

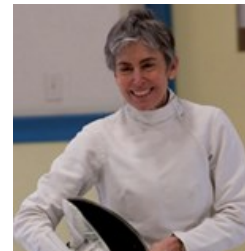
**COLUMBIA FENCERS' CLUB NEWSLETTER**

**Re-start Update. Plans are progressing.**

Dear CFC Fencers & Friends, plus our 114 prospective fencers eager for us to resume meeting—

I hope this newsletter finds you and your loved ones healthy, active, and safely resuming in-person activities. Thank you for your many inquiries. I'd hoped to have full details of our plans to restart, but at least I can share some updates, and then add details as they become available. **We are shooting for a restart in mid-August. We have had to make several changes.**

In February (2021), Barry Abels, our intrepid, ever-enthusiastic lefty epeeist (and Executive Director of the Kahn JCC) resigned and moved to a new position in Texas. We wish Barry great success! We'll miss his wit, support, and fantastic organization that attracted CFC to the Kahn JCC. Future space there will depend on new management when in place. In the meantime, we have secured three days per week (Tu, Wed, and Thur) at Seven Oaks Park, home of our Wednesday group. Many of you are familiar with that site from our many scrimmages and tournaments there. Seven Oaks Park is easily accessible from I-20 and I-26, and hopefully will be a convenient location for all.



At the time of this newsletter (late June), the COVID **infection rate** in Richland County (where our club and many of our clubmates reside) is still listed in the "Moderate" category by the SC Dept of Health and Environmental Control (DHEC) and the CDC. (It has been increasing for the past 3 weeks.) We are hoping that the new Delta variant (the most contagious so far) will not cause a new spike in rates this fall, particularly as many activities and school soon resume indoors. Only 48.4% of SC Residents have begun vaccinations, and 42.5% are fully vaccinated. We lag behind most states for now.



The fastest way for us to restart safely is to **begin ONLY with participants who are fully vaccinated at least two weeks before their attendance. This requirement will also hold for all persons who enter the fencing area to accompany the participant. In addition, masks will be required.**

**Why not allow unvaccinated persons 'willing to risk it'?** Unfortunately, that jeopardizes the health and safety of my assistants, me, our families and friends, others in our club and their families, and all who count on us, and our ability to run the program.

**Why require masks if all those participating are vaccinated?** (1) Our facility is shared by others who may or may not have been vaccinated and may or may not be wearing masks, so we cannot presume that there is minimal exposure to the virus. (2) Some of our members may be immunocompromised or may have less robust resistance to COVID and its variants. And (3) our members have family and friends who may be immunocompromised and/or have children too young to be eligible yet for vaccination. Everyone's health and safety is our priority. USA Fencing's latest "Return to Fencing Protocol" requires that even referees, coaches, fencers, and other tournament staff who have been vaccinated at least two weeks earlier are nonetheless required to abide by many protocols including wearing masks at all times inside the venue at the National Championships, JO's, and July NAC that begin Sat, July 3. <https://www.usafencing.org/2021-summer-national-athlete-info> (Live results and streaming). (I will later provide links for Olympic viewing.)

I look forward to providing more information about class times, fees, procedures for enrolling, managing fencing equipment, and more next month, as we get closer to resuming. **(See page 2 for additional updates.)** I'm continuing to monitor infection rates in our area, per DHEC <https://scdhec.gov/index.php/covid19> and other sources, and will continue to design our club protocols with your safety in mind. **Missing you and looking forward to getting back together!**

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## COLUMBIA FENCERS' CLUB NEWSLETTER

**ALL IN-PERSON MEETINGS POSTPONED. Restart plans in progress.**

**CFC is still on pause (since March 15, 2020). That was our first halt in 35 years. We hope to restart in mid-August, 2021, depending on COVID/Pandemic conditions.**

### Useful Information for our Restart

**USA FENCING MEMBERSHIP will again be required** – (Can be done Online)

Our CFC restart will coincide with the new USA Fencing season Aug 1, 2021- July 31, 2022. CFC is an insured Member Club of USA Fencing (the national governing body of fencing in the US). **All participants in CFC activities (fencing classes, lessons, open bouts, etc.) including “Drop-In” fencers from other clubs, must be members of USA Fencing** (now abbreviated USAF), at least at the “noncompetitive” (\$10 per year) level. Those joining USA Fencing for the first time may do so now (June/July) – your membership will automatically carry over from the current 2020-2021 season through next season (ending July 31 2022). Also, fencers who purchase an upgrade *for the first time* to “Competitive” level membership in USA Fencing (\$85 per year), your membership is also valid now through July 31, 2022. Other members may want to wait until August 1 to renew.

Additional information at:

<https://www.usafencing.org/membership> (types of memberships)

<https://member.usafencing.org/membership-types> More on types of memberships

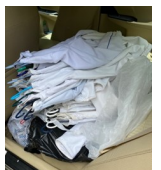
<https://member.usafencing.org/> Login or create an account to Join USA Fencing or Renew

**REQUIREMENTS RE: FACIAL COVERINGS** (mask under the fencing mask): Must comply with safety regulations described in USA Fencing’s “Return to Fencing Protocol” at all times. The mask must cover the nose and mouth. Per USA Fencing, “Face coverings must be two-layer cloth masks or surgical face coverings. Single-layer gaiters, bandannas, masks with vents and inserts that clip into the fencing mask and do not fully contact the athlete’s face **are not permitted.**” Fencers participating should NOT wear N95 or KN95 masks. Spectators who are not fencing may wear N95 or KN95 masks.

**USE OF FENCING EQUIPMENT:** In compliance with USA Fencing recommendations to minimize shared use of equipment, we will be assigning a set of gear to beginning fencers that you

will take home and bring to class for each meeting. A deposit at the first class will be refunded when you return the equipment at the last class. Fencers will have an option to purchase or rent gear. You do not have to purchase any gear until you have had an opportunity to try this exciting sport.

We can provide all our fencers with information about purchasing a new starter set from fencing companies, or discounted gear from the club or from fencers who may wish to sell gear they have outgrown or no longer use. Details about plans are forthcoming. [Sellers: Try on your gear and see what fits. I suggest you make a detailed inventory of whatever you may wish to sell, including description of item, size, RH/LH, brand, company, foil/epee, electric/nonelectric, condition, etc.]



**MANY POLICIES & PROTOCOLS ARE STILL IN REVISION.** We will announce more about the program and schedule as soon as possible.

**UPCOMING EVENTS:** The 2020 Tokyo Olympics are July 23-August 8, 2021. I will provide more information about viewing fencing (TV and streaming) when I have it. USA has a strong team!

# COLUMBIA FENCERS' CLUB NEWSLETTER

## FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS:

Non-competitive level memberships in USA Fencing permit entering one sanctioned local competition without upgrading to competitive level membership. Latest USFA updates, at <https://www.usafencing.org/>

**How Do I Find Out About Tournaments? New rules for sanctioning?** 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:** National Championships, Junior Olympics, & July North American Cup. July 3-12). 2020 Tokyo Olympics (July 23-August 8, 2021) <https://www.usafencing.org/>

**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=p2qeC6sTptI> 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!! We will adapt the sign-in protocol to minimize contact and maintain social distancing.

**CLOTHING REMINDERS:** T-shirt, long pants, athletic shoes. (Legs, ankles, torso fully covered) (No shorts, sandals, crocs, or boots) If you wear fencing pants ('knickers' that cover the knee), you must wear long socks that fully cover the leg. Safety comes first. The facility is heated and air conditioned.

**CLASSES & CLUB SCHEDULE:** As we get closer to resuming in-person classes, I will specify types of classes, meeting times, fees, etc. We will continue with both foil and epee. Plans still in progress.

**USA FENCING MEMBERSHIP REQUIREMENT:** Minimum level: "Noncompetitive" (\$10 per year)

**NEW FENCERS?** New fencers 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. Only those fully vaccinated may enroll for now.

**RETURNING CFC YOUTH (Under 12) FENCERS** who have been fencing with us but are too young to be eligible for vaccinations, I am looking for opportunities to safely meet when we can. I miss you!



Columbia Fencers' Club meets on Tues, Wed, & Thurs at  
**Seven Oaks Park** 200 Leisure Lane Columbia, SC 29210  
<https://www.icrc.net/parks/seven-oaks-park>



Best en gardes,

*Jane*

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See you at Fencing when we resume!  
Take care!

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