

# Huntingdonshire Fencing Club Newsletter - May 2014

## Welcome to the e-newsletter

We aim to publish this approximately 3 times a year. We hope you find it useful.

If you have any suggestions or contributions please email [tracey.coates@btinternet.com](mailto:tracey.coates@btinternet.com) using the word newsletter in the subject.

WANTED – someone to put together all the competition information for the newsletter. Please contact Tracey Coates if you can help.

## Fees are due

Fees are now due for the summer term.

Adult - £40.00 Junior (U18) - £25.00

**Please use online banking if possible:**

Bank - Lloyds TSB

Acc. name – Huntingdonshire Fencing Club

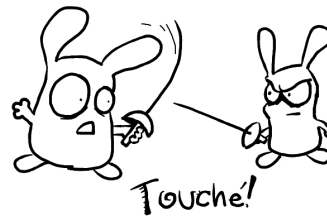
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Reference -name of the person fees cover

**Club fees are due 3 times a year-**

1st week - September, January & May

**See Mike Ellis for further information**



## Adult Open Competitions

**17th May** – Leon Paul League Foil 3, Leon Paul Fencing Centre

<http://leonpaulfencingcentre.com/comp/1030>

**17th May** – Leon Paul League Epee 3, Leon Paul Fencing Centre

<http://leonpaulfencingcentre.com/comp/1031>

**24th & 25th May** - Chichester Open

[www.chichester-fencing-club.org.uk](http://www.chichester-fencing-club.org.uk)

**25th May** – Hertfordshire Open Sabre, Hatfield

<http://nlsabre.squarespace.com/courses-training/2014/5/25/nlsc-herts-open-sabre-2014>

**14th June** – Bexley Open Men's and Women's Epee, Welling S.E London

<https://sites.google.com/site/bexleyopen/>

**19th & 20th July** - Norfolk Open

[www.norfolkfencingclub.co.uk/open.htm](http://www.norfolkfencingclub.co.uk/open.htm)

**13th & 14th Sept** - Essex Open

[www.colchesterfencing.com/essex-open](http://www.colchesterfencing.com/essex-open)

**20th & 21st Sept** - Bristol Open

<http://bristolopen.info/>

**Please note** the above are only a selection of the nearer or more popular open competitions. Please see the BFA website for a full calendar -

[www.britishfencing.com/events/](http://www.britishfencing.com/events/)

Other competitions elsewhere in the newsletter

## Junior/Cadet News

### Competitions

The next junior competition is a team event on Sunday 8th June 2014 at Sawston, keep an eye on the noticeboard or speak to Chris Convine for further information.

Once you are 13 years of age you can enter the 'adult' competitions if you wish. You must be 13 on the 1st of January to fence in that calendar year.

### Bronze Awards

A number of juniors have recently completed the bronze level of the British Academy of Fencing Proficiency awards. The juniors were Zoe Hopwell, Amy Lovell and Hannah Smyth and they will soon be presented with their certificate and pin badge. Well done girls and we look forward to your progressing on to your silver award. If anyone else would like to take an award please talk to Chris.

### New fencers

Two new junior fencers joined us from the last beginners' course, Jenny Courtney and Tom Crawford. We hope you enjoy your fencing at HFC and look forward to watching your progress. We would also like to welcome 3 adult fencers - Cathy Uff, John Uff and Liz Moon.

## Dan Tozer -Welfare Officer

You may or may not be aware, but I am the clubs welfare officer. This means that I look after the welfare of all club members, but in particular younger members. I hope that you agree that the club is a safe environment, however should you have any issues or concerns please feel free to approach me or one of the coaches or committee members and we will do our best to help. Please see the child protection policy, which is available on our website for details of how we aim to protect club members.

Dan



## Club Clothing

Coming soon - new supplies of club kit such as sweatshirts and jackets (with an updated design). More details to follow soon. See Tracey Coates if you have any particular requests.

## Coaching- FOOT WORK

We all groan at those two little words, but without good foot work you are only half a fencer. The modern day fencer uses all of the piste, they are not cemented to the floor.

PRACTISE, PRACTISE, PRACTISE - LUNGES, STEP LUNGES, DOUBLE STEP LUNGES, STEP BACK LUNGES, DOUBLE STEP BACK LUNGES, CROSSOVER LUNGES, BALESTRA LUNGES etc.

Try to be light and rhythmic on your feet, elephants have never made good fencers (though their footwork is very precise).

Remember small actions are faster than large. Big steps tend to be slower so your opponent sees the action coming and is gone before you are into the lunge.

Please remember whatever attack you start, the sword arm (foil/sabre) needs to move forward first and to threaten your opponent's target. You MUST gain the right of way.

With epee the right of way is not required, but the same early start of the sword arm extending helps accuracy and should help to convince your opponent to defend and not counter attack.

Talk to Mike Ellis if you want to know more.

## Other competitions

### (Junior and Local)

Cambridgeshire Fencing Association (CFA)  
Senior Epee 31st May, St. Neots.

Eastern Region Senior Championships, 1st  
June, Colchester.

CFA Junior Team, Sawston, 8th June

English Youth Championships, 28th & 29th  
June, Hatfield

Newham Leon Paul Junior Series (LPJS) 5th &  
6th July

Suffolk Invitation Foil, 6th July, Stowmarket.

#### For more info see:

[www.cambsfa.org.uk](http://www.cambsfa.org.uk)

[www.bfaeastern.org](http://www.bfaeastern.org)

[www.englandfencing.org.uk](http://www.englandfencing.org.uk)

[www.leonpauljuniorseries.com](http://www.leonpauljuniorseries.com)



## Veteran Fencers

by Andrew Brown

Several of our members are not only members of the British Fencing Association (for insurance purposes) but also the British Veterans Fencing (BVF).

BVF is open to anyone of 40 years of age, they run a national championship and also an age group competition as well as 4 nations event in (which I have competed in the past). Silvia and I compete in the Winton Cup inter regional competition (for Yorkshire but that's another story!). There are also events up and down the country.

Competing has taken us all over the world and in November we hope to compete in the Veterans Commonwealth Games in Glasgow. Silvia has a fine collection of medals including a European Gold medal for individual Sabre and last year a bronze at the World Championships.

As I write two of our members are representing Great Britain in the European Team Championships, Silvia Earl at Sabre and Epee and Richard Sage in foil. See results at [www.hms.hr/veterans2014/rez.htm](http://www.hms.hr/veterans2014/rez.htm)

## Veteran Fencers cont.

They both had to qualify for the event in previous UK veterans competitions and places are very hard to get!

There is no upper age limit and to see 70+ year old former world champions fencing is a delight. I remember seeing a Hungarian of 72 fencing like a 40year old!

We have a lot of characters in the BVF including Connie Adams from Norwich who started fencing at 60 has lots of medals and recently had two new knees at the same time so she could carry on fencing without a long break. She is now in her 80's!

See her and others on a promotional video <http://www.youtube.com/embed/vLHIT2KkNxY?autoplay=1&modestbranding=1&rel=0>

## Refereeing Tips

As a referee you should move with the action especially when you are close to the piste, which tends to be the case in the early stages of most competitions.

Make sure you are in a good position to see the box and the fencing. If possible try positioning yourself so the box is between the two fencers but do not get too far behind one fencer as you will not be able to see clearly the movement of their sword arm and weapon.

Be sure you can get to the rear line quickly to judge if a fencer goes behind their rear limit line. Make sure "others" are beyond the end of the piste and do not hinder your movement.

Always check for safety, this is one of your main concerns:

Check for plastrons and it's at the correct CEN level for the competition.

Masks should be sound with a good elastic back strap.

Check weapon blades are good and that they have a bend in only one direction. It is only permitted in the vertical plane and should be uniform & near the centre. The bend/curve should not exceed the max allowable for the weapon involved.

## Refereeing Course

Level 1 & 2 referee course will be held on 31st May the day before the Eastern Region Senior Championships.

Venue to be announced but will be in the Chelmsford or Colchester Area.

The course will be theory on the Saturday 31st May with practical assessments at the competition the Sunday.

See Mike Ellis for more information or the Eastern Region website [www.bfaeastern.org](http://www.bfaeastern.org)



## Rule Changes

There were a number of rule changes that came in to force 1st Jan 14. The main ones that affect you are:

- Corps-a-corps at foil & sabre is no longer a cardable offence. Referee will call halt but put you back on-guard to start again.

It is still a cardable offence in all 3 weapons to cause corps-a-corps to avoid being hit and/or with jostling of the other fencer.

- At foil, beat attacks, if the beat is made in to the forte of the opponents blade and both fencers hit each other (valid hits) then the referee must give it as a parry & riposte and not give it to the attacker carrying out the beat attack. So ensure your beats arrive on the foible of your opponents blade.

- Foil & Sabre, at competitions you must have at least 2 working & legal mask to jacket wires. This falls in line with having to have 2 working & legal weapons and body wires.

Mike Ellis

## Armoury

Hi, I'm Tim Bissell, I have been the club armourer for about three years. As armourer I repair the club's weapons and scoring equipment when it stops working and check the safety equipment such as clothing and masks; if any is damaged we stop using it and dispose of it. If you have any worries about any of the equipment then please let me or any club official know, and we will check it over. In the last article I said I would cover how to diagnose problems with fencing equipment on the piste. I will cover foil as it is the most complicated system and is used by all the novices in our club.

When you are on the piste and plugged in, you should switch on the scoring box and test your weapons. Do this by taking turns in pressing your weapon's point on your opponent's lamé jacket. You should get the valid hit indicator light (red or green). So what could go wrong?

- Continuous white light without pressing the tip.
- White light when pressing on the lamé.
- No light when the tip is pressed

The most common and complex problem is the first; electric foils work by having a continuous electric circuit which is broken when the button in the foil tip is pressed in a hit. If it is indicating a hit continuously, then the electrical circuit is broken somewhere. Try these quick checks:

- Is the foil connected correctly? Check your foil wire is connected to the foil, and is plugged into the spool socket. Try unplugging and replugging your foil and body wire in case there was a bad connection.
- Try swapping weapons with your opponent. If the white light changes to their side, then the problem is in the foil; change weapons.
- If the problem is not in the foil, then it will be in your body wire, the spool or the ground lead connecting the spool to the scoring box. To test your body wire, swap ends with your opponent - if you still get the white light, there is a problem with your body wire. Try a different one.
- If your opponent now has the white light, then the problem is with the spool or ground lead.
- Try swapping the spool with a spare; if the problem goes away, then the spool is faulty.

White light when hitting the lamé - Has your opponent connected the body-wire clip to their lamé? Also, try pressing different parts of the lamé; some older ones have 'dead' spots on them.

No light when the tip is pressed - there is a short-circuit somewhere in the foil - you will need to change weapons and get the foil fixed.

Continued on the next page

## Armoury continued

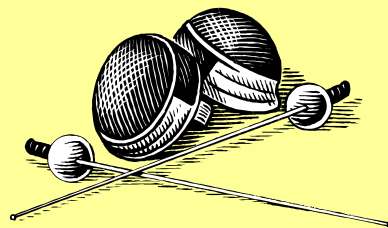
Once your weapons have passed the test, the most common problems whilst fencing are:

- Spool 'creeping' forwards, or spool lead not retracting properly as you move. This is a problem with the spool springs, so swap the spool for another.
- White lights without hitting your opponent, but when moving your foil or parrying your opponent's blade. This indicates problem with the foil tip - it needs cleaning, or some internal components have worn and need replacing, or the tip itself may be loose. Change weapons and get the faulty one fixed.
- White lights when moving forwards or back without waving your foil around can indicate a faulty connection in the spool or your body wire; diagnose as above, and replace the faulty equipment.

If the faulty equipment belongs to the club, then hand it over to the armourer or any club official, and tell them what the problem is. If the faulty equipment is yours, and you do not know how to fix it, again talk to a club official and they will be able to help. The armourer can fix weapons and body wires for a small fee (payable to the club), and if you need new parts or fencing equipment, that can also be ordered through the club.

I will cover troubleshooting épée and sabre in future articles, but once again, if you have any queries or topic suggestions, please let me know!

Tim Bissell



## The Fencing Quiz

### Answers to the last quiz

1. If you are in Octave and you perform a lateral parry, which position are you now in?

A1 - Septime

2. Name the 4 simple attacks?

A2 - Straight thrust, disengage, cut-over & counter disengage

3. What are the names of the 4 main hand positions performed with the hand in semi supination?

A3 - Sixte, Quarte, Octave & Septime

### New questions

1) If you are in Sixte and you perform a circular parry, which position are you now in?

2) Name the 3 main types of parry

3) What is a counter attack?

## Club Officers

Chairperson - Ian Coates  
Treasurer/Senior Coach - Mike Ellis  
Secretary - Ivan Ward  
Captain - Chris Convine  
Armourer - Tim Bissell  
Welfare - Dan Tozer  
Public Relations - Tracey Coates  
Website - Andrew Brown

## Club Secretary Wanted

After 32 years Ivan Ward will be retiring as club secretary at this year's AGM (Annual General Meeting). If you might be interested in standing for this post please talk to Ivan about what it involves.

All posts will be up for re-election and will be voted on at the AGM, although generally officers continue in their roles for a number of years. Not many however are as long serving as Ivan.

## 5 'facts' about the AGM

1. The AGM provides a lot of important information about the state of the club and plans for the future.
2. It is the main place for club members to have a say about the running of the club.
3. The AGM is the highlight of the social calendar, on a par with Henley, Royal Ascot and Wimbledon.
4. The quality of the catering wouldn't be out of place at a Michelin starred restaurant.
5. EVERYONE should attend to help set a record for the most people at a HFC AGM this century

The date will be announced soon. It is usually in July or August.

Dan Tozer



## Recent Results

County Senior Foil - 2nd George Partridge, 3rd Joshua Coates

County junior U16 Epee - 1st Matt Pickering

County junior U16 Foil - 2nd Kieron Presland

County junior Foil, other results -

U11 Alex Lamdin 9th, U13 Hannah Smyth 7<sup>th</sup>, Zoe Hopwell 9th Amy Lovell 10th (in their first or second competition).

On the Open circuit - George Partridge fencing epee and Joshua Coates fencing foil have both steadily progressed up the ranking lists. George's April ranking being 100 and Joshua's 103. Tracey Coates regained a ranking inside the top 50 at women's foil although this has now slipped back to 51.

Compiled by Ivan Ward

Don't forget to visit the club website - [www.huntsfencingclub.co.uk](http://www.huntsfencingclub.co.uk)