

Huntingdonshire Fencing Club Newsletter – April 2015

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 using the word newsletter in the subject.

WANTED – articles for the newsletter. Please contact Tracey Coates if you can help.

In this issue

2nd page – Younger fencers

3rd page – Recent results

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The Eastern Region Big Weekend

Sat 23rd and Sun 24th May 2015

One Leisure Sports Centre, St Neots, Cambridgeshire.

Saturday 23rd May

Youth training day (U17's) for all 3 weapons, 10 am to 4 pm. Main sports hall. (£25 or £35 depending on age) More information from - davidcook606@btinternet.com

Child Welfare/Safeguarding Course, 10 am to 4 pm. In the "Snug" next to the café. (Free) Email Eastern Regional Welfare Officer sarah.pallier@activ111.com to reserve your place

Armoury course led by Steve Hyman. All 3 weapons covered, learn how to look after your weapons (or your children's). 10 am to 4 pm. In the studio. (£16) Email Mike Ellis - valandmike@clara.co.uk

Refereeing course (3 Weapon) run by Mike Ellis, level 1& 2 theory on Saturday. A full presentation with DVD and video clips. 10am to 5 pm, in the studio. For those who wish a level 1 & 2 theory exam from 4 pm to 4-45 pm. (The practical assessment examination can be taken on the Sunday for levels 1 & 2 foil & epee, level 1 sabre). (*Read about Shanes experience of a course on p4*)

Sunday 24th May

Eastern Region Senior Championships. A 6 weapon event. Men's and Women's foil, epee and sabre, An armourer will be present for the majority of the day.

Enter competition here - <http://leonpaulfencingcentre.com/comp/erfc15>

Also see - www.bfaeastern.org Additional information also on HFC noticeboard

A focus on our younger fencers

Junior competitions

2nd 3rd 4th May - BYC Finals Sheffield

http://www.britishfencing.com/events/british_youth_championships/

30th May – 2nd Leon Paul Cadet Epee Open

<http://leonpaulfencingcentre.com/comp/1070>

6th June – LPJS Scotland, Linlithgow

<http://www.wallacefencing.org.uk/~wfa/lpjs.html>

20th & 21st June - EYC Championships Hatfield, age group, 3 weapon event

<http://britishfencing.com/uploads/files/eyc2015info.pdf>

28th June - LPJS Newham

1st & 2nd August – LPJS International Foil

<http://leonpaulfencingcentre.com/comp/1067>

8th August – LPJS International Epee

<http://leonpaulfencingcentre.com/comp/1068>

9th August – LPJS International Sabre

<http://leonpaulfencingcentre.com/comp/1069>

Some Recent Results

ER BYC Qualifiers

U18 men`s epee

Sam Luckman 3rd

U14 girls foil

Hannah 5th

Zoe 8th

Amy 10th

U14 boys foil

Caleb 23rd

U12 boys foil

Tom Crawford 28th

U18 boys foil

Kieran Presland 10th

Awards

Last year Hannah, Zoe, and Amy undertook and passed their BAF bronze award (well done), if anybody would like to progress to silver or go for their bronze please speak to Chris.

My first fencing competition

By Amy Lovell

The first fencing competition I went to was in June 2014 and it was a group competition. I think I was glad of that because I was very nervous. In fact, the night before I couldn't sleep because I was so nervous! In my group it was Hannah Smyth, Zoe Hopwell and I. When I arrived, I was very anxious but when I saw my friends I instantly relaxed. It was nice knowing that I was fencing with them rather than against them. It was my first proper sporting competition (I am not a sporty person) so I was a bit confused at what we were meant to do, at what time and where we were meant to be but I soon got the hang of it. I had a lot of fun. We all supported each other and we did really well. Group competitions are my favourite as you feel like there is less pressure on you and I really enjoy competing as part of a team and representing Huntingdonshire Fencing Club.



The Captains 4 Weapon

A report by Dan Tozer

The Captain's four-weapon competition was held recently at St. Neots. This team competition involves male and female foilists along with an epeeist and a sabreur fencing in turn in 10 hit bouts up to a total of 40, the order of the bouts being drawn at random before each fight.

Ten teams entered the competition including three from Hunts, the C team unfortunately being short a sabreur. The opening round was a round robin poule, which produced a number of exciting fights, with Hunts A, the dragon fencing team Fifth and Chelmsford topping the groups.

Going into the DE Hunts C were unfortunately knocked out, but won their play-off match to finish 9th, a good effort considering they were a fencer down. Both Hunts A and Hunts B won their quarter final matches to progress to the semi-finals against Chelmsford and Fifth respectively. The draw did not favour Hunts A with the Chelmsford sabreur being the pick of their team. Going into the final bout Hunts A led 30-17, but with sabre being the quickest weapon it was not over, after an exciting match Hunts A held on to win 40-36

Hunts B were less fortunate with Fifth winning relatively comfortably. They also lost the bronze medal match, again with sabre being on last which allowed Chelmsford to overturn a small deficit and pick up third place. The order for the final again was not kind to Hunts A with their favoured weapons being on first and second. After the Men's foil and epee Hunts A had a 5 point lead, but the Fifth Female foilist took control of the bout and going into the sabre Fifth lead 30-29. They then dominated the sabre to run out 40-34 winners, retaining the trophy they took last year.

A big thank you to Tracey and Ian for running the competition and Mike Ellis for his excellent refereeing.



Bottom - Dan Tozer versus Philip West in the final

Other recent Results

Silvia Earl (left) - Gold at Sabre and Silver at Epee at the West Midlands Vets, April 2015



Tracey Coates – Bronze at foil at the Invicta Open, March 2015



My experience of taking a refereeing course by Shane Presland

With the upcoming fencing Big Weekend approaching, I thought I'd try and put some words down about my referee course. Once I was committed to the course and the money paid I was sent the pre course reading. My first thought was, oh my god if this the pre reading I've had it! It covered everything from the reasonability of the referee to how big the piste should be. I duly tried to read and digest all the information sent, it quickly became apparent that I knew nothing about refereeing.

The day came and I had a leisurely drive to Colchester in the company of Françoise and Kieran who were both doing the course with me. On this occasion we had a seminar room in a Holiday Express, which was very comfy and they provided tea and coffee, not as it turned out that we had much time for drinking. Our very own Mike Ellis was running the course, starting nice and easily by explaining how it was going to work. The day was a blur, I know we covered everything from health and safety, through penalties, timing keeping, testing weapons, hand signals, how big the area of play needs to be, right down to the score sheets. After a working lunch it was walk through, talk through time, with video clips of very good and very fast fencing, with us trying to work out what happened. By the exam time we had covered everything required!

I now had a choice! Do I stick with foil, try the epee or embarrass myself with sabre. Right I thought, foil and epee, three papers (one general and two weapon specific) what's the worst that can happen? The first paper was general fencing rules and not too bad, I actually found I knew the answers. Next were the weapon specific foil and epee papers, some of the day had obviously managed to filter into my brain and stick, as I knew most of the answers. Having passed the first theoretical part of the course, it was time to travel home and leave Mike with a paperwork nightmare to prepare for the next day.

Practical day took place at the Eastern Region senior championships in Colchester at a very expensive looking private school. As all of the potential referees were fencing as well as taking their refereeing test the poules flew by. When we were being assessed the other fencers in the poule were being watched as well, so there were very few disagreements. Even I managed to keep quiet when it was obviously my point!! It opens your eyes to how hard it really is to catch every little thing that happened in the split second before the hit. I always find myself going over Ivan's ode for a referee and hoping that only one light goes on, it is so much easier.

As the day went on I found myself flapping my arms like an Emu trying to fly. It took a while to understand that the same arm/hand shouldn't do more than one action but it was too late, I'd been assessed and found wanting. I passed the level one but wasn't good enough to get my level two.

Like all competitions anyone willing to referee is welcomed (well almost anyone) and as I managed to miss my epee assessment I was volunteered to referee the ladies semi-final, then onto one of the last eight man's foil fights and I am proud to say I didn't embarrass myself. With the pressure off, my arms almost did what I wanted them to do. If you've ever thought the referee is rubbish and you can do better or really just want to referee then give it a go. What's the worst that can happen? You come out of it with a better understanding of your sport and you hopefully get a little piece of paper to say you are an actual referee.

Shane

Selected Competitions

Compiled by Joshua Coates

8th & 9th May - Hampshire Open

<http://www.southhampshirefencing.co.uk/hampshire-open/>

9th May – Liverpool Open

17th May - CFA Epee Sawston

17th May – Wellington Open

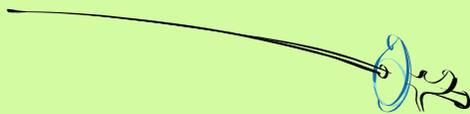
http://britishfencing.com/uploads/files/entry_form_well_open_comp_15.pdf

23rd & 24th May - Eastern Region Big Weekend at St Neots (See page 1)

23rd May – Mike Mathews Cup (Sabre)

http://britishfencing.com/uploads/files/the_mike_matthews_2015_entry_form.pdf

24th May – Hertfordshire Sabre Open, Hatfield



30th & 31st May - Luton Open

<http://leonpaulfencingcentre.com/comp/lut15>

6th June - Bexley open

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

6th & 7th June – BVF Age Groups

<http://www.veterans-fencing.co.uk/forms/agegroups-2015.pdf?vn=2>

7th June - CFA Novices foil Sawston

20th & 21st June – Oxfam Open, Cardiff

<http://www.oxfamopen.com/>

27th June - Bill Hoskyns Open, epee

<http://www.fencingcampsandcomps.co.uk/BillHoskynsHome.htm>

5th July - Suffolk Invitation Foil, Stowmarket

5th July - Cambridge Open Air Epee

<http://www.camfc.org.uk/cambridgeshire-fencing-club/competitions/cambridge-open-air>

18th & 19th July - Norfolk Open

www.norfolkfencingclub.co.uk/open.htm



18th & 19th July – Chichester Open

<http://www.chichester-fencing-club.org.uk/open.html>

12th/13th September - Essex Open

www.colchesterfencing.com/essex-open

19th/20th September – Bristol Open

<http://bristolopen.info/>

Also see: www.britishfencing.com/events/

www.cambsfa.org.uk/cfacal.html

Rule Changes by Mike Ellis

Sabre Gloves - The sabre glove changes mentioned in the previous newsletter were delayed and now come in to force as follows.

For fencers using full size sabres as follows:-

- **All BF run competitions (senior, junior, cadet, age-group) – from 1st September 2014.**

- **Universal UK application – from 1st September 2016.**

When both fencers are using size 0, 2 or 3 blades these gloves will be optional.

See BF Clothing Rules - appended to the revised BF Safety Guidelines.

Other rule changes that come in to force that affect us are as follows.

As well as coming on the piste with two weapons & two body wires, you now must also have two mask to lame jacket mask wires (foil & sabre only)

All of above must be legal and working. Not to meet one of the above will get you an immediate yellow card. If you have more than one problem with above each subsequent offence after the yellow card will earn you a red card. A red card gives a hit to your opponent.

Rule Changes contd.

Age groups in Veterans competitions are as follows

a. Age group 50-59: Must be at least 50 years old and less than 60 years old in the year of the competition.

b. Age group 60-69: Must be at least 60 years old and less than 70 years old in the year of the competition.

c. Age group 70+: Must be at least 70 years old in the year of the competition.

Chest Protectors

The following in M25.4 is **currently only for FIE events** but at some point will come in to BFA and domestic competitions. I will keep you informed.

m.25.4: ADD to the end of the Article the following: The entire outside of the chest protector (the side facing the opponent) must be covered with a soft material. (The material can be attached to the current plastic models or incorporated into the manufacture of new chest protectors.) The hardness of the outside of the material must be 20-30% hardness. This is the typical hardness of wet suit material for scuba diving (neoprene).

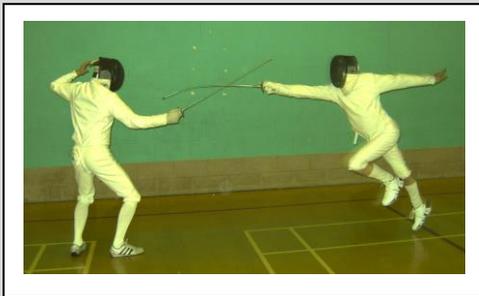
Rule o.44.10.a): REPLACE with the following

In the course of a match the captain of a team may ask to substitute for a fencer the reserve nominated before the start of the match. This substitution may only be made at the end of a bout. However, the fencer who has been replaced may fence one more time during that match, but only to replace the fencer who originally substituted him. This second replacement is not allowed if the first replacement has been made for the reasons listed in article o.44.11. No further substitution for a fencer on the piste is allowed, even in the case of an accident or unavoidable circumstances. The announcement that a fencer is to be substituted must be made at the latest before the beginning of the bout preceding the next bout of the fencer who is to be replaced and must be reported by the Referee to the opposing team captain. At World Championships and Olympic Games, the referee must also report this immediately to the Directoire Technique.

Fencing Photography - Improve Your Image!

In the last newsletter I mentioned how a fast shutter speed could help freeze the action. Most of you will know that the second quickest object at the Olympic Games is the tip of a foil. The fastest is the bullet from a rifle. The gloomy lighting we often find at venues does not help us so, as I explained last time, we can increase the ISO.

Sports hall lighting raises another issue that can spoil an otherwise good shot, and that is colour temperature. Colour temperature is not easy to explain, but if you have noticed a yellowish hue or cast to your images then there is an easy trick to solve it. Our brains are very good at recognising colour and compensating for colour temperature without us being aware of it. Cameras are not so well evolved and need to be told what type of lighting is illuminating your shot. Then they can make the correction automatically.



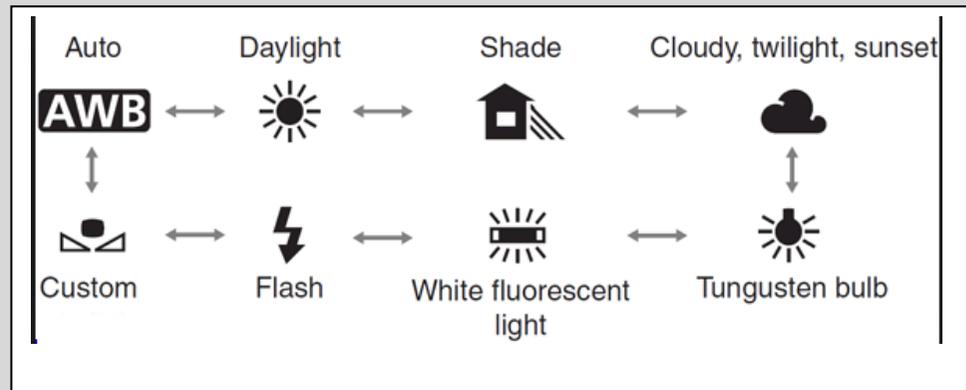
Left – Too yellow under tungsten lighting



Right - Too green under fluorescent lighting

If you take a picture illuminated by an ordinary household bulb the image will have a yellow or 'warm' cast. A tungsten lamp is one with a glowing filament inside it. Sports halls with fluorescent lighting will appear green, though to us in both cases everything seems normal. To tell the camera what light source you are using there is a dial with symbols, or an option on your camera screen. Select the light bulb symbol for tungsten lighting or the tube shaped symbol for fluorescent. Sun, cloud and shade symbols are for when fencing outdoors.

Below is an example of the symbols used on modern cameras for temperature correction. They are self-explanatory, though AWB stands for Average White Balance, which could be a good option if you have natural daylight as well as artificial light at the venue.



Next time I will give you some hints and advice on processing. What to do to get the best from your images once you have taken them.

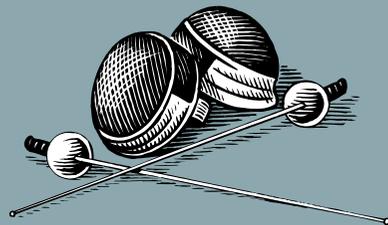
Jacques

Refereeing Tips

By Mike Ellis

- 1) Safety is always your prime concern. If in doubt do not allow them to fence until you have checked with senior people in the club or if a competition the organisers and/or DT
- 2) In age group events, make sure you know the correct weapon size, number of hits required to win and the max time allowed.
- 3) As with sabre it is also now with foil, any beat attack the beats in to the bottom third of the blade (the forte) this must be given as a parry. Therefore any offensive action by the defender immediately following the incorrect beat will be a riposte and have priority over the initial beat attack, assuming it is immediate, direct lands a valid hit.

There is a refereeing course for all 3 weapons in St Neots on the 23/24 May 2015 (see p1). See the HFC notice board or speak to Mike Ellis for details.



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The Fencing Quiz

Answers to the last quiz

- 1) Octave
- 2) Yellow card
- 3) Remise

New Questions

- 1) You are in the last metre of your end of the piste and your back foot completely goes off the side of the piste. Referee calls halt, what do you think the referees decision is going to be?
- 2) You take a circular parry of sixte, what position are you now in just before you riposte.
- 3) Your attack does not succeed but you immediately renew your offensive action by disengaging under your opponent's blade to hit, what is this renewal action called?

Ivan's Mini Quiz

- 1) The club's epee team has won the Eastern Region team championship twice, I fenced in both but who were my team mates in 2000 and 2007
- 2) In which year did the FIE adopt electric foil.
- 3) At the 1958 world championships a GB fencer won the individual epee. Who was he?
- 4) GB has won only one Olympic gold. Name the fencer and their weapon.
- 5) Hunt's FC. first success in the 4 weapon team was a team consisting of Clare Waldron W/F, Andy Luckman M/F, Ivan Ward E and Mike Ellis S. What was the year?
- 6) It which year was electric epee first used at the European championships?

Answers to Ivan please, there might even be a prize!!

Results on the notice board in the future

By Ivan Ward

Coaching – Acceleration

By Mike Ellis

When attacking and trying to deceive your opponent's blade with a compound attack you should try to accelerate your action. It should be going at its fastest when it is just a few centimetres away from the target.

How do we achieve this?

First when making your feint do not have a fully straightened arm, around 50% extension should be the maximum. As you deceive your opponents blade is the time to accelerate your arm, going through the deception and forward to the target area you wish to hit.

As you are carrying out the above you should be pushing hard from your rear leg and foot to accelerate your whole body action in to the lunge.

Performing the above you are trying to deceive your opponent twice, once with the blade deception and second by the acceleration of the last part of your compound attack.

If you are required to use footwork to close the distance to start the above attack, remember that all steps are preparations except the step prior to the lunge which if performed correctly can be considered as part of a step-lunge attack.

Once you are closing the distance on your opponent start to use small steps. Remember you can only start your lunge attack when your back foot is on the floor. You must be ready to attack when the opening appears. If you are using large steps your rear foot takes longer to be placed on the floor before you can lunge whereas small steps means your rear foot will be on the floor quicker and therefore ready to start the lunge part of the attack quicker.

Fond Memories from France By Lorrie Rickett

I have lots of happy memories of Huntingdonshire Fencing Club. I still wear my track suit with the logo on the back, and various t shirts and it was responsible for our move here to France. It was in 1998, a few months after moving up to Martin in Higham Ferrers, that I joined the club at St Neots having previously fenced foil and epee for 14 years in Maidstone, Kent. I thought it was going to be hard to fit in at a new club, especially being about 50 but I couldn't have been more wrong and thoroughly enjoyed the good spread of sex, ages and weapons. My kids bought me a sabre for my 50th birthday, which was a new challenge, and my step-son even joined the beginners' course. I met a couple of the club sabreurs a few years ago when I fenced one night at my son Matthew's club in Cambridge. He seems to have largely swapped fencing for salsa these days.

I remember scary lessons with Mike, when I was afraid I would make a fool of myself. Then, there was Ivan with his headband and his wife Cathy, Tracey and Ian look just the same but their children have changed somewhat! I also remember parties at Mike Hopwood's house, and barbecues at maitre d'armes Mike's and the fancy dress parties. Hilarious!! I also remember Chris Convine and Todd who was coming on so well back then. There was also my friend Sheila whom I already knew as a classy fencer from Kent. Plus there were two charming French guys Marc and Jean-Luc who were usually surrounded by women appreciating their accents. I told that to various Breton guys who couldn't believe they would be able to charm English girls like that, and I was equally surprised to find that they feel the same about an Englishwoman speaking French!

In 2003, I had told Martin that I had always wanted to spend a few months living in France to try another culture. I even looked at buying a caravan there, but he was not keen. We both became disenchanted with the UK after constant vandalism and yobbish behaviour outside our house in Higham Ferrers. Then we went to the fencing competition at Periers in Normandy, and Martin was surprised how much he enjoyed his time there, despite only being able to ask for 2 beers. When we got home, after the next round of bad behaviour from Rushden teenagers, he said do you still want to go to France?

A few months later, we started looking for a bar at various places and in April 2004, moved to our bar in the centre of rural Brittany. It had been closed for nearly four years, needed total renovation and we had hardly any French, but we made it home for 10 years until we moved here to a neo-Breton house in the next village. I love Brittany, its people and its culture and I even enjoy Breton dancing once a week. The only things I missed from England were the family and my fencing. There were plenty of very good clubs, but all close to the coast, so for six years I thought my fencing days were over. Then, I saw a leaflet on a shop counter for Les Mousquetaires at Rostrenen, about 25 minutes away.

It turned out to be a busy club in a large school, with another branch an hour away. Most fencers were little kids but there were a couple of good teenagers, one male epeeist and a maitre d'armes who gave lessons. Jerome Garcia, talks even more than me and never stops for anyone and of course in French, although he is a confirmed anglophile and has quite good English at times. Five years ago, my French was not so good and the combination of new words related to fencing and hearing it through a mask -when I am also getting deafer - made it a bit nerve-wracking, but at least I was back with a weapon in my hand. (Continued on the next page).

Fond Memories from France continued.

Sadly, after two years, the club closed with internal wrangling, but Jerome decided to go it alone, opening in various village halls up to an hour apart, with the dramatic name Olympique Escrime de Pohers. I joined the nearest 15 minutes away, but it was just maitre 'armes et moi for a year. Still, with all those private lessons and only epee, my technique certainly improved. Then, for a year we were joined by two teenage girl fencers from the previous club who were a good standard and were well into competitions. They later joined a new club at Carhaix, but 9 months ago a chap in his 20s started and has come on fast and 6 months ago, two ladies in their 40s. So although it may not be a lot it keeps my hand in.

I have been persuaded to do a few competitions this year, and at 66 that means veteran 3. I think I still fenced as a senior in England, even in my 50s. I was pleased to be ranked 18th among 36 men and women epeeists over 40 in Brittany and 3rd among the women. I may do the third part of the Coupe de Bretagne in May. I missed the second. I turned up for the veterans foil, but there was only Jerome and another man and me. So, I now have a trophy for ladies veteran foil champion of Brittany! Looks good even if it doesn't mean anything except that I am still fencing! I have decided that competitive foil would probably be too exhausting though.

There were some things to learn when I started again. It seems my style is not only not French, it is also old-fashioned, although that sometimes catches people out, especially my mixed foil and epee technique. I was still using the back arm up for balance - a no, no it seems - and I was told that things are faster and more physical now although perhaps more mental agility before. Equipment too has obviously changed and I got told that my epee grip was illegal, although Leon Paul still sell them in France.

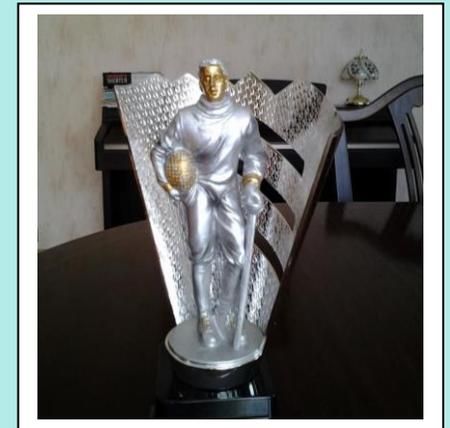
It is satisfying to know that fencing is still such an open door to friendship and fun, and everyone I have met at the three competitions I have entered, have been just as welcoming as I have grown to expect in our sport. It seemed things had come full circle though when someone asked me if I had ever fenced with the English at Periers!



Left - Lorrie and Martin's house in France.

Right - Lorrie

Far right – trophy for veteran ladies foil champion of Brittany



Club Achieves Swordmark

In November 2014 Huntingdonshire Fencing Club achieved the British Fencing Swordmark accreditation, part of the Clubmark accreditation introduced by Sport England.

Swordmark is awarded to fencing clubs who have shown they reach high standards in a number of areas including fencing programmes, duty of care and safeguarding children, knowing your club and its community, and club management. It is one of only 16 clubs in England, and the first in this part of the country, to obtain this status.

Chris comments, 'The accreditation was obtained after looking at every aspect of the club. Many of Swordmark requirements were in place and just needed fine tuning. It is satisfying that the governing body, British Fencing, has recognised the high standard the club operates at'.

Although the award is primarily aimed at the junior section of the club the good practice elements of the accreditation will cross over to impact and benefit the adult section.



Some of you may have read about the award in the local paper and seen the photo above.

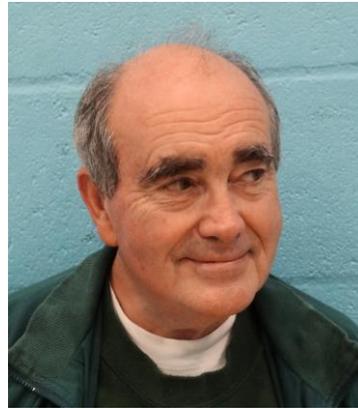
Photograph shows Club Treasurer, Mike Ellis, on the left, and Club Captain, Chris Convine, on the right, with the Swordmark Certificate, together with other members of Huntingdonshire Fencing Club.

The Club Officers

Chairperson - Ian Coates



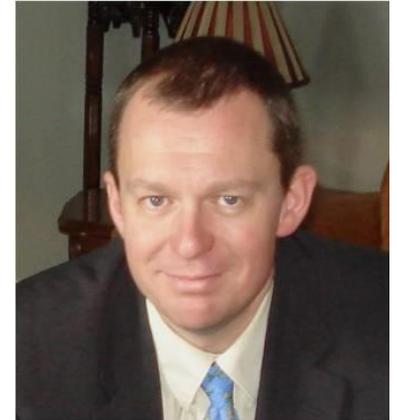
**Treasurer & Senior Coach -
Mike Ellis**



Secretary – Shane Presland



Welfare – Dan Tozer



Captain – Chris Convine



Website – Andrew Brown



Armourer – Tim Bissell



**Public Relations –
Tracey Coates**



Coming Soon – Adult training Day

There will be foil (and maybe epee) training day sometime in May or June organised by the Cambridgeshire Fencing Association. This will be run by Professor Graham Stretton. The day will also provide an opportunity for coaches to develop their skills and get some new ideas.

Tracey Coates.



Image from:

<http://fenceography.com>

A Visit to Bedford Club

At the end of March HFC sent a team of 3 fencers for a friendly match at Bedford. Team Coates consisted of Ian Coates, Joshua Coates and Tracey Coates. Arriving at just before 1900 we were welcomed by club members.

The evening started with a warm up and foot work session led by our own Chris Convine which lasted about 15 to 20 minutes and then we settled down to each weapon being fenced and lessons being given by a weapon specific coach.

Meanwhile as the visiting team we were warming up for our foil match. Then the match got underway. There was some good fencing between the teams but we managed to overcome Bedford's opposition to win by a comfortable margin.

We then joined in the fencing with some of the other Bedford foilists before rounding off the evening with another footwork session.

We had a very enjoyable evening and we look forward to welcoming some Bedford teams to our club soon.

By Ian Coates



Second Hand Fencing Kit



For all your fencing kit needs or advice on buying kit, then please speak to Josh Coates.

Don't forget to visit the club website - www.huntsfencingclub.co.uk