



COLUMBIA FENCERS' CLUB NEWSLETTER

Happy 250th Independence Day!! Don't swelter! CFC is air conditioned! Despite irregular summer attendance, enjoy fencing when you are in town! Let Jane know your plans. We'll help you save on fees and plan classes to best suit your schedule. Your club mates miss you when you're away!

NEW CLASS DATES: July and August sessions



CLUB ENROLLMENT: Enrollment is by contacting Jane to get placed on the appropriate roster (class/time) before the session begins.

- ♦ All CFC fencers must have current *USA Fencing Memberships* to participate at the club. See <https://member.usafencing.org/membership-types>. The new 2026-27 season starts **AUG 1**. First-time members may join Free for 90 days as "Trial" members. If continuing beyond 90 days, then upgrade to Access USFA membership. If you register or renew as "Access" members in June or July, your membership extends through July 31 of 2027.
- ♦ **Equipment:** Planning to purchase a starter set or competitive gear?
 1. Jane has info flyers on what/how to order per your interests & budget.
 2. The club has many sizes of brand new & lightly used fencing items for sale.
 3. Fencers and families sometimes have items outgrown or no longer in use. Please let us know!
 4. Fencers can also combine orders to save on shipping.

CLASS DESCRIPTIONS:

5:45 PM- FOIL & FENCING FUNDAMENTALS — Great for beginners & continuing foil fencers. Curriculum varies a bit each month. **(Please arrive BEFORE 5:45 so you are suited up on time and ready for the skills & concepts you need for that class!)**

6:55 PM- EPEE classes. Prerequisite: Completed Fundamentals class; able to drill various basic skills with partner.

Rosters 1 & 2 are Foil. Rosters 3 & 4 are Epee.

#1 Roster - Introduction & Additional Fundamentals of Fencing
Time: 5:45–6:45 PM Tuesdays Introduce & refine essential fencing skills. (Optional time afterward for more bouting.)

#2 Roster - Same as above but on Wednesdays.

#3 Roster - Introduction to Epee Fundamentals & Competition skills

Time: 6:55–7:45 PM Tuesdays (Optional time afterward for more bouting and lessons, 7:45-8:45 PM)

#4 Roster - Same as above but on Wednesdays.

Session Fees:

\$90 per month if 1 class/wk. \$120/month if 2 classes/wk.
 Drop-in (instead of monthly): \$25 per class.

Extra sessions & private lessons also available. (Discounts available if more than 1 fencer in family.) Contact Jane.

Equipment rental if needed: \$100 deposit plus \$30/month rental. Deposit (\$100) is reissued back to you when gear is returned at end of session.

JULY SESSION: (5 weeks)

Tuesdays:

June 30,
 July 7, 14, 21, & 28, 2026
 and/or

Wednesdays:

July 1, 8, 15, 22, & 29 2026

AUG SESSION: (4 weeks)

Tuesdays:

Aug 4, 11, 18, & 25, 2026
 and/or

Wednesdays:

Aug 5, 12, 19, & 26, 2026

(Usual 4-wk schedule and fees in August.)



Epee—Double touch



What's fencing a "bout"?

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CFC HEALTH POLICIES: CFC requires all fencers and spectators in the fencing area to have had the MMR (measles, mumps, and rubella) vaccine and other standard required (SC or another state's) school vaccines, or have a medical waiver. Please wear a facial covering if you have recently been exposed to someone who is ill.

We are taking health measures we know are more cautious than some groups and institutions. Unlike students in classrooms, colleagues in offices, and friends having lunch, our sport involves athletic exertion directly facing training partners, and our members range in ages and underlying conditions. We support everyone's health and participation in our fantastic sport. It's no surprise that fencers often refer to our sport community as our Fencing Family. While vaccinations do not always "prevent" someone from becoming ill, we know that (1) vaccinated communities have lower infection rates and less severe cases of the designated illnesses than unvaccinated communities, and (2) the risk and harm to children and adults from actually *getting* these illnesses is higher than the risk of harm from the vaccines. Thank you for your ongoing cooperation. We'll do our best to minimize your risk of exposures to illness for your sake, our fencing community, and our families. **(If you are not feeling well, please stay home that night.)**

USE OF CFC FENCING EQUIPMENT: You do not have to purchase any gear in order to try this exciting sport. We will be assigning a set of gear to beginning fencers that you will take home and bring to class for each meeting. Rental is \$130 for the 4-week session—this includes a \$100 deposit that is reissued to you when you return the equipment at the last class. Fencers have the option to purchase a set of gear, or to pay \$30 per month to continue to rent gear. We will 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 wish to sell gear they've outgrown or no longer use.

SIGN-IN sheet & "Penalty" Policy:

CFC still requires all fencers and guests to sign the Sign-In sheet in the fencing area each evening you attend. Club members know our longstanding rule and tradition that if you forget and leave without signing in, there is a "penalty"— You are required to bring a homemade treat, e.g., Cookies or Brownies to your clubmates at your next meeting. We have discovered talented bakers in our Club! Please be sure the treats are individually wrapped for take-home, complying with gymnasium rules! Thank you!

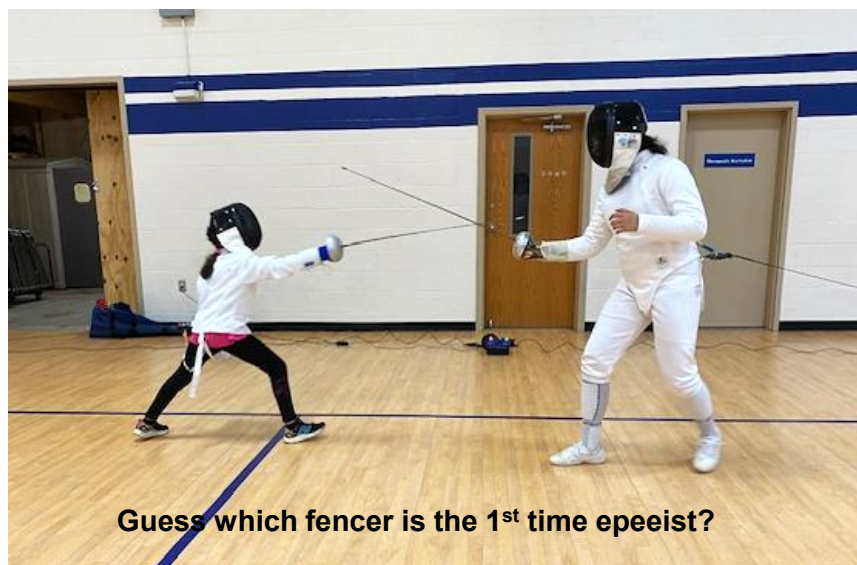
USA FENCING RULEBOOK: The most recent rulebook is NOVEMBER 2025. Knowing the rules helps you as a fencer!!



Foil Practice



Fencing-
Drill Partners, Opponents, Pals



Guess which fencer is the 1st time epeeist?

COLUMBIA FENCERS' CLUB

COMPETITORS' CORNER Upcoming Events: [\(More on askfred\)*](#)



Sat-Mon, June 27 – July 6 Follow the **Summer Nationals** in Portland, Oregon on **YouTube**—videos of many event finals https://www.youtube.com/results?search_query=summer+nationals+2026+fencing

Sat, Aug 1-2, 2026 [Referee Certification Clinic with Sean Shumate](#) Foothills Fencing Academy, Piedmont, SC

Sun, Aug 2 [Foothills Referee Certification Tournament \(Sanctioned!\)](#) Foothills Fencing Academy, Piedmont, SC

Sat, Aug 8 [Foyal Rumble 2026](#) Town Hall Gym, Mt. Pleasant: Mt Pleasant, SC

Sat, Sep 19-20 [Lotus Cup ROC/RJCC/RYC](#) (Regional event) Myrtle Beach Sports Center: Myrtle Beach, SC

HOW DO I FIND OUT ABOUT TOURNAMENTS? *

Upcoming local tournaments & clinics throughout the country are listed on <https://askfred.net/>. (FRED is an acronym for Fencing Results and Events Database). On the Home page, enter your location and limit of how many miles you are willing to travel. You can also search by weapon, age group, name of tournament, etc.

Check [“AskFRED”](#) regularly as events are often added & cancelled. Questions? Ask Jane.

“Access” level membership in USA Fencing permits you to register for sanctioned local tournaments (those on askfred.net) including SC National Qualifiers. “Competitive” level membership is required to register for National and Regional events. You may upgrade your membership anytime throughout the year if required.



COACHING AT COMPETITIONS: Want coaching at upcoming competitions? Contact Jane in advance.

ADDITIONAL RESOURCES (links):

[USA Fencing Rulebook \(Nov 2025\)](#)

[USA Fencing Penalty Chart](#)

(2025-26) [Age and Rating eligibilities](#) chart for entering tournaments

[2026-27 Regional USA Fencing Tournaments calendar](#). SC is in Region 6.

[2026-27 National Calendar not yet finalized. Some events listed.](#)

[USA Fencing explanation of the various changes and reasons](#) for them, plus further changes planned for [the 2026-27 season](#).

(2025-26) [Athlete's Handbook](#). Check occasionally for updates.

[The SC Division website](#) lists local events for the season.

This is updated regularly. <http://scfencing.org/calendar/>



COLUMBIA FENCERS' CLUB

CFC CLUB INFORMATION

SIGN-IN SHEET: Please sign-in each evening on the clipboard in the fencing area. Names must be printed and legible. This includes Parents & Guests. We will enjoy "penalty brownies" from those who forget!

CLOTHING REMINDERS: Legs, ankles, torso must be fully covered. No holes in pants! Safety comes first!

T-shirt, long pants (fencing 'knickers' that cover the knee are fine IF WITH long socks so no bare leg), athletic shoes, and socks. (No shorts, sandals, crocs, or boots.) Site is heated and air conditioned.

HEALTH POLICIES:

CFC requires some vaccinations (or a medical exemption, see p. 2).

For now, masks under masks are optional unless you've recently been exposed to someone who is ill.

Masks must cover the nose and mouth.

Spectators who are not fencing must also be vaccinated and wear masks (as above).

If you are not feeling well, please stay home. These policies help protect us all & our families. Thanks.

CLASSES & CLUB SCHEDULE: We will continue with both foil and epee. I will specify types of classes, meeting times, fees, etc. Each session will be announced as soon as planned and ready for enrollment.

USA FENCING MEMBERSHIP REQUIREMENT: Minimum level: Either Trial Membership (temporary, *only for those joining for the first time*, and must be upgraded if continuing beyond 90 days), or "Access" (\$34 per year). <https://www.usafencing.org/membership> First time Access members who join (or upgrade to Competitive) after April 1st, 2026—Your memberships will extend through 7/31/27. The fencing season runs from Aug 1-July 31 each year. Renewals must be up to date to participate at CFC.

NEW FENCERS? New fencers (youth and adults) are welcome! No experience or equipment is necessary. For questions, or to receive enrollment information and be included on our general club mailing list, please contact me. Only those vaccinated and willing to mask if exposed to illness may enroll for now.



Columbia Fencers' Club meets on Tuesdays & Wednesdays at

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.

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Coach & Co-Founder

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Columbia Fencers' Club

www.columbiafc.com

(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



See you at
Fencing!

