

THE SWORD

The magazine of the membership since 1948

British Fencing Magazine

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KRUSE STARTS SEASON WITH BONN GOLD P6

VETS WORLD CHAMPS REPORT PP7-10



HOLLYWOODS COLBY BOOTHMAN TALKS FENCING PP11-12

FEATURE: FENCERS CLUB LONDON PP15-18

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Wireless



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Welcome to THE SWORD

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Kruse #2 in the World! (Source: FIE)

- 4 **ON THE BOARD**
- 6 **BONN GOLD FOR BRITAIN'S WORLD #2 KRUSE**
- 7 **VETERANS WORLD CHAMPIONSHIPS, LIVORNO, ITALY**
- 11 **FEATURES**
 - Interview with Hollywood star Colby Boothman
 - Fencers Club London
- 20 **DEVELOPMENT**
 - Introducing British Fencing's new Activity Finder
 - Bradford Fencing Club to host Leadership in Fencing Course
 - Progressing with Premier
 - The GB Cup returns for the Second year
 - Mental Links To Excellence
 - Text Book Technique or Encourage Multiple Solutions?
 - Welfare – Behaviours, The role of the Coach
 - How to Photograph Fencing
- 30 **GAME REVIEW**
- 32 **LETTER TO THE EDITOR**
- 33 **OBITUARY**
- 35 **RESULTS**

On the Board – Caryl Oliver

In this issue of *The Sword* we continue our series of interviews with members of the Board of British Fencing by talking with Caryl Oliver.



Caryl Oliver in her Aussie Colours – Individual, Age Group & Team Gold medals at the Jersey Commonwealths 2009

Thanks for taking the time to speak with us. Please would you explain your role on the Board and how much of your time is spent fulfilling your responsibilities?

I am an elected member of the Board and joined in 2014. I come to the table with a lifetime experience as a competitive fencer, a businessperson and someone who has been involved in a range of other boards both in sport and business.

During my time on the Board, British Fencing has gone from significant funding to virtually no funding which has required a bit of a change in the way the Board works. Where before we set policy and let the Executive Team get on with it, we are all now taking on working group responsibilities to help deliver support to the Executive team, fencers, coaches, organisers and clubs.

My current priority is creating a map of all the opportunities that are open to someone who gets involved in fencing. This includes showing



Epee Women taken in 2016

the pathways for fencers, referees, coaches, volunteers and administrators. We have a lot of valuable and often hidden talent available to our sport that we could be using!

I don't really measure the time I spend on British Fencing as it is woven into my life and I will take whatever time is necessary for whatever is at hand. I care quite passionately about fencing so working for the sport is not really a burden or a chore – it also explains why I find it so difficult to say "NO" when asked to do things for the sport!

You also have international duties. What do they entail?

I am an active competitor on the Veteran circuit and delighted to still represent GBR at European and World Championships. One of my ambitions is to one day be the oldest fencer at one of those events!

I also have a role in leading a small group of passionate Epee Fencers – we are called Epee Women. Our focus is to build team spirit by training together when we can and competing together outside the UK against those people we might meet at Euro and World Events. In St. Maur in France this year, Epee Women from the UK, snagged silver and bronze!

I have also been a member of the FIE Veterans Committee where I was instrumental in pressing for team events at the Veteran World Championships and then developing the format that is used for those team events.

I manage the Southern Region Veterans for the Winton Cup, which is a fantastic celebration of fencing and a well-timed training weekend for the World Championships.

Last and by no means least I am Team Manager for the England Senior Teams. A job I share with Lindsay Bottoms.

As well as that, you are President of European Veterans Fencing, which is in great health. Tell us about that role.

I was elected President of European Veterans Fencing (EVF) in 2016 and inherited a talented and enthusiastic Board. Because we all believe that Europe is the epicentre of fencing, all our Board and members are incredibly supportive of our approach and initiatives on their behalf.

Our first task was to update the Constitution and Competition Regulations so that EVF was able to bring in some resources to better support veterans fencing in Europe. That we have hosts for all Championships up to 2022 tells me that we have got something right!

We are currently developing a Veterans Circuit and Ranking System for Europe which will encourage fencers to participate outside their own country and hopefully, be an incentive for smaller countries to stage competitions. We are also experimenting with a 75+ category to keep up with the ever ageing fencing fraternity and exploring the possibility of holding Veteran fencing events during down time at some of the World Cups, to strengthen the decreasing gap between seniors and veterans.

Our biggest challenge is the growing number of fencers participating in the European Championships, which alternate between a team competition one year and individual the next. In 2019 we are preparing for 1,700 fencers and have extended the event by a day to avoid needing to find 40 pistes and asking

fencers to start at 7.00am! We are working hard at not having to limit entries as this goes against our fundamental principle of maximum participation.

My personal challenge at European Championships is to fulfil my duties as President and compete without losing focus on either role....

You spent some time Down Under but fencing was still central to what you did?

I went to Australia in 1977 having missed out on selection for the Montreal Olympics by one place! I lasted about 3 months there before I organised for my fencing kit to be sent out to me, partly because I wanted to fence and partly because fencers were the obvious group for me to establish new friends in a strange country!

I first lived in Sydney but within a short time I was persuaded to move to Melbourne to be on the organising committee for the 1979 World Championships. I quickly got involved in the administration at a State and National level. I represented Australia/Oceania at the FIE and was a member of the Propaganda Commission for some years – in those days you paid more of your own airfares to get to FIE meetings, so it was a big commitment!

Australia was actively involved in the Region and we were among a group of Nations who where the first to be invited to compete in China when it was just opening up as a fencing nation.

I set up and ran my own Tourism Business which took a lot of my time and fencing dropped into the background a bit – until the Veteran World Championships in Sydney where I went to have a look, saw so many of my old mates still fencing and was persuaded by Hilary Philbin to pick up my weapons again! Helen Smith took on the task of coaching my comeback and with her behind me I won the

Commonwealth Individual and Team events in Jersey in 2009.

Returning for London 2012 must have been a massive adventure?

I knew that Hilary was Sport Manager for the Games so the minute the job advert came out for a Fencing Services Manager I was ready with my application – along with hundreds of others I gather.

I was interviewed via Skype from an internet café in Provence where I was training at the time. I received a telephone call on the morning of my event at the World Championships in Croatia telling me that I had the job and asking if I could start at the end of that month (October 2010)! I agreed to try and get there for a December start and we raced home to pack up 30 years of life in Australia in order to move back to the UK. The local charity shop loved seeing me pull up with another carload of stuff that I was not taking with me! The move was stressful, exciting and overwhelming but paled as an experience when compared to the intensity of two years preparing for and delivering the Olympics and Paralympics.

My first day on the job was not the most auspicious. I was knocked down the escalators in the Tube and arrived at the very smart LOCOG offices in Canary Warf with torn clothes and bleeding limbs! My first words were 'I've come to start work, do you have a first aid post?'. Day one at work was spent in A&E being stitched back together – it could only get better after that – and it did!

Every day that I arrived at the Excel Centre I would be hit by the fact that I was on the inside of the greatest show on earth! Amongst the endless list of responsibilities, the most rewarding was looking after the volunteers who worked so hard and so cheerfully – I still dine out on some of the battles I fought to



Opening Euro Team Championships in Alkmaar – May 2018

get the numbers and resources we needed for Fencing!

And you are still active on the piste?

I foolishly thought that I could keep up my fencing while delivering the Games but as soon as they were over I did get back into training.

I also made the important step of being reclaimed from AUS to GBR. I train at Oxford Fencing Club and I also train in France with World Champion, Marie Chantal Demaille who has been a friend and training buddy of mine for many, many years.

I competed at the Veteran World Championships in Livorno in October and then went on to Australia in November as Team Manager for the England Team and as a Competitor hoping to repeat Commonwealth Veteran success for England on that occasion.

I started fencing at 12 years old and whenever something happens to stop me fencing for a period of time I realise how much it is in my blood and how much I miss it. I think I am too old to give it up now!

So when you're not involved in fencing, do you have time for any hobbies or pastimes?

I spend a lot of time on the online business we have built – TopKit, which provides branded merchandise to Clubs and organisations but when I am not stuck in front of a computer screen I like to get out into the garden. We recently acquired an extra strip of land and have been turning it from a cattle field into a native garden that will eventually look after itself. A lot of moving barrow loads of shingle, mulch and topsoil – not to mention digging in heavy clay soil – great for building up muscles for fencing!

I also enjoy playing in the kitchen and feeding friends. Holidays are usually an afterthought to training camps or competitions!



Caryl takes bronze in St. Maur

Bonn Gold for Britain's World #2 Kruse

RICHARD KRUSE BEGINS SEASON ON A HIGH IN GERMANY

Thirty five year old Londoner, Richard Kruse opened fencing's new season by winning the Bonn Men's Foil World Cup in Germany. He entered the event ranked second in the World, bypassing the qualification round and went on to defeat old adversary, Andrea Cassara of Italy in a tense final.

He eased through the early rounds, beating De Greef of Belgium 15-7, Frenchmen Chastenet 15-8 and Cadot by the same score before facing American, Miles Chamley-Watson. A gritty fight followed as Chamley-Watson protested to the referee on a number of occasions but Kruse won the match 15-11 to make the semi-finals.

There he met another French fencer, Enzo Lefort. In a fight, where the whole length of the piste was used, Kruse was perhaps more offensive than we have seen him in recent times. And he needed to be against a mobile Lefort. The British fencer led 8-6 at the first break but there was little sign of either fencer establishing full control of the fight. Kruse dominated the second period, mixing his impressive defence and blocking counter-attacks with some beautifully timed attacks with the blade. He went on to win 15-10.

In the other semi-final, Andrea Cassara beat rising American star, Nick Itkin. So the final saw Kruse facing Cassara for the eighth time at a major tournament, leading their head-to-head 5-2. In the early stages, the Italian was the aggressor and it worked as he built a small lead. Kruse changed to a more offensive approach himself and closed the gap before eventually leading 9-5 at the break. By going out on the attack more, Kruse was able to make use of his closing counter-attack against Cassara. The Italian increased his attacking intensity after the break but Kruse was able to revert to his defensive approach and led 12-8 half way through the period. An increasingly frustrated Cassara continued to hunt down Kruse but the British fencer was stoic in his defence. Kruse finished the fight with a perfectly executed attack into preparation, taking the first title of the season 15-11.

Speaking after the event, Kruse's said, "I'm very pleased to win the World Cup in Bonn. This was the only World Cup I hadn't previously won a medal at, so I'm pleased to have changed that. This pushes my tally of World Cup and Grand Prix wins up to eight. If I could make it to 10 then I will be able to retire happy!"

His coach, Ziemek Wojciechowski added, "This is the eighth major international victory for Richard. It is incredible to see him showing yet another dimension of his mastery in defence, by using more than ever, a variety of actions from the line."

Kruse climbs to within four points of the World number one spot with this result in the season where Olympic qualification for Tokyo 2020 begins. Can he become the first British fencer in modern times to climb to the top of the World rankings? We'll find out at the Paris and Tokyo World Cups this month!

Full Bonn results are available [here](#).

Elsewhere ... Medal Rush for youth fencing



Barcelona Silver for Alex Lloyd



Jacob Foulsham gets Grenoble Bronze



Guatemala City Bronze for Connor Head

... and our Cadet Men's Sabre team, Cameron Evans, William Lonsdale & Rafael Rhys Pollitt claimed the bronze medal in Budapest!

Report

VETERANS WORLD CHAMPIONSHIPS, LIVORNO, ITALY

The Veterans World Championships took place in Livorno, Italy from October 9th-14th with both individual and team events. Great Britain sent a squad of 64 fencers together with supporters and some independent coaches. Competition was fierce and the quality of fencing high, resulting in a range of emotions, from disappointment to elation, but all with graciousness in both defeat and victory, good team spirit and support for each other.

DAY 1

Womens Epee 50-59

With an entry of 65, all four GBR fencers had a bye into L64 after the poules. Ingrid Heskett was ranked 1st. Marg Oniye drew Hohlbein (GER) going out D4-10. Jacqueline Hibbert narrowly lost to Brousse Brunel (FRA) D5-6 and Sarah Budden D7-10 to Van der Veen (NED). Scores of V9-3 against Jensen (DEN), V10-6 Chalen (SUI), V10-8 Zoppke (GER) took Ingrid into the L8 but unluckily a D6-10 against Borowa (ITA) denied her a medal.

Final results:

Gold – Albertson (SWE), Silver – Duchnowski (FRA), Bronze – Van der Veen (NED) and Borowa (ITA).

Heskett 5, Hibbert 39, Budden 44, Oniye 52.

Womens Epee 70+

After the poules from a total of 28 all four GBR fencers had a L32 match. Carole Seheult went out D8-10 to Versegi (HUN). Janet Cooksey and Margaret Myers were unfortunate to meet each other, Janet being the victor V10-4. Susan Uff sailed through V10-4 Hendricks (AUT), V10-7 Sopru (FRA), V10-3 Schiffan (GER) to a guaranteed medal. A valiant semi-final D8-10 Demaille (FRA) gave Susan a very well earned Bronze.

Final results:

Gold – Someroja (FIN), Silver – Demaille (FRA), Bronze – Lepeltier (FRA) and Uff (GBR).

Cooksey 12, Seheult 17, Myers 22.



Susan Uff

Mens Foil 60-69

Paul Wedge and Tony Bartlett both had a bye into the L32 from 50 fencers, with Paul ranked 2nd and Tony 15th. Paul Lowen narrowly missed joining them with a L64 D7-8 against Mion (FRA). Michael Medhurst succeeded with a V10-3 against Lindquist (SWE) but then went out D7-10 to Foerster (GER) and Tony D8-10 to Yamazaki (JPN). Paul Wedge eased through V10-3 Marimon (BUL), V10-2 Yamazaki (JPN) to meet Shvarts (RUS) for a medal place. With a D8-10 he had to settle for finishing 5th.

Final results:

Gold – Shvarts (RUS), Silver – Umezawa (JPN), Bronze – Galvan (ITA) and Blaschak (AUT).

Wedge 5, Bartlett 17, Medhurst 20, Lowen 33.

Womens Epee 60-69

After the poules in a field of 40 fencers, Fiona Haldane had a bye into L32 and met Albini (ITA) with the result D5-7. Caryl Oliver met Lehtonen (FIN) in L64, V10-9, then went out to Kircheis (GER), D6-10. Jane Hutchison defeated Ream (USA) then met Kocab (USA), the eventual gold medallist, with a D2-10

result. Jane Clayton defeated Hinterseer (AUT) in L64, V10-7, followed by V8-7 against Cirillo (ITA). A valiant match against Albini (ITA) D7-10 left her finishing in L16.

Final results:

Gold – Kocab (USA), Silver – Luan (CAN), Bronze – Albini (ITA) and Balot (AUT).

Clayton 16, Haldane 20, Hutchison 28, Oliver 29.

Mens Foil 70+

From a total of 44, Brian Causton, Malcolm Cawton and Graham Paul all went straight into the L32 after the poules, with Graham ranked 1st. Paul Harden then joined them with a L64 win against Carnitti (ITA) V10-7. He followed this with another victory, V10-2 against Pechtl (GER) then going out in L16 to Liptak (HUN) D3-10. Malcolm came across Ide (JPN) with a D5-10. Brian's route took him V10-9 Anastasov (MKD), V10-4 Aftandilov (RUS) to meet Narita (JPN) in L8. Narrowly losing D9-10 put paid to his medal chances. Graham had better fortune; V10-1 Sessions (USA), V10-3 Rafalson (RUS) and V10-8 Kawaguchi (JPN) took him into the semi-finals. A resounding V10-4 Patterson (USA) gave him a chance for gold against IDE (JPN). A tense, nail-biting and well fought final D6-5 resulted in Silver.



Mens Foil 70+ medallists – Graham Paul, Ide (JPN), Patterson (USA) and Narita (JPN)

Final results:

Gold – Ide (JPN), Silver – Paul (GBR), Bronze – Patterson (USA) and Narita (JPN).

Causton 5, Harden 15, Cawton 19.

Great Britain had made a good start to the medal tally:

Silver – Graham Paul MF 70+

Bronze – Susan Uff ME 70+

DAY 2

Mens Foil 50-59

An entry of 60 saw a preliminary 128 round after the poules, but all four GBR fencers went straight into the L64. Richard Sage then went out D3-10 to Dousse (SUI) and John Troiano D4-10 to Vannicci (ITA). Mike McKay and Kola Abidogun both had wins; V10-4 Schuhfried (AUT) and V10-5 Takeda (JPN) respectively. Mike was then very unlucky to go out in L32 D3-4 to Peterstrand (SWE). Kola stormed through V10-2 Chernomashentev (RUS), V10-8 Capellini (ITA), V10-2 Villadoniga (ESP) to meet Tarasov (RUS) in the semi-finals. A convincing V10-2 gave him a place in the final against Christen (GER). With a D3-10, Kola took Silver.



Kola Abidogun contemplates on the podium

Final results:

Gold – Christen (GER), Silver – Abidogun (GBR), Bronze – Tarasov (RUS) and Debrand (FRA).

McKay 18, Troiano 39, Sage 52.

Womens Epee Team

With 11 teams entered and ranked 3rd, GBR met Hungary, Finland and Switzerland in the poules. The results were D25-28, D21-30 and V30-15 respectively. Facing Austria in L16 in a very close match the team narrowly missed going into L8 with D27-30.

Final results:

Gold – Finland, Silver – USA, Bronze – Italy.

GBR – 9th.

Team: Jane Clayton, Janet Cooksey, Fiona Haldane, Ingrid Heskett, Marg Oniye, Susan Off.

Team Captain – Jenny Morris.

Mens Sabre 70+

The ranking after the poules from 38 put all four GBR fencers into L32. William Osbaldeston went out D3-10 to Anastasov (MKD) and Michael Compton by one hit D9-10 to Hirt (GER). Richard Cohen and Andy Bornemisza both progressed to the L16 with Richard V10-7 Miyasaka (JPN) and Andy V10-1 Carson (USA). Both then went out; Richard D7-10 Sudran (AUS) and Andy D3-10 Pregowski (POL).

Final results:

Gold – Carmina (ITA), Silver – Prechtel (GER), Bronze – Helfricht (GER) and Yamada (JPN).

Cohen 10, Bornemisza 11, Compton 15, Osbaldeston 22.

Mens Sabre 60-69

Barry Coulter faced Yan (CHN) in L64 after the poules from 47 fencers. With a V10-2 he joined the three others to fence in L32. A D5-10 saw him go out to Steidl (GER). Stephen Rennie went out D6-10 to Mauceri (ITA) and Chris Prevett D3-10 to Saygin (RUS). Carl Morris fared better with a V10-7 against Cheng (HKG) to then face Badger (USA) in L16. In a close fought match he went out D8-10.



Stephen Rennie and opponent Mauceri (ITA)

Final results:

Gold – Kas (FRA), Silver – Yung (HKG), Bronze – Antinoro (ITA) and Runyan (USA).

Morris 11, Prevett 17, Rennie 18, Coulter 20.

At the end of the day another medal for Great Britain:

Silver – Kola Abidogun MF 50-59.

DAY 3

Womens Foil 60-69

In a field of 35 fencers, after the poules Marilyn Wheelband had to fence in the preliminary 64 resulting in D3-10 to Szymanski (GER). Sheila Anderson was ranked 3rd and Jane Clayton 5th. Jenny Morris went out in L32 to Wessel (GER) D5-10. Jane defeated Sloan-Sinais (CAN) V7-1 and then went out to Chernova (RUS) D1-8 in L16. Sheila, on excellent form, had results V10-4 Cul (FRA), V10-7 Glasser Carette (FRA), V10-2 Ballard (AUS) taking her into the semi-finals.

She lost out D4-8 to Luan (CAN), finishing with a Bronze medal. Luan went on to take Gold.



Womens Foil 60-69 – Chernova (RUS), Luan (CAN), Kircheis (AUT) and Sheila Anderson

Final results

Gold – Luan (CAN), Silver – Chernova (RUS), Bronze – Anderson (GBR) and Kirchieis (GER).

Clayton 10, Morris 28, Wheelband 34T.

Mens Sabre 50-59

All four fencers went straight into L64 after the poules from a field of 71. Michael Thomas went out D1-10 to Mironovas (USA). Rob Penton sustained an injury to his sword hand in his match against Becker (USA) and valiantly carrying on after a medical break was very unlucky to lose by one hit, D9-10. Duncan Rowlands defeated Van Haslen (NED) V10-4 but then went out to Kusphal (RUS) D5-10. Adrian Griffin defeated Vico (ESP) V10-8 and then lost out by one hit D9-10 to Lapshin (RUS) in L32.

Final results:

Gold – Carlucci (ITA), Silver – Nicastro (ITA), Bronze – Wrase (GER) and Mironovas (RUS).

Rowlands 30, Griffin 32, Penton 45, Thomas 50.

Mens Foil Team

Ranked 1st following excellent individual results, Great Britain drew Italy and Germany in the poules. A D23-22 (ITA) and V30-22 (GER) placed the team 6th. Facing Australia in L16, a resounding V30-9 saw the team meet Italy again. This time the tables turned with an impressive win V29-15 for a place in the semi-finals where they defeated USA V30-22. With a fantastic show of determination, tactics and skill in the final against RUS the team took Gold V30-24. Team Captain John Troiano did a great job throughout and the team spirit was tangible.

Final results:

Gold – GBR, Silver – RUS, Bronze – JPN.

Team: Kola Abidogun, Tony Bartlett, Brian Causton, Mike McKay, Graham Paul, Paul Wedge.

Team Captain – John Troiano.

Womens Foil 50-59

Ranked 4th after the poules of 48 fencers Caron Hale had a bye into L32. Fiona Turnbull went out D4-10 to Yumoto (JPN), Kate Morwell-Neave and Gillian Worman both won their matches V10-5 Michieli (FRA) and V10-5 Wei (CHN) respectively. In L32 Kate went out D3-10 to Carter (USA) and Gillian D5-10 to Bisson (FRA). Caron, defeating Gervaise (CAN) V10-2 then lost to Jensen (DEN) D7-10.



Caron Hale – Womens Foil Team

Final results:

Gold – Reese (GER), Silver Shaginyan (RUS), Bronze – Canevelli (ITA) and Tanzmeister (AUT).

Hale 10, Morwell-Neave 29, Worman 30, Turnbull 39.

Womens Foil 70+

With an entry of 29, Clare Halsted ranking 2nd after the poules had a bye into L16. Susan Uff went out in L32 to Stewart (CAN). Janet Cooksey and Margaret Myers both won their matches; V10-4 against Hendricks (AUT) and V10-5 against Peterson (DEN) respectively. In L16 Clare was unlucky to go out by one hit to Willard (FRA) D5-6 and Janet D2-6 to Demaille (FRA). Margaret defeated Bakhtsihareyeva (BLR) V10-7 to face Demaille in L8 for a medal place. In a valiant match she lost D3-10 with Demaille going on to take Gold.

Final results:

Gold – Demaille (FRA), Silver – Willard, Bronze – Stevens (USA) and Someroja (FIN).

Myers 7, Halsted 9, Cooksey 15, Uff 17.

Another podium day:

Gold – Mens Foil Team

Bronze – Sheila Anderson WF 60-69.

DAY 4

Mens Sabre Team

The Mens Sabre team drew Italy and Canada in the poules with an initial ranking of 7th out of 10 teams. The results were D25-30 v Italy and V30-26 v Canada. This put the team straight into the L8 to face Italy. A D20-30 gave the team an overall finish of 6th place.

Final results:

Gold – Italy, Silver – France, Bronze – Germany

Great Britain – 6

Team: Andy Bornemisza, Richard Cohen, Barry Coulter, Robert Penton, Stephen Rennie, Duncan Rowlands.

Team Captain – Richard Cohen

The team was awarded a Spirit of Fair Play certificate presented to Team Captain Richard Cohen.

Mens Epee 60-69

In a field of 75 all four GBR fencers went straight into L64 after the poules, with Neal Mallett being ranked highest at 7th. Malcolm Allton went out D6-10 to Gaudry (FRA) and Matthew Chell D4-10 to Van Til (NED). Hugh Kernohan, with a V10-6 against Posnov (RUS) went into the L32 to face Di Matteo (ITA) losing D8-10. Neal Mallett scored a victory against Kollar (SVK) V3-1 followed by V10-7 against Gerber (GER). In the L16 he went out to Imreh (HUN) D6-8.

Final results:

Gold – Fischer (GER), Silver – Dragonetti (USA), Bronze – Romanelli and Ringeisson (FRA).

Mallett 10, Kernohan 26, Chell 51, Allton 53.

Womens Foil Team

With an initial ranking of 5th out of 10 teams, the Womens Foil team faced Italy and Austria in the poules. A win against Austria V30-25 and a one hit loss to Italy D20-21 ranked the team 5th to then face 4th placed Canada in L8. A convincing V30-12 put the team into medal contention. Meeting Australia who had defeated Germany V28-27, the team fenced brilliantly to win V30-23 for a place in the final against Russia. In very exciting match with the score fluctuating between the two teams, Team Captain Clare Halsted went on last to level the score and win by one hit. A fantastic team performance led by an excellent Team Captain.

Final results:

Gold – GBR, Silver – Russia, Bronze – France

Team: Sheila Anderson, Janet Cooksey, Caron Hale, Clare Halsted, Jenny Morris, Gillian Worman.

Team Captain – Clare Halsted.



Golden girls – Womens Foil Team – Sheila Anderson, Caron Hale, Jenny Morris, Janet Cooksey, Clare Halsted and Gillian Worman

Mens Epee 70+

With a 1st place ranking after the poules, Robin Davenport had a bye into L32. Close on his tail was Howard West ranked equal 2nd. In the L64 Ralph Johnson defeated Dzhantimorov (RUS) V10-5 then was unfortunate to lose by one hit to Hecke (GER) D9-10. Brian Causton met Valmar (SUI) winning V10-9 then went out to Lenoir (FRA) D7-10. Howard's V10-1 against Hirshci (SUI), V10-7 against Vitsas (NED) took him into L16 then going out to Anastasov (MKD) D8-10. Robin fought his way into the L8, V9-7 Buongiardino (ITA), V7-3 Paakanen (FIN) and was unfortunate to go out of medal contention by one hit to Hecke (GER) D7-8.

Final results:

Gold – Schloss (GER), Silver – Pasmans (BEL), Bronze – Hecke (GER) and Ramero (ITA).

Davenport 5, West 10, Johnson 18 and Causton 24.

A medal again:

Gold – Womens Foil Team.

DAY 5

Womens Sabre 50-59

From 36 fencers, after the poules Grace Coulter had to fence Nishioka (JPN) in the L64 to join the other three fencers in L32 but in a close fought match went out D8-10. Caron Hale went to Mitsui (JPN) by one hit D9-10 and Caroline Clancy to Safronova (RUS) D7-10. Michele Narey defeated Camerin (ITA) V10-2 then Barbier (FRA) V10-8 to fence in L8. A D7-10 against Lo Muzio (ITA) denied her a medal place.

Final results:

Gold – Tanzmeister (AUT), Silver – Janshen (GER), Bronze – Padura (ESP) and Lo Muzio (ITA).

Narey 8, Hale 22, Clancy 23, Coulter 33.

Womens Sabre 70+

Ranking after the poules, from an entry of 20 fencers, saw Vivien Frith 1st and Silvia Brown 3rd with both having byes into L16 together with Susan Uff. Pat Shepherd-Foster went out to Schwarz (AUS) D8-10 in L32. Susan in L16

went out to Mannino (USA) D6-10. Vivien had a convincing win V10-1 against Schirmer (FRA) to then meet Demaille (FRA) in the L8. In a very close match she went out D9-10 having to settle for 5th place. Silvia Brown stormed through V10-6 against Lepeltier (FRA), V10-1 Tachibina (JPN) to fence Gardini (ITA) in the semi-final. Winning V10-9 took her into the final to meet Demaille. A D4-10 gave Silvia the Silver.



Happy 70+ Sabreurs - Silvia Brown, Demaille (FRA), Gardini (ITA) and Mannino (USA)

Final results:

Gold – Demaille (FRA), Silver – Brown (GBR), Bronze – Gardini (ITA) and Mannino (USA).

Frith 5, Uff 12, Shepherd-Foster 19.

Womens Sabre 60-69

Jane Hutchison ranked 2nd after the poules from 32 fencers. Jenny Morris went out to Chikubu (JPN) D5-10 and Angela Findlay to Eyre (USA) D2-10. Yvonne Walls defeated Balot (AUT) V10-7 then went out to Turner (USA) D1-10. Jane's route for a medal chance was against USA fencers with V10-7 against Starks-Faulkner, V10-3 against Dunn to then meet her friend and adversary Eyre in the semi-final. Jane took Bronze with D7-10.



The two Janes - Hutchison and Eyre

Final results:

10 THE SWORD JANUARY 2019

Gold – Eyre (USA), Silver – Turner (USA), Bronze – Chikubu (JPN) and Hutchison (GBR).

Walls 13, Morris 24, Findlay 30.

Mens Epee 50-59

In a very large field of 100 fencers, all four GBR fencers had to fence in preliminary 128 after the poules. Paul Donnelly went out D8-10 to Daprella (POL). Keith Barnett defeated Zannin (BRA) V10-1 and went out to Lehtma (EST) D8-10. Will Miller had V10-2 against Safarik (SVK) followed by D5-10 Sokolov (UKR). Simon scored a V8-3 win against Rusev (BUL) and then was unlucky to lose by one hit to Covani (ARG) D9-10.

Final results:

Gold – Calambe (FRA), Silver – Belousov (RUS), Bronze – Quanz (GER) and Larsson (SWE).

Barnett 41, Pink 52, Miller 61, Donnelly 74.

Medals for the 5th consecutive day:

Silver – Silvia Brown WS 70+

Bronze – Jane Hutchison WS 60-69.

DAY 6

The last day of the competition left two team events; Womens Sabre and Mens Epee.

Womens Sabre Team

Ranking 1st the team drew Italy, Japan and Australia in the poules. With convincing wins V30-18 (ITA), V30-11 (JAP) and V30-13 (AUS), the team remained ranked 1st going into the DEs. With 7 teams taking part, this gave GBR a bye into the semi-finals. A win V30-25 against Germany took the team into the final against Italy. In a tense and exciting match the team took Silver D26-30.



Womens Sabre Team Silver medallists - Silvia Brown, Vivien Frith, Yvonne Walls, Caroline Clancy, Jane Hutchison and Michele Narey

Final results:

Gold – Italy, Silver – Great Britain, Bronze – USA.

Team: Silvia Brown, Caroline Clancy, Vivien Frith, Jane Hutchison, Michele Narey, Yvonne Walls.

Team Captain: Jane Hutchison

Mens Epee Team

With a ranking of 9th the team faced Russia and Ireland in the poules. Wins against both, V30-20 (RUS) and V30-18 (IRL) gave the team a ranking of 3rd. With 18 teams taking part, in accordance with the rules, the last two placed teams were eliminated to give a complete L16. A close win V30-29 against Australia put the team in medal contention against Germany in L8. The team fought hard but lost D22-30 finishing 5th overall.

Results:

Gold – USA, Silver – Sweden, Bronze – Germany.

Great Britain 5.

Team: Keith Barnett, Ralph Johnson, Hugh Kernohan, Neal Mallett, William Miller, Howard West.

Team Captain: Graham Paul.

Finishing the Championships with another Foil Team Gold medal was brilliant and the first time that Mens Foil Team and Womens Foil Team both took Gold. Every day was a podium day!

The total medal tally of 9 was:

2 Gold, 4 Silver and 3 Bronze placing Great Britain a very creditable 5th place on the medal table.

As Team Manager it was an honour and pleasure for me to support the squad. I am incredibly proud, not just of the medallists, but of the whole squad for their sportsmanship and support.

BVF sends best wishes to Stephen Rennie and Andy Bornemisza.

Gillian Aghajan
GBR Team Manager



The spirit of Veterans!



Gillian shares a joke with the MF Team.

Interview

INTERVIEW WITH HOLLYWOOD STAR COLBY BOOTHMAN

We were recently lucky enough to get some time with Hollywood actor, Colby Boothman, who is probably best known for his role in *Jurassic World*. Not many people know that as well as being a high profile movie star, Colby is also a very keen fencer. Here's what he had to say, when we grabbed a coffee with him.

Thanks for talking with us Colby. A lot of our readers will know you from the film *Jurassic World* but what they might not know is that you are a keen fencer. Tell us about how you started and what the sport means to you.

Thank you for having me! I first started fencing around 11. I expressed interest in fencing to my school, Highlander Charter. Our Director of Physical Education, Fritz Lanz, was fortunately able to bring in instructors from Rhode Island Fencing Academy and Club (RIFAC). My interest in swordsmanship drew me to try fencing, but once I started there was no stopping. Playing hockey took an immediate backseat. After a few classes at school, I joined RIFAC formally and began fencing under the immensely talented Alex Ripa. The environment that Alex, Jeff, and Jill fostered at RIFAC created was a great place of growth for me; as both a fencer and person. They expect the best from their fencers; not only as competitors, but also as people. I am fortunate to have had the opportunity to be there.

Do you have any particular favourite moments that the sport has brought you?

Looking back, it is never the wins that come sharp to mind, despite a heavy box of medals. It's the traveling to competitions and training camps that I remember most fondly. Seeing old friends, making new ones. In regards to the fencing itself, my favourite aspect has always been studying my opponents and officials, devising strategies, and executing them. JO's was probably my favorite event of my youth. It felt smaller than Nationals, with the same calibre of competition and it was always in interesting cities.

You've said in previous interviews that acting wasn't necessarily a path you chose to go down. So how did it happen?

I came about acting by being in the right place at the right time. I lived in New Orleans while



it was the film capital of the world. Right out of high school I was fortunate to work on numerous Hollywood productions. The sheer scale of these productions floored me. Massive sets, huge lights on cranes, helicopters buzzing, explosions. The idea of an office job suddenly seemed a lot less exciting.

My family and I were living downtown during the filming of *21 Jump Street*, a project I spent a lot of time working on and there were two limos racing up and down our street all night long for a whole week, automatic gunfire blazing from sundown to sunrise. Good luck trying to sleep while that's going on outside! So I just hung out with friends working on *Jump Street* and met my good friend Brett Lapeyrouse one of those nights.

So working on *Jurassic World* must have been a dream come true?

A dream is an understatement. I was patiently awaiting that film before ever auditioning for it.

I've been asked many times what stepping on set for the first time was like and I still

struggle to find sufficient words. I have been fortunate to work on incredible projects prior, but nothing prepared me for seeing those sets. My first day on set was rehearsals at the raptor paddock. It was just the cast, our director Colin Trevorrow and a barebones crew. No massive cameras, lights, or cranes. It genuinely felt like being at *Jurassic Park*. If I looked into the paddock and saw raptors stalking about, it wouldn't have surprised me in the least. The "Main Street" set was insane. My stunt double and I toured the set one of the days while around 1,000 people were there that day. Poke your head into the gift shop and you'd find *Jurassic World* branded Peeps, candy, toys, t-shirts. I wish I could have loaded up a cart at the checkout counter.

We're pretty sure that every fencer has dreamt of playing with lightsabers! That dream came true for you in *Star Wars: Battlefront*. Tell us about your role.

If you asked me 15 years ago what I wanted to be when I grew up, I would have said a Jedi and my teacher would have given me a zero for not giving a sensible answer. Kids, you can be whatever you want to be when you grow up! My dad never achieved his dream of becoming a crocodile but that's on him.

Performing the motion capture for Luke Skywalker for the team from Electronic Arts and Dice in Vancouver was a blast. I studied Mark Hamill's portrayal of the character for a few weeks leading up to filming. I memorized breathing patterns at rest and in-battle and studied posture and choreography from the films and behind the scenes footage. Much of the films are shot close-up, so the additional footage was excellent to study the fights in more detail. Because *Battlefront* is a video game and not a movie the fight style was a happy medium between the traditional kendo influences, in the original trilogy and the more acrobatic choreography style invented for the prequels by Stunt Coordinator and Sword Master, Nick Gillard.

In your opinion, how different is stage fighting compared to fencing itself and what impact does sword-fighting in movies have for the sport at large?

Interview (continued)



Movie sword-fighting is the vessel so many people discover fencing through. It may have been Zorro, The Princess Bride, Star Wars, Crouching Tiger Hidden Dragon, or any one of the inspiring displays of the art. I can definitively say that it was Star Wars Episode I that sparked my interest in sword-fighting. I know I am not alone. The Darth Maul, Obi-Wan, Qui-Gon fight that Nick choreographed, is and always will be, one of the best fight scenes in cinema. I think we all desperately want to see more of it in Star Wars.

There is a stark difference between stage fighting and fencing, particularly when it comes to Star Wars. When Nick taught me the prequel choreography and the inspirations behind the style he invented for the films, I learned how fluid it is, how much comes from not only traditional swordsmanship but golf or tennis. The fights are a continuous dance with blades. Every step makes perfect sense, not only as a fight but also as an emotional outlet of the character. I have massive respect for the conversation of blades that Nick wrote.

As a fencer with a high profile, what are you doing personally to promote the sport?

It feels great being back – it's been far too long since I competed. I've been very keen on sharing my experiences with the world. William Cook and I have had fun taking fencing photography to the next level in the past few months, collaborating with some great sponsors in a very fashion-forward way. Being able to use an established outreach has been fantastic for bringing fencing to new audiences.

How are you keen to see the sport of fencing develop globally?

I really want to see fencing develop to the same heights as equestrian, tennis and golf. I feel it has the potential to explode, with an elevation of events by cross branding with established platforms such as charities, haute couture fashion shows, car and yacht races. The 2010 World Championships at the Grand Palais in Paris was brilliant. I think a *Grand Palais-type* event should be held yearly. The high-fashion and automobile worlds are something I have a close connection too. I want to help bring these worlds together and have been looking for ways to do so!

I feel fencing would do well to further its image and style. Leon Paul has been seriously pushing the boundaries of R&D for the sport. I have some projects I am personally working on with brands familiar with the sport and completely new, to help enhance the aesthetics of fencing. We are testing some pretty exotic materials to find a balance between form and function. I'm excited to share those with the world as soon as I can.

Thanks for talking with us. Before we let you go, can you share with our readers where they might see you next?

It's my pleasure! Thank you so much for having me! Places to catch me are comic con appearances, DJing at music festivals and clubs, and of course fencing events. Mostly in the US but I will be making my way to England soon. Keep an eye on my Twitter and Instagram. I always post where I will be and love hearing from fencers, where they want me to travel, or what content they want to see next!

Photographer: William Phillips Cook
Vehicle: 1968 Jaguar E-Type 4.2, Ed Lewis Estate: First Coast Sotheby's, Nicholas Eklund
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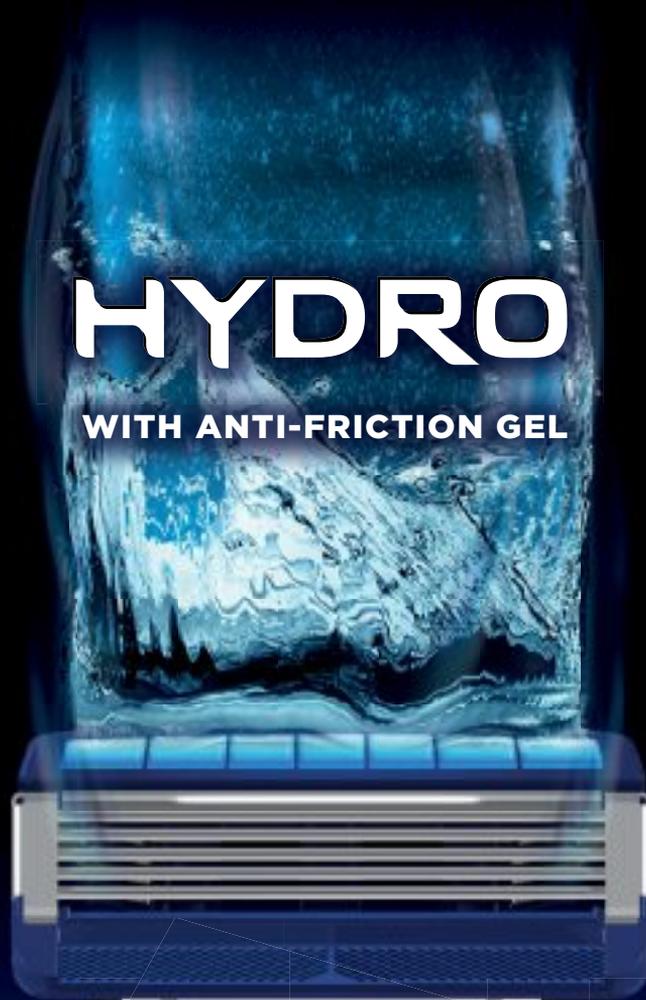


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Fencers Club London

Fencers Club London
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Raising The Game

Fencing coaching in the UK is dominated by men. In this issue we decided to feature a young female coach who is making her way up the ladder – but her journey is far from over. Dominique Szokolovics spoke to us about how she set about building Fencers Club London.

What is your background in fencing and why did you give up the competitive side of the sport?

I started fencing at the age of 8. I loved it and I achieved a lot of competitive success from the outset, including winning the British Cadet, Junior and Senior Women's Foil Championships simultaneously by the age of 14. I had a successful Cadet and Junior career but had to retire at 18, needing ACL reconstruction.

I returned to competitive fencing seven years later, winning the Senior British Championships and was number two in the Senior rankings. My dream was to be able to compete at Rio but again suffered injury. I needed further surgery for a meniscus tear in the same knee. I tried to come back after my surgery but with my body letting me down,

it was difficult to get back without support especially when my injuries were so severe.

Before I suffered my second major knee injury I would have expected to be able to integrate into the National Training environment but that was not the case. Instead I started working within a club structure that had been weakened rather than improved by some changes in the sport leading up to London 2012.

One of my old coaches, Professor Liam Harrington tracked me down some years before and I had been working with him at the club that I learnt to fence at. When I made the decision to finish my career, he helped me start to establish my own club and helped me to start my career as a coach.

What attracted you to coaching and why did you set up a new club in what was already a crowded geographical location for the sport?

Coaching is so exciting and rewarding. As athletes, we are always seeking the feeling of the small or big gains as well as the end result, when we take the hardware home. Working with the young people made me relive that same feeling and passion I had as an athlete. Seeing them develop, not only as athletes but also into strong human beings, is so fulfilling for me.

I decided to build a club on my doorstep, exactly where I had started fencing in 1996. I called it, Fencers Club London. A capital name for a capital outfit. There are quite a number of clubs in the London area but I knew our club would offer something really quite unique and set its own bar.

Our home in Rickmansworth is the perfect location just four minutes off the M25. The venue is totally fit-for-purpose, set in beautiful surroundings – great both for training and for competitions.

What was your philosophy for the club?

I wanted FCL to be everything that I didn't have as a young fencer and a place that I would like to train, with a strong culture and very tight team of like-minded people – including parents that understood what it takes and are part of the same vision- a club that all pulls together to push one other forward.

Coaching for me was not about turning up a couple of times a week to roll out the same old stuff. It was about vision. It was about spooling back the videotape of the years and pinpointing what had gone right and wrong for me and why.

I realised that the best way and really the only way, was to build a new club based on



Dom at her club



Pawel

that vision. My club was to put no ceiling on ambition or achievement because it would be crewed up by coaches who had been, or still were, successful fencers, having accrued exactly the kind of experience that would bring on the next generation. I wanted for my fencers to become athletes, to enjoy the competitive journey, to be hungry for progress and for success, to give fencing in the UK its future, fencing confidently internationally. People mistakenly see this as an 'elite' concept. It's not. Why would I want a club centred upon young people that think they're the elite, or who are told they're the best? That doesn't help anyone, least of all those involved. I wanted young people who worked hard and got empowered by working hard, demonstrating commitment, who were coachable as well as personable and who made great ambassadors for the sport on and off the piste.

So the philosophy is to retain one generation of fencers within the sport to train the next generation. For us, this is our daily bread – taking young athletes from club to national to international level and creating and shaping meaningful journeys where it's about the quality of the fencing and not just about wearing the tracksuit or sporting the patch.

So your strive for excellence is not based on domestic results?

Of course it is, but it is not as polarised as that. Think of it as a circle. I start with fencers here in the UK but I build them as athletes that can learn from and feed into the domestic scene. They then have no problem taking their skills into any arena in Europe or to the entire world stage. They can then bring that experience back to Britain and it keeps things moving in the sport in the right way.

Did you face any resistance or negativity?

I didn't quite realise at the time that there were a number of people who thought I was destined to fail from the outset and who actually wanted me to fail. I challenged a lot of lazy practice and lazy thinking. In return there were those who said I couldn't make any difference because I was young or because I was female – all the usual prejudices. There's a lot of focus on getting female athletic participation to increase, with for example 'This Girl Can' and positive reinforcement messages but none for female coaches as such. But whenever I encountered any nonsense, my approach is that we should all be evolved enough to know that women can be leaders and innovators. Those who don't want to think that are just embarrassing

themselves. And I only have to remember my 12 year-old self, getting on the piste and fighting and persisting, having been driven up and down endless roads and motorways and travelling abroad to do well at competitions. I also remembered when I won those Cadet, Junior and Senior British Women's Foil titles at the same time and my youth was my strength. I knew it just wasn't in me to give into what other people would like to project upon me. I hadn't when I was a fencer so I didn't now, when I was a coach.

So tell us about the early days of the club and who you got involved?

In terms of building the club, it was a typical first couple of years. Me and my Club Manager, Siân spearheaded the foundation of the club itself – me on the coaching side and Siân on the communications, following her career in the media. Our 'Chief Exec of Everything' is James Joy. He is a marvel: an IT whizz and passionate about sport and running competitions. Ben Peggs was very busy competing himself but has been able to bring his experience on the Senior Circuit into sessions and camps. Of course, I was lucky to have a sponsor in Professor Liam Harrington, who has the maturity and patience of a maestro.

Most significantly though, I drew in Pawel Osmański very early on to help with our first FCL summer camp and he made me realise he would be a perfect coach for the club. He is a fencing powerhouse (himself a Junior European Champion) and a dynamo with S&C where his credentials are very solid. He has extraordinary qualities that he can pass on to the fencers to help them become strong and successful. He is patient but tenacious in equal measure. His motto is 'ora et labora' – 'pray and work'.

Was there a particular point in time that was a big turning point for you and the club?

So there was the *Dream Team* and we just kept working and working and fencing and fencing and one day Siân cut a little film for our website and said, 'what about this?'. And there it was – a lovely cut-together of us all training and competing and winning stuff and making podiums and smiling throughout – well sometimes shouting – and at the end of this film came the caption, "Raising The Game". That was a kind of light bulb moment. That summed it up exactly: we were always looking at ways of raising the game, making the sport an even better place to be, building and strengthening so that GB fencing gets properly on the map. I realised that this is what I had always wanted to do. I know I'm handling very precious cargo, which are the hopes, dreams and ambitions of young foilists. I had those hopes, dreams and ambitions once, not all that long ago. Some came good, some didn't. I had a lot of 'what ifs?'. So that made me want to do the best for my pupils and I never want them to look back and think what might have been had they had the opportunity

to do this or that because all the opportunities are there for them – and they are encouraged to take advantage of them. Pawet is the same. He has trodden the competitive fencer's path. In 2009, he suffered a serious knee injury that was a turning point in his fencing career. It got him interested in human kinetics and movement. He's used his tough lesson to ensure that there are no 'what could I have been' for our fencers in that way. Making mechanical efficiency and movement a primary focus is not something you hear everyday in most fencing clubs but it is in ours, thanks to Pawet. He never stops fine-tuning the appropriate programmes that each fencer is working to maintain energy and intensity in their fencing. His strength is to identify potential weaknesses – where things can go wrong or career off in the wrong direction – and try to eradicate them or get back on track as much as possible.

So how are you "Raising the game" as you put it?

Generally, we have an effective framework in place, where we focus on high-calibre, fencing-specific S&C, lessons planned around the individual and a training environment where everyone spars together, following a daily training plan from which each fencer can derive benefit.

Pawet is always driving forward, furthering his S&C knowledge and bringing innovative but expert perspectives. It's crucial that if we are taking our fencers to the very top of their game, they have the wherewithal not to get injured and to promote great performance. This is empowerment. You are putting the young fencer in control of how to sensibly face the challenges of being a sports person. Pawet is now my Lead Coach.

Another important point is that I am running a club just for Foil because Foil is what I know. It is my truth. I don't want to be a jobbing coach, needing to diversify to make a living. I want to put the power into fencers and

specialise in what I know because I am sure that I can deliver that.

Given everything you have said, you and the club aren't simply results-orientated. Tell us about your wholistic approach.

Pawet talks about how his mission as a coach and our mission as a club should be to focus on improvement both in fencing and strength and conditioning. He describes that as a beautiful combination of technique and tactics along with mental strength and physicality, where there is always room for improvement. He is constantly striving to identify areas that can be improved, deriving huge satisfaction from seeing progression in our fencers. To Pawet development and progression take precedence over worrying about winning and losing. You can probably see by now why his motto is: ora et labora – pray for it, then just work on it.

This is a very important emphasis to me personally. I felt, as a young fencer, the attention was always on my results and not on my health and well-being. Looking back, I can see how stressful that was and how often I couldn't cope. That's why it's so important to put a support system into any systems you are using to develop your fencers. The fencer needs to know that you – the coach – knows this is sport. You might be training like a dream, fencing like you've been blessed but you cannot second-guess every move your opponents will make or every decision the referee will issue. Some of these competitive rooms in the UK are still very basic and you often don't know – for better or for worse – what you are going into. So over-prizing podiums and stigmatising not making the cut will never encourage a fencer to grow or to flourish. People say fencing teaches you how to lose. Well, maybe but if it teaches you how to lose, then it really should teach you how to come back after those losses.

Tell us how you are getting the best out of an amazing team and what they are doing for the future success of the club.

As well as any of our core work, we have a great team who share the vision and the ethos. A dynamic member of our coaching number is Ben Peggs. Ben is still competing and looking at getting to Tokyo 2020. It's great for FCL to be associated with an athlete still hungry for goals. At club, he is never beyond getting onto the piste and sparring with everyone. What he experiences on the Senior circuit can be brought back into our salle and enrich it.

Prof Liam Harrington has infinite experience and is great with developing us as coaches, as well as bringing on those new to fencing. He is the chairman of the club and really our bedrock. He was the one who tracked me down years ago when I'd left fencing and who had the vision and determination to bring me back.

Justyna Osmańska has joined us as Development Coach. She's great with our female foilists but also a terrific fitness visionary and lead, who can look at the 360 degree fencer and how to develop them in the right direction. Perfect.

I am Head Coach and try to be looking forward for all my fencers so that they will all be the best that they can be, which is very exciting and rewarding. Plus it's good to have my experience of being at major championships so I can shepherd them to the same destination. This is the physical chess bit in action – plotting everyone's next move, all of the time.

As for our Club Logistics Manager, James Joy – he is an essential part of the Dream Team. He has started running our FCL LPJS, FCL Open and new to this season: two BRC rankings comps. He is quiet and purposeful, yet so successful and professional. He is really changing the competition scene in the UK. Then there's his handle on all things IT, which I couldn't be without in this day and age. And he's a long distance runner and he has a day job but a classic example of if you want something done, ask a busy person ...



Pawet Running S&C at club

Siân continues to run a great ship with the communications. It was something that I felt most fencing clubs had not really concentrated on and she started to do it in a fresh and innovative way which reaches out to people and sounds our drum of bringing the best possible practices into fencing.

This is important: if you communicate to young people that you are raising the game and their game and everyone's game, then they get sold on that. They know that a rising tide will lift all ships. My club doesn't have the most fencers but it has a really high concentration of fencers wanting to give their all to the sport and become genuine athletes. We are constantly watching some incredibly exciting journeys, where fencers are becoming what they have always wanted to be and more. Interestingly, our FCL parents are very sold on that too. They show tremendous commitment by supporting their fencers in every way they can, as well as volunteering at club whenever needed.

And you yourself?

What I would say about me is that, having built a club upon these foundations, I have been fortunate enough to be developing personally as a coach and constantly re-evaluating my approach and my philosophy. My mission is to breathe new life and energy into this sport and I am determined to keep doing that. I have many ideas which I will



The Dream Team - Professor Liam Harrington, Paweł Osmański, Dominique Szokolovics, Ben Peggs and Justyna Osmańska

act upon when the time is right. Expect innovation at club level and beyond.

So what does the future of FCL look like in your mind?

I want FCL to be the benchmark. If you see any of our athletes at any competition or training, they will show the correct mind-set and exemplary behaviour. If you come to one of our competitions, you will enjoy the best

possible experience from the running of the event to the cakes you get with your cup of coffee at our café. If you attend our training camps, you will learn the best possible reward comes from a kind of work and a kind of prayer that makes you sweat. If you experience anything less anywhere else, you will know you should be able to expect better. Fencers Club London is going to keep raising ... you guessed it ... the game.



Rafael Rhys Pollitt at Senior Nationals 2018. Credit- Niki Bruckner Photography



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Development

INTRODUCING BRITISH FENCING'S NEW ACTIVITY FINDER

Written by Josef Thomas

British Fencing is continually looking to add value to our affiliated club membership. We are committed to developing and growing clubs across Britain as part of our current and future objectives. In early September 2018, we launched our new activity finder and we wanted to let clubs know about it.

We launched our brand-new website in beta mode at the beginning of June 2018. Whilst reviewing the old website, it was clear the club finder was very static, non-user friendly and had little functionality. After consultation with clubs and the feedback from our 'Understanding our Club Survey 2017' such as "provide updatable, free and easy to find advertising of beginner courses", we set out to create a new activity finder.

The advances in digital technology and the country's expectation that phones, tablets and computers are used to support everyday lives, means clubs must ensure they are visible online and have the capability to make attending the club as easy as possible. To provide clubs with a platform to achieve this, we are excited to announce a partnership with fibodo (find, book, do) who will power our new activity finder, ensuring that we actively embrace technology to enable people to access fencing.

The technology package negotiated by British Fencing is valued in excess of £50,000 and is available to affiliated clubs, giving them access to the latest software, which is provided, maintained and updated by fibodo.

There is no up-front cost and no cost per month to use this technology as an advertising tool. The only time a cost is incurred is if a club chooses to sell via the platform.

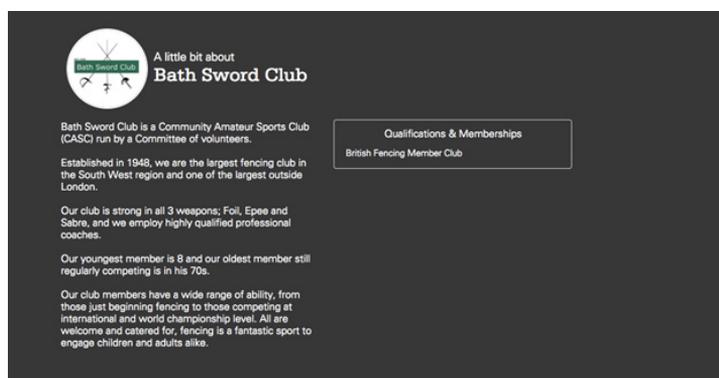
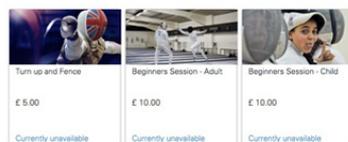
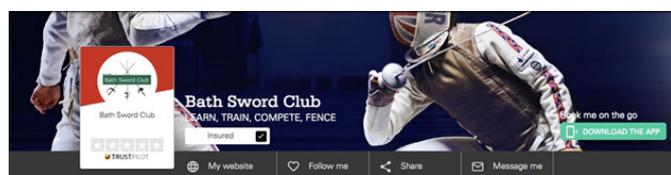
Through our partnership with fibodo, British Fencing are able to extend the following benefits.

Create a Profile...

Create a fully branded club profile including your logo, tagline, club description, link to your website, add memberships and qualifications.

Make use of this space to catch the attention of future members, as it could be the first thing they see about your club. First impressions count.

Want to see an example? Bath Sword Club's profile is below...

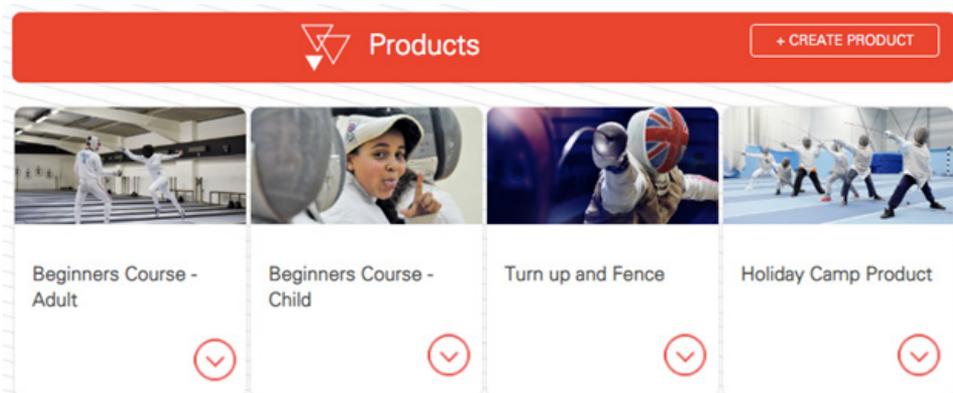


Advertise Sessions...

Increase online visibility by advertising bookable and free sessions on the British Fencing website. Initially, clubs will be able to add the following products:

- 1) Beginners Course – Adult
- 2) Beginners Course – Child
- 3) Holiday Camps
- 4) Turn up and Fence

You can tailor each product to your club, including the description, location, cost, number of spaces, age and ability level.



Social Media Integration...

Share your products via your club's social media accounts! This will enable your club to increase reach and attract new audiences in your area.

Simply press the share via Twitter and Facebook button to advertise your club's offer to the wider community. See an example below from our own Facebook page.

60% of people within Britain use social media every day. It's a really powerful tool available to all clubs!



Check out [this article](#) on the power of using social media for sports clubs.

Receive Bookings & Payment...

Take and manage bookings directly through your profile for each of your bookable products.

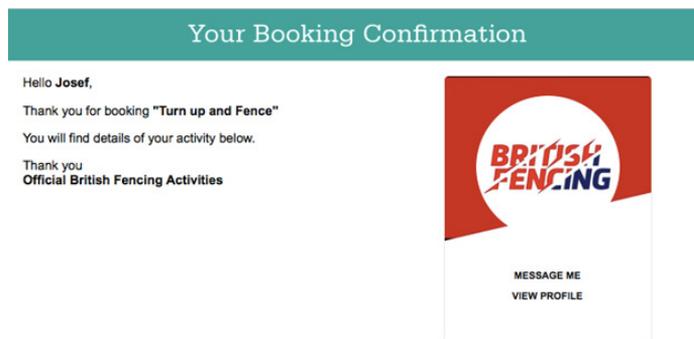
Reduce risk of losing cheques or members 'paying next week' by taking payments before they arrive.

Paying in advance is a critical commitment by the participant, turning impulse into action by reducing the option of not showing up.

Easily Communicate...

Running late? Need to contact everyone booked onto your session?

Not to worry, you can do this in 1-click of a button and send a quick message that will appear in everyone's inbox, simply 'message all'. A quick and easy way to stay in touch with your new members whilst on the go!



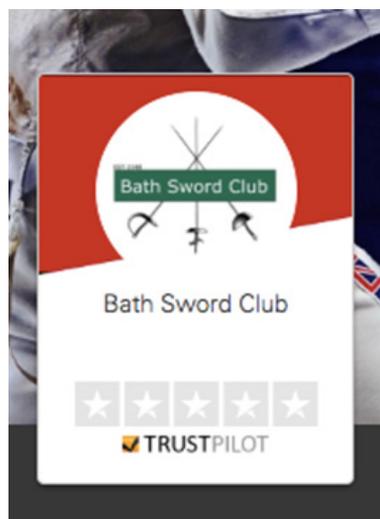
Ratings, Reviews and SEO

84%* of people trust online reviews as much as personal recommendations, so the ability to attract new participants via online channels will be boosted by fibodo's Trustpilot integration.

Ask your existing network to leave 5-star reviews and positive comments to give interested potential participants confidence that fencing is a fantastic sport to be involved in, especially at your club.

Positive reviews also affect your search engine optimisation, so the more 5 star reviews you receive, the higher the position in Google's search results.

*(source: [VISA](#), August 2018)



Create Bespoke Offers...

Would you like to take early bookings? Or do you have a couple of last-minute spaces free?

On your fibodo account you will be able to create bespoke offers such as early bird discounts or 4 sessions for the price of 3 to suit the needs of your club and fill those courses! Create the offer and apply it to the relevant product.

Want to Learn More...?

Find out more about fibodo by watching [this short video!](#)

Do you want to set up your club profile?

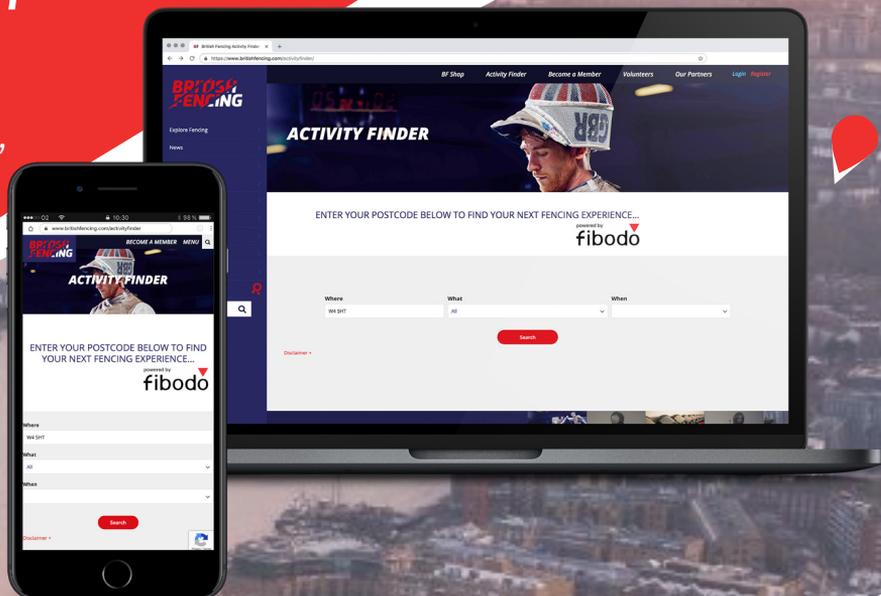
Complete the [expression of interest form](#) and we will be in touch to walk you through the rest!

British Fencing are proud to be the first NGB to support fibodo in testing and developing an innovative new activity finder. This will enable our partners and affiliated clubs to advertise, and take payment for, a range of fencing activities, giving them a platform not previously available.

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now you can find, book
and do **beginner courses**,
discover **turn up and fence sessions**
and **make contact directly**, all from the
British Fencing website.

**BRITISHFENCING.COM/
ACTIVITYFINDER**

powered by
fibodo

Development

BRADFORD FENCING CLUB TO HOST LEADERSHIP IN FENCING COURSE

By Virginia Bailey



In February 2019, Bradford Fencing Club will be hosting a Leadership in Fencing Course in partnership with West Yorkshire Scouts. After reading about British Fencing's work with the Scout Association in a previous issue of this magazine, Bradford Fencing Club got in touch to find out more about how they could support this work and use it as an opportunity to attract new members to the club.

In 2014, British Fencing commissioned Crowd DNA to conduct a piece of research to expand our knowledge of the dynamic, young fencing community, specifically, to find out more about how young people relate to fencing and how it sits with their lifestyles and other passions. The aim of this was to assist us in getting to know our young audience in order to better appeal to them and help target the next generation of young British fencers. We learnt that the majority of fencers (38% versus the national average of 14%) adopted an 'alternative' lifestyle. In 2015, when we attended Confido, a Scout Event in County Durham, we tested this insight and found out that the majority of young people (48%) aligned themselves to the Alternative tribe.

With this in mind, supporting Clubs to build relationships with Scout groups is a great way to grow your youth base by bringing new youngsters into the sport and giving them the opportunity to take their fencing journey to the next level. Scout leaders are versatile, skilled and enthusiastic volunteers, keen to give their Beavers, Cubs, Scouts and Explorers the opportunity to try a wide and varied menu of activities. Their ability to engage and most importantly, retain them in activity, is incredible and this is proven with a retention rate of 97% across the Scouts delivery of fencing. This evidence highlights the exciting and engaging first experience that these volunteer Scout Leaders are providing young people with, creating the perfect platform for Clubs to support and engage young people through.

That's why next month, Bradford Fencing Club will be hosting a Leadership in Fencing Course for Scouts aged 14+ who want to develop their leadership skills through fencing, as well as opening up the opportunity for young people from the club to attend. The course will be dual branded and members of the club will be in attendance to give the Scouts their first opportunity to fence with metal equipment. Later on, in the year, it is hoped that the club will be able to host a Fencing Festival for Scouts that want to learn more, take their skills into a competition and get a flavour for metal fencing.

Bradford Fencing Club committee has said the following about the upcoming course;

"We have been approached in the past by the Scouts to run taster sessions at local groups. Over the past few years we have also seen an increase in young people attending our beginner's courses as part of their Duke of Edinburgh award. With Scout Leaders being trained as Core Coaches to deliver plastic fencing at their groups, we expected young people would seek to try metal fencing after doing plastic fencing at their Scout group. We hope that by creating links with the Scout groups we can facilitate and encourage the transition between plastic and metal fencing, while increasing awareness and interest in sport fencing amongst the local youth population."

Our aim is to support clubs in building relationships with Scout groups, who have an abundance of young people going through their doors on a weekly basis, keen to engage in activity and very much the type of young person that may, like many of us, catch the fencing bug. This could be through hosting a Leadership in Fencing Course for Scouts and young leaders at your club, or hosting a mini festival between Scout groups.

If your club would like to discuss further, please contact josef.thomas@britishfencing.com or virginia.bailey@britishfencing.com to discuss further.

Tell us what your club is doing to Develop fencing in Great Britain.

Email headoffice@britishfencing.com with
"Sword Development"
 as the subject.

Development

PROGRESSING WITH PREMIER

By Sophie DeVooght



Eve Golden

Finder on the British Fencing website provides an easy postcode search for your nearest club, so finding local fencing sessions is now easier than ever.

When the partnership was first announced in 2017, British Fencing's CEO Georgina Usher said, "Over time, we look forward to welcoming more young people inspired by their Premier activity sessions into British Fencing clubs and community".

One such child is Eve Golden, who discovered fencing through a Premier Sports fencing course at Kingston Park Primary School. Her father, Ray described her journey from school, to club and beyond. "Eve did a Premier Sports fencing course and at the end of the course it was recommended that Eve look for a fencing club to join. She really enjoyed fencing and showed some flair for the sport. At the time we found it difficult as there was not much information available about local clubs but she eventually found a club and has been going to it ever since."

It didn't stop there. Ray continued by saying, "Eve has been selected onto the British Fencing Athlete Development Programme and has recently qualified for the GBR U17 Girls Cadet squad which will take her to fence for Britain all around Europe. I would like to take this opportunity to thank Premier Sport for spotting Eve's initial talent which has led to her success and love for the sport."

John Rees, the Team Lead Coach for Epee on the Athlete Development Programme says, "Eve is doing remarkably well and definitely showing commitment to her training. She is very willing, supportive and enthusiastic. In competition she is positive, even in defeat." He also described how she is adding to the fencing community in Newcastle. "Eve volunteered to help during the Commonwealth Championships in Newcastle and supported the running of the event. Everything from being on the door to running cameras."

Eve's commitment to the fencing community runs in the family. Her father Ray is now the chairman of Newcastle Fencing Club and is looking at how to make joining the club easily accessible for other children who would like to take fencing a step further. As well as introducing new fencers to clubs, the partnership with Premier opens up a new pool of volunteers to clubs through parent participation.

Eve's journey from school, to club, to athlete development, all began with a Premier introduction. Locally, British Fencing is keen to support Premier's ambition of signposting their young fencers to clubs. For children like Eve, it's important there is a path for them to carry on fencing within a club environment. For clubs, this is also a great opportunity to recruit new volunteers like Eve's father, Ray.

To find out what Premier Fencing activities are happening in your area please contact jhannah@premier-education.com. If any clubs have further questions or thoughts, please contact josef.thomas@britishfencing.com.

Whether it's during or after school hours, British Fencing's partnership with Premier has created thousands of opportunities for children to get more active through fencing. With shared knowledge and resources, the partnership has enabled Premier's network of Activity Professionals to introduce the Olympic sport to young participants.

Jane Hannah from Premier says it's all about children discovering something new, "Premier are committed to helping children find their thing when it comes to sport and physical activity. Through our partnership with British Fencing we are able to give children their first experience of the sport through our delivery in Primary schools whether this is during curricular or extra-curricular delivery."

In the 2017/18 academic year, Premier delivered 3461 extra-curricular fencing sessions and 137 Activity Professionals attended training. With a total of over 47,761 fencing experiences delivered, there is a deep pool of newly interested fencers ready to find their local clubs. The new Activity



Development

THE GB CUP RETURNS FOR THE SECOND YEAR

British Fencing and England Fencing are delighted to announce The GB Cup will be returning for its second year in 2019!

The inaugural GB Cup in June 2018 was a great success, with all ten English Regions and Wales sending 121 fencers to the finals event held in Nottingham. Feedback from the finals event included;

"The atmosphere created by both organisers and fencers was great. It was about fencing as much as you can, enjoyment and learning. As well as making new friends for a lot of us"

"It was a big incentive for intermediate fencers to have this new tournament celebrating this level of ability and also offering an opportunity to meet people from across the country we might otherwise not have encountered. The idea of representing a region rather than just a club also added flavour to it!"

[Watch this short video to see a roundup of last year's event.](#)

WHAT IS THE GB CUP?

The GB Cup is an event for beginner and intermediate adult (16+) fencers.

The event aims to stimulate additional adult beginner and intermediate participation in the Regions and Home Nations by providing a mechanism to qualify and compete in a new annual National tournament.

British Fencing and England Fencing recognise there are numerous events across Great Britain that cater for this target audience and would like to support these competitions by providing a National Final to encourage

additional opportunities for beginner and intermediate adult fencers, wanting to compete.

HOW DO I ENTER AND QUALIFY FOR THE FINAL EVENT?

The GB Cup will again run with fencers qualifying through a Regional or Home Nation event for a National final. Regions across England and the Home Nations will nominate a competition as their qualifier, based on placings in these events, along with the eligibility criteria, they will select the two highest placed fencers in each weapon to represent their Region at the National Finals.

We will update the qualifiers on [this page](#) once they are confirmed. Please contact your [Region](#) or [Home Nation](#) for further information on individual qualifiers.

IS THIS COMPETITION FOR ME?

The GB Cup is for adult fencers in the lower rankings, those not on the ranking lists, fencers who have recently started the sport and those fencers that have fenced for a number of years but do not currently enter national competitions but want to start and continue competing locally. The eligibility criteria are as follows;

1. Be aged 16 or over on 1 January 2019.
2. Be ranked outside of the top 50 of National Senior rankings in their weapon for

Women's Foil, Epee, Sabre and Men's Sabre and top 80 for Men's Foil and Epee as at 1 January 2019.

3. Have never been selected by BF, home nation or other national equivalents to represent their Nation at any level (including GB, home nations or other national equivalents).
4. Have never won a Senior Open event.
5. Fencers may only enter the Regional event in the Region they have specified on their British Fencing Membership.
6. Fencers may only fence in one qualifying event per season.
7. Fencers may only enter the GB Cup in one weapon.
8. Fencers must be UK residents.

TELL ME MORE ABOUT THE FINALS EVENT...

The final event is being held on Saturday 22nd June 2019 at David Ross Sports Village, The University of Nottingham. The format of the event will allow for maximum fencing. The 2018 finals saw three rounds of poules followed by a top four direct elimination. A similar format will run for the 2019 but slight changes will be made based on the feedback from the fencers.

IS THERE ANY FURTHER INFORMATION?

Please [click here](#) to find further information on The GB Cup 2019 including Event Information, eligibility criteria, and nominated qualifiers so far.

If you have any questions, please contact [Chloe Hobden](#) or [Josef Thomas](#)

Speaking about the event, British Fencing CEO, Georgina Usher, said,

"The GB Cup is an exciting initiative for Regional fencing. This is the only competition that we are running solely for intermediate adult fencers and we hope that it will inspire greater participation at Regional level by providing an opportunity to qualify and compete in a national tournament."



MENTAL LINKS TO EXCELLENCE

A common discussion amongst the British Fencing Athlete Development Team relates to the development of the mental toughness, "using the top two inches".

To explore this area, the academic paper, [Mental Links To Excellence – June 1988 \(Orlick & Partington\)](#) was reviewed.

This study included 235 Canadian Olympic athletes who participated in the 1984 Olympic Games in Sarajevo and Los Angeles. Individual interviews were carried out with 75 athletes and a questionnaire was completed by another 160 to assess their mental readiness for the Olympic Games and factors related to mental readiness. Common elements of success were identified, as well as factors that interfered with optimal performance at the Olympic Games. Statistically, significant links were found between Olympic performance outcome and certain mental skills.

The four key themes are:

1) Talk Positively To Yourself

Your brain is always going. It's estimated you say 300 to 1000 words to yourself per minute. Olympic athletes agree: those words need to be positive.

One of the Olympians said:

Immediately before the race I was thinking about trying to stay on that edge, just letting

myself relax, and doing a lot of positive self-talk about what I was going to do. I just felt like we couldn't do anything wrong. It was just up to us. I said, "There's nothing that's affecting us in a negative way, the only thing now is to do it, and we can do it . . . I just have to do my best."

2) Setting Goals

You hear this a lot. But do you do it? Specifically, ask yourself what you need to achieve right now to get to where you are aiming to be?

From the Olympian Study:

The best athletes had clear daily goals. They knew what they wanted to accomplish each day, each workout, each sequence or interval. They were determined to accomplish these goals and focused fully on doing so.

3) Practice Visualization

Close your eyes. See the big challenge. Walk through every step of it. Sound silly? Maybe, but the best of the best do this a lot.

From the study of Olympians:

These athletes had very well developed imagery skills and used them daily. They used imagery to prepare themselves to get what they wanted out of training, to perfect skills within the training sessions, to make technical corrections, to imagine themselves

being successful in competition, and to see themselves achieving their ultimate goal.

4) Use Simulations

Visualisation is great because you can do it anywhere as often as you like but in the end you must make practice as close to the real thing as possible.

From the study of Olympians:

The best athletes made extensive use of simulation training. They approached training runs, routines, plays, or scrimmages in practice as if they were at the competition, often wearing what they would wear and preparing like they would prepare.

So thinking about **Setting Goals**: Know what you want to achieve. Write it down. Focus on progress.

Practice Visualization: Don't fantasize about getting what you want but see yourself overcoming specific obstacles.

Use Simulations: Always make your practice as close to the real thing as possible.

Olympians, by definition, are the best at what they do but the methods they use to get there are things we can all use.

And those techniques aren't based on muscles or natural talent. They're all about good preparation and hard work. So be the best at things that require no talent.

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Development

TEXT BOOK TECHNIQUE OR ENCOURAGE MULTIPLE SOLUTIONS?

By Steve Kemp

When coming into the Coach Development Manager role and meeting fencing coaches I was curious how the sport was described as a technical sport. One of my reflections on this statement was, should a coach focus on teaching the “textbook” technique or should the coach allow the performer to discover a technique that works best for them?

With the latter, one only needs to look at professional athletes from any sport to notice the variety of techniques that are adopted, David Beckham’s free kicks are different from Ronaldo’s. Brian Lara held his cricket bat in a way that if he went to his local cricket club in the UK, they would say it was wrong and put it to the *double V grip*. Lasith Malingas’s has a side bowling action. The key thing though is that these techniques work for each of them individually.



In [a study of children learning to play tennis](#), Miriam Lee and colleagues assessed the difference between two types of practice. One group of children engaged in practice that emphasised the replication of the “textbook” technique (termed “Linear Practice”). The second group of children engaged in practice that focused on movement variability (termed “Nonlinear Practice”).

The specifics of the two practice groups are detailed below:

- **LINEAR PRACTICE:** This involved repetitive drills and prescriptive instruction. The main focus was to encourage children to replicate the textbook technique.
- **NON-LINEAR PRACTICE:** Activities and equipment were constantly altered. This forced children to constantly adapt their movements and discover new movement solutions.

Both groups participated in 8 x 15min sessions over 4 weeks.

Results

Children from both practice groups displayed similar improvement to their tennis skills (as measured by hitting accuracy). However, the Linear Practice Group improved their ability to hit the ball accurately whilst producing a movement pattern that more closely replicated the textbook technique.

Conversely, the Nonlinear Practice Group improved their ability to hit the ball accurately but their technique was less like the textbook.

Significantly, the Nonlinear Practice Group displayed greater movement degeneracy following the 4 weeks of practice. Movement degeneracy refers to the performer adopting multiple solutions for the same task goal.

Hence, children in the Nonlinear Practice Group were able to achieve the same hitting accuracy as the Linear practice Group by adopting multiple movement solutions.

Which practice method is better?

The results from this Lee et al’s study cannot answer this question.

Even a very closed skill, such as rifle shooting or hitting a coin with a hammer is not about repeating an identical motor pattern over and over. It was proven in a classic study by Nikolai Bernstein, who is one of the pioneers of motor learning and coordination sciences, already in the 1930’s.

Professional blacksmiths with years of training showed there are no similar repetitions or a single technique to hit the coin. The blacksmiths that were less accurate also had more constant movement pattern and the more accurate hammer users showed more variability in their motor patterns. This does not mean that all drill or individual technique training methods are bad for the players. However, the ability to adapt movements to produce the same outcome may be more unpredictable and hence more difficult to react too and this could be more advantageous in competition.

Reference

Lee, M. C. Y., Chow, J. Y., Komar, J., Tan, C. W. K., & Button, C. (2014). Nonlinear pedagogy: An effective approach to cater for individual differences in learning a sports skill. *PLoS one*, 9(8), e104744.



Nikolai Bernstein...

1930's study on Blacksmiths
Discovered that variability isn't negative but is necessary for normal function

Development

WELFARE – BEHAVIOURS, THE ROLE OF THE COACH

How do different groups of people within sporting communities play a role in promoting a positive culture and reducing the volume and impact of poor behaviour.

Within the British Fencing Community what are the most common instances of poor practice that come from safeguarding issues, disciplinary issues and complaints?

The question highlighted the following most common areas of poor practice:

- Favouritism
- Overly familiar behaviour
- Controlling behaviour of the fencer by the coach
- Shouting at referees, competition organisers and opponents
- Harassment & bullying behaviour
- Bad language
- Rude/aggressive behaviour
- Coaching at side of piste

As a result of this research, Steve focussed on the role of the coach.

COACHES

Whilst some of areas of poor practice relate to the behaviour of the wider community – these being parents, fencers, organiser, etc. – the role of the coach plays a fundamental part in how we address this poor practice going forward.

The coach, by the very nature of the position, is a role model for fencers, parents and other coaches and a representative of fencing. The coach's behaviour and relationship with others should be of the highest standard.

For one simple reason; children see children do. [This video](#) highlights that but **contains images that some readers may find disturbing**.

The fencers that you coach are inevitably, in part, a reflection of you, your values and your philosophies. In the future when they are

asked to describe their best coach and what makes that coach the best, will they describe you and how you nurtured the best from them?

Many of the complaints and disciplinary issues can be mapped to competition weekends, which links to a winning first mentality seen in a number of sports. This isn't just a coaching issue but coaches are in the best position to help recognise the negative impact this has on young people and help change this culture.

Other sports have recognised these issues and have looked at some of the core reasons for some of the poor behaviours. Their findings were similar to the "winning first" ethos with similar behaviours as described earlier. Perhaps the poor behaviours, shouting, bullying, link to the win-at-all-cost culture and is one of the reasons why more children than ever before are choosing not to participate in youth sports.

In this [TedTalk](#), Coach Reed discusses the "lasting power of a coach's words".

Therefore, if it is "winning first", it means that "children are second" in the sports environment. Some national governing bodies (NGBs) have looked at how they intervene to encourage children first. Some of these interventions include changing the way the game is played and festivals where results are not published. There have been drives to push a "values and behaviours" culture into the community sector of the sport, via campaigns and additions to Coach Education courses. These NGBs are making progress, whilst "kids first" is not universally accepted by all coaches across their sport.

In this [TedTalk](#), John O'Sullivan discusses "Changing the game in youth sports".

Some sports organisations and researchers have started to look at how they make connections to help the participant love the games. Rather than asking adults what their

children want, researchers have spent time with the children and the children had a different view. They wanted to be like an elite athlete but not always wanted to be an elite athlete.

When the children were asked about their wants and needs they simply wanted fun and enjoyment.

Fun came in many forms:

- Meaningful competition
- Good skill development
- Coaches who are going to make them better
- Being with their mates
- Coaches that are not too serious and don't shout

So if they are happy, they enjoy it and they learn to love the game.

At its best, sports are safe spaces where children can develop skills, have fun and learn how to win and lose with humility. They are a blank canvass on which the next generation can begin to harness the benefits of teamwork, camaraderie, perseverance and other invaluable lessons which help them mature into better versions of themselves.

So as coaches we have the choice to further demonstrate the best behaviours. That creates the cultural norms, where all children thrive as they are the centre of the development process.

Where we can embrace the parents and help them understand the behaviours expected whilst their child is enjoying all the benefits of fencing? To gently remind each other of the all the great attributes that make fencing so special.

Or we can see the rise in safeguarding issues, disciplinary issues and complaints due to fear, ego and greed, as highlighted in [this clip](#) from the USA in 2012. **Parental guidance is recommended for this video.**

How often do you feel frustrated piste-side?

Do you control your body language because your fencer sees more than they hear?

93% of your communication is non-verbal!

Development

HOW TO PHOTOGRAPH FENCING

By Sophie DeVooght & Nikon School UK (Photos: Neil Freeman)



Have you ever tried to photograph fencing? We've all pulled our phones out and tried to take a picture of a bout at some point. Capturing fantastic images piste-side is not an easy task. Most club and competition venues have harsh lighting which can leave your pictures lacking ambience. Added to that, the sheer speed of fencing doesn't lend itself to simple composition. You can't exactly request for a sabreur to slow down or ask Richard Kruse to 'lunge a little slower'.

On the international scene, photographer Augusto Bizzi and his team are able to gain access to top level venues and competitions. In the UK, some of the volunteers and photographers who attend

competitions have incredible experience and ability. So with the right equipment you *can* create some fantastic images. Here is some advice from Nikon School UK on how to make your images *really* stand out:

Know your shutter speed – To successfully capture the athletes and to make sure they are sharp use a fast shutter speed such as 1/1000thsecond. The tip of the sword can move so fast that you need to capture at this shutter speed to see it clearly.

Understanding the focusing system – Make sure you have a good understanding of your camera's focusing system so you can be in control of the exact point the camera is focusing on, allowing you to capture most of the action.

What's in your kit bag? – In our kit bag the Nikon D850 would be our camera of choice. This gives us fast enough frames per second and amazing detail thanks to the 45 million mega pixels. The lenses we would use are the 24 – 70mm f/2.8 and 70 – 200mm f/2.8. These lenses allow us to take great images and take in more light at f/2.8. This is particularly useful for harsh indoor lighting at fencing venues.

Single Shot vs High frames per second – The advantage for high frames per second (7-12 FPS) means that you can start shooting before the action starts and capture all the movement. However, this may mean you end up with lots of images very quickly. At a daylong competition your memory card will fill up fast! You don't want to miss any action in the finals because you need to switch out your card. Using single shot means it's up to you to get the timing perfect – this might take a few tries but you can achieve some amazing shots without having to go through and choose the best from a burst.



Creative techniques – Some cameras allow you to shoot multiple exposures in camera. This gives you a completely different way of shooting allowing you to have the subject in the frame multiple times, creating very unique images.

Want to find out more? Nikon School UK lead workshops for photographers wanting to learn about how to photograph weddings, wildlife, sports and scenery. Previous workshops in 2018 included action shots, immersive composition and portraits of James Honeybone and Kate Beardmore at Leon Paul in London.

You can submit images to British Fencing by sending them to media@britishfencing.com. For more information about Nikon School UK, visit their website at www.nikonshool.co.uk.



**Nikon
School**

Game Review



Our interview feature earlier in the magazine with Colby Boothman encouraged us to find out more about the game he featured in, *Star Wars: Battlefront*. With no “in-house” gamer to call upon, we asked non-fencer Trevor DeVooght to review the game for this issue. Here’s what he had to say.

Ever since the release of *Star Wars* in Summer 1977, people of all ages and cultures have dreamed of a galaxy far, far away. Any list of ultimate *Star Wars* fantasies has to have “lightsaber duel” at the top. If you’ve ever watched a child pretend to play *Star Wars*, the first thing they do is step up to fight against an imaginary Darth Vader. The “zzzhoom” of a lightsaber is instantly recognisable and kids (and adults!) dream of winning against the evil Empire.

In 2015, video game developer EA DICE brought that dream a little closer to reality with *Star Wars: Battlefront*, commissioning Hollywood sword master Colby Boothman to put his fencing skills to work big time, bringing Luke Skywalker to life. Needless to say the lightsaber combat is thrilling. I’m going to cover three special manoeuvres Luke uses to give him the edge in combat in *Battlefront* and how fencing plays a part.

Saber Rush

Saber Rush is an attack that allows Luke to close short distances with his enemies very quickly and dispatch them in short order. Through the magic of Boothman’s fencing expertise (and, well, the Force, I guess), Luke executes a slash that would impress any sabreur. His Force assisted lunge covers several meters in a split second as he brings his slash up from behind in a low approach hiding his trajectory

until the last moment. Then, ZZZHOOM. Toast. Look this up on YouTube and you’ll see what I mean—you’re practically watching an over-the-shoulder perspective of Luke on the piste.

Deflected Shot

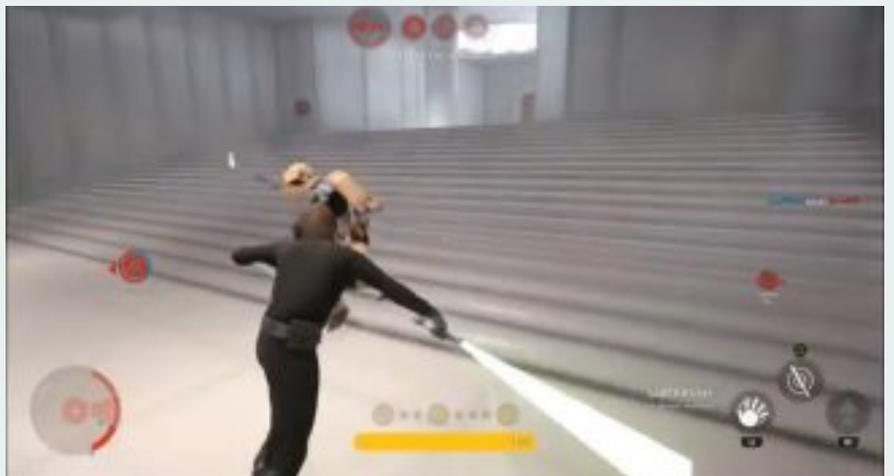
One of a Jedi’s special defenses in a galaxy of blasters is the ability to put his lightsaber between him and a laser blast. When the player activates this power, Luke automatically redirects any shots fired at him (as long as the attack is coming from the front). To add injury to insult, target the shooter in your crosshairs while taking fire to deflect the blaster bolts back at them.

This is an interesting one because the technique uses an element of swordplay to defend against non-sword attacks. Luke enters the movement with a high guard angled downward, then adjusts to counter the angle of incoming fire. Again, Boothman’s mastery really shows here. It must be pretty challenging to try to match real expertise to a fictitious attack and integrate Mark Hamill’s interpretation as Skywalker in the films (which, by the way, were based on Japanese kendo sword fighting techniques). The finished deflection shows a great respect for technique and the source material while creating a compelling visual.

Heavy Attack

This whopper of an offence can carve a path through stormtroopers like a hot knife through butter (literally). The manoeuvre sweeps from the left shoulder across the body into a windmill spin finishing in the lower right quadrant. Not only does it power through peons, but if you should happen to encounter another lightsaber wielder—say, Darth Vader!—and both players simultaneously activate their heavy attacks, this triggers a classic *Star Wars* power clash where both characters lock blades in a feat of strength. Hope your hero’s monologue is short, though, because failure to prevail sends you back into a lightning fast duel where the most agile and creative character will win the day.

Although fencers can’t take advantage of the extra power and sneaky approach of a spin, the initial slash from the side is classic fencing. It’s true that much of Skywalker’s repertoire both in the films and in the game is mainly two-handed, but in many instances one could easily substitute just a single handed approach. We know because Luke’s dear old dad does it all the time! Vader is a fencer’s fencer, rarely opting for a two-handed grip, probably from his years of experience crushing Jedi in the galactic sabre championships.



“Mind What You Have Learned, Save You It Can!”

The parting words of Yoda to Luke in *The Empire Strikes Back* remind us we're here for more than just a game review. What can we take away from Luke in *Battlefront*? Well, while it's not all fencing all the time, there are elements there that absolutely draw from great technique. I'm not sure Luke's choreography would be convincing if it wasn't anchored in the real world. By using fencing as a building block, through Boothman, Luke becomes a force to be reckoned with, adapting his attacks and defenses for each moment and becoming a creative master with a lightsaber. Kind of inspiring, isn't it?



Submit your review for a game that features swordplay by emailing headoffice@britishfencing.com with “Sword Game Review” in the Subject.



BIRMINGHAM INTERNATIONAL FENCING TOURNAMENT 2019 Easter 2019

Venue: Sport & Fitness Centre, The University of Birmingham

Access: Edgbaston Park Road off A38 South, Birmingham B15 2TT www.sportandfitness.bham.ac.uk/join/visit-us

Following last year's successful move to this venue Leon Paul are set to continue their sponsorship of this event.

Events & Latest Report Time

Saturday 20th April

Men's Foil (128)	09.00
Women's Foil (77)	11.30
Men's Sabre (70)	13.30

Sunday 21st April

Men's Epee (108)	09.00
Women's Epee (91)	11.30
Women's Sabre (58)	13.30

Entry Fee: £33 per weapon via on-line process on www.bift.org.uk

Enquiries: Mike Whitehouse, 208 Wheelers Lane, Birmingham B13 0SR; tel./fax +44 0121 443 3136 contact@bift.org.uk

Closing date: 14 April 2019

Fencer numbers will again be capped to assist smooth running of this event. Cap numbers shown in brackets beside each weapon

Late entries, if agreed, will be charged at £50 per weapon.

Notes: BFA licences or equivalent will be checked in advance

Prizes for L8 fencers at each weapon and Best Veteran.

Leon Paul Equipment Co trade stand & sponsorship.

All clothing and equipment must meet BFA standards for use in competition. This includes working weapons ready for piste use.

Younger fencers: must be aged 13 or over on the day of the event.

Veterans (over 40 on 1st January 2019) to be confirmed at check-in

Venue www.sportandfitness.bham.ac.uk/join/visit-us give map and directions.

All information about this event, the use of your personal data for entry purposes etc is all contained within the event's designated website www.bift.org.uk

The event itself is delivered as part the West Midlands Fencing Region Programme.

Letter to the Editor

We received this fabulous letter and image from Sylvia Fleetham that we wanted to share with our readers.

Dear Editor,

I noted with interest *The Sword* magazine was first published in 1948 – the year I started work at Marks & Spencer aged 15 and stayed there for 38 years fulltime. When I retired I thought 'what now?'

I took up fencing at the age of 63 and now at 85 still fence. I think I'm the oldest *active* fencer in Yorkshire? Little did I know what lay before me. I am quite a celebrity in the town. Everyone knows me as "the Fencing Lady". I have many medals won with my fencing. I was invited to the Buckingham Palace Garden Party and Houses of Parliament Champagne reception for my fundraising for the club. I've been featured in *Saga* magazine and had a photoshoot with Levon Biss, a top sports photographer.

I give talks and demonstrations to Guides, Brownies, Cub Scouts and many organisations to promote fencing, open to all, able bodied and disabled, so that they can have-a-go at our club, Bridlington Blades.

I also give demonstrations at various events including galas and for my hard work, the club have made me President, of which I am proud.

I hope this gives encouragement to older readers to get up and give fencing a go.

Best wishes,
Sylvia J Fleetham –
President Bridlington Blades



Reply

Sylvia,

Many thanks for your fantastic card and the image that you supplied. Your story is amazing and I'm sure an inspiration to everyone. I wish you continued success in your promotion of fencing and your club and take my hat off to you for all of your efforts. A true inspiration!

Best wishes,
Karim



SELF DETERMINATION THEORY

Leadership in Fencing Course

Developed in 2017, the aim of the course is to provide young people with the opportunity to develop their leadership skills, using fencing to enable them to lead and facilitate fun activities in the community. Read the full article [here](#).

The course is under-pinned by Self Determination Theory, which is explained in [this video](#).

If you are interested in future courses please contact josef.thomas@britishfencing.com.



Obituary

BILL HOBBS – 1939–2018

The acclaimed fight director William 'Bill' Hobbs has died at the age of 79 from the effects of dementia. The son of an RAF Lancaster bomber pilot who was killed during a raid over Germany in the Second World War, he spent much of his childhood in Sydney, Australia, where he learned to fence, narrowly missing out on selection for the 1956 Melbourne Olympics. Having finished his schooling, Hobbs returned to his birthplace, London and a place at the Central School of Speech and Drama, becoming a jobbing actor after completing the course.

His breakthrough as a fight arranger came in 1960, aged 21, when the director Franco Zeffirelli invited him to choreograph the fight scenes in *Romeo and Juliet* at the Old Vic. He went on to work with Laurence Olivier at the National Theatre for nine years, becoming known for arranging powerful and realistic sword fights in such landmark productions as Peter O'Toole's *Hamlet* (1963), Olivier's *Othello* (1964) and *The Royal Hunt of the Sun* (1964).

From the 1970s onwards, Hobbs divided his time between theatre and film, working on all three of Richard Lester's *Musketeer* films, as



Bill Hobbs

well as Ridley Scott's *The Duellists* (1977) – in which he directed some of the most realistic fight scenes ever filmed – *Flash Gordon* (1980), *Dangerous Liaisons* (1988), *Cyrano de Bergerac* (1990) and *Rob Roy* (1995), perhaps his most famous work, which culminated in the gripping duel between Liam Neeson, wielding a claymore and Tim Roth, the skilful manipulator of a small-sword.

Over five decades, he tutored hundreds of stage and screen stars in sword-fighting and armed combat. Actor Ralph Fiennes, who enjoyed fencing so much he joined Hobbs's Swash and Buckle Fencing Club to prepare

for a Broadway production of *Hamlet* in 1995 followed in 1998 by the films *The Avengers* and *Sunshine*, said: "Bill gives you that sense of a real fencing competition, real danger. Being a fencer himself, he is familiar with people trying to score points."

It was at the Swash and Buckle that I first met Bill, who always enjoyed fencing foil with classically trained opponents. Some years later we collaborated on the compilation of a DVD showing extracts from 14 great film sword fights. He provided the knowledgeable commentary on swashbucklers through time from the fantasy adventures of *The Court Jester* and *The Princess Bride* through such flamboyant Hollywood productions as *the Mark of Zorro* and *Scaramouche* to the iconic *Star Wars* series. Because of copyright laws, this compilation can only be seen at the National Fencing Museum.

Hobbs wrote two books on stage and screen combat and was a founder member of the Actors Centre. One of his last projects was to develop the swordplay for the fantasy TV series *Game of Thrones*.

Malcolm Fare

Kim Robinson presented with Anne Hanrahan Memorial Trophy

Earlier this year, an anonymous donor presented a new trophy to British Fencing in memory of Anne Hanrahan who passed away in April.

Anne Hanrahan was uncompromisingly fair and never allowed club or fencer allegiances sway her decision making. Her devotion, passion, honesty and hard-working ethic meant that she was liked by all, as she consistently went above and beyond the call of duty to the benefit of the sport.

Recipients of this award must have demonstrated some, if not all, of the qualities that Anne did in her various roles for British Fencing.

The inaugural winner of the trophy is Kim Robinson, who has been recognised for demonstrating these qualities over her many years at British Fencing, frequently going above and beyond the call of duty in her role as Head Office Manager. Kim has tirelessly dedicated herself to supporting the fencing community from behind the scenes. She is held in the highest regard by all of the Executive team and Board.

Kim was presented with the award at the November Board meeting.



Chair, Mark Lyttle presents Kim with the trophy

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Sabre Lamé £68.99

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- women's and men's
chest protectors .. £19.99

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- epee mask .. £99.99
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- sabre mask .. £119.99

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- teaching foil .. £27.99

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- teaching foil blade .. £13.99

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- foil stm .. £74.99

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Results

The up-to-date 2017–2018 Season Latest Results are now listed on line and can be accessed using the following link:*



Photo: Augusto Bizzi

Please forward all your suggestions for additional on-line fencing results to: chloe.hobden@britishfencing.com

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2019

We wish you a Merry Christmas, health, happiness and success for the New Year and would like to use this opportunity to thank you for your trust and great cooperation.



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