

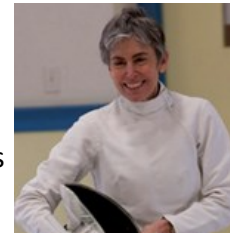
COLUMBIA FENCERS' CLUB NEWSLETTER

Conditions are improving. Plans are progressing.

Dear CFC Fencers and Friends, and our 82 prospective fencers also eager for us to resume meeting—

What a year! I hope this newsletter finds you and your loved ones healthy, active, safely connected, and adapting as best possible to the challenges of these disrupted times. I'd hoped the decision to temporarily suspend all CFC meetings last March was an "overreaction" to the announcement of a pandemic. We had never before suspended meetings in our 35 year history. We continue to be eager to restart.

Although COVID conditions don't yet permit, things are finally moving in the right direction. The covid **infection rate** in the counties where we meet and where most of our clubmates live is still in or near the "High" category, but not 5 times the High category! I continue to monitor conditions daily. We are hoping that the B.1.1.7 (UK), B.1.351 (South African), & other variants will not cause a new spike in rates, and **we urge everyone to continue to wear masks, safely physically distance, wash your hands, and get the vaccine when you are eligible to do so.**



**These measures will speed our return to meeting.** I appreciate your inquiries, eagerness, understanding, and patience. As noted previously, our priority is keeping all participants safe including our instructors who are at much higher risk owing to their greater exposure from multiple interactions. **We are developing modified protocols, just as our facilities, USA Fencing, and the FIE have, that will enhance pandemic safety for everyone when we return.** We share space with other groups at our meeting sites. **We will update you on our club protocols as we get closer to announcing our restart.**

**We will likely arrange some outdoor practices even before we resume indoors.**

USA Fencing has issued guidelines prohibiting sharing equipment, and we are modifying our protocols accordingly. Before long, we'll suggest you pull out your gear, see what fits, and note what size gear you have, or have outgrown, or need, since others may wish to purchase your gear, and you can update your set. Please note the sizes you have and need, whether RH/LH, manufacturer/company, type of weapon (foil or epee), whether electric or practice, and any other relevant features (e.g., front zip/back zip, male/female, foil/epee, type of chest protector, type of grip, condition, etc.). We can compile a list of available and

needed gear, and contact information. Likewise, club gear will be managed somewhat differently from before.

As noted previously, USA Fencing has also mandated that masks be worn under your fencing masks. This will be required of all CFC participants. See USA Fencing [Frequently Asked Questions on Mask Wearing During Fencing or Other Exercise](https://www.usafencing.org/mask-faq) <https://www.usafencing.org/mask-faq>. Also, screaming or yelling after a touch, or at any time during a bout, is now prohibited. Extensive guidelines and information about returning to fencing is posted on on the USA Fencing website at <https://www.usafencing.org/coronavirus>

USA Fencing is resuming tournaments. The latest announcements of modifications to the USA Fencing National and Summer Nationals Tournament [schedule and plans](https://www.usafencing.org/news_article/show/1151513) can be found at [https://www.usafencing.org/news\\_article/show/1151513](https://www.usafencing.org/news_article/show/1151513) **There are many changes in protocols of tournaments for health and safety.**

The latest regional USA Fencing schedule is at <https://www.usafencing.org/regional-calendar>



Freshened up in the backseat waiting to return!

Local tournaments (& throughout the US) are at <https://askfred.net/>

I look forward to providing more information as we get closer to resuming. **Missing you all!**

**We are looking forward to getting back together!**

Updates on CFC plans	1
USA Fencing updates/tournaments	1
Feature—CFC Member Jon Bartlett	2 & 5
Fencing links/videos/other info	2 & 3
CFC policies & contact info	4

**COLUMBIA FENCERS' CLUB NEWSLETTER**

**—ALL IN-PERSON MEETINGS STILL POSTPONED—**

**Kahn JCC & Seven Oaks Park:** CFC is still on pause having temporarily halted meetings for the first time in 35 years owing to the COVID-19 pandemic.

- ◆ For information about our previous schedule of classes, fees, and policies, please see our previous newsletters (before March, 2020), posted on our [website](https://www.columbiafc.com/) at <https://www.columbiafc.com/>
- ◆ For sources of information used to assess conditions for restarting meetings, please see newsletters posted from April-December 2020. Sources of information for safely reopening Columbia Fencers' Club include [SCDHEC data](https://scdhec.gov/covid19) at <https://scdhec.gov/covid19>.

We will be offering new classes for beginners in addition to classes for our regular members. We will announce (and may adjust) our schedule pending site hours and space availability. We continue to evaluate options as we near our restart.

**Live Streaming and Recent Videos to View (World Cup / Olympic Trials)**

The pandemic caused cancellation of the remaining World Cups in 2020 and events that were to determine the final US qualifiers to places on our Olympic Fencing Team to Tokyo. They have been re-scheduled. Want to watch?

[https://www.usafencing.org/news\\_article/show/1144283](https://www.usafencing.org/news_article/show/1144283) provides the schedule of the World Cups this month that have resumed and are part of the US Olympic Team selection. To watch live streaming or video recordings of the first of these events—the Men's and Women's Saber World Cup, Budapest, Hungary, March 11-14, 2021 see <https://gkk2021.hunfencing.hu/> Links to the others soon to be available. Please check the [USA Fencing Home Page](#) under "In the News." The May North American Cup will be the final event to determine selection.

**Feature: Where are they now? Q&A with Jonathan L. Bartlett, 2d LT, USAF, USAF '19**



**What is your fencing background?**

I fenced at Columbia Fencer's Club from 2007-2015 (ages 11-18) and Division 1 for the US Air Force Academy (USAFA) from 2015-2017 (ages 18-20). After a hiking injury and job requirements, I've been out for a few years, and I'm looking forward to getting back into it later this year!

**How did your experiences at Columbia Fencers' Club prepare you for the Air Force Academy?**

When I trained at CFC, I took 2 individual lessons a week, the club practice, and stayed after class for about 1-2 hours for open fencing each time. I also stayed active outside the club, so I was better physically conditioned than some of my other peers. I also did about 3-4 tournaments a month, so I very quickly got extra experience.

Dr. Littmann may not tell you this, but she is incredibly well-known and highly regarded in the fencing community, both because of her coaching and the level she has fenced at. I was incredibly lucky to have someone of her caliber within driving distance of me. When I asked my coach from the Air Force Academy if he knew Dr. Littmann, it was clear he was excited to have me on the team.

**(Continued on page 5)**

## COLUMBIA FENCERS' CLUB NEWSLETTER

**FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS:** Non-competitive level memberships in USA Fencing this year permit entering one sanctioned competition without upgrading to competitive level membership. Latest USFA updates, at <https://www.usafencing.org/>

**How Do I Find Out About Tournaments? Has sanctioning resumed?** Upcoming tournaments and clinics locally and around the country are listed on <http://askFRED.net/> (FRED is an acronym for Fencing Results and Events Database). Check "AskFRED" regularly as events are frequently added & cancelled. Questions? Ask Jane.

**UPCOMING EVENTS:** Nationwide discussions are ongoing at the USFA national office about safety and scheduling of future events. See page 1 for links.

**VIDEOS To VIEW:** <https://www.youtube.com/watch?v=leOP7rWwBpw> Fun, artsy video by World Champion Yuki Ota "Enjoy More Fencing"

### Foil

<https://www.youtube.com/watch?v=3gVZJ3EEodU> Fantastic! Try this! **You can improve during time off.** "FJE Coaching Video Footwork ver sample" 1 min 43 sec (2016) The early forward and backward steps are just to help you establish the ease of the torso atop the legs (rather than a heavy squat) in the en garde position. Notice the balance. Notice the precision. Imitate without speed. Ignore the hand portion of the video at the end, other than be aware that the upper body will operate independently of the legs. Why is this basic footwork important? See additional footwork and foil lesson videos below. (Japanese videos)

<https://www.youtube.com/watch?v=93GwzxAO7Bk> 2 min 58 sec (Watch through to the end)

<https://www.youtube.com/watch?v=CkefFArWvrg> 5 min (different drills, such as 3 advances 2 retreats, or 3 retreats 1 advance, etc. Adds lunges and recovery. Note the precision and finish in balance)

<https://www.youtube.com/watch?v=BLJ6woyMvxc> Fencing foil lesson (17 min 36 sec) 2018

<https://www.youtube.com/watch?v=H-v6DfxnjF8> Grand Prix Turin (Italy) 2020 Women's Foil Final THIBUS FRA vs KIEFER USA (Unfortunately the sound is out of sync with video, so voice commentary is distractingly before actions occur)

<https://www.youtube.com/watch?v=p2qeC6sTptf> Grand Prix Turin 2020 Men's Foil Final MASSIALAS USA vs MEINHARDT USA (Audio and video out of sync) (10 min 50 sec)

<https://www.youtube.com/watch?v=abiiSo-0D4U> Turin 2020 Grand Prix Men's Semi-Final IMBODEN USA vs MEINHARDT USA (15 min 40 sec)

<https://www.youtube.com/watch?v=X316M92Xfh4> Turin 2020 Grand Prix Men's Semi-Final MASSIALAS USA vs ROGER FRA (11 min)

<https://www.youtube.com/watch?v=pwk0wpFlvE0> World Championships 2019 Budapest, HUN. Quarter Final (Round of 8), Michal Siess (POL) vs Marcus Mepstead (GBR), Individual Men's Foil.

### Epee

<https://www.youtube.com/watch?v=amRngjnoC5g> CE (European Fencing Championships) Torun (Poland) 2016 EH Finale équipes France vs Italie (Men's Epee Team, France vs Italy) Yannick Borel, Gauthier Grumier, Daniel Jérent, Jean-Michel Lucenay vs Lorenzo Buzzi, Enrico Garozzo, Paolo Pizzo, Andrea Santarelli (41:09)

[https://www.youtube.com/watch?v=76\\_6bwDxjNw](https://www.youtube.com/watch?v=76_6bwDxjNw) SNCF RESEAU 2018 EMI Final NOVOSJOLOV EST vs NIKISHIN UKR (World Cup, Challenge SNCF Reseau, 2018, Men's Epee (Individual) Final, Novosjolov (Estonia) vs Nikishyn (Ukraine) (18 min 17 sec)

<https://www.youtube.com/watch?v=j59JsJB8iHA&feature=youtu.be> Charlotte SME 2019 - L4 A semi-final bout in the Senior Men's Epee event at the 2019 Charlotte NAC in Charlotte, Justin Yoo v Cedric Mecke (14:31)

**Men's Epee Team, Women's Foil Team** <https://www.youtube.com/watch?v=iUp757uSxyI> Fencing Senior European Championships Torun 2016 Day05 -Team Finals- multiple team matches -Men's Epee, Women's Foil (4h 56m)



**The most current, revised (2020-21) Rulebook (Aug 2020) is online.**

<https://www.usafencing.org/usa-fencing-rule-book>

**Knowing the rules helps you as a fencer, not just as a referee!**

**The modified 2020-2021 Athlete Handbook is [here](#).** (It was modified in Dec. 2020.)

# COLUMBIA FENCERS' CLUB

## CFC CLUB INFORMATION

**GET-TOGETHERS:** On 'pause' for now!

**SIGN-IN SHEET:** Those who "owe" brownies— We know who you are and have not forgotten!!

**SAFETY REMINDERS:** *Be careful as you practice at home.*

There are many skills and exercises you can do at home, being mindful of your space and whatever floor or ground surface you have available, taking care not to slip. Many drills can be done with excellent benefit without holding a weapon, or while holding a weapon but limiting footwork, according to your space.

**CLASSES:** As we get closer to resuming in-person classes, I will be in touch especially if class groupings by weapon, ages, experience, times, or fees change. Much depends on our facilities, too.

**USA FENCING MEMBERSHIP REQUIREMENT:** I renewed my Coaching membership as always, but CFC participants may choose to wait until practices resume since we are still on pause for now. The current USA Fencing membership list is at: <https://member.usfencing.org/search/members> One may join at <https://member.usfencing.org/> **The 2020-21 Season began on Aug 1.**



**NEW FENCERS?** Although I cannot start new fencers for the time being, you are welcome to contact me so I can put you on our general club mailing list to be ready when in-person instruction resumes. **New fencers (youth and adults) are welcome.** No experience or equipment is necessary.



Our Wednesday Club site is **Seven Oaks Park**  
200 Leisure Lane  
Columbia, SC 29210  
<https://www.icrc.net/parks/seven-oaks-park>

**Best en gardes,**

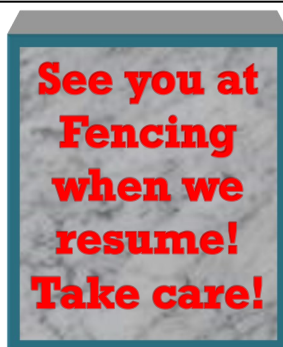
*Jane*

Jane R. Littmann, Ph.D. (803) 781-0056  
Coach & Co-Founder [JRL5837@yahoo.com](mailto:JRL5837@yahoo.com)  
Columbia Fencers' Club [www.columbiafc.com](http://www.columbiafc.com)

Our Tuesday and Thursday Club site is the **Katie and Irwin Kahn Jewish Community Center**  
306 Flora Drive, Columbia, SC 29223  
<https://jcccolumbia.org/>



**We'll be back ....**

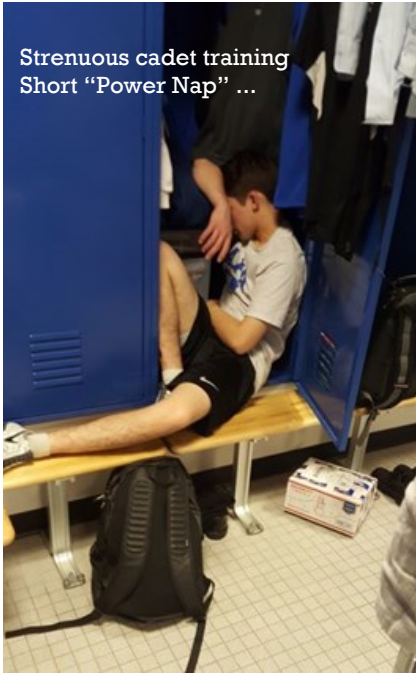


**We'll be back ....**

*(If you no longer wish to receive the CFC monthly newsletter, please contact me, and I will remove your name from our mailing list.)*

## COLUMBIA FENCERS' CLUB

Strenuous cadet training  
Short "Power Nap" ...



### Q&A with Jonathan L. Bartlett, 2d LT, USAF (cont'd from p. 2)

**What would be some advice you'd provide to other fencers? What advice would you have given yourself if you could?**

Emotion is everything. If you can control your emotions while fencing, you can control your actions. When the score is 2-14 and you're behind, it's easy to look at scoring 13 touches in a row as overwhelming. Keeping clarity of mind and emotion is key, and just work the problem that is right in front of you.

Equally, it's easy to get overconfident. I've lost too many bouts from getting a big head when I'm only one touch away, just to lose a bout I should have won. Keeping yourself in mental control before, during, and after the bout is the best skill you can develop, since your attitude is the only thing you can truly control.

**How would you say fencing has impacted you personally?**

As mentioned above, fencing allowed me an opportunity to grow mentally and put me in seemingly overwhelming situations. While many sports can provide this, few are as mentally intensive, and even fewer are individual sports. This allows for personal accountability of your own circumstances, which is arguably one of the best life skills you can develop.

**What's your best fencing story?**

I was fencing for the Air Force Academy and the team was competing at Notre Dame. It was very cold, and as a result, my fencing blades were not very flexible. I ended up breaking 3 blades in the same bout, and had to use a teammate's French-grip left-handed epee with a wobbly blade (referee didn't seem to notice, but I really needed a weapon). I ended up fencing the best I had in a while, because I had to use the fundamentals, and it makes for a great story now!

**How do you approach competing in a tournament?**

I've gone to approximately 100 tournaments, so I have a routine at this point! I get there about 1 hr early, eat a soft, small meal, and sign-in, etc. Then I'll do a light warm-up, and a light stretch (without causing injury). If I see some familiar faces, I'll have a few bouts with them, and then ask new faces to fence. While I warm up with these bouts, I practice every tool in my "toolkit", so that I don't give away my strategies/habits. I'll try to get about 4 bouts in before the tournament, and I'm careful not to use too much energy.

Any habits or strategies that I see other fencers use during either the warm-up bouts or the tournament I will write down in a journal. This allows me to "study" a bout before it even happens, and if I end up fencing the person in the future I have a record.

What is equally important is to ask my coach/peers what habits I have, and I write these down as well. It is interesting to think that you can quite literally "study" for a bout using these notes, and allow yourself to correct your mistakes before they even happen. This strategy will only work as long as you take time to focus on improvement and try to stay teachable.

**What are you up to now?**

I graduated from the Air Force Academy in 2019, and now I work as an Air Force Acquisitions Officer in Warner Robins, GA. I run a small side company where I do financial consulting, portfolio management, and real estate investing. I've gotten into marathon running in recent years, which has been working great during COVID (the outdoors is a safe and free gym!)

**We look forward to seeing you and catching up with you, Jon!  
Thanks for your service!**

