

# FENCING

We are often told "fencing - that's something I've always wanted to try." At UNB and STU we can say "Then why don't you." Let us clear up a few mistaken and not so mistaken ideas about fencing.

**Fencing is an immigrants sport** - This used to be true but now we have built up a team of Canadian born fencers some of whom made the Olympic team in 1976.

**Fencing is expensive** - If you had to buy your own equipment it could be, because most equipment is imported. At the UNB club we have our own equipment which members can use free of charge. All you need is a pair of sneakers for fencing instruction.

**Fencing is dangerous** - Not if you wear and proper safety equipment and no coach or umpire is going to allow you to fence without it. Serious injuries from fencing are very rare.

**Fencing takes forever to learn** - There will never be a time when you have learned it all but you should be ready for tournament fencing within a year and in this region there are novices tournaments where you can compete with novices. We must warn you the least interesting lessons you will every have are your first six lessons. You have to learn the footwork and how to hold a weapon. Once you have learned these you will advance quite rapidly.

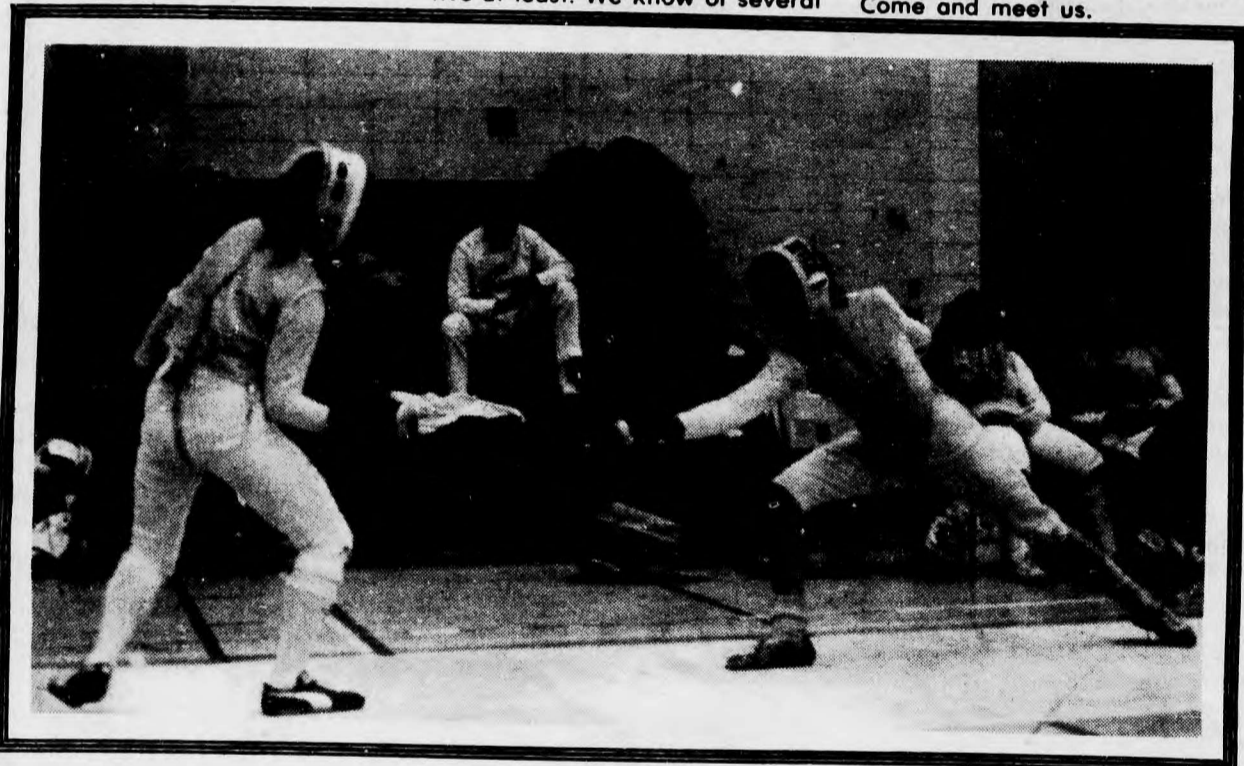
**Fencers are nuts** - Perfectly true. The only reason we don't take ourselves to the nearest psychiatrist is that he might cure us and we don't want to be cured, we are having altogether too much fun.

**Fencing is a young persons sport** - Not true and never has been. Fencers represent all age groups. At a regional tournament some of us were soundly thumped by a fencer who must have been sixty five at least. We know of several

fencers who started in their late 20's or early thirties and one who started at the age of forty three. Faculty members and mature students can be assured of warm welcome.

**Fencing takes brainpower** - True in some respects. An American national coach said "Fencing is the art of tricking your opponent" into putting his chest onto the end of your blade." The former English Olympic Coach said "Fencing is an athletic game of chess." You are trying to anticipate your opponent's moves and deceive him/her about your moves.

On Monday, Sept. 15 at 7 p.m. in the Dance Studio, Beaverbrook Gymnasium we shall be giving a demonstration of fencing followed by instruction every Monday evening at the same time. Maybe you have fenced before. Then we shall be very happy to meet you. We have three groups. Beginners, Intermediate and Advanced. Come and meet us.



## Fencing

Session 1: Demonstration of Foil, Epee, Sabre.

Session 2: Step forward. Step back. Reflex exercises. Judging a bout.

Session 3: Recap of step forward and back. On guard position. Simple attack.

Session 4: Recap of simple attack. Simple attack and recover. Parry quarte. Parry quarte and riposte.

Session 5: Recap of simple attack and recover, parry quarte and riposte. Parry sixte and riposte.

Session 6: Recap parry sixte and riposte. Feint and "into the preparation." Running attack.

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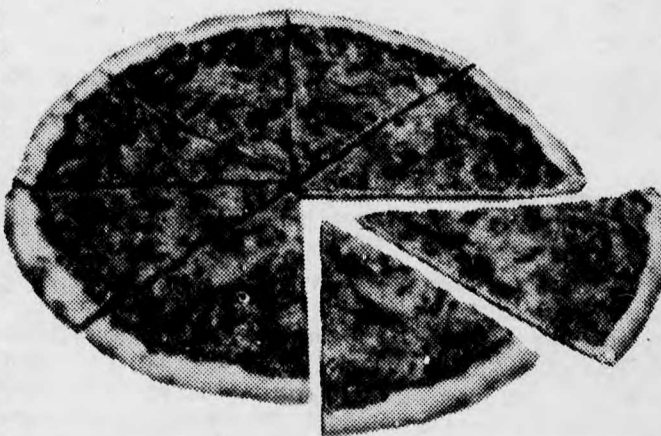
HOURS:

4:30 - 12 P.M.

SUNDAY - THURSDAY

4:30 - 2:00 A.M.

FRIDAY - SATURDAY



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