

VICTORIA FENCING CLUB

*Information about the Sport, the Weapons,
and How You Play the Game*

Fencing - a fun sport for everyone !

*Teaching Fencing in Victoria and Vancouver
Island for over 25 Years*



FENCING

Fencing, once exclusively a form of personal combat, is now enjoyed as a competitive and recreational sport worldwide. The sport of fencing calls for precision, coordination, and strategy, among other skills. Although popular since the European Middle Ages, modern fencing was introduced as a sport in the 19th century when dueling was outlawed as a means of settling disputes. Fencing was one of the few events included in the first Olympic Games in 1896, and it has been included in every Olympic competition ever since.

EQUIPMENT

The basic equipment used in fencing consists of a mask, a padded jacket, glove, and one of three weapons - the foil, epee, or sabre. Techniques and target areas for valid hits differ according to the weapon used. While some fencers may compete in each of the three weapons, generally skills are honed in one particular weapon.

THE FOIL

The foil, which is the basic weapon of the sport, is a direct descendant of the 16th and 17th century duelling rapiers, and the 18th century "small sword" which served as both a duelling and dress sword. Weighing about one pound, it has a flexible, rectangular blade, about 35 inches in length, and a bell guard to protect the

hand. Touches are scored with the point of the blade on the torso of the opponent, including the groin and back. Foil technique emphasizes strong defense and the killing attack to the body.



THE EPEE

The epee is the weapon resembling the old-style dueling swords used in the 19th century to settle "disputes". It is similar in length to the foil but weighs about 27 oz., with a larger hand guard and a stiffer, triangular blade. Touches are scored with the point of the blade, anywhere on the opponent's body. Epee technique emphasizes timing, point control, and a good counter-attack.

THE SABRE

The sabre descended from the dueling sabre used at the end of the 19th century by cavalry officers. It has a flexible rectangular blade with cutting edges along the entire front and one-third of the back edge. Its hand guard has one section attached to the pommel at the back of the handle. Touches are scored with either the point or the edge of the blade, anywhere above the opponent's waist. Sabre technique emphasizes speed, feints, and strong offence.



WHEN AND WHERE ?

The following are the places and times for fencing in Victoria:

Wednesday	Esquimalt Recreation Center 7:00 to 10:00 pm (year-round)
Thursday	Juan de Fuca Recreation Center 7:00 to 10:00 pm (year-round)
Saturday	UVic (students only) 1:30 to 4:00 pm (Sep-Apr each year)

Please consult the published program magazines for the above venues, or call them directly for times and fees.

Web Sites to visit: www.victoriafencing.ca
www.bcfencing.ca

or phone: Victoria Fencing Club
250-595-0515

Profiles



Head Coach:

Dr. Nan-Sang Ho, Head Coach

Nan-Sang is a volunteer, associated with the University of Victoria, and several Recreation Centers for the past 28 years. He teaches Group Beginner's Classes, and also gives individual lessons to fencers.

Assistant Coaches:

Veronika Ho, Bob Lamb, Chris Ho, Monica Kwan, Amanda Kovacs

All assistant coaches are volunteers who assist with instructions and other duties. Veronika has been a volunteer instructor for the past 28 years. Bob has been teaching the structured beginners classes for the past 5 years with many successful graduates. Chris and Monica assist with training intermediate and advanced foil fencers, and Amanda assists in coaching beginning epee fencers.

The Victoria Fencing Club

The club is the largest fencing club on Vancouver Island. It has been providing Beginners Classes and intermediate and advanced training for over 28 years. 250-300 people learn the sport every year through 18-20 beginners programs.

The club runs fencing programs for UVic, Juan de Fuca and Esquimalt Recreation Centers. These facilities continuously offer fencing classes as part of their recreational programs, and registration fees vary for each place. Fencers must register with each facility.

Beginner and Intermediate fencers are provided with all equipment needed, (mask, electric foil, jacket, electric vest) as part of their registration. The registration fee covers both group and individual lessons and all equipment and facility use.

THE GAME

Electric judging equipment is now used in all fencing matches. For foil and epee, a spring-loaded tip is attached to the point of the weapon and is connected to a wire that runs inside the blade, through the sleeve of the contestant's jacket, and into a central scoring machine that registers hits. For sabre, the whole blade is electrified.

Each time a fencer scores a touch, a point is gained. In a fencing bout, the objective is to be the first to score five touches on the opponent (up to 15 touches in a competition). Bouts are officiated by a president. Part of a beginner's class is to learn how to preside a bout.

The playing area is the "strip", or "piste", an area 14 m (46 ft) long and 2 m (6.6 ft) wide.

