

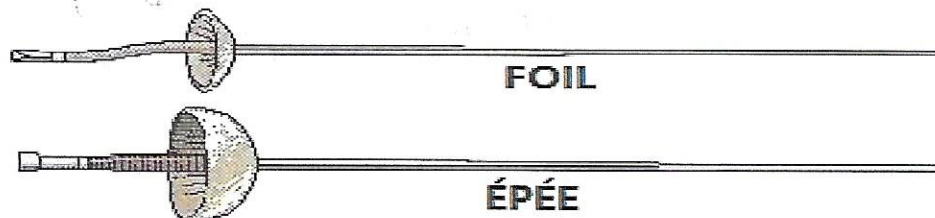
An Introduction To Modern Sport Fencing:

The Modern Sport of Fencing originates from the 18th Century European sword-fighting training developed for militaries and nobility. In contrast to scenes in movies where actors jump around clashing blades together, Fencing is a challenging Sport of Specific Techniques and Discipline.

Often referred to as "Physical Chess", Fencing is a unique recreational pursuit which promotes both Physical Fitness and Mental Stimulation. Using Electrical Scoring equipment allows for the accurate determination of the Points ("Touches") that Fencers score against their Opponents.

There are three separate disciplines in Fencing: FOIL, SABER and ÉPÉE. The FOIL is used as a Thrusting instrument. The SABER is used primarily as a Slashing instrument. FOIL and SABER are governed by the principle of "Right-Of-Way", where the Rules determine which Fencer receives the point during each fencing action. Generally, "Right-Of-Way" is determined by considering which Fencer is First to Attack. An Attack occurs when a Fencer Extends their Arm/Weapon in a manner which threatens their Opponent's Defined Scoring Area. A point is awarded when a valid Attack is properly executed and successfully completed.

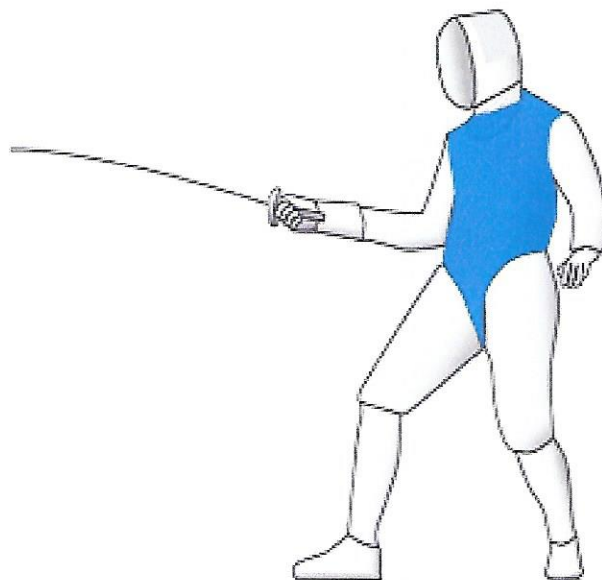
The ÉPÉE (Pronounced: "Éh-pay") is used as a Thrusting instrument. The ÉPÉE Fencer's Entire Body is technically valid scoring area. The Rules of "Right-Of-Way" Do Not apply in ÉPÉE. As the result, ÉPÉE represents the more realistic form of this combative sport. ÉPÉE Fencers are free to develop Styles and Tactics which best suit their Individual Personalities, Strengths and Strategies.



Fencers at the "Fresno Fencing Academy" Learn, Practice and often Compete in the disciplines of either **FOIL** or **ÉPÉE**.

The FOIL:

In FOIL, Fencers score "Touches" with the Point (Tip) of the FOIL by Extending their Arm - "Attacking" (Under the Rules, referred to as taking the "Right-Of-Way") and making contact with their Opponent's Scoring Area. However, the Attacking Fencer must be within the proper distance from their Opponent - as taking a Step Forward or Lunging Forward Without scoring the Touch on their Opponent results in their Attack Failing or Ending - Allowing their Opponent to Attack. Also, Withdrawing an Extended Arm - Ends that Attack. The FOIL Scoring Area is defined in Blue:

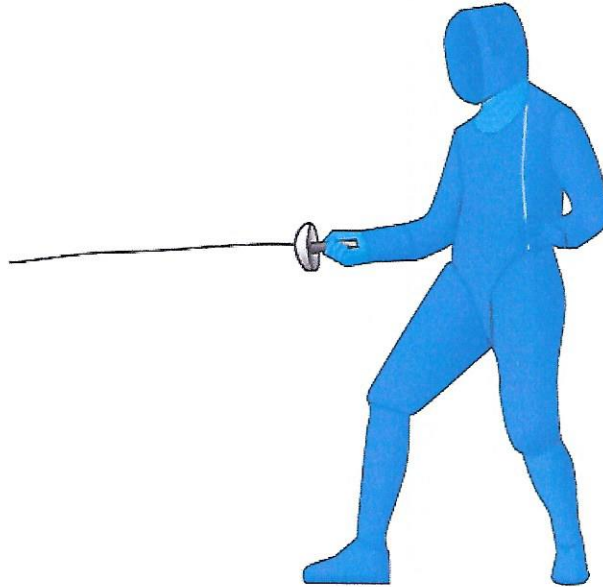


Fencers who are Attacked, can Stop an Attack by Deflecting / Hitting their Opponent's Blade / Point away from their Scoring Area (called a "Parry") or by moving Rearward / Sideways ("Evasion") - causing their Opponent to miss or fall-short of contacting their Scoring Area. At that moment, the Fencer who stopped the Attack has taken or earned the "Right-Of-Way" to Attack (called a "Riposte"). However, if they do not do so immediately, the initial Attacker is free to Attack again. During a Bout, the Referee decides "Right-Of-Way" and awards points according to their interpretation of the actions.

FOIL Fencing then is a game of careful consideration and use of Distance, properly Timing & Executing Attacks and quick Reactions / Counter-Actions.

The ÉPÉE:

As indicated, ÉPÉE Fencers are free to score Points ("Touches") without the constraints of the Rules of "Right-Of-Way". The Entire Body is valid Scoring Area. Rather than having the Rules primarily determining when Points are Valid, ÉPÉE Fencers do so based upon their own actions.



There is one Technological/Rules factor that does come into play in ÉPÉE. If both Fencers simultaneously score Touches on each other, both Fencers are awarded a Point (a "Double-Touch"). However, when one Fencer scores a Touch, the electrical scoring machine is designed to Not signal the second Fencer's Touch - IF it is Not made within 40 milliseconds (0.04 of a second). This amount of time is approximately the amount of time that it takes to make one click of a computer mouse button. So scoring First/Quicker than your Opponent is a form of "Right-Of-Way".

The Arm and Hand holding the ÉPÉE is a preferred target. Being able to score there allows one to Attack from Distance, Counter-Attack when Attacked and to minimize the reach advantage of a Taller Opponent.

ÉPÉE Fencing is a calculated game of Observation, Tactics and Patience. ÉPÉE Fencers often use Mis-Direction as much as Quickness and Agility.

Fencing Bouts in all three disciplines are contested on a "Strip", (Approximately 4 feet Wide by 46 feet Long). Numerous rules govern the Etiquette, Safety, Procedural and Technological aspects of this sport.

The unique Sport of Fencing can offer many different opportunities: A different form of Recreation; An addition to one's Physical Fitness regiment; The development of general Physical and Hand/Eye Coordination; An "Adaptive Sport" (There is Wheelchair Fencing); A Student's Extracurricular activity; A potential Scholarship path; Etc...

As a Competitive Sport in the United States, Fencing is administered by "[USA Fencing](#)". There are separate Gender and Age divisions where Fencers aged 8 thru 70+ compete in each of the disciplines. Locally, a large number of Competitions are held in the Bay Area and Southern California each year for all of the various Age/Gender groups. Scheduled Upcoming Competitions and Results can be researched via the "[AskFRED](#)" website.

More Fencing Information & News can be accessed online at "[Fencing.Net](#)". Fencing Competition and Instruction videos can be viewed online on "[YouTube](#)". Some of the better Channels there are: "Fencing Vision", "USAFencing", "Dax68" and "Michel Sicard".

ALWAYS: Warm-up & Stretch, Stay Hydrated & HAVE FUN



Thank you very much, for allowing our Club to introduce you to the unique and challenging sport of Modern Fencing. Our hope is that you will join us to continue to enjoy and grow in this sport as a Fencer. The first step would be to decide which discipline to pursue (Our Club members Fence either of 2 of Fencing's disciplines - **Foil** or **Epee**). The second step is to then join either of our "Beginning Fencing" programs.

Beginning Fencers continue their development by attending one or two sessions per week (**Foil:** Mondays & Wednesdays; **Epee:** Tuesdays & Thursdays). The hour and a half sessions include Group footwork & technical skills exercises and applying these skills during Open Boutings. [Participants may continue to use Club equipment for up to 3 months].

Fencers may then progress into the "Intermediate" and "Competitive" programs. We also offer a "Recreational" program and separate sessions for Younger Children. I also can provide Private (1 to 1) Individualized Lessons to Fencers throughout the week, on an as-requested schedule.

Please do not hesitate to contact me with any questions that you may have, or come-by and watch one of our evening classes.

**Best regards,
Vladimir**

