



## Whitchurch Fencing Club Newsletter

Summer 2016

**A Fencing Summer!** Summer months, coming as they do at the end of the fencing season, are often quieter months in the fencing calendar. Because of this, it is a good time to get some training in ready for the start of the competition calendar. Why go abroad when you can fence?

### National News Coverage of the Club...



In case you missed it, check out the report on **The Whitchurch Shield** in the January edition of the *Sword*, fencing's national magazine (left).

And also the coverage of the **O'Sullivan Cup** on p. 27 of the April edition of the *Sword* (right).



### Companies House Open Day...

On 20th April all four of the club's coaches trooped to Companies House armed with swords and club kit. The club were given a large room (partly shared with the Companies House choir - music while you fence...), where a display of fencing equipment was set up along with club leaflets and forms for the next beginners' class. At the event, the club offered 'taster sessions' for interested employees, who were taught basic footwork, attacks, and parries, and were then let loose for a short (steam) bout with one of their colleagues - many offices feuds were settled on the piste that day.

An electric FIE piste was also set up so that the sport could be demonstrated, which proved to be a draw. This was interspersed with demonstrations of individual lessons in order to give a different view of the sport. Feedback from Companies House was very positive and the club have been invited back to offer a lunchtime session.

[http://www.whitchurfencing.co.uk/companiesHouse\\_2016.htm](http://www.whitchurfencing.co.uk/companiesHouse_2016.htm)

### Club Competitions...

#### The O'Sullivan Cup (mixed one-hit epee)



Congratulations to Rupert Nute on his victory in the O'Sullivan Cup!

2016 saw the 27th O'Sullivan Cup held at a new venue, Cardiff Sword Academy, on 7th February. This long-running one-hit epee competition used dedicated referees, as well as offering an armoury, run by Simon Corcoran, and a Leon Paul mini-stand run by Andrew and Stephen Clemitson.

Whitchurch would like to thank all those who gave their time in organising/running the competition, and would also like to thank our sponsor, Leon Paul, who supported the competition by donating the first prize.

For full results, see:

[http://www.whitchurfencing.co.uk/sullivan/2016\\_result.htm](http://www.whitchurfencing.co.uk/sullivan/2016_result.htm)

 **Leon Paul**  
London



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### Whitchurch Club Championship (mixed poule unique)

Tuesday 26th April saw the second Whitchurch Club Championship. Nine club members took part, with Isabela Gibbon ably recording the scores. It was good to see all three of our beginners taking part, and everyone won at least one match! Congratulations to Rupert Nute who ran away with the victory, closely followed by Jacob Tucker in second place and Steve Poyser in third.

*Special congratulations to Clare for being this year's highest-placed beginner!*



Club Members on the night...



The winners!!



Clare receiving her prize from Lyndon

[http://www.whitchurfencing.co.uk/whitchurch\\_championship\\_2016.htm](http://www.whitchurfencing.co.uk/whitchurch_championship_2016.htm)

### Beginners...



Congratulations to Jessica (left) and Lynette (right) for finishing their beginners' course.



[http://www.whitchurfencing.co.uk/beginners\\_2016.htm](http://www.whitchurfencing.co.uk/beginners_2016.htm)

### Members' Competition Success...



#### O'Sullivan Cup:

Congratulations to **Rupert Nute** for coming 1st, **Krystof Gibbon** for coming 2nd, and **William Meredith-Davies** for coming 3rd place! It's good to see Whitchurch regulars dominating the medal positions!



#### Welsh National Championships:

Congratulations to **William Meredith-Davies** for coming 6th and **Rupert Nute** for coming 7th in the Men's Epee!



#### Cardiff Open Epee:

Congratulations to **Krystof Gibbon** for winning the gold medal, **Rupert Nute** for taking the bronze, and to **Tom Bennett** who came 10th and took home a medal for being the 'highest-placed novice'.



Bill Hoskyns Open: Congratulations to **Rupert Nute** for coming 28th, **Krystof Gibbon** for coming 29th



#### Whitchurch Club Championship:

Congratulations to **Rupert Nute** for winning the Club Championship, and to **Jacob Tucker** (2nd), **Steve Poyser** (3rd), **Gary Warner** (4th), **Michael Clemitson** (5th), **Clare Simpson** (6th), **Beatrice Fannon** (7th), **Jessica Hamer** (8th), and **Lynette Knowles** (9th).



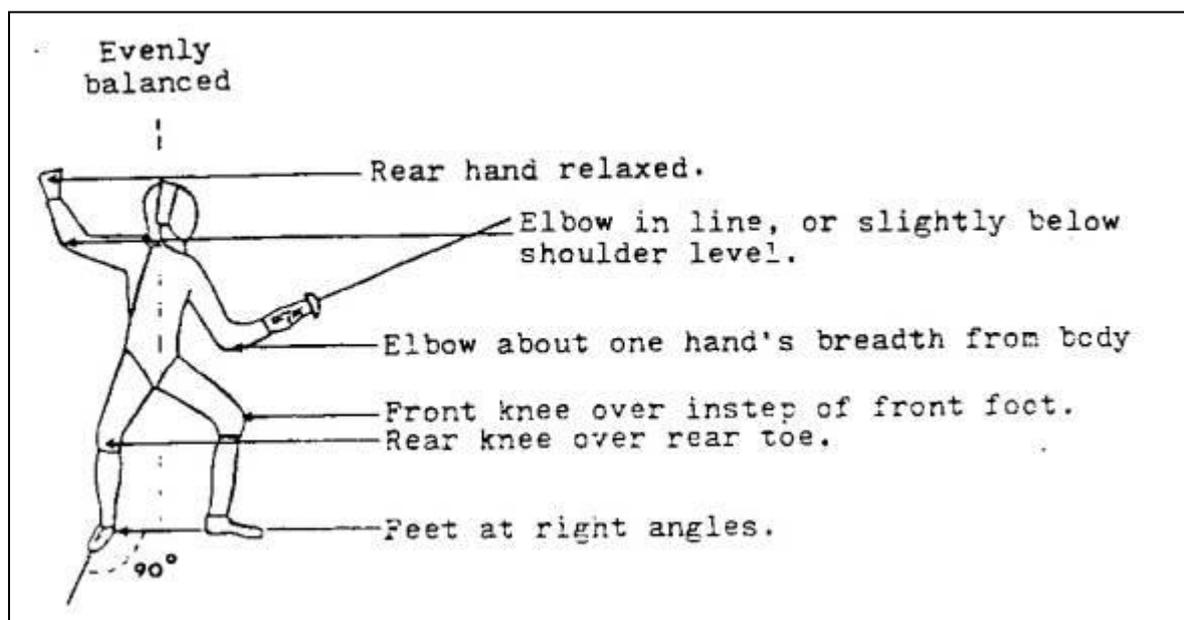
#### Wellington Open

Congratulations to **Rupert Nute** for coming 10th in the Wellington Open!

### Grant Success...

After applying for a grant in January, Whitchurch Fencing Club is pleased to announce that it has received a Community Chest grant from Welsh Sport, which had been awarded to go towards holding a one-day refereeing course.

### Spotlight on... The Stance and En Garde position



**Back to Basics...** The Stance and En Garde position may seem to simple to feature, but it the starting point for all fencing moves, and, for that reason, is important to get right.

**Stance** is the position in which the **feet** are placed when in the en garde position and ensure **balance** and **mobility**. The feet need to be:

- ✓ Approx. 18" (50cm) apart, though the exact distance will vary from fencer to fencer
- ✓ At right angles to each other
- ✓ Heels in line
- ✓ Leading foot pointing to opponent

**The En Garde Position** is the position of the **whole body** (and sword) that is adopted by the fencer at the commencement of a bout. It is the optimum position from which to execute defensive or offensive actions, as the situation demands.

- ✓ Assume the stance
- ✓ Bend knees outwards over the insteps
- ✓ Distribute body weight equally on both feet
- ✓ Hips and shoulders should be half turned (45°) to a line drawn between the heels
- ✓ Elbow of the sword arm should be approx. 6" (a hand's breadth) from body
- ✓ There should be a continuous line from the elbow to the point, which is held approx. horizontal and in line with opponent's wrist
- ✓ Sword hand should be either in sixte or an offensive/defensive position
- ✓ Rear arm relaxed
- ✓ Head upright and steady, following the line of the spine



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### Whitchurch Refereeing and Armoury Courses...

FIE referee Lynne Melia will take a day course on refereeing, comprising a lecture on the theory and rules of Epee, followed by a multiple-choice test. A practical examination of refereeing skills will follow to enable attendees to obtain their refereeing certificate (Levels 1 and 2). Micheal Clemitson is also organising an armoury course for members to obtain their first 'Apprentice Armourer' qualification. Further information to follow...

### Editorial: Refereeing, Armoury and Fencing...

It is easy to think that if one wants to fence, there is no necessity to pursue other aspects of fencing such as refereeing or armoury - unless you have a burning ambition to be a referee or an armourer. In fact, engaging with these aspects of the sport is good for the development of your own game. The benefits of being able to maintain your own equipment are obvious and can be essential if your weapons fail during a competitive situation. Refereeing may seem less beneficial, but it enables you (or even forces you) to engage with the rules in a more meaningful way. While Epee is fairly straightforward, there are some complex rules that are important to understand, such as making a hit while passing. Deepening your knowledge of these areas helps to improve your tactical awareness.

### Events Calendar...



Fencing as usual on Tuesday nights



2nd July - Whitchurch FC Armoury Course, Welsh Institute of Sport, Sophia Gardens, Cardiff



Whitchurch FC Refereeing Course - TBA

### Leon Paul and PBT Orders...

Whitchurch FC receives a **10% club discount** from Leon Paul and PBT which we pass on to our members. Contact **Michael** to make an order through the club.



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

**Been out of fencing for a while...?** We would warmly welcome the return of former members.

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