the attentional focus."**

second case the attacker adds another advance or jump forward. According to the partner's response, he finishes with a simple or feint action.

6) Foil. Fencers begin at lunge distance.

**Attacker:** In en garde position, blade

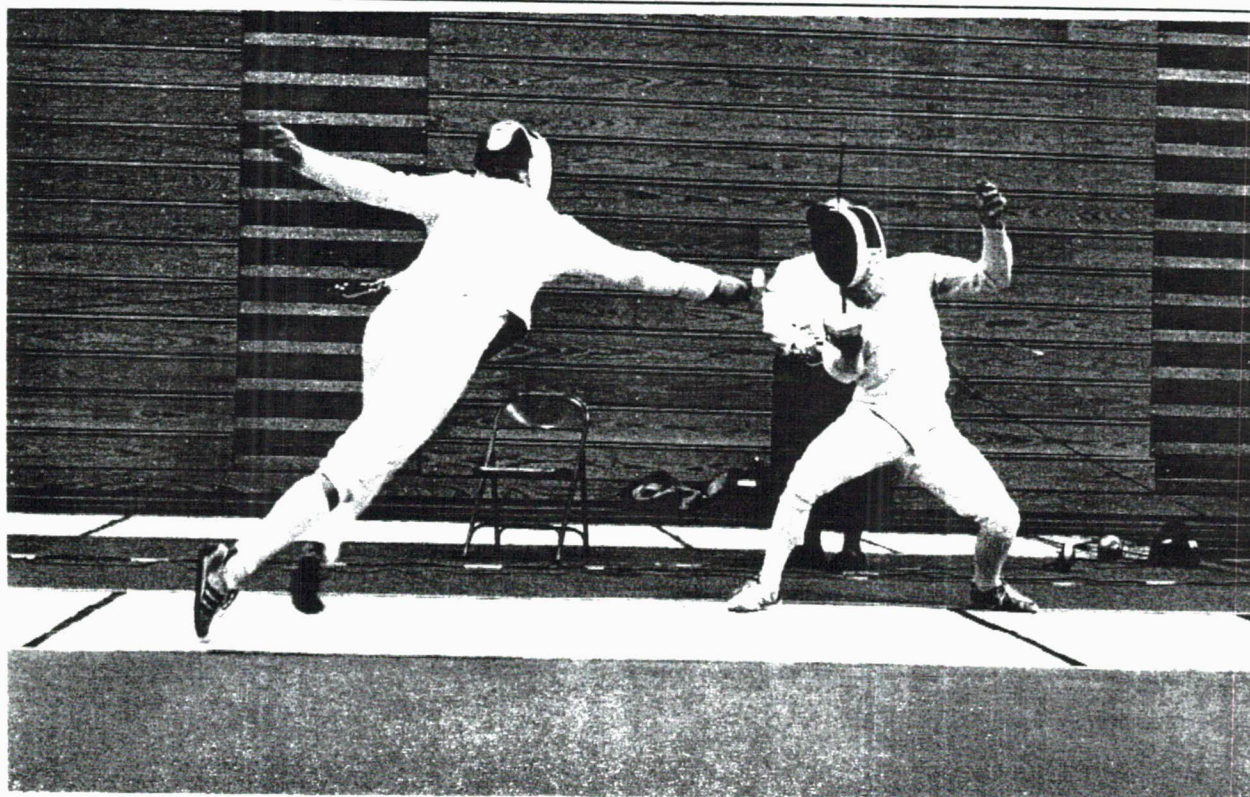
in line, arm slightly bent

**Defender:** Attempts to engage the attacker's blade in six

**Attacker:** In your own tempo, make a disengage with the intention of attacking your opponent's inside line. Start explosively, or by accelerating the point and extending your back leg. Make the disengage immediately or after sliding down the defender's blade. Parry the defender's response in the lunge, or without delay return to en garde either with or without keeping pressure on the defender's blade.

**Defender:** Attempt a quarte parry-riposte to the open target. Reactions should be based according to the behavior of the opponent. If the attacker responds nervously to the parry with pressure, riposte with a disengage. Parry from the en garde position, or with a short retreat. (In the second case the hand and foot movements must be finished

*Continued on page 17.*





# Ask the Maestro

This is a forum for answering readers' general questions on fencing or specific fencing problems. In this issue we address two readers' questions in detail. The first is a "technical" question with implications for coaches. The second deals with physical conditioning.

**Q.** What is your personal and professional opinion on the beautiful flick (a.k.a. the "flycaster") of a touch that is so predominant in national and international fencing?

--LDS, Berkeley, California

## A. The Flycaster

Electric foil fencing has made it possible to make touches on target area on which it was unrealistic to make touches with non-electric dry foil. The shoulders, flank and back are particularly good examples of this.

Fencers and coaches have become inventive in utilizing all possibilities allowed by the rules, the individual weapons, and the electric equipment. (For example, such actions as fleches, and the stop thrust-parry riposte were adapted from the well known Hungarian school of sabre fencing to the Hungarian epee school.)

The "flick" touch, used as a form of angulated thrust in epee to hit the hand protected behind the guard, was adapted to use in foil. This action, because of the speed and angle at which it is executed, can be very effective, and in addition quite spectacular.

But in fencing, in general every action has a counteraction. Only proper actions executed in proper time are effective. This leads us however to a more important aspect of this question.

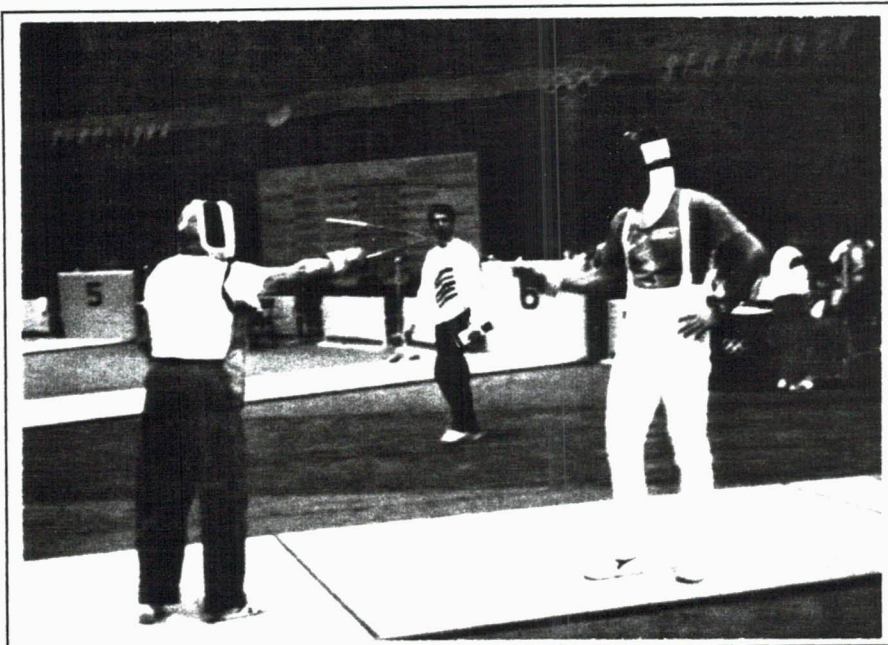
We will examine this question from the point of view of the coach as well as

**"The 'flick' touch, used as a form of angulated thrust in epee to hit the the hand protected behind the guard, was adapted to use in foil. This action, because of the speed and angle at which it is executed, can be very effective, and in addition quite spectacular."**

suited to the student and vice versa.

The fencer does not learn to fence during taking lessons. For example an action like a "flick" or a parry four flank riposte, etc., can be effective and considered to be mastered only if the fencer uses it frequently and successfully in free fencing and competition. The fencer will naturally select those actions he likes, and which suit his personality.

Another aspect is being aware of the priority of teaching actions in the sense of goals. What are the key actions for developing point control, kynesthetic feeling, hand-foot coordination and other important abilities. What are the priorities in different stages of development of a fencer, and in the



Maestro De Rosa gives a lesson to Stefano Cerioni at the Seoul Olympics. Note Maestro De Rosa's protective garments do not permit practicing the "flick" touch during a lesson.

the fencer. From the coach's perspective, it is important that he teach everything methodically. All technical actions that the student can use should be taught. The student will then choose which of these actions he will use in competition. It is important that the coach be sensitive to the personality of the student and allow it to develop around the actions most

period or cycle of a given year, etc. Also I would like to draw attention to a possible danger in copying top coaches and athletes. When watching a lesson or the fencing of a top European fencer, it is necessary to be aware that what we are seeing is a "final product." For example, we do not know how he started, nor what he did in different stages and periods of his development.



Does he fence with actions he practiced in his lessons? You may be surprised that some of the top Italian fencers who frequently use "flicks" do not practice them in their lessons, or practice them much less than you would think.

To better illustrate it, imagine that you got the exact plan of preparation of this year's winner of the New York marathon. It is a very valuable document without a doubt. However if you, or another runner who has not yet achieved this level of performance, were to copy and practice the same loading, you would seriously damage your health. Such copying in fencing would not damage your health, but certainly would adversely affect your fencing development.

Besides copying actions, coaches are also "copying" the speed of execution of actions. The speed of execution of a counterparry-riposte, for example, of a world class fencer, is really very impressive. But the coach must be aware of what specific actions were taught, and in what manner and speed they were taught and learned by the observed top fencer while he was in a similar phase of development and skill level as the observing coach's student(s). If there is an error by the student with the parry-riposte for example, the action must immediately be slowed down, and corrected. In this matter there are no concessions!

It is also confusing to see some coaches using many "flicks" in lessons (while using adequately padded fencing jackets), while other coaches use the flick much less, or not at all. For example, the fencing jacket of Maestro De Rosa, the top Italian coach, does not permit using flicks on the back or shoulder (see photograph).

Hence the above mentioned principles and observations should serve as general guide lines.

All this does not mean however that a coach should not observe, study and adapt new developments. A top

Hungarian fencing master and pedagogue Dr. Gerentser said, "A fencing master, like a hydra, should always have a free arm to "grasp" the new (i.e., incorporate it)." One purpose of *En Garde!* is to help with this task.

And lastly a tip for the fencer. Observe your opponents, as well as top world class fencers and adapt actions which suit your personality, body structure and your tastes. However consult with your coach not to neglect those actions

**"Development of (fencing) specific abilities requires taking into consideration the character and demands of fencing. Exercises and methods adequate and effective for developing overall physical abilities might not be effective in developing fencing specific physical abilities."**

which you need to focus attention on at your particular stage of development. Also be aware that the speed of actions should be increased **only** if they are executed perfectly.

**Q.** For those fencers interested in improving overall aerobic fitness and leg strength, what is the best training method with which one could achieve the maximum results in a minimum amount of time? Recently, many health clubs have purchased Stair Stepper or Climber machines. Have there been any tests done that would document benefits of using this type of exercise machine to condition fencers?

--SFH, Dover, Pennsylvania

### **A. Physical Conditioning**

We recognize the development of basic or overall physical abilities (strength, speed, endurance or aerobic fitness, flexibility) and fencing specific abilities. The overall or basic physical abilities are the fundamentals for developing fencing specific physical abilities.

For development of overall aerobic fitness, aerobic types of exercises (running, jogging, bicycling, etc.) are performed, for a minimum duration of 20-30 minutes. Regular practice 2-3 times weekly is important in these activities, as the process of adaptation is gradual.

For development of basic strength, isotonic (i.e., "with movement," vs. isometric, "without movement") types of strengthening exercises are called for. Exercises with overcoming ones own body weight or exercises with partners, or with medicine balls, as well as weight training machines can be used. The mentioned stair climber machine fits in here. Instructors in health clubs or trainers can provide you with general guidelines best suited to your development of basic strength.

Development of specific abilities requires taking into consideration the character and demands of fencing. Exercises and methods adequate and effective for developing overall physical abilities might not be effective in developing fencing specific physical abilities. For example, development above the optimal level of strength might decrease the speed of movement; similarly, increase of aerobic fitness by running might not increase fencing endurance, etc.

Because of the importance of this topic, we will discuss it further in the next issue.



# Results

## Circuit Events: Junior Circuit 2 Senior Circuit 3

North American Junior  
Circuit 2 Point Standings  
Detroit, Michigan  
November 1989

## Men's Foil

Place	U-20	U-17
1	200	Atkins, Ben/A Metro NY
2	188	Carter, Al/A Phil
3	180	Pavese, Marc/C Metro NY
4	172	Skrabonja, Randall G/A NC
5	160	Bravin, Eric Nick/B South CA
6	158	Osborn, Frank/B CT
7	156	Ritter, Nathan/D MI
8	154	Pomares, Raul/D North CA
9	144	Fencer excluded
10	142	142 Brown, David Western NY
11	140	Borin, James Frederic/D CT
12	138	McQuiller, Jemal Cent PA
13		128 Gearhart, Andy/D West NY
14		126 Eddy, Brandon/B OR Cst CA
15		124 Conway, Rob/D MI
16		Goerdel, Michael T/D South TX
17		Clark, Richard D/D Cent FL
18		Stanczak, Thomas/C NJ
19		Jurik, Timothy/E Long Island
20		Mondello, Mark NJ
21		Maggio, Jordan/E Metro NY
22		Richardson, Jaiam/E South CA
23		Maggos, Chris/A CT
24		Pianfetti, Brian IL
25		McClain, Michael S/C South TX
26		Bases, Daniel/C Metro NY
27T		McCutcheon, Tim/D New Eng
27T		McRae V, Thomas C/ AR LA MS
29		Riddle, Jon MI
30		Graziano, Nick NJ
31		Flores, Stephen/C Cent PA
32		Povar, Garret :ee/D MN
		Tableaux of 32
33		Kobrak, Harold/C MI
34		Herndon, Robert A. South CA
35		Kelley, Graham LA
36		Burmeister, Justin North OH
37		McCune, Michael S. MI
38		Kimberlin, James/E NJ
39		Good, Yusef NJ
40		Price, Peter/E MN
41		Glover, Richard B MI
42		Casquejo, Rick MI
43		Koch, Christopher K. IL
44		Minano, Geoffrey MI
exc		Longenbach, Zaddick/B MetNY

## Women's Foil

Place	U-20	U-17
1	200	Jones, Melanie/C North OH
2	188	Kowalski, Katie/C Cent PA
3	180	180 Zimmerman, Felicia/D W NY
4	172	Bitar, Muna/C NJ
5	160	160 Wolf, Carin/D IL
6	158	Posthumus, Jennifer/B CCA
7	156	Posthumus, Lisa/C Cent PA
8	154	Honig, Lisa/C CO
9	144	Marsh, Ann/C MI
10	142	Carcich, Jennifer/C NJ
11	140	Kang, Lana/E North CA
12	138	Dhondt, Jennie NJ
13		Prifrel, Jennifer L/C MN
14	126	Riesner, Monica/E MI
15		Brown, Tracy/E MN
16	122	Cathey, Sarah/E MN
17		Sikes, Julianna/E Mt. Valley
18		Haugh, Rachel/E IN
19		Super, Margaret P/D Cent PA
20		Batson, Aleizha/C VA
21		Coulson, Kim/D NJ
22		Westrick, Mary/D MI
23		Laird, Katie Metro NY
24		Howson, Anita Lynn/E Cent CA
25		Matthews, Alison/C Canada
26		Haugh, Kelly/D IN
27		Ledvard, Stephanie/E North OH
28		Mason, Meg Westchester
29		Charlton, Kimberly E. NJ
30		Chi, Regina NJ
31		Young, Heather/E KS
32		Lightdale, Nina NJ
33		Kalter, Pierrette IL
34		Arndt, Kimberly MI
35T		Picken, Lisa OK
35T		Connors, Janice L. MI
37		Go, I-Han North OH
38T		Hoch, Morgan E. IL
38T		Pasik, Aliya B. MI
40		Gibbons, Heather Lynn MI

## Men's Epee

Place	U-20	U-17
1	200	Atkins, Ben/B Metro NY
2	188	Swope, Christopher/D MN
3	180	Andresen, Matthew/C NC
4	172	Rush, Scott/C IL
5	160	Bloom, Tamir/C Phil.
6	158	Clinton, Tad/E West NY
7	156	Weidner, Matthew L./D CT
8	154	Goodnuff, David/E MN
9	144	144 Klaus, Christopher/E NJ
10	142	Milllett, Ben North CA
11	140	Charlick, Daniel/D North OH
12	138	Mislow, John NJ
13		Wozniak, Grzegorz W. IL
14		Ritter, Nathan/D MI
15		McRae V, Thomas/E AKLAMI
16		White, Derrek New England
17		Szarka, Peter/C NJ
18		Patton, Eric D/D OR
19		Pavese, Marc Metro NY
20		Nathanson, Josh Westchester
21		Clark, Richard D/C Cent FL
22		Abel, Kevin J/D IL
23T		Morrison, Theodore/E MI
23T		Tausig, Justin D/E NJ
25		Keeley, Michael G. Capitol
26		Barrette, Charles A/E MN
27		Go, I-Huei North OH
28		Price, Peter MN
29		Maggio, Jordan S. Metro NY

30T	Gregor, Gregory R. West NY
30T	O'Donovan, Michael North CA
32	Povar, Garret Lee/E MN
33	Goldstein, Jonathan/D NJ
34	Login, Joshua NJ
35	Deller, Kinley Michael MN

## Women's Epee

Place	U-20	U-17
1	200	Haugh, Rachel/C IN
2	188	Posthumus, Lisa/E Cent PA
3	180	Haugh, Kelly/C IN
4	172	172 Schneider, Brooke MI
5		Prifrel, Jennifer L/E MN
6		Brown, Tracy MN
7		Hoch, Morgan E. IL
8		Matthews, Alison Canada
9		Beck, Aimee C. South TX

## Men's Sabre

Place	U-20	U-17
1	200	Maggio, Jonathan/C Met NY
2	188	Niewiarowski, Richard/D IL
3	180	Breton, Jean-Michael/B CAN
4	172	Buist, Philippe/E Canada
5	160	Kimberlin, Brian/E NJ
6	158	158 Rose, Geoffrey Beran/C LA
7	156	Bardagi, Michael/B Canada
8	154	Strzalkowski, Tomasz/B VA
9	144	Milgram, Daniel Judd/D N Eng
10	142	Kovacs, Stephen M/C Met NY
11	140	Woodside, Martin L/E Met NY
12	138	Cho, David J/E IL
13		Baguer, Edward/B NJ
14		Friedrich, Avi/C San Diego
15		Lester, Bill Canada
16		Billard, Charles Canada
17		Sims III, Jack Randall/E GCTX
18		Sanchez, Ben/D NJ
19		Nee, Jeffrey Y/E South TX
20		Baumann, Erich IL
21		Kulakowski, Dominik/D Cent PA
22		Stewart, Tripp Westchester
23		Fagan, Brandon/E South TX
24		Glanz, Evan/D NJ
25		Crupi, Anthony P. NJ
26		Zook, Roy MI
27		Dussault, Alain Canada
28		Banfield, Matt/E MN
29		Turner, Russell MI

North American Senior  
Circuit 3 Point Standings  
WF & WE, Philadelphia, PA  
April 7-8 1990

## Women's Foil

Pl	Points	
1	300	Bilodeau, Caitlin K/A Met NY
2		Acuna, Maylia/A Cuba
3	270	O'Neill, Mary Jane/A New Eng
4	258	258 Marsh, Ann/A! Michigan
5		Tremblay, Thalie/A Canada
6	237	Yu, Jennifer S/A Cent CA
7	234	Angelakis, Jana/A New Eng
8	231	Monplaisir, Sharon/A! Met NY



9	216	Hamori, Isabelle/A Metro NY
10	213	Chernyak, Olga/A North CA
11		Bourdages, Helene/A Canada
12	207	Zimmerman, Felicia T/B West NY
13		Aubin, Renee/A Canada
14	189	Sullivan, Molly/A New England
15	186	Hall, Jane P/A New England
16	183	Posthumus, Jennifer/B* Cent CA
17		Chappe, Taymi/A Cuba
18		Wetterberg, Shelley/A Canada
19		Hervieu, Marie-Franc./A Canada
20	159	Piccininno, Denise/B NJ
21	156	Krusen, Kathryn/C North CA
22	153	McDaniel, Rachel/A Phil
23	150	Marx, Suzanne Brown/B OR
24	147	Moy, Tzu Ling/A Metro NY
25		Clinton, Marjory/B West NY
26		Hynes, Janice/B New England
27		Hervieu, Brigitte/B Canada
28		Metaxatos, Irene/B Metro NY
29		Escanellas, Mirthescka Puer. Rico
30		Escanellas, Sasha L. Puerto Rico
31		Lortie, Marie-Chantal/A Canada
32		Clark, Laurel Ann/A North CA

#### Tableaux of 32

33		Benford, Maria L/C MN
34T		Paxton, Suzanne/D Cent PA
34T		Lahara, Suzanne/C Cent CA
36		Szabunia, Margaret/A Phil
37		Tondu, Jennifer Louise/C North CA
38T		Palacio, Zoila M/D Metro NY
38T		Fadner, Sydney Jane/D New Eng
40		Zester, Jennifer/D NJ
41		Prifrel, Jennifer L/C MN
42		Kralicek, Kristin Ann/C OR
43		Pratschler, Darlene E/B NJ
44		Campbell, Kristine Ann/A CT
45		Croy, Madeline/D New England
46		Matthews, Alison Canada
47T		Woodby, Sylvia/B Capitol
47T		McClellan, Cathy L/A New Eng
47T		Gray, Nicole/E CT
50		Bitar, Muna/C NJ
51		Jones, Melanie/C N OH
52		Chaplinsky, Sharon/D Phil
53T		Lavigne, Sylvie/A Canada
53T		Chouinard, Ysabelle/A Canada
53T		Viereck, Claudia Canada
53T		Hamel, Louise/A Canada
53T		Hamilton, Sheryl/B Canada
58		Kalter, Pierrette IL
59T		Castaldo, Annalisa/D MD
59T		Ante, Zela/D Metro NY
61		Carlson, Rachel S/D Phil
62		Black, Carol T. NJ
63		Jeandheur, Carole/D Capitol
64		Hall, Linda Burdick/D MI
65		Super, Margaret P/D Cent PA
66		Melcher, Elizabeth/E Metro NY
67		Reynolds, Diedre Ann Marie/C CT
68		Merola, Marianne/C Metro NY
69		Migdail, Karen J/E Capitol
70		Byrd, Dani/C CT
71		Gagot, Carmen A. Puerto Rico
72		Bent, Cindy Lynne West PA
73T		Campi-Lynch, Barbara A/C NJ
73T		Blase, Emilie Catherine IL
75		Medina, Blanca/B Metro NY
76		Johnson, Catherine L./D West PA
77T		McCaffrey, Kristine IL
77T		Mason, Meg/E Westchester
79		Badami, Donna L. Piedmont SC
80		Tomasso, Lara/E MI
81		Herbert-Hodges, Angela/C Phil
82T		Powell, Helen E/D Capitol
82T		Gallant, Colleen A/E Piedmont SC
84		Ledyard, Stephanie E/E North OH
85		Micales, Jessie Ann WI
86		Ochia, Ruth S. MD

## Women's Epee

Pl	Points	U-20
1	300	Littmann, Jane R/A Piedmont SC
2		Figueroa, Yamila/A Cuba
3		Chappe, Taymi/A Cuba
4		Tygeson, Tanya/A Canada
5	240	Szabunia, Margaret/A Phil
6	237	Miller, Margo/A South CA
7		Escanellas, Sasha Puerto Rico
8		Walker, Marie C. Puerto Rico
9		Chouinard, Ysabelle/A Canada
10	213	O'Donnell, Judith B/A New Eng
11		Duenas, Angelica/B Mexico
12	207	Reibman, Amy Ruth/A NJ
13		Acuna, Maylia/A Cuba
14		Paquin, Marie-Josée/A Canada
15	186	Clark, Laurel Ann/A North CA
16		Duarte, Ileana/A Cuba
17	168	Stone, Donna Lee/A NJ
18	165	Turpin, Barbara/A OR
19	162	Cheris, Elaine/A CO
20	159	Adrian, Marlene/A IL
21	156	Morrison, Veronica Smith/B Capitol
22	153	Cisaruk, Katrina/C MI
23		Pillon, Caroline/A Canada
24	147	Beegle, C.J./C West WA
25		Bourdages, Helene/B Canada
26		Schlick, Gabriela/C West Germany
27		Rodriguez, Kerry/B South TX
28		Holly, Madeleine C/B Metro NY
29		Cornez, Sylvie/A Canada
30		Chaplinsky, Sharon/D Phil
31		Maskell, MD, Laura/A OR
32		Lopez, Fabiana Mexico
Tableaux of 32		
33		Viereck, Claudia/B Canada
34		Hervieu, Brigitte Canada
35		Kellman, Lisa Canada
36		Prifrel, Jennifer L/D MN
37		Wu, Yi-Li/E Westchester
38		Klinger, Anne/A OR
39T		Gilbert, Jennifer E/A North CA
39T		Haugh, Kelly/C IN
41T		Serrano, Melissa Puerto Rico
41T		Haugh, Rachel/A IN
43		Powell, Helen E/D Capitol
44		Dobloug, Lisa/C Capitol
45		Lewis, Teresa R/C South TX
46		Frye, Mary Patricia/D MI
47		Annvedder, Mary/B South CA
48		Summers, Chanel-Fra/B South CA
49		Krusen, Kathryn/B North CA
50		Baliko, Melanie Canada
51		Zester, Jennifer/C NJ
52		Runyon, Cindy/C Bernardino
53		Buder, Cristy Lane/C St. Louis
54		Bottonne, Maria/C West NY
55		Bannon, Margaret A/A Canada
56		Robinson, Candy/A South CA
57		Furu, Kathryn/B CT
58		Jeandheur, Carole Capitol
59		Rucker, Magdalena/B Canada
60		Collinge, Amy C/D Phil
61		Migdail, Karen J/E Capitol
62		Escanellas, Mirthescka Puer. Rico
63		Loscalzo, Katherine J/B Metro NY
64		Whisnant, Lela North TX
65		Simpson, Suzanne/E Gulf Cst TX
66		Schneider, Broole/E MI
67		Wiessler-Hughes, Linda/E Capitol
68		Cali, Cathleen Ann Metro NY
69		Wade, Virginia Phil

MF, ME & MS  
Hagerstown, MD  
March 31-April 1, 1990

## Men's Foil

Pl	Points	U-20
1	300	Marx, Michael/A IN
2		Rocheleau, Luc/A Canada
3	270	Littell, David/A Phil
4	258	Tichacek, Jack D/A NJ
5		Bergeron, Nicholas/A Canada
6	237	Mufel, Edward/A Cent PA
7	234	Huttenbach, Joshua/A Metro NY
8	231	Yu, Marty/A CT
9		Brouillet, Mathieu/B Canada
10	213	Olivares, Frets Gustavo/B National
11		Chatel, Marc/A Canada
12	207	Headley, Mark Wold/B North CA
13	192	Cohen, Nathaniel/A Metro NY
14	189	Bukantz, Jeffrey/A NJ
15	186	Brusilovsky, Oleg/B Metro NY
16	183	Fox, Frank Oliver/A South CA
17	168	Demarque, Jerome/A Metro NY
18	165	Weber, Alan E/A Phil
19	162	DeMorelos, Carlos/A North CA
20	159	Osborn, Frank/B CT
21	156	Atkins, Ben/A Metro NY
22		Waller, David/A Canada
23		Soucy, Maxime/B Canada
24	147	Cotton, Derek William/B South CA
25		Angers, Stefan Canada
26		Tremblay, Daniel/A Canada
27		Madrid, Ivan/B Metro NY
28		Giasson, Benoit/A Canada
29	108	Pavese, Marc/A Metro NY
30	105	Bravin, Nick/A South CA
31		Gillette, Steve/B IL
32		Thliveris, Tom/B NJ
Tableaux of 32		
33		Gargiulo, Terrence L/A New Eng
34		Mueller, Donn/B Cent PA
35T		Hensley, Timothy T/B KY
35T		Longenbach, Zaddick/B Metro NY
37		Apsimon, Paul/A Canada
38		O'Donnell MD, Michael/A New Eng
39		Moss, David M/A North OH
40		Cote, Philippe/A Canada
41		Bennett, Philippe/A Metro NY
42		Kwok, Wei-Tei/C Cent CA
43		Narciewicz, Jason/C Metro NY
44		Foellmer, Oliver/B CT
45		Conway, Rob/C MI
46		Burchard, Peter J/A North CA
47		Carlay, Aloysius/A Metro NY
48T		Bernard, Yann/B Canada
48T		Nynas, Thomas Alan/B MN
50		Friedrich, Florian Robin/A Canada
51		Grandbois, Peter/A CO
52T		Kamhi, Jay/C Metro NY
52T		Pavlovich, Robert R/B Metro NY
54		Cellier, Brad/C Cent PA
55		Sherbot, Darren/B Canada
56		Harkness, R. Cole/A North CA
57		Zevin, William M/C FL GoldCst
58		Leever, Nicholas J/B IL
59		Koehn, Teddy/D NJ
60		Diaz, Julio P/A GA
61		Santos, Elik A. Puerto Rico
62		Douraghy, Jamie/B IL
63		Rosenberg, Eric Brian/A Metro NY
64		Bello, Leonel/A North CA
65		Gearhart, Andy/C West NY
66		Dew, Eric/B Phil



67	Bloomer, William M/B North CA
68	Schicker, Eric F/C NJ
69T	Lynch, Robert K/B NJ
69T	Niemiec, Mark/C CO
71T	Wheeler, Wilbur/A North OH
71T	Zamansky, Michael/C Metro NY
73	Hyson, Jeffrey/B NJ
74	Carter, Al/A Phil
75	Marcus, Peter/C MD
76	Fanale, David S. NJ
77T	Jurik, Timothy/D Long Island
77T	Wheeler, David A/C New England
79	Gibson, Andrew A/D West NY
80	McCutcheon, Tim/D New England
81	Parker, Raymond G/D South TX
82	Tobias, Greg/B MN
83	Wheeler, Philip/C MI
84T	Bassin, Barry Jay/C CT
84T	Davis, Donald Capitol
86	Colovas, Peter W/C MI
87	Huskey, James D/B No TX
88	Glasgow, Arthur/C MD
89	Lo, James/C New England
90	Zeiss, Gary/E Metro NY
91	Voyaziakis, Emanuel/D Metro NY
92	Rivera, Luis E. Puerto Rico
93	Wong, James Chee/B North CA
94	Bases, Daniel Justin/C Metro NY
95	Dahlquist, Scott J/D MN
96	Goldgar, Dirk/D Phil
97T	Jennings, Chris New England
97T	Won, Gregory Y/D MD
99	Argy II, Thomas W/D IL
100	Becker, William U/C FL GoldCst
101	White, Derek William/E National
102	Baxter, Alden U/C Metro NY
103	Huang, Chang-Chih West NY
104	Bello, Sergio R/C North CA
105	Treuer, David Robert MN
106	Dillon, Robert/D Capitol
107T	Baldwin, Ian E/D Capitol
107T	Weinstein, Michael/D NJ
109	Scotti, Elio/C Metro NY
110T	Babus PhD, Bela S. Capitol
110T	Wonnacott, Alan/C Capitol
112T	Berube, Paul R/C Metro NY
112T	Clawson, Scott NJI
112T	Spaniol, Mark C/E West PA
115	Carberry, Mark/C CO
116	Krauss, John William/B Phil

27	Wahren, John/A NJ
28	Gelnaw, William H/A South CA
29	Goossens, Bruno Jean/A North CA
30	Soucy, Maxime/C Canada
31	Friedrich, Florian Robin/B Canada
32	Elgart, James Preston/B North CA

#### Tableaux of 32

33	Masin, George G/A Metro NY
34	Hysin, Jeffrey/D NJ
35	Bloom, Tamir/C Phil
36	Thompson, Tristram/A North CA
37	Collie, Peyton/B Capitol
38T	Weems, Rodney Adrian/A NJ
38T	Harris, Matthew S/B North CA
40	Hensley, Timothy T/B KY
41T	Clinton, Tad/D West NY
41T	Klaus, Christopher/E NJ
43	Lee, Brian M/A Metro NY
44	Skillman, Peter/A North CA
45	Loeffler, Carl/E Capitol
46	Baxter, David C/B Metro NY
47	Griffiths, Steven/A NJ
48T	Melcher, Charles/C Metro NY
48T	Hollingsworth, Russell E/D CO
50	Swope, Christopher/D MN
51	Varney, Douglas/C IL
52	Carberry, Mark/D CO
53	Brunning, John/A Canada
54	Hunter, Kevin/A Phil
55	Hewitt, Frank Floyd/C San Diego
56	Nee, Gregory T/B South TX
57	Birkel, Jeffrey H/B North OH
58	Ransom, James F/B Canada
59	Moss, David M/B North OH
60	Cromarty, Dwayne/A Canada
61T	Hall, Michael F/B South TX
61T	Williams, Darrell Eric/A Metro NY
63	Shypertt, Gregory/A North CA
64	Santos, Elik A. Puerto Rico
65	Hufnagle, Steve/E Harrisburg
66	Reith, William/B North OH
67T	McMahon, David/E Phil
67T	O'Dowd, Andrew/B Phil
69	Korschun, Daniel New England
70	Jennings, Chris New England
71	Becker, William U/C FL GoldCst
72T	Steidley, Adam NJ
72T	Hirshon, Brad/B Metro NY
72T	Liouras, Chris James/B Phil
75	Helmick, John West NY
76	Montalvo, Mario Puerto Rico
77	Niemann, Karl/C CO
78T	Tausig, Justin David/D NJ
78T	Conrad, Peter M/D NJ
78T	Minozzi, Aldo Puerto Rico
81	White, Derek William National
82	Hoffmann, Christopher/E NJ
83	Donnelley, Andrew B/D MD
84	Campbell, J.J./B Capitol
85	Goodnuff, David/E MN
86	Wozniak, Grzegorz IL
87	Bill, Timothy J/D VA
88	Madrid, Ivan/D Metro NY
89	Zebuth, David/E Long Island
90	Moore, Guy L/C MD
91T	Nightingale, Andre J/C Harrisburg
91T	Flynn, John P/B Capitol
91T	Fregon, Jean-Claude/A Canada
91T	Beemer III, Edwin F/C Capitol
95T	Hughes, Michael D/B Capitol
95T	Flint, James E/B Phil
97	Zebuth, Christopher/B Long Island
98	Niemec, Mark/C CO
99	Hanover, Jr., Paul E/C MD
100	Messing, Arnold/A Metro NY
101	Brett-Major, David/D MD
102T	Balzac, Stephen/C North CA
102T	Arenberg, Jeff/B North CA
104	Yen, Stinley K. West NY
105T	Alishahi, Amir Homayoun/B Metro NY
105T	Kline, Sean/C MN

107	Norton, Jr., John J. New England
108	Mislow, John/E NJ
109T	Canino, Bruce/C South NJ
109T	Frazier, Omari Seyome/E NJ
111T	Elkan, Raoul/D Metro NY
111T	Schneider, Charles/A MI
113	Alexander, Ross/C Metro NY
114	Davis, James L. North CA
115T	Dahlquist, Scott J/D MN
115T	Keeley, Michael G/E Capitol
117	Weiss, Stephen Alexander/C Cap
118	Battle, Joseph Brian/E Metro NY
119	Larsen, Niels C/E NJ
120	Eaton, Charles Edward NJ

## Men's Sabre

Pl	Points	U-20	
1			Koniusz, Jerry/A Poland
2			Ferretti, Vincent/A Canada
3	270		Reohr, Christopher/A National
4	258		Cottingham, Robert/A NJ
5	240		Friedberg, John/A Metro NY
6	237		Mandell, David/A Metro NY
7	234		Westbrook, Peter/A Metro NY
8	231		Rodriguez, Gerard/A Metro NY
9	216		Friedberg, Paul/A Metro NY
10			Deschenes, Bruno/A Canada
11			Nowosielski, Leszek/A Canada
12	207		Cox, Jr., Peter T/B New England
13	192		Stollman, David/A MI
14	189		Benedek, Miklos/A Cent CA
15	186		Cox, David B/A Cent PA
16	183		Krasowitz, Jason/B Cent PA
17	168		Gonzalez-Rivas, George/A Metro NY
18	165		Burget, Brad/C IL
19			Fencer excluded
20	159		Chung, Sung/C NJ
21	156	156	Baguer, Edward/B NJ
22	153		Parrilla, Ulpiano/A Harrisburg
23	150		Yung, Wang Y/A CT
24	147	147	Maggio, Jonathan S/C Metro NY
25			Anthony, Jr., Donald K/A Metro NY
26			Baguer, Cristian E/D IN
27			Goering, William Albert/B MI
28			Dosmann, Matthew/C MI
29			Jafri, Mohsin Saleet/C Metro NY
30			Heyworth, Gregory/D CT
31			Fonay, Nicholas/B Canada
32			Kulakowski, Dominik/D Cent PA
Tableaux of 32			
33			Bizzarro, Martin/A Canada
34			Strzalkowski, Tomasz/B VA
35T			Bullock IV, Andrew J/C Phil
35T			Bardagi, Michael/B Canada
37			Warsaw, Larry/C IL
38			Capin, Bruce/B OR Cst CA
39			Heck, Steven D/A Capitol
40T			Kovacs, Steven/B Metro NY
40T			Reuter, Christopher J/D Cent PA
42			Sarosi, Garreth/B Gulf Cst TX
43			Hanna, Sean Gregory/E Metro NY
44T			Le Blanc, Paul Darryl/D NC
44T			Jones III, Welton H/C San Diego
46			Mun, Ki Chang/B Cent PA
47			Warlick, Christopher/D Cent CA
48			Taylor, James Canada
49			Franco, Dvorak I/B Cent PA
50			Iyer, Arun Long Island
51			Canela, Terrence Francis Metro NY
52			Dvorin, Allie Gordon/E Metro NY
53			Pinkus, Larry/A VA
54T			Tenney, Steven/E Metro NY
54T			Tuoto, Tony/D OR Cst CA
56			Parikh, Rayan NC
57			D'Amico, Leonard/D Cent CAI
58			Magloire, Rotchild/B Metro NY
59			Babus, PhD, Bela S/E Capitol
60			Breton, Jean-Michael/B Canada
61			Morrow, Wes/C West PA

## Men's Epee

Pl	Points	
1	300	Marx, Robert/A OR
2		Bakonyi, Ron/A Canada
3		Nowosielski, Dan/A Canada
4		Turcotte, Patrick/A Canada
5		Shong, Laurie/A Canada
6		Francis, Allan/A Canada
7	234	O'Neill, James/A Metro NY
8	231	Normile, Jon/A Metro NY
9		Chartier, Francois/C France
10	213	Oshima, Marc/A NJ
11	210	Jugan, Bruce/B Metro NY
12	207	Alexander, Charles H/A San Diego
13		Chouinard, Nicolas/A Canada
14	189	Atkins, Ben/A Metro NY
15	186	Block, Claus Dieter/A North CA
16	183	O'Loughlin, Chris/A Metro NY
17		Kalina, Janusz/B Canada
18	165	Gana, Jorge/B MD
19		Bakonyi, David/A Canada
20	159	Christe, Mark K/A South CA
21	156	Socolof, Joseph D/A NJ
22	153	Soter, Paul/A North CA
23	150	Phillips, Miles D/A MN
24	147	McGovern, Vincent J/B NJ
25		Carpenter, James/A Metro NY
26		Thomas, William P/A South TX



# Exercises, cont.

*Continued from page 11.*

simultaneously.) Take the parry against the final movement with your hand moving forward fast and controlled. The parry can be made at the last moment or during the start of the attack, with either a beat or a bind.

7) Foil, epee. Example of attack in "hand tempo" (see definitions page 9). Fencers start at lunge distance.

**Attacker:** In six engagement

**Defender:** In six engagement

**Defender:** With calculated speed and rhythm make repeated quarte invitations and recover back to the six engagement.

**Attacker:** Execute a straight thrust into one of the defender's quarte invitations, or execute a deceiving action into one of his return movements to six. Make sure to randomly alternate the two kinds of attacks. Don't be afraid to skip an invitation; for optimum results wait until you perceive a lapse in the opponent's attention.

**Defender:** The attacker's straight thrust into your invitation can be parried with:

- a) six
- or b) counter-4.

The attacker's attempt to deceive can be parried with:

- a) counter-6,
- b) four,
- c) eight,
- or d) seven, according to your choice.

8) Same example in sabre. Fencers are in lunge distance.

**Attacker:** In terce position

**Defender:** In seconde position

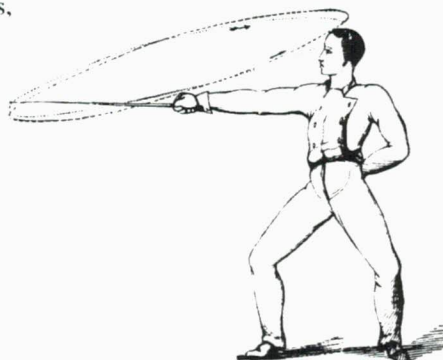
**Defender:** Alternate quinte and seconde invitations, varying both the

speed of your invitations, and the time between them.

**Attacker:** Execute a side-cut into one of the opponent's quinte invitations, or a head cut into one of the seconde invitations.

**Defender:** Try to parry the side-cut with a seconde parry, the head-cut with a quinte parry. After a successful parry immediately riposte to the open target. Be ready to parry any type of attack and focus on the parry, not the parry-riposte rhythm.

So far both fencers have had only one task during practice: attack or defense. The difficulty of exercises increases considerably when both fencers can either attack or defend. Now practice the following exercises.



## Two-Directional Oppositional Exercises

9. Both fencers are separated by moderate lunge distance in quarte engagement.

a) **Fencer A:** In en garde, without foot movement, press the opponent's blade.

**Fencer B:** Execute a disengage and thrust with a lunge.

b) **Fencer A:** Immediately after the break in blade contact (sooner than required) start parrying in six.

**Fencer B:** Disengage, and then go around A's six parry and thrust.

c) **Fencer A:** Going as soon as

possible, as in B), try to parry with a counter four.

**Fencer B:** Disengage, and then go around A's counter-four parry and thrust.

10. As in 9 above.

**Fencer A:** Press B's blade

**Fencer B:** Instead of a disengage, counterpress A's blade.

**Fencer A:** Disengage, thrust with a lunge.

11. As in 9 above.

**Fencer A:** Press B's blade in quarte and straight attack with a lunge.

**Fencer B:** Do not respond to the press. Parry the straight attack with a four or counter-six parry and riposte directly, or with a disengage.

12. As in 9 above.

**Fencer A:** Press B's blade in quarte, but before finishing the quarte press, execute a counter-six beat and thrust-going around the opponent's early parry, execute a feint attack.

**Fencer B:** Immediately parry-riposte. Use one or two parries.

Both of you should change the time between the presses and counter-presses as well as the speed and frequency of the pressures. By doing this you are forcing each other to keep a high level of concentration. You can construct similar exercises against each line.

If you are practicing the previous exercises from advance-lunge distance, combine the pressure with a half-advance. The defender should respond with a half-retreat. When you are executing a counterpress in order to retake the attack, you should execute an innovated advance-lunge.

If your partner is more advanced than you, or the opposite is true, you should modify the chosen exercise to equalize this condition, exchanging simple parries for more complicated ones and vice versa.



## *Dimensions of Fencing, continued from page 6.*

**B) Actions with Changing Intention during the Process of Execution:**  
Actions which are initially anticipated with first or second intention—but change entirely before execution as a result of unexpected actions of the opponent.

*Also:*

***Compulsory or Instinctive Reactions***  
These actions are used in situations when the fencer must defend himself against an unexpected action of the opponent (usually these are parries). These actions are executed almost without conscious control, because of the direct danger of the thrust or cut of the opponent. This unexpected danger

confuses the attacked fencer and causes his action to have an instinctive character.

One situation which provokes this instinctive defensive reaction is an opponent's attack into the fencer's own preparation of a planned attack.

### *Reflex Actions*

The main characteristic of these actions is their high grade of automatic execution. Such automatic execution is a result of exaggerated repetition during practice (lessons). This is not a mark of intelligent bouting. The disadvantage of these actions is compensated for in part by the speed and technical "correctness" of these actions. —AK

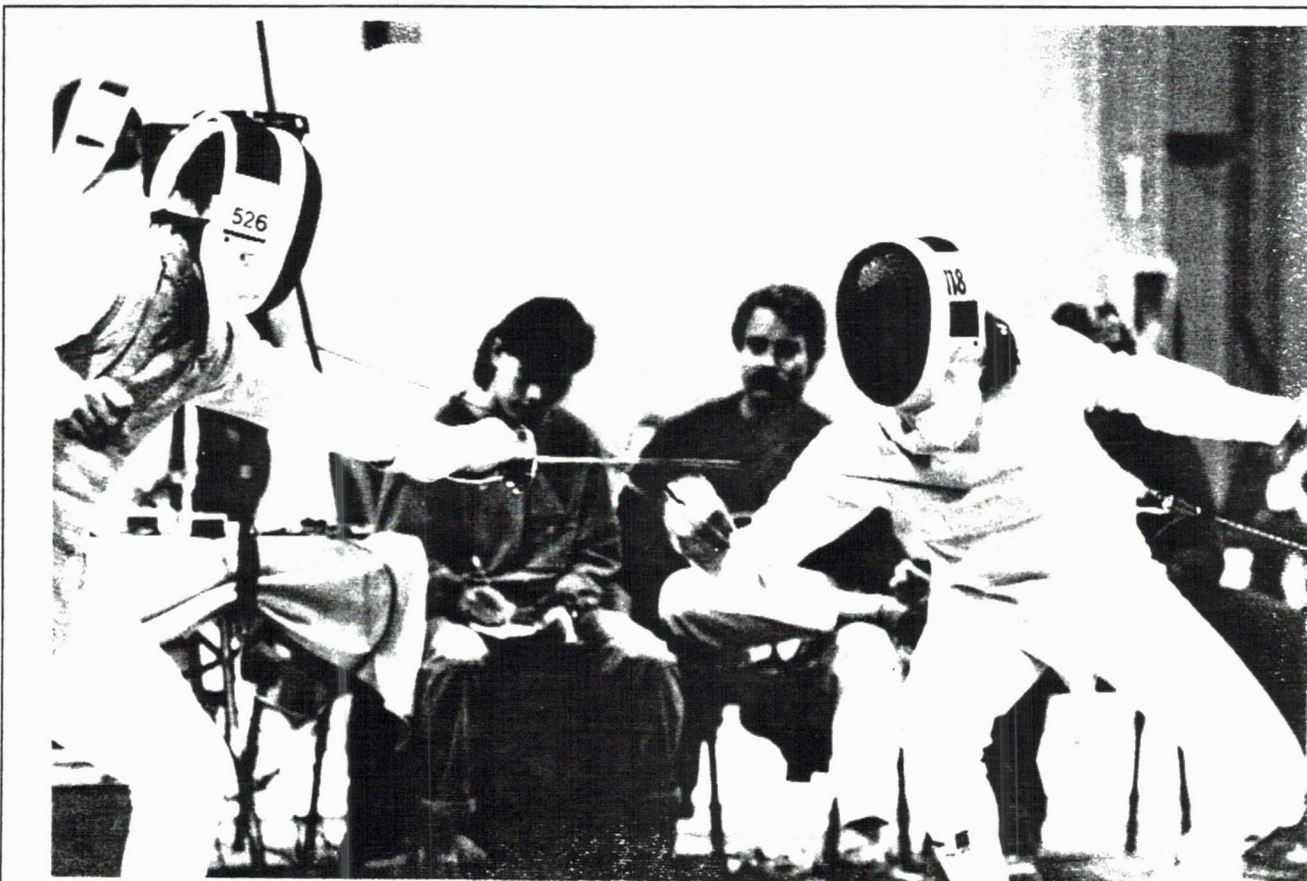
## **A Note on the Format of *En Garde!***

Thank you to our readers for  
expressing interest in *En Garde!*

*En Garde!* will exist in xeroxed format until funds can be raised to meet printing costs. All expenses (e.g., xerox, postage, computer, photography, etc.) are covered from subscription sales or gifts, until ad sales are generated. All labor is donated by the staff. Future issues will be approximately 16-20 pages in length, and follow in 6-8 week intervals.

The editor needs help with various editorial tasks, particularly keying the text and results data to disk, as well as marketing. *En Garde!* is also looking for Apple Macintosh computer equipment (e.g., a full page monitor, hard disk, a computer with 4 megabytes RAM, laser printer and scanner). If you are able to contribute any of these services, or have access to or are able to loan any of the above equipment, please contact the editor, Emanuel Voyiazakis, in writing at the address on page 4, or by phone at (212) 505-7158. *En Garde!* welcomes your comments and suggestions.

Men's Foil Finals, Circuit No. 3; Nicolas Bergeron of Canada (R) deliberately draws a counterattack into his slow attack. He finishes 5th in his first circuit final of the year.





## Janosi Interview, Continued from page 8.

I don't concentrate on what parry my opponent takes, but on how to feint-disengage (for example) so that she takes the parry I want her to take.

**Q.** How much do you fence on an average day? In an average week?  
**A.** Usually, I fence twice a day—from 9 to 10:30 in the morning and from 5 to 6:30 or 7 in the afternoon—five days a week, fifteen hours a week minimum.

**Q.** Do you do other sports?  
**A.** I do gymnastics, and I play tennis with my husband.

**Q.** What is your favorite activity?

**A.** I like to be at home with my husband and arrange the apartment. Unfortunately, I don't get to be at home too often!

**Q.** Are you doing anything now in addition to fencing, and what do you expect for your future?

**A.** I am a physical education student. When my fencing career is over, I would like to work with my mother as a cosmetologist.

**Q.** Then why are you studying phys-ed and coaching?

**A.** It helps me be more conscious of my preparation at all times. I believe this makes me a more successful fencer. —*IB*



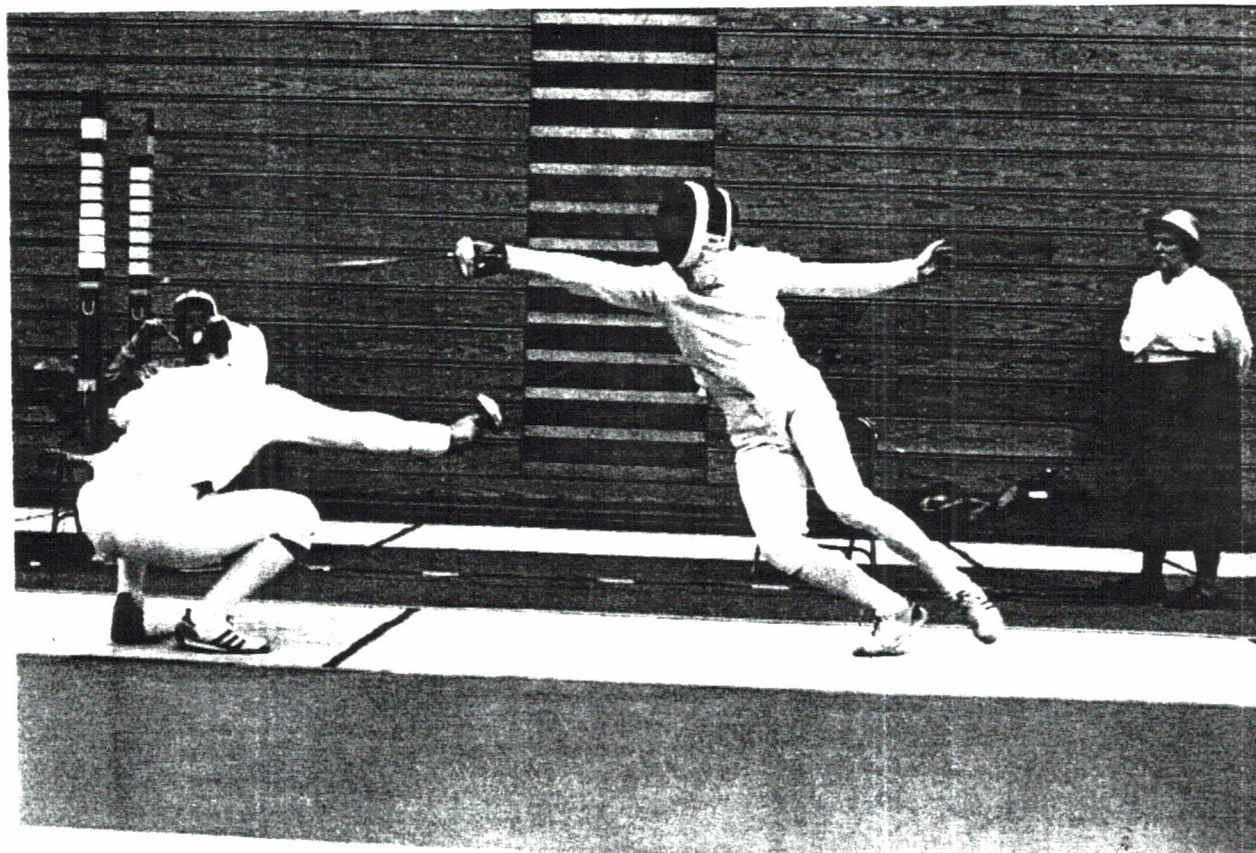
Men's Epee Finals, Circuit No. 3: Jon Normile (R) fleches against Dan Nowosielski of Canada, who ducks and makes the touch. Nowosielski goes on to win his next bouts and take third. He is one of the five Canadians to make the finals.

## World Cup Men's Sabre Results, cont. from page 21.

120 Hanna, Sean G. USA  
121 Lee, Richard S. USA  
122 Dvorin, Allie G. USA  
123 Hsueh, Theodore USA  
124T Helmich, John USA  
124T Sarosi, Garreth A. USA  
124T Tenney, Steven USA  
127 Schilling, Eugene USA  
128 Valter, Daniel USA  
129T Chen, Ching-Wen TAI  
129T Wong, Jen-Hung TAI

## Circuit No. 3 Men's Sabre Results, cont. from page 16.

62 Chichester III, Peyton M/C VA  
63 Kovacs, Alexander J. Phil  
64T kent, Michael Stephen West NY  
64T Talley, Robert/E CT  
64T Zimmer, Gary/E Metro NY  
67T Vasquez, Virgilio/C Canada  
67T Kaufman, B. Jeremy New England  
67T Ewing, Andrew/E New England  
70 Huang, Chang-Chih West NY  
exc Mormando, Steve/A Metro NY





# Club Directory

## NYC Clubs

*Fencers Club*  
154 West 71st Street  
NYC, NY 10019  
ph: (212) 874-9800  
*Masters*  
Csaba Eltes, FES  
Dr. Aladar Kogler, FES  
Simion Pinkasov, FE  
Jing Xi Chen, FES

*New York Athletic Club*  
180 Central Park South  
NYC, NY 10019  
ph: (212) 247-5100  
*Masters*  
Dr. Aladar Kogler

*Salle Bardakh*  
212 West 15th Street  
NYC, NY 10011  
ph: (212) 620-0114  
*Masters*  
Stanley Bardakh, FES  
Edvard Alterman, F  
Oleg Brooselovsky, F  
Jing Xi Chen, FES  
Boris Vaksman, FE

*Santelli Salle D'Armes*  
40 West 27th Street  
NYC, NY 10011  
ph: (212) 683-2823  
*Masters*  
Miklos Bartha, FES  
Joseph Brodeth, F  
Gerard Shaw, FE  
Bela Walter, FES

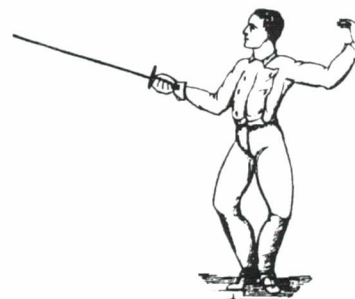
*University Fencers Club*  
181 Mercer St., at NYU  
NYC, NY 10012  
ph: (201) 432-3921  
*Masters*  
Steve Mormando, S  
Edvard Altermann, F  
Jerzy Gryzenski, E  
*Continued in Next Column.*

# Calendars

## NATIONAL

### 1990 National Championships

No.	Weapon	Dates	Location
4	U-19 WE, Senior ME & WE Div I WF MS Div II WE Div II ME, MS Team, WF Team U-19 ME, Div I MF (A) Senior WF Div II WF, U-19 MS, Div I WE (A) & MF (B) Div II WS, MF Team, U-19 WF, Div I WE (B), Senior MS & WS Div II MS, Div I ME (A), WE Team U-19 MF, Senior MF, Div I ME (B) Div II MF, ME Team, USFCA Masters	June 9 June 9-10 June 10 June 11 June 12 June 13 June 14 June 15 June 16 June 17	Salt Lake City, UT



## INTERNATIONAL

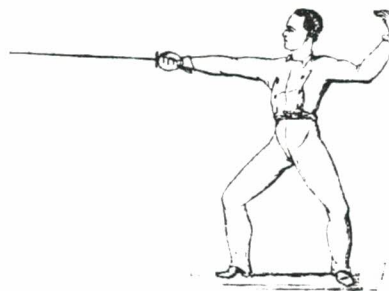
### 1990

Date	City	Country	Cat	Tournament	Events
July	Lyons	France	A	World Championships	All

(See next issue for coverage.)

#### Other Clubs/Colleges:

Baruch College  
Columbia University  
Hunter College  
New York University  
Santelli NJ  
Staten Island Fencers Club  
YMCA Manhattan



If you would like to have your club listed, or a competition to be held at your club, send complete name and address with phone number, along with a check for \$5.00, to *En Garde! Magazine* (address on page 4).



# Results

## 1990 World Cup Sabre Challenge Enterprise Press

### Men's Sabre

New York City, New York  
March 17-18, 1990

See back cover for  
Tableaux of 32.

- 33 Scalzo, Giovanni ITA
- 34 Csongradi, Laszlo HUN
- 35 Gniewkowski, Marek POL
- 36 Peinador, Raul SPA
- 37 Gravel, Evens CAN
- 38 Banos, Jean-Paul CAN
- 39 Kuzmin, Andrey USSR
- 40 Banaszewski, Jacek POL
- 41 Ferretti, Vincent CAN
- 42 Baranassis, Zissis GRE
- 43 Bidard, Herve FRA
- 44 Nowosielski, Leszek CAN
- 45T Granger-Veyron, Herve FRA
- 45T Karellov, Mikhail USSR
- 45T Postek, Pawel POL

- 48 Alchan, Andrey USSR
- 49 Garcia, Antonio SPA
- 50 Kisiel, Jaroslav POL
- 51 Deschenes, Bruno CAN
- 52 Torrecilla, Jesus SPA
- 53 Czaya, Waldek USA
- 54 Fuente, Pedro P.C. CUB
- 55 Rioja, Marco SPA
- 56 Stollman, David USA
- 57 Matsuo, Azuma JAP
- 58 Ugalde, Carlos SPA
- 59 Friedberg, John USA
- 60 Koch, Jörn FRG
- 61 Mormando, Steve USA
- 62 Leung, Waiman USA
- 63 Jimenez, Aristides CUB
- 64 Gonzalez-Rivas, G. USA
- 65 Kazuhito, Hamada JAP
- 66T Benedek, Miklos USA
- 66T Mateev, Nikolai BUL
- 68 Carignan, Steve CAN
- 69 Chai, Seung-Jean USA
- 70 Pajan, Alexis L. CUB
- 71 Falcon, Alberto SPA
- 72 Scheicher, Jurgen AUT
- 73 Rodriguez, Gerard USA
- 74 Cohen, Richard GBR
- 75 Cox, David B. USA
- 76 Helewa, Kevin USA
- 77 Pashapour, Ismail AUT
- 78 Satoshi, Sawada JAP
- 79 Warsaw, Larry USA
- 80 Maggio, Jonathan S. USA
- 81 Glez, Geovani CUB
- 82 Anthony, Jr., Donald USA
- 83 Baz, Sam USA
- 84 Friedberg, Paul USA
- 85 Parrilla, Ulpiano PR
- 86 Bager, Cristian E. USA
- 87 Milgram, Daniel J. USA
- 88 Mamoru, Saita JAP
- 89 Bizzarro, Martin CAN
- 90 Burget, Brad USA
- 91 Baz, Sean G. USA
- 92 Kim, Michael USA
- 93 Hiroshi, Hashimoto JAP
- 94T Cheng, Ming-Hsiang TAI
- 94T Curtis, David USA
- 94T Plourde, Tony CAN
- 97 Sukunda, Eli CAN
- 98 Heck, Steven D. USA
- 99 Osamu, Nakamura JAP
- 100 Bullock IV, Andrew J. USA
- 101 Chen, Chiu-Wei TAI
- 102 Rezazadeh, Ali USA
- 103 Capin, Bruce USA
- 104 Mineo, Noro JAP
- 105 Alvarez, Jose Luis SPA
- 106 Heyworth, Gregory USA
- 107 Fallenbuhl, Robert CAN
- 108 Tuoto, Tony USA
- 109 Sautter, Andreas CAN

- 110 Reuter, Christopher J. USA
- 111 Yung, Wang Y. USA
- 112 Fonay, Nicholas CAN
- 113 Iyer, Arun USA
- 114T Ritzberger, Wolfgang AUT
- 114T Zablocki, Martin CAN
- 116T Liu, Chung-Sheng TAI
- 116T Magloire, Rotchild USA
- 118 Canela, Terrence F. USA
- 119 Haspel, Moshe USA

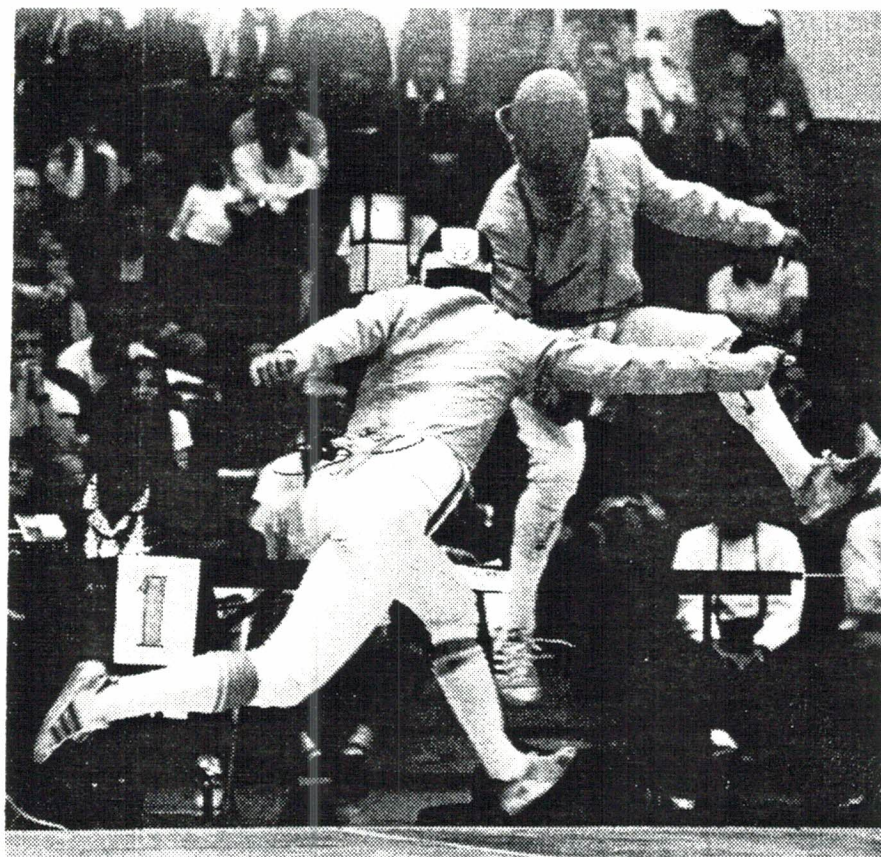
Continued on page 19.

Number of Fencers in:			
Country	Total	Tableaux	Final
Austria	4	1	
Bulgaria	4	3	
Canada	14	1	
Ch. Taipei	5		
Cuba	5	1	
France	9	7	1
Great Brit.	1		
Greece	1		
Hungary	7	6	2
Italy	3	2	1
Japan	7		
Poland	5	1	
Pucr. Rico	1		
Spain	7		
USSR	7	4	1
USA	46	3	1
W. Germ.	4	3	2

New York Sabre, Tableaux: (R) Bob Cottingham makes a beautiful stop-touch to the arm of Georgy Pogosov.







**Challenge Enterprise Press Sabre Finals, NYC:**  
Philippe Delrieu of France(R) delivers a flying parry-riposte against Imre Bujdoso of Hungary. However, this is not enough to stop Bujdoso, who defeats Delrieu and goes on to take first place. (Also in the finals is an American, Peter Westbrook.)

# World Cup Men's Sabre

## Challenge Enterprise Press New York City

- 1 Bujdoso, Imre HUN
  - 2 Kempenich, Jorg FRG
  - 3 Becker, Felix FRG
  - 4 Kirienko, Grogory USSR
  - 5 Szabo, Bence HUN
  - 6 Meglio, Ferdinando ITA
  - 7 Westbrook, Peter USA
  - 8 Delrieu, Philippe FRA
- Finalists*
- 9 Koniusz, Jaroslav POL
  - 10 Koryazhkin, Sergey USSR
  - 11 Lamour, Jean Francoise FRA
  - 12 Marintcheski, Nikolai BUL
  - 13 Cavaliere, Massimo ITA
  - 14 Cottingham, Robert USA
  - 15 Banos, Jean-Marie CAN
  - 16 Szetey, Andras HUN
  - 17 Pogosov, Georgy USSR
  - 18 Koeves, Csaba HUN
  - 19 Etropolski, Christo BUL
  - 20 Etropolski, Vassil BUL
  - 21 Nebald, Dr., Gyoergy HUN
  - 22 Guichot, Pierre FRA
  - 23 Nolte, Jurgen FRG
  - 24 Boros, Gyoergy HUN
  - 25T Couderc, Laurent FRA
  - 25T Reohr, Christopher USA
  - 27 Ducheix, Franck FRA
  - 28 Daurelle, Jean Philippe FRA
  - 29 Bolle, Stephane FRA
  - 30 Mindrigassov, Sergei USSR
  - 31 Mauritz, Rainer AUT
  - 32 Cardenas, Alberto A.G. CUB
- Tableaux of 32*

***En Garde! En Garde! En Garde! En Garde!***