



## Whitchurch Fencing Club Newsletter

Winter 2015

**Welcome** to the first *Whitchurch Fencing Club Quarterly Newsletter*. It has been another busy year. We have been augmenting the Welsh competition calendar and improving opportunities for club members. We have had a lot of coverage nationally for the 2014-15 season - in the *Sword* magazine and *Welsh Sport* - and we are hoping to continue to keep Whitchurch FC in the public eye.

For this year's activities, see:

[http://www.whitchurfencing.co.uk/in\\_the\\_news\\_index.htm](http://www.whitchurfencing.co.uk/in_the_news_index.htm)



### Club Developments...

The Club held the **Whitchurch Shield** for the second year running. It was a great success with fencers drawn from clubs across South Wales and beyond. We were lucky enough to get sponsorship this year for the Whitchurch Shield from:



Sainsbury's

[http://www.whitchurfencing.co.uk/shield/thisyear\\_result.htm](http://www.whitchurfencing.co.uk/shield/thisyear_result.htm)

### Beginners...

Congratulations to Clare Simpson (pictured right) and Elizabeth Sheen for completing their beginners' courses.



[http://www.whitchurfencing.co.uk/beginners\\_2015.htm](http://www.whitchurfencing.co.uk/beginners_2015.htm)

### Training Success...

Congratulations to Steve Poyser and Beatrice Fannon for passing their Level 1 Epee coaching and Level 2 Epee refereeing qualifications; Steve also gained his Level 1 Foil coaching qualification.

<http://www.whitchurfencing.co.uk/referees.htm>

<http://www.whitchurfencing.co.uk/coaches.htm>

### Competition Success...

#### Bristol Open:

**Rupert Nute** (right) came 60th, bringing his National Ranking to 166!

<http://bristolopen.info/results/>



#### Whitchurch Shield:

**Julie MacNamara** (pictured left) was our highest-placed fencer, replicating her performance last year by achieving a **bronze medal** in the women's epee, and 8th place in the plate.

**Rupert Nute:** Achieved 7th place in the men's epee, and 2nd place in the plate.

**Steve Down:** Achieved 9th place in the men's epee, and 6th place in the plate.

[http://www.whitchurfencing.co.uk/shield/thisyear\\_result.htm](http://www.whitchurfencing.co.uk/shield/thisyear_result.htm)





## 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...



**Bronze Award:** Steve Down, Julie McNamara, and Tom Bennett



**Silver Award:** Rupert Nute

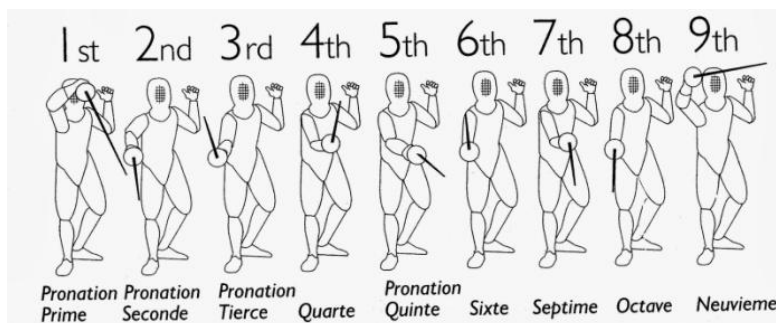


[http://www.whitchurfencing.co.uk/BAF\\_awards.htm](http://www.whitchurfencing.co.uk/BAF_awards.htm)

[http://www.whitchurfencing.co.uk/awards\\_2015.htm](http://www.whitchurfencing.co.uk/awards_2015.htm)

## Spotlight on... Parries

**Parries** are defensive actions used to deflect an attacking blade. There are nine positions in total (see below), which are divided into *supinated parries* (wrist up) and *pronated parries* (wrist down).



*Supinated parries* include: Quarte (4th), Sixte (6th), Septime (7th) and Octave (8th).

*Pronated parries* include: Prime (1st), Seconde (2nd), Tierce (3rd) and Quinte (5th).

## Editorial: Why Bother to Compete?

Although competing can be daunting at first, fencing is a combat sport and naturally has a competitive edge. Along with coaching and training sessions, regular competing improves your fencing. It is a different experience to club fencing, as it gives an increased intensity to your game.

Competing is not only good for your game but it is also good for the club - it shows that members are engaged. It also gives coaches a better idea of which areas of your fencing need to be developed.

Our club organises three competitions annually (**Don't forget to enter...**)

- ✓ Whitchurch Shield Men's and Women's Epee (October)
- ✓ O'Sullivan Cup mixed epee (February)
- ✓ Whitchurch Club Championship (April)

## Leon Paul Orders...

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



## Whitchurch Fencing Club Newsletter

Winter 2015

### Events Calendar...

NOVEMBER

7th and 8th November - Welsh Open (Cardiff)  
<http://www.welshfencing.org.uk/index.php/event-details>

21st-22nd November - Hereford and Worcester Open (Great Malvern) <http://www.one4all.plus.com/hwo.html>

DECEMBER

12th and 13th December - Oxfam Open (Cardiff)  
<http://www.oxfamopen.com/>



**\*\*\*Whitchurch Christmas Meal!\*\*\***  
**Tuesday 15th December**  
**7.00pm at Valentino's, Cardiff**  
(.....be sure to book early to secure your place!!!)



JANUARY

12th January Whitchurch FC Beginners' Course  
<http://www.whitchurfencing.co.uk/learn2fence.htm>

### 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? Do you want to help to organise competitions? We welcome anyone who wants to get more involved in any capacity.

### 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)

### Suggestions...?

Do you have any suggestions or feedback on how we could improve the club? Get in touch!

