



Foiled Again Fencing Club
www.foiledagain.co.uk
British Fencing No: 31425



Dear New Fencer

Allow me the opportunity to say hello and welcome to the Foiled Again Fencing Club.

Please read through the information pack that accompanies this letter, and if you need any more information do not hesitate to contact me.

It is the club's policy to make fencing available to everyone, and the club and its Officials will not discriminate against the, Economic background, Race, Gender, Religion or Disability

For your initial 10-session course all you need to provide are:

1. T/Shirt
2. Jogging Bottoms (with no pockets)
3. A clean pair of trainers.
4. Bottle of water (no food or fizzy drinks please)

After your 10 sessions you can still borrow club kit but you will need to buy a pair of breeches to allow you to fence on the Electric apparatus.

You will also need to join the British Fencing Association / England Fencing (application form in this pack).

Also look at the notice board, it has a wealth of information, that includes, pictures of all the club Officials and Coaches, Emergency procedures, Useful web sites, Competitions and more.

If ever you need more information do not hesitate to talk to one of our coaches/ officials; they will be only too pleased to advise you.

Once again welcome to the Foiled Again Fencing club, if you need anything just contact me on one of the options below:

1. At the Club
2. www.foiledagain.co.uk – Contact Staff page

Regards

Matthew Ball - Chairman Foiled Again Fencing Club



“**Foiled Again**” is established to promote Fencing as a sport using the weapons foil, epee and sabre, in which fencers from all backgrounds can enjoy themselves and experience personal advancement by testing their fencing skills against other fencers within an atmosphere that is professionally administrated and exercises due concern for safety.

- **Mission Statement:** The Club shall provide a professionally administrated and coached opportunity for fencers from different backgrounds to develop their own skills using the weapons the club endorses. The achievement awards laid down by the British Fencing Association shall be the models for this development. The club shall provide an atmosphere that is free from harassment upon any grounds, including but not limited to race, gender, status, economic background, sexual orientation and disability. The club will offer regular opportunities for its members and attendees to practice their skills under the supervision of suitably trained and qualified coaching staff.
- Foiled Again is committed to ensuring that equality is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following Sport England definition of sports equality:

Sports equality is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

- Foiled Again respects the rights, dignity and worth of every person and will treat everyone within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.
- Foiled Again is committed to everyone having the right to enjoy their sport in an environment free of intimidation, harassment and abuse.
- All club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.
- Foiled Again will deal with any incident of discriminatory behaviour seriously, according to club disciplinary procedures.



British Fencing and Foiled Again Code of Conduct

All Home Nations, Regions, Counties, Clubs, Members and Persons:-

1.1 must ensure that the Sport is conducted in accordance with disciplined and sporting behaviour and acknowledge that it is not sufficient to rely solely upon the organisers to maintain those principles;

1.2 shall co-operate in ensuring that the spirit of the Laws of the Sport are upheld and refrain from selecting players guilty of foul play;

1.3 shall observe the Laws of the Sport at all times;

1.4 shall accept and observe the authority and decisions of referees, organisers and all other fencing disciplinary bodies.

1.5 shall not publish or cause to be published criticism of the manner in which a referee handled a fight;

1.6 shall not publish or cause to be published criticism of the manner in which the Board or any other fencing disciplinary body handled or resolved any dispute or disciplinary matter resulting from a breach of the Bye-Laws, Regulations, or Laws of the Sport;

1.7 shall not engage in any conduct or any activity on or off the piste that may impair public confidence in the honest and orderly conduct of a fight, competition, Championship or Series or in the integrity and good character of any Person;

1.8 shall promote the reputation of the Sport and take all possible steps to prevent it from being brought into disrepute.

1.9 shall not commit a Doping Offence as defined in the FIE/BFA doping regulations.

1.10 shall not abuse, threaten or intimidate a referee, organiser or other official, whether on or off the field of play;

1.11 shall not use crude or abusive language or gestures towards referees, organisers or other officials or spectators;

1.12 shall not do anything which is likely to intimidate, offend, insult, humiliate or discriminate against any other Person at an event on the ground of their religion, race, colour or national or ethnic origin;



1.13 shall not do anything which adversely affects the Sport of Fencing, the Board, any member or any commercial partner of the Sport;

2.1 Each body within British Fencing is under an obligation to;

2.2 Comply with and ensure that each of its members comply with this Code of Conduct; and

2.3 Adopt procedures to monitor compliance with and impose sanctions for breaches of the Code of Conduct by Persons under its jurisdiction.

Note: Definitions of 'Person' and 'Player' as follows;

'Person' means a fencer, trainer, referee, organiser, coach, selector, armourer, medical officer, physiotherapist or any other individual who is or has been at any time involved in the Sport, or in the organisation, administration or promotion of the Sport including spectators and supporters.



General Rules of Conduct

Foiled Again rules of conduct are the same as those values upheld in the community in general. However Children and Parents must be aware of the following club ground rules as they concern health and safety of all.

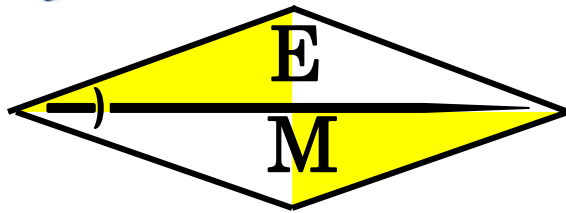
1. All Fencers/Parents must be courteous and respectful to all people present at the club.

It should be noted that all personal items left unattended are done so entirely at your own risk and Foiled Again Fencing Club will not be responsible for any losses or Damage that may occur.

2. Foul/abusive language is not tolerated.
3. **No** Barracking/taunting/intimidation will be tolerated
4. Fighting with the intent of causing harm to opponents/spectators/bullying of any form or intimidating behaviour is not tolerated.
5. No Makeup.
6. No jewellery is to be worn during fencing.
7. No fizzy Drinks (Still Water only).
8. No Chewing Gum while participating.
9. No food to be consumed on the premises.
- 10.No Fencing without the Correct Safety equipment.
- 11.No Practising of other forms of martial arts, e.g. Karate, Kung fu, Kick Boxing etc.
- 12.Any children who attend with any obvious injury bruising, the Parent/Guardian will be expected to sign to say that these injuries occurred before the fencing.
- 13.All Fencers Personal mobile phones must be switched off



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East Midlands Region

England Fencing

East Midlands Region England Fencing

Did you know...

You can keep in touch with regional fencing activities via the region's very own website?

At

www.emfencing.com

...you can find out about competitions, download entry forms, contact regional organisers, get coaching information and a host of other useful material. You can register with the region Secretary to make sure you get all the latest info.

Are you on our distribution list? If not please contact

secretary@emfencing.com



Synopsis



Foil overview

Both men and women compete in foil, in separate events. The weapon used is a maximum of 500 grams, with a maximum length of 110cm. A micro-switch in the tip needs at least 500 grams of pressure to activate the registering apparatus. The valid target area is the torso only, excluding arms, legs and head. The valid target area on the fencer is covered by a metallic jacket (lame), which causes a coloured lamp to light when the target area is hit by the opponent's weapon. A hit on the non-valid area (not covered by the metallic jacket) causes a white lamp to light. Epee evolved from the sword, favoured by duellists of the time. Training for sword fighting (for duelling or combat purposes) concentrated on thrusts to the torso, where hits would have the most lethal effect.

How a hit is made.

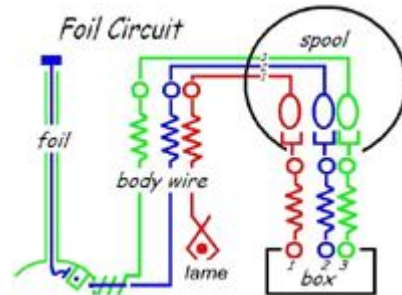
The Foil circuit is normally ON, however the circuits have three possible states used by the apparatus to determine the scoring.

1 In the normal state the blue (centre pin) and green (near pin) wires in the diagram on the right are connected in a single circuit through the apparatus. This state produces no light and would be the state of the circuit as the fencers come on guard.

2 When the point is depressed by any surface except the opponent's lame, guard or a connected metallic floor (piste) the circuit is broken and the "off-target" light comes on.

3 When the point is depressed at the same time, as the point is in contact with the opponents lame the original circuit is broken and a new circuit is made. This circuit is between the blue part of the diagram on the right and the red part of the opponent's circuit. This new circuit causes a "hit" light to come on.

As well as being electrical, the system also has a mechanical component. That is, moving parts and electronics working in conjunction cause the lights to come on.



This means that both mechanical and electrical faults can cause the system to function incorrectly.



Foil Grade 1. Demonstration.

The Grip: This is the manner in which we hold the sword. Looking at the handle, there are two broad sides and two narrow sides with an inner and outer curve. Place the broad side on the second joint of the index finger with the outer curve to the palm of the hand. Place the thumb on the top Broad side these two fingers are called the manipulators. Lay the remaining three fingers along the side of the handle; these fingers are called the aids. "Note there should be no gap between the thumb and the guard.

The On-guard: Stand with feet apart and the body upright, weight equally distributed on both feet. Keep your heels in line. The distance between the feet should be approximately two-foot lengths. Let your hands hang by your side, then bend both your knees keeping the body upright and the weight evenly on both feet. The knees should be in line with the toes. Your arms can be used as a guide as to whether or not you are truly upright by where your hands are in relation to your thighs.

If you are right handed, keep your left foot still and pivot your right foot on the heel until it is at right angles to the left. If you are left handed, pivot your left foot.

The front arm must take the correct position to carry the weapon. The hand should be breast high, the elbow lifted up in a "V" shape from the shoulder and the wrist and hand relaxed. When positioning the arms be careful not to alter the line of the shoulders.

Fencing steps backwards and forwards: When moving forward the front foot moves first then the rear foot catch's up. It is a short quick movement with the feet finishing with the same distance between them. Going backwards, the rear foot starts the movement. Try changing speed and rhythm of the movement while staying in one line.

The Hit: To hit the opponent simply straighten the sword arm and push the point forwards using the thumb to place the point on the opponents target.

Lunge: Extend the sword arm and drive off from the rear foot pushing the body forwards. Halfway through the movement, throw the rear arm back finish with both feet flat on the floor at right angles, with the front knee over the instep of the front foot, and the rear leg straight. To return to the guard position, bend the rear leg; straighten the front leg and spring back to the on guard position.

Parry and Riposte: The parry is the application of forte to foible with sufficient pressure to deflect the opponent's blade from your target area. For the parry of quarte the hand moves laterally from right too left. The parry of sixte the hand moves from left to right. The riposte is made after a successful parry, by straightening the sword arm and placing the point on the opponent's target.



First Counter Riposte: Attack your opponent with a lunge, and allow the attack to be parried and stay out on the lunge, wait for your opponent to riposte, parry this riposte and hit. Note all of these actions are carried out on the lunge.

The Salute: Adopt the position of attention, feet together, mask, under the non-sword arm, sword in hand pointing down to the floor. Raise the sword so that the guard comes up to the chin, extend your arm out and up towards your opponent and then back down to your side.

Grade 1 Description.

The Hit: This is an offensive action where you place the point of the sword on the opponent in a forward motion with sufficient force to fix the point on the target. That is 500 grams.

The Target Area: This is the trunk of the body including the V of the groin at the front. It includes the back down to the top of the hips. It excludes the arms, legs, mask and the bib of the mask.

How to use a Foil Safely: Never fence with a broken blade. Never fence with out a button. Never wave the foil about (e.g. when putting on your mask or in a group). When not in a bout hold the sword either by the point or by the grip with the point facing downward. Make sure the foil is tightened up properly and not to rusty or bent.

How to Fence Safely: Never fence without a mask and suitable protective clothing (make sure that the mask is not bent or rusty). The jacket must cover the target area and have no rips or holes. Never fence or fight without supervision. Never leave your equipment unattended. Do not hit with the foil moving sideways. Always warm up before Fencing.

The Principles of Fencing with a Foil: Fencing with a foil is governed by a rule. This states that the fencer who first straightens the sword-arm with the point threatening the opponents target has the right to attack. In order to take away this right of attack, the opponent must parry before he/she can riposte, or carry out his or her own attack.

Hits are only valid when made by the point moving forward and fixing on the target with an appreciable bend to the blade. The target is restricted and hits landing off target stop the bout but do not score.

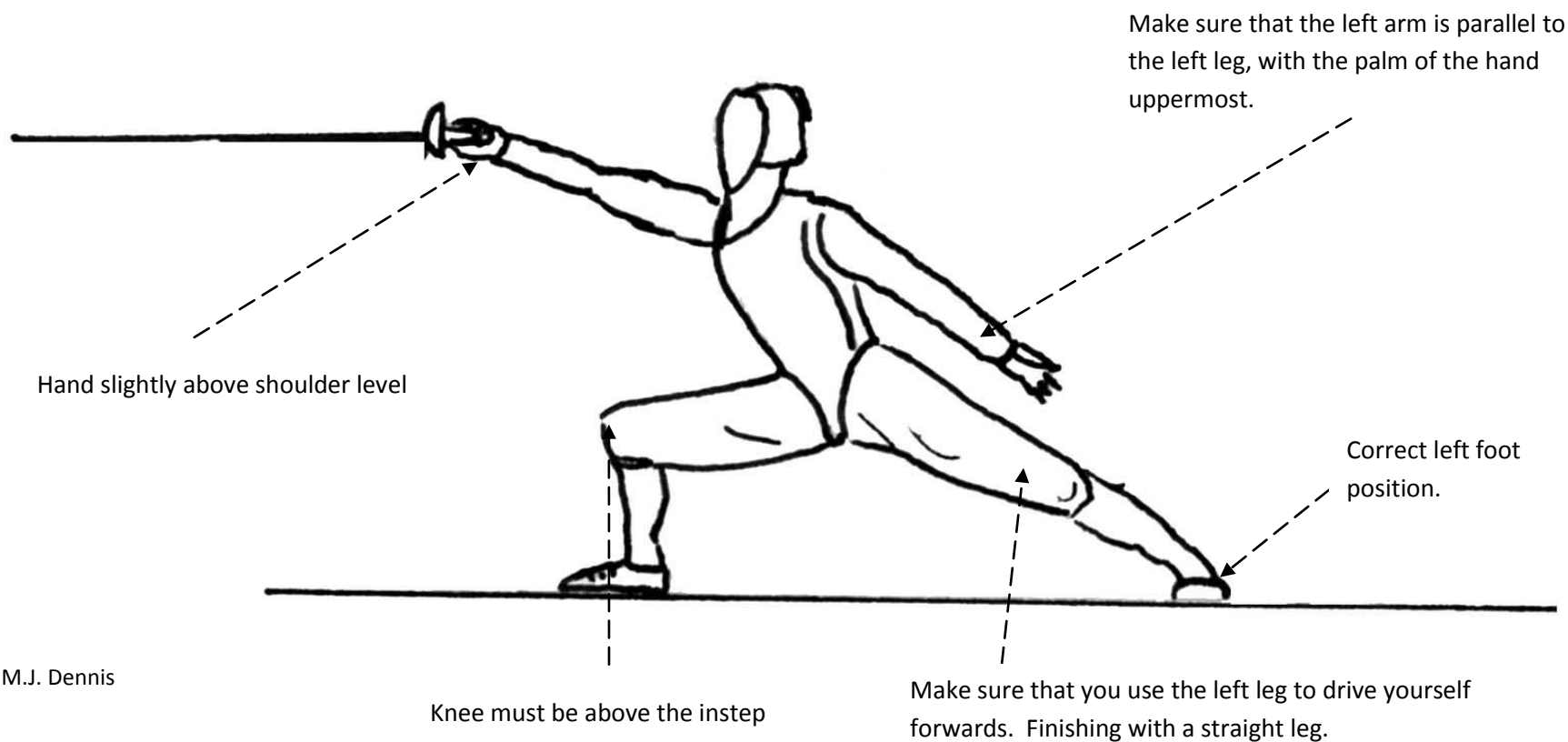
Fencing Etiquette: Fencing is still taught by the ancient rules of chivalry. When fencing always;

1. Shake hands with the coach at the start of the session.
2. Salute at the end of the session or training.
3. Salute the Judges, President and the Opponent before a bout.
4. Shake hands and change ends halfway through the bout
5. Shake hands at the end of a bout with the president and opponent.

Technical fight with the coach showing syllabus learnt.

The Lunge.

How to execute the lunge is described in the Foil Grade 1 handout. The illustration below shows the main points to look for in the final lunge position. However the most important thing to remember is practice makes perfect, and also makes lunging easier the more your muscles are conditioned to working.



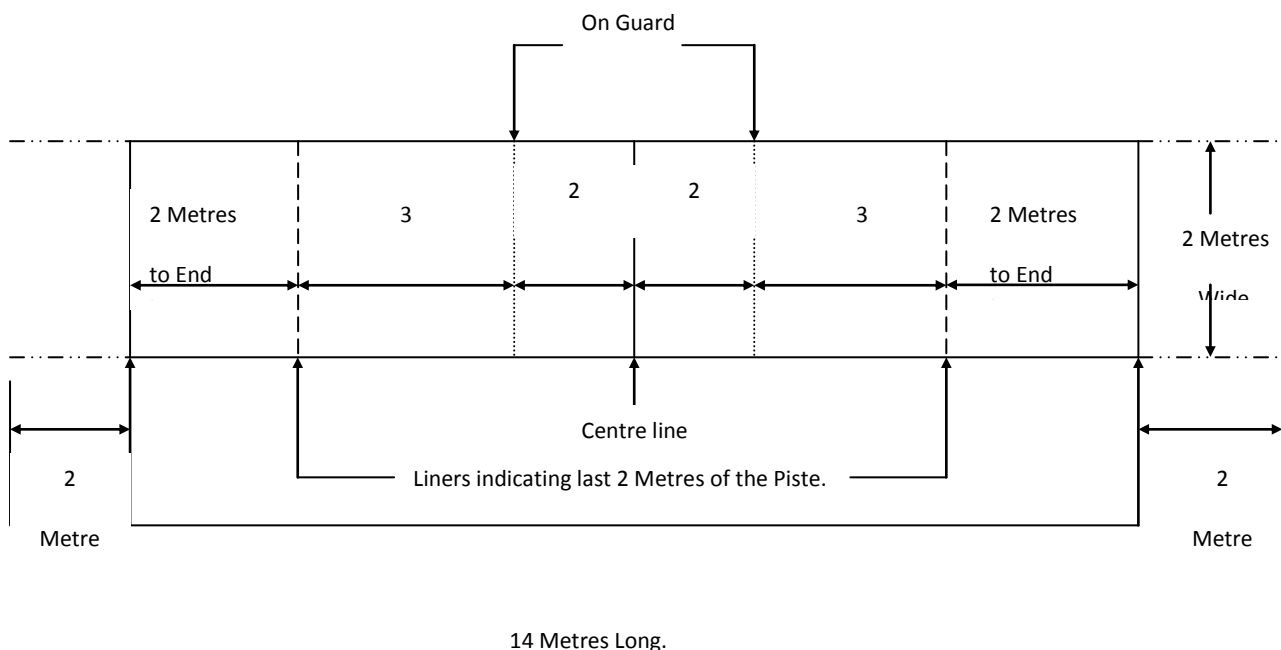
Grade 2: Foil, Epée, and Sabre.

The Fencers “pledge of honour”, by taking part in a fencing competition, fencers “pledge their honour” to observe the rules for competitions and the decisions of the Judges, and to be respectful towards the President and members of the jury.

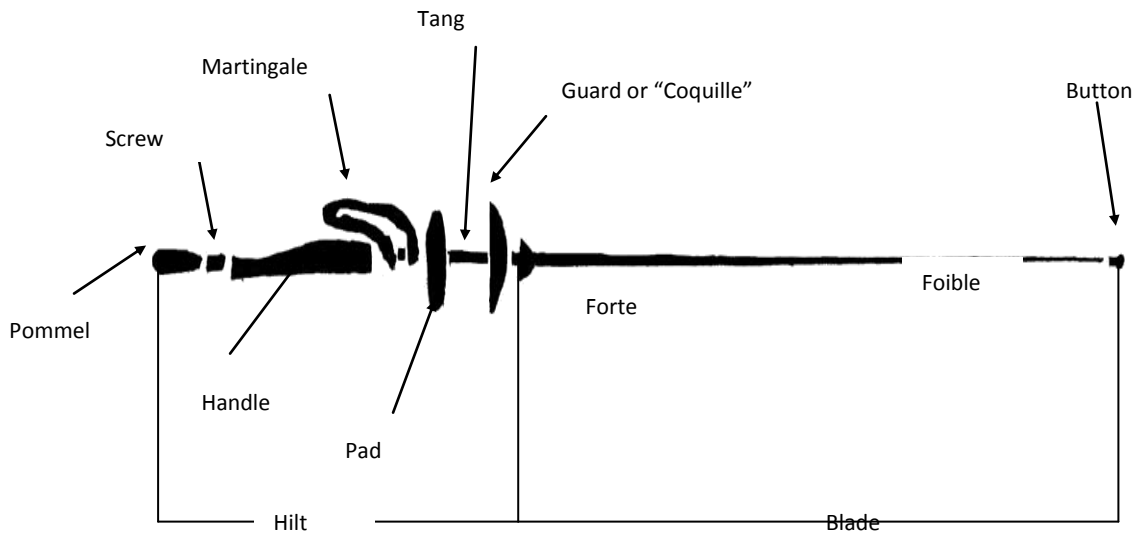
All Fencers and Spectators at a competition:

1. Must remain orderly.
2. Must not disturb the smooth running of the competition.
3. Must not go near the Piste during the bouts.
4. Must not give advice to the Fencers.
5. Must not criticise or insult the President or the Judges.
6. Must not applaud before the President has awarded a hit.
7. Must not attempt to influence the president in any way.
8. Must be respectful towards the President, Judges and All Officials.
9. Must obey at once all orders and commands given by the President.
10. Must at all times act with courtesy and sportsmanship. Before a bout commences, fencers must salute the President, Judges and each other. At the conclusion of a bout, each fencer must observe the normal courtesy of shaking hands with the opponent.

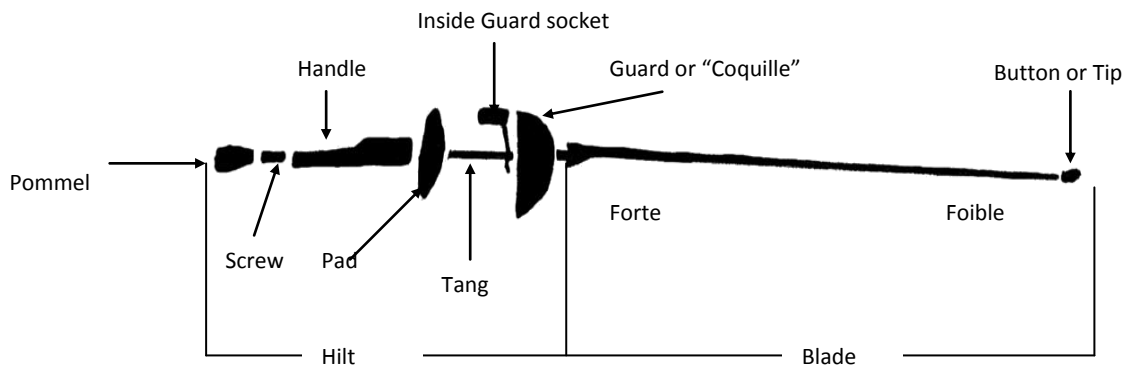
Dimensions of a piste Foil, Epée, and Sabre



The Parts of a Foil:

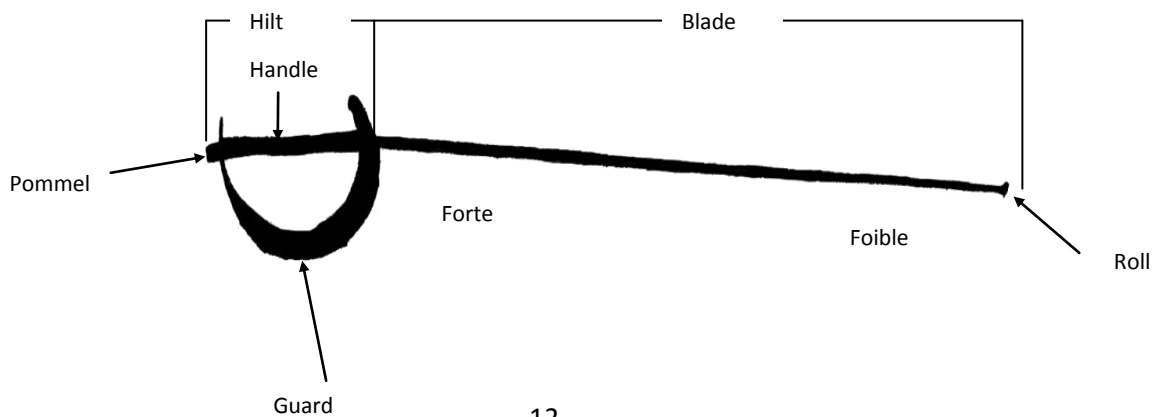


Parts of an Epee:



With a non-electric Epee a martingale must be fitted, and the inside guard socket removed.

Parts of a Sabre:





NEW REGULATIONS CONCERNING Fencing clothing

New equipment regulations come into force on 1 January 2006. This is for the increased safety of our sport. Also, after 1/1/2006, the consequence of continuing to use incorrect out-of-regulation equipment is that, should there be an accident which results in a claim for damages, both the individual's and the club's British Fencing insurance could be rendered void if it is found that out-of-regulation equipment was involved.

The requirement for electric completion at home events is as follows:

An 800N plastron with a 350N jacket & breeches, + long socks.

For those fencers entering FIE events the standard is 800N kit all round and a mask with a 1600N bib.

For non-electric fencing using non-electric blades (ie a 'steam' blade with button at the tip), a 350N plastron with a 350N jacket is adequate, with either breeches or track suit bottoms or jogging bottoms, as long as pockets are taped up

PS 'N' stands for Newton. A Newton is a unit of force that, acting for one second on a mass of one kilogram, gives it a velocity of one metre per second. Hence, 350N, 800N, and 1600N are measures of strength of resistance to the force of attacking blade points travelling at velocity.





Glossary of Fencing Terms.

Absence of Blade: When blades are not in contact (e.g. not engaged).

Academic Assault: A bout during a display in which hits are not actually counted.

Aids: The last three fingers of the sword hand.

Advance: to step forward.

Angulation: Bending the wrist when placing a hit, so as to present the point at right angles to the target.

Annulment of a hit: a valid hit, which is disallowed because of an infringement of the rules or a technical fault.

Appel: A beat of the foot.

Assault: A bout between two fencers.

Attack: An offensive movement designed to hit the opponent.

Attack on the blade: A preparation for an attack by beat, pressure or froissement.

Attack on preparation: An attack launched when the opponent is making a preparation for an attack.

Avoidance: ducking or moving sideways to avoid being hit.

Back edge: the edge of a sabre blade opposite to that of the cutting edge.

Backward spring: A leap backwards, out of distance, from the lunge position.

Balestra: A short jump forward during an attack.

Barrage: A tie bout between two team captains/ a fight off to determine a result in the event of a tie.

Beat: A preparation of attack made by striking the opponents blade sharply in order to deflect the point.

Bib: soft, padded attachment to the lower part of the mask to protect the neck and throat.



Bind: A preparation of attack which carries the opponents blade diagonally across their target area from high to low and vice versa.

Blade: main component of a sword on which the hilt is mounted.

Body wire: The wire that connects a fencer's weapon to the spool wire.

Bout: An Assault (fight) between two fencers where the hits are countered.

Breaking ground: Retiring by stepping backwards.

Break time: To change the rhythm of an action by losing time.

Breeches: white, knee-length trousers made of robust material; side fastening must be on the non-sword-arm side, and legs must have fastenings below the knees.

Broken Time: A pause deliberately made between two movements, which normally follow each other immediately.

Brutality: actions, which are performed with an unacceptable amount of force or violence, that cause discomfort to the opponent.

Button: soft covering over a non-electric foil or epee point.

Cadence: The rhythm in which a sequence of movements are made.

Cede: This is to partially give way to an opposition.

Ceding parry: A parry formed by giving way to an opponent who is attacking the blade.

Central guard: A position on guard when the hand is placed between two lateral lines and so not completely covered in any line.

Change beat: A beat made after first passing under or over an opponents blade.

Change of engagement: Engaging the opponent's blade in a new line.

Chest protectors: rigid breast cups that fit inside women's fencing jackets.

Choice reaction: reasoned response to a change of conditions presented by the opponent.



Close quarters: When two fencers are close together, but can still wield their swords correctly.

Circular parry: A parry in which the defenders blade describes a circle to gather the attackers blade.

Competition: aggregate of individual bouts or team matches required to determine a winner.

Compound actions: two or more single actions performed together as one continuous action.

Compound attack: An attack that includes one or more feints.

Compound prises-de-fer: two or more consecutive takings of the blade, alike or different, with no loss of contact with the opposing blade.

Compound riposte: riposte comprising of one or more feints.

Compound preparations: Multiple preparations executed together, without interruption.

Compound Prises-de-fer: An uninterrupted succession of takings of the blade.

Conventions: rules governing the method of fencing for each weapon.

Coquille: The bell shaped guard of a foil or épée.

Corps À Corps: When two fencers are touching so they cannot wield their weapons correctly.

Coulé (or graze): A thrust in the line of engagement while keeping in contact with the opponent's blade.

Counter action parries: A circular parry taken in the wrong line.

Counter attack: the offensive action made while avoiding, or closing the line against, an opponent's attack.

Counter disengagement: The action of deceiving a change of engagement or a counter parry.

Counter offensive actions: The stop hit and the time hit.

Counter parry: Circular parry.

Counter riposte: The offensive action, which follows the parry of a riposte or of another counter riposte.



Counter time: A movement by second intention.

Coupé: Another name for a cut over

Covered: A position of the sword hand and weapon that closes the line of engagement against a direct thrust.

Croisé: Taking the opponent's blade from high to low line on the same side as the engagement (not diagonally as in the bind).

Crosse grip: a moulded grip with finger protrusions, used on foils and epees

Cross-step (cross-over): A type of footwork made by crossing the feet:

Cut: A hit made with the front edge, or the first third of the back edge of a sabre.

Cutover: A disengagement made by passing over the opponent's blade.

Cutting the lines: Circular parries made otherwise than in the line of engagement.

Defence: not being hit by the opponent's offensive actions, either by parrying, avoiding, or moving out of distance.

Delayed: An attack or riposte made after a pause.

Dérobement: **Evading an opponent's attempt to beat or to take the blade while the arm is extended.**

Detachment: when both blades break apart.

Detachment parry: A crisp parry, in which the defenders blade leaves the attackers blade immediately it has deflected it.

Development: The extension of the arm and the lunge.

Direct: An attack or riposte made in the line of engagement.

Direct elimination: A method of running a competition. Two fencers fight a bout; the loser is eliminated from the competition.



Disciplinary code: by taking part in a fencing competition, fencers' pledge their honour' to observe the rules for competitions and the decisions of judges and to be respectful towards the president and the members of the jury.

Disengagement: Moving the weapon from the line of engagement into an opposite line by passing under the opponent's blade.

Displacement: turning or ducking to remove the target area from its normal position, resulting in the non-valid target being substituted for the valid target.

Disqualification: to be eliminated from a competition due to cheating or bad behaviour, or by default, e.g. late arrival.

Doighté: Finger play.

Double: An attacking movement during which the blade performs a complete circle in order to deceive the opponent's circular parry, or in other words it is a disengage followed by a counter disengage.

Double hit: When two hits arrive within One 25th of a second, or at the same time.

Double action: when both fencers choose exactly the same moment to make an offensive action.

Double defeat: in epee only; after the time has expired, if both competitors have received the same number of hits (or neither has scored a hit), they are counted as both having received the maximum number of hits being fought for, and defeat is scored against each, except in direct elimination where the fight goes on without limitation of time until there is a result

Double prises de fer: A succession of takings of the opponent's blade.

Duration of bout: actual fencing time allowed during a bout, ie a stop clock is started at the beginning of a bout, stopped each time the president halts the fencers and started again when the bout is restarted.

Draw: seeding of fencers to determine the bouts in a competition.

Earthing of guard: guards of electric weapons must be earthed correctly so that weapon hits do not register on them.

Earthing of piste: when electrical equipment, metal pistes must be correctly earthed so that hits do not register on them.



Elbow guard: a pad worn on the fencer's sword-arm elbow for protection.

Electrical apparatus: an electric box with red and green lights to register valid hits at foil, epee and sabre and white lights to register non valid hits at foil. The apparatus is mounted centrally, adjacent to the piste and connected by floor leads to spools with retractable cables placed at both ends of the piste, to which the fencers connect their body wires.

Electric weapons: foils, epees and sabres suitable for use with electrical apparatus.

Engagement: The crossing or touching of the blades.

En marchant: Movement made with one or more steps forward.

Enveloppement: Taking the opponent's blade and describing a circle to return to the line of engagement without losing contact of the blades.

Epee: The duelling sword.

Evasion: A dérobement.

False attack: An offensive movement that is not intended to score a hit.

F.I.E: Fédération Internationale d' Escrime.

Feint: An offensive movement made to resemble an attack, in order to draw a reaction from the opponent.

Fencing line: when fencers are fencing each other it should be possible to draw a theoretical straight line running through both leading feet and rear heels.

Fencing measure: The distance which exists between two fencers.

Fencing positions: The positions in which the sword arm and weapon may be placed to cover the lines of the target.

Fencing time: The time required to perform one simple fencing action.

Field of play: The piste and its extensions on which fencing takes place.

Finger play: The method of manipulating the weapon with the fingers.



First counter riposte: The attackers first riposte.

Flank: the side of the trunk of the body on the sword-arm side

Flèche: An attack made by a succession of running steps, instead of by the lunge or steps forward.

Foible: The half of the blade nearest the point of the weapon.

Foil: The basic weapon with which the art of fencing should be learned.

Forté: The half of the blade nearest to the guard of the weapon.

French grip: A straight sword handle.

Froissement: A preparation of attack made by deflecting the opponent's blade with a strong, sharp grazing movement along it. It is a beat and pressure combined together.

Gaining ground: Stepping forward.

Gaining on the lunge: Bringing the rear foot up to the leading foot before making a lunge.

Graze: A Coulé along the opponent's blade.

Grip: The part of the handle normally held by the sword hand. Also the manner in which, the sword is held.

Ground Judges: Two judges who look for hits made on the ground at electric foil or épée.

Guard: The portion of the hilt between the blade and the handle designed to protect the hand.

Guards: fencing positions see prime, seconde, tierce, quarte, sixte, septime, and octave

High lines: The parts of the opponents target visible above their sword hand when in the on guard position.

Hilt: the assembled parts of the sword excluding the blade, ie the guard, pad, and pommel.

Hit: The offensive action that lands with the point or the edge on the opponent.

Immediate: An action made with out a pause.



Indicators: a system used in competition to determine a fencer's seeding after the first rounds. The first indicator is expressed, as a ratio of the number of victories and the number of fights and the second indicator is the number of hits scored minus the number of hits received.

Indirect: A simple attack or riposte made in another line.

In Quartata: An offensive movement made while removing the body out of line by a side step.

Inside lines: The parts of the target furthest away from the sword arm.

Insufficient parry: A parry that does not close the line completely, and through which the opponent can land a hit.

Invitations: Opening a line to offer a path for an opponent's offensive movement.

Judges: Those whose duty it is to watch for hits and assist the President.

Jury: the President and Judges who officiate at a fencing event.

La Belle: The deciding hit during a bout.

Lines: Theoretical divisions of the target area, corresponding to the fencing positions.

Low lines: The parts of the opponent's target visible below their sword hand when in the on guard position.

Lunge: The extension of the arm, body and legs used to reach an opponent.

Making ground: Advancing forwards.

Manipulators: The first finger and thumb of the sword hand.

Martingale: A loop of leather used to prevent a weapon flying out of the sword hand during a bout.

Match: A contest between two teams.

Metallic over jacket (Lamé jacket): A plastron of that incorporates a metallic mesh that is worn over the fencing jacket, on which valid hits are registered with electric foil.

Metallic piste: A copper mesh strip laid over the piste to neutralise hits made on the ground at foil or épée.



Molinello: A circular cut made to the head from the sabre parry of prime.

Neuvieme: High semi-supinated guard sword arm side (very high sixte).

Octave: low line, semi-supinated guard on the sword-arm side.

On guard: The position of the arms, body and feet adopted by a fencer when prepared for a bout.

'Open Eyes': Starting a movement with no prior knowledge of how it will finish, relying on reflexes to adjust and make the correct ending.

Opposition: A movement made without losing the opponent's blade.

Orthopaedic grip: A handle moulded to shape of the fingers.

Outside lines: The parts of the target nearest the sword arm.

Parry: a defensive action made with the blade to deflect an attackers blade.

Part-whole: the teaching of movements in parts, i.e. isolating the parts of the movement demanding most skill and practising them in isolation; then putting the parts back together to make the whole movement.

Patinando: **a step forwards with an appel from the rear foot at the same time as the front foot lands.**

Period of fencing time: The time it takes to execute a movement of blade, body or foot.

Passata Sotto: The action of avoiding the opponent's blade by ducking below it.

Personal equipment: The weapon and body wire used when fencing with electric judging apparatus.

Phrase: A sequence of fencing movements exchanged between two fencers leading up to a hit.

À Pied Ferm: A movement made while the feet remain immobile.

Piste: The part of the field of play within which the bout takes place.



Plastron: An under garment of cloth worn under the jacket.

Pointe d'arrêt: A serrated or triple pointed attachment to the tip of a blade, designed to fix a hit at electric foil or épée.

Pommel: A piece of metal screwed to the end of the hilt to lock the parts of the weapon together and balance the blade.

Pool: A group of fencers or teams in a competition.

Preparation of attack: A blade or body movement made prior to an attack.

President: The referee in a fencing bout.

Pressure: A preparation of attack made by pressing on the opponent's blade.

Prime: high line, Pronated guard on the non-sword-arm side.

Principle of defence: The application of forte to foible of the opponent's blade.

Priority of line: This exists when a fencer has the sword arm straight and threatening the target. The priority is lost if the blade is parried or beaten out of line.

Priority: At Foil and Sabre, the first person to start and straighten their arm with the point threatening the target has the priority of attack, this priority remains until the blade is parried or beaten out of line.

Prise de fer (Taking of the blade): A preparation for an attack in which the opponent's blade is taken by envelopment, a bind or a croisé.

Progressive attack: A method of executing the various movements of a compound attack, while the blade continuously approaches the target in order to cut time and distance to a minimum. The opposite of à pied ferm.

Pronation: The position of the sword hand with finger nails down.

Quarte: high line, semi-supinated guard on the non sword-arm side

Quinte: Low line, Pronated guard on the non sword-arm side at foil epee; and high guard at sabre to protect the head.

Reassemblément: Bringing the leading foot back to the rear foot while rising to full height.



Recovery (or Return to guard): Coming back to the on guard position after a lunge.

Redouble: A renewal of attack while remaining on the lunge, which includes one or more blade movements.

Remise: A renewal of attack while remaining on the lunge, by replacing the point on the target in the same line without with drawing the arm.

Renewed attack: A Remise, Redouble or Reprise.

Repechage: the competition formula, which gives losers of a direct elimination bout a second chance to stay in the competition

Reprise: A renewal of attack preceded by a return to guard.

Retire: Means to step back.

Reverse beat: A change beat or at sabre, a beat made with the back of the blade.

Ricasso: The flattened part of the tang of the blade, between the guard and the crossbar of an Italian foil.

Riposte: The offensive action that follows a parry.

Sabre: The cut and thrust weapon.

Salute: the acknowledgement with the weapon, which a fencer extends to their opponent at the start and conclusion of a bout.

Seconde: low line, Pronated guard on the sword-arm side.

Second counter riposte: The defenders second riposte.

Second intention: A premeditated offensive action made after an opponent has been induced to make a movement such as a stop hit.

Semi-circular parry: A parry during which the blade describes a half circle from high to low or vice versa.

Sentiment du fer: Feeling an opponent's reactions through contact of the blades.



Septime: low line semi-supinated guard on the non sword-arm side.

Simple attack: An attack made with one movement, either direct or indirect.

Simultaneous actions: Where both fencers conceive and execute a movement at the same time.

Sitting down: Bending the knees when in the on guard position.

Sixte: High line semi-supinated guard on the sword arm side at foil and epee, high Supinated guard on the non-sword-arm (to protect the head) side at sabre.

Stance: The position of the feet and legs in the on guard position.

Stop hit: A counter action made on an opponent's attack.

Stop hit in opposition: When a stop hit deflects the opponent's blade.

Straight thrust: A simple and direct offensive movement.

Successive parries: A series of parries that immediately follow each other until the attackers blade is found.

Supination: The position of the sword hand with finger nails upwards.

Taking the blade: A preparation of attack by a prise de fer.

Target: The area of the body that counts as a good hit.

Terrain: the field of play. Also referred to as the measured piece of ground on which a duel is fought.

Three-quarter Supination: The usual position in fencing, with the palm upwards and the thumb slightly to the side.

Tierce: High Pronated guard sword-arm side

Time hit: A counter offensive action that anticipates and closes the final line of attack as it is made.

Touché: The word used to acknowledge a hit.

To time: To seize an opportunity and to execute a stroke at the correct moment.



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Trompement: Offensive blade movements which deceive the opponent's parries.

Two-time: A movement made in two periods of fencing time.

Uncovered: A position of the sword hand and blade where the line of engagement is not closed.

Valid hits: These are hit which arrive on target.

Warning lines: These are the brightly coloured lines that are two meters from either end of the piste. These lines are to warn the fencer that they are close to the end of the piste.



ENGLAND FENCING MEMBERSHIP APPLICATION FORM 2008

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