



## Whitchurch Fencing Club Newsletter Spring 2016

**Happy New Year!** The close of 2015 saw some great competition results for Whitchurch and several members obtaining their proficiency awards. Well done to everyone; keep up the good work! We celebrated Christmas in style at Valentino's in Cardiff on 15th December - thank you to everyone for coming.

### Been out of fencing for a while...? Make your New Year's Resolution to get fit with fencing...

If you are looking to get fit after the excesses of Christmas and the New Year, look no further than Whitchurch Fencing Club... We would warmly welcome the return of former members.

[www.whitchurfencing.co.uk/how\\_to\\_join.htm](http://www.whitchurfencing.co.uk/how_to_join.htm)

### Club Competitions Coming Up Soon...



**The O'Sullivan Cup** (mixed one-hit epee) is due to be held on **Sunday 7th February** and is now in its 27th year!

Prizes and medals awarded to 1st, 2nd and 3rd place, with prizes for highest-placed 'opposite sex', highest-placed beginner and highest-placed veteran!

**Get your entries in now!!**

[www.whitchurfencing.co.uk/sullivan.htm](http://www.whitchurfencing.co.uk/sullivan.htm)

This competition is sponsored by:



The 2nd **Whitchurch Club Championship** is coming up on **April 26th**.

The format is the same as last year: a pool unique with prizes and medals awarded to 1st, 2nd, and 3rd positions as well as a prize for the highest-placed beginner, complete with referees and cake...

We all had a great time last year - **Make sure that you all come this year!**

[www.whitchurfencing.co.uk/whitchurch\\_intra.htm](http://www.whitchurfencing.co.uk/whitchurch_intra.htm)





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### BAF Proficiency Awards...

Whitchurch Fencing Club offers all its members the opportunity to attain the British Academy of Fencing (BAF) 'Fencing Proficiency Awards', a stimulating way for fencers to develop and hone their skills.



### Congratulations to...



**Silver Award:** Chris Tatham



[www.whitchurfencing.co.uk/BAF\\_awards.htm](http://www.whitchurfencing.co.uk/BAF_awards.htm)

### Whitchurch Fencers' Competition Success...



#### Welsh Open

Congratulations to **Rupert Nute** who came **18th**, **Krystof Gibbon** who came **28th**, **William Meredith-Davies** who came **32nd**, and **Adrian Stoneman** who came joint **62nd** in Men's Epee; and **Beatrice Fannon** who came **15th** in Women's Epee!



#### Cocks Moors Woods Epee Championships

Congratulations to **Rupert Nute** for coming joint **22nd** in Men's Epee; and **Beatrice Fannon** for coming **9th** in Women's Epee!



#### Hereford and Worcester Open

Congratulations to **William Meredith-Davies** for coming **8th**, and **Adrian Stoneman** who came **23rd** in Men's Epee!



#### Oxfam Open

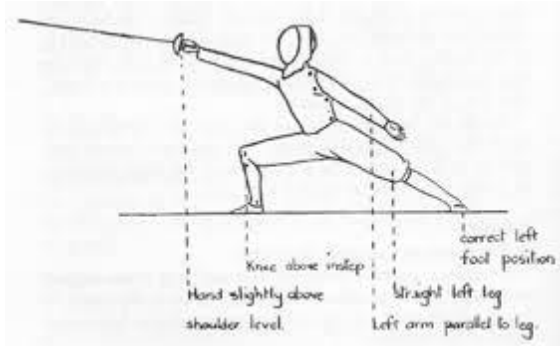
Congratulations to **Krystof Gibbon** who came **2nd**, **Adrian Stoneman** who came **3rd**, **William Meredith-Davies** who came **9th**, and **Rupert Nute** who came **14th** in Men's Epee; and **Beatrice Fannon** who came **5th** in Women's Epee!



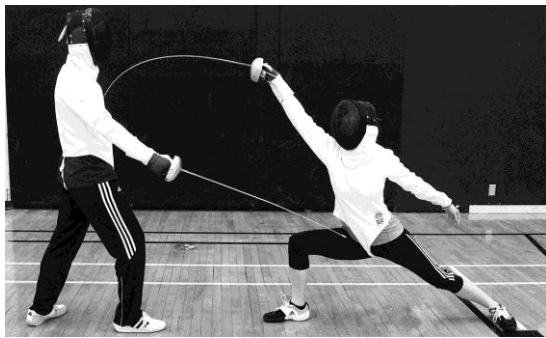
### Editorial: 5 hits vs. 15 hits...

When fencing in competitions, the pool round is always fenced to 5 hits (3 minutes) and the Direct Elimination rounds are fenced to 15 hits (3 periods of 3 minutes). The two bouts require a different approach and a different mindset. Because the pool round is short, there is less time to figure out your opponent's fencing style (or for them to figure yours out!). In the DE, however, you will need to be more aware of your opponent's tactical changes and be prepared to alter your own game in response. The DE requires more focus and stamina. At the club, vary the number of hits that you fence for to get used to the different approaches required for the 5-hit and 15-hit bouts. Why not ask someone to referee to simulate competition circumstances??

## Spotlight on... The Lunge



Anatomy of a lunge



Joanna Kolbe demonstrating a lunge

**The Lunge** is a fundamental move that allows a fencer to extend his/her reach and to move forward to deliver a fast attack.

How to Lunge:

1. Keep toe pointed in the line of direction
2. Lift toe of front foot and extend
3. Push back energetically from rear heel and fully extend back leg
4. Extend rear arm during forward movement as counterbalance (also pulls back rear shoulder to give more reach)
5. Land on front heel and glide down into final position with front shin perpendicular to the ground

Key Points:

- ✓ Keep sole of back foot flat on the floor
- ✓ Keep torso erect
- ✓ Keep hand held high (see picture left)
- ✗ Do not let the knee go over the instep
- ✗ Do not lean too far forward as it results in a slower recovery

## Events Calendar...



7th February - [O'Sullivan Cup](#), Cardiff Academy of Fencing



6th March - [Welsh National Championships](#), Cardiff (WIS)

27th March - Easter Sunday



2nd April - [Cardiff Open Epee](#), Cardiff Academy of Fencing



23rd April - [Welsh National Team Championships](#), Cardiff (WIS)

26th April - [Club Championship](#), Rhiwbina Memorial Hall



## Whitchurch Fencing Club Newsletter Spring 2016

### Leon Paul Orders...

Whitchurch Fencing Club receives a **10% club discount** from Leon Paul which we pass on to our members. Contact **Michael Clemitson** to discuss your order.

### Upgrading Membership...

Some club members have enquired about upgrading their membership from Social member to Full member. British Fencing has a new membership portal which currently cannot upgrade membership. Therefore, one should call British Fencing's Head Office to arrange an upgrade: Tel: 020 8742 3032

### Get Involved!

Do you have any skills that can be put to good use in the club? Do you want to contribute ideas for the next Newsletter? Do you enjoy using social media? Do you want to develop your refereeing skills? We welcome anyone who wants to get more involved.

### Suggestions...?

Get in touch with any suggestions or feedback on how we could improve the club!

**IN THE  
END  
THERE  
CAN BE  
ONLY  
ONE  
WINNER...**

**THE WHITCHURCH CLUB CHAMPIONSHIP**

**WHO WILL BE VICTORIOUS?**