

**COLUMBIA FENCERS' CLUB NEWSLETTER**

**HOPE YOU ALL HAD A HAPPY  
THURSDAY, 4TH OF JULY  
INDEPENDENCE DAY!**

If you are a Thursday-only fencer at the JCC, you are welcome to attend any Tues as a makeup day.

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Does your summer schedule make you miss some fencing classes? Please consider our **drop-in** rate instead of paying the full month.

**Come when you can!**

**Don't skip the whole month!**

**Greetings CFC Fencers & Friends  
and Welcome to the 2019-20 Season!**

**Welcome Justin R, Mari, Kai, Noel,  
Morgan C, Tim, and Nick!**

*All Club Members: Please introduce yourself to any clubmates you do not know!*

**IT'S TIME TO  
RENEW YOUR  
USA FENCING  
MEMBERSHIPS!**



**The new fencing season runs  
August 1, 2019 – July 31, 2020.**

**Your USA Fencing membership must  
be current to participate at CFC.**

(Fencers who joined USA Fencing (or who upgraded to competitive memberships) for the first time on or after April 1, 2019, your memberships extend through July 31, 2020.)

**Not sure? A current membership  
list—including expiration dates—  
can be found at**

**[https://member.usfencing.org/  
search/members](https://member.usfencing.org/search/members)**

*Download the Current Member List.*

**You can renew either at the club  
or online at**

**<https://member.usfencing.org/>**

**The World Fencing Championships** began on Monday, July 15 and continue through Tu, July 23 in Budapest, Hungary. See [https://www.usafencing.org/news\\_article/show/1034739](https://www.usafencing.org/news_article/show/1034739) or the International Fencing Federation (Federation Internationale d'Escrime, FIE) website at <https://fie.org/> for live streaming and results.

**KUDOS**

**Ian Rickman for  
finishing 48th of  
197 at the US  
National  
Championships  
in Division III  
Men's Epee.  
Strong events!**



Foil and Epee at CFC

**All the best to Daniel as he heads to the  
University of Vermont for Grad School!  
We'll miss you!!**

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## COLUMBIA FENCERS' CLUB NEWSLETTER

### **Kahn JCC & Seven Oaks Park: Classes meet year round. Fees are month to month.**

**Classes begin promptly at 6:30 pm. Please arrive early, and be READY and SUITED UP.** Group instruction is provided for foil and epee. We are working on drills that are valuable to practice for all levels, foil & epee. **There may be adjustments of class times to accommodate all ages, levels, & weapons. Feedback welcome!** Pre-class bouts at Seven Oaks Park may begin at 6:00 pm for those interested. **Individual lessons available at both sites. Contact Jane for info and to schedule.** Observers and new fencers welcome. **(We do need a week's advance notice for those enrolling in order to arrange an individualized Intro/Overview for you.)**

**Kahn JCC site:** Fees are month to month. **Our CFC class meets Tu's & Th's 6:30-7:30 PM.** More bouts time is available until 8:45 PM. **July** fencing fees are due **Tu, July 2 or Th, July 11.** **August** fencing fees are due **Th, Aug 1 or Tu, Aug 6.** (Checks payable to "Kahn JCC" please, or credit card at desk.)

#### **CFC/JCC fencing fee:**

**Once a week fencers: \$75/month** (Tu-only or Th-only)

**Twice a week fencers: \$95/month.**

(Each additional family member pays \$70/month for once a week or \$85/month for 2x/wk)

**JCC members discounted fee: Once a week: \$65/month** (Tu only or Th only). **Twice a week: \$80/month** (plus the relevant monthly JCC membership fee). Each additional fencing member of family pays same JCC member-discount rate.

JCC Membership is not required. New JCC members who join to fence pay no joining fee and receive a significant promotional discount off their JCC

membership their first year. (Memberships for fencers are \$40 /month for individuals; \$70/month for families.) Additional categories of memberships are available for Single Parent-Child, Couples, Senior Couple, etc. Free babysitting is available for JCC members during workouts. The JCC will provide additional information about various categories of memberships and programs. <http://www.jccolumbia.org/> CFC offers a discount for collegiate fencers.

**Seven Oaks Park site:** Fees are month to month. Classes meet on Weds. **July** fees are due on **Wed,**

**July 3.** **Aug** fees are due **Wed, Aug 7.** (Checks, credit card, or cash payable at front desk. Please arrive early to handle your account at the desk.)

<http://www.icrc.net/seven-oaks-park> CFC offers a discount for collegiate fencers.

#### **CFC/Seven Oaks Park fencing fee:**

**\$75 per month** (Each additional member of family: \$70.)

**6:00 – 6:30 PM** Open Fencing (Bouting)

**6:30 – 7:30 PM** Class

**7:30—8:45 PM** Additional bouts



**DROP IN Fees per visit at Seven Oaks Park or the JCC:** Local fencers not paying at either site may drop in to either site for **\$20 per visit.** If you are a 2/week fencer at one site, you may drop in to our other site for **\$5 per visit.** Fencers paying once a week at one site may drop in to the other site for **\$10 per visit.**

**You must be a current USA Fencing member at least at the noncompetitive (\$10/yr) membership level to participate in all CFC programs.** CFC is an Insured Member Club of USA Fencing. The USFA Fencing Season runs August 1, 2019—July 31, 2020, but new 1st-time USFA memberships after April 1 extend through July 31, 2020. Join or renew either at the club or online at <https://member.usfencing.org/>



# COLUMBIA FENCERS' CLUB NEWSLETTER

## FOR OUR COMPETITIVE (and soon-to-be competitive) MEMBERS:

**How Do I Find Out About Tournaments?** Upcoming tournaments & clinics locally and around the country can be found at <http://askFRED.net/> (FRED is an acronym for Fencing Results and Events Database). **Be sure to check "AskFRED" regularly** as events are frequently added & cancelled. **Have questions? Ask Jane.**

**UPCOMING EVENTS:** (See <http://askFRED.net/>) Limit your search by entering your zip code and how many miles you are willing to travel, or by weapon, age category, etc.

**North American Cups (NACs), Nationals, and many regional events** are listed on the USA Fencing website. <https://www.usafencing.org/national-events-calendar> Select the season (2019-2020) and events from the calendars listed.



**Mark your calendars for January 3–6, 2020! The January North American Cup returns to Charlotte.** Events include Division I, Junior, Senior Team, and Para Fencing. This is an exciting tournament for all to view, especially during an Olympic qualifying year!

**Where Do I Find a copy of the RULEBOOK?** Knowing the rules helps you as a fencer, not just as a referee! The **February, 2019** Rulebook *is being revised. A new text will be out this fall.* . The Feb 2019 text is at: [https://cdn3.sportngin.com/attachments/document/31e3-1637422/2019-02-USA-Fencing-Rules\\_\\_1\\_.pdf?\\_ga=2.82044190.964793233.1557411391-2041363119.1555036558](https://cdn3.sportngin.com/attachments/document/31e3-1637422/2019-02-USA-Fencing-Rules__1_.pdf?_ga=2.82044190.964793233.1557411391-2041363119.1555036558)

Please note the new rule on "Unwillingness to fight" (t.124) adopted by USA Fencing in Feb, 2019 is still current. [https://www.usafencing.org/news\\_article/show/994654](https://www.usafencing.org/news_article/show/994654)

### How Do I arrange travel carpools or coaching?

**Travel:** If you have car space available, or need transportation, contact Jane or clubmates.



**Coaching at Competitions:** Contact Jane preferably a month ahead of the event.

**How Do I save on equipment costs?** Notify Jane or others re: (1) outgrown gear you wish to sell, or (2) plans to order equipment so you can combine orders with others and save on shipping. Sellers: Please email a description of what you have including sizes, RH/LH, manufacturer/company, and sale price.



**Daniel warms up for Div II Men's Epee at Nationals in Columbus, Ohio**



# COLUMBIA FENCERS' CLUB

## CFC CLUB INFORMATION

**GET-TOGETHERS:** Impromptu. None pre-scheduled this month.

**SIGN-IN SHEET:** Please remember to sign-in both at the Kahn JCC and Seven Oaks Park! All names, FIRST AND LAST, are to be PRINTED and LEGIBLE! (This includes Parents and Guests.) *This complies with our facilities' policies and requirements.* (We will enjoy "penalty brownies" from those who forget!)

**CLOTHING SAFETY REMINDERS:** *Legs, ankles, and torso must be fully covered.*

*Long pants with socks, or knickers with long socks are always required for fencing involving any bladework drills and bouting. No holes, shorts, sandals, crocs, or other open shoes or boots are appropriate. Shirts must be long enough to cover your torso. YOU WILL NOT BE ALLOWED TO FENCE IN SHORTS OR SANDALS. Safety comes first. (Our facilities are air conditioned.)*

**POLICY REMINDER:** No CFC equipment may leave the Kahn JCC or Seven Oaks Park.



**USA FENCING MEMBERSHIP REQUIREMENT:** All participants at CFC practices must be at least "non-competitive" USA Fencing Members. The membership year runs Aug 1-July 31.

See current membership list here: <https://member.usfencing.org/search/members>

**(New members who join on or after April 1, 2019—your memberships are valid through July 31, 2020. If you upgraded to Competitive membership for the first time on or after April 1, your Competitive level membership is valid through July 31, 2020!)**

If you join or renew online, please provide verification of your membership to Jane. **Your USA Fencing membership must be current to participate!**

**NEW FENCERS?** Know anyone who might be interested in learning to fence? **New fencers (youth and adults) are welcome to start throughout the year.** No experience or equipment is necessary. Please invite your friends who might be interested in fencing to contact us. There is no fee to observe. We do need a **week's advance notice for those enrolling**, in order to arrange an individualized Intro/Overview for you.

**You are welcome to join us at either of our locations!**



Our Wednesday Club site is **Seven Oaks Park**  
200 Leisure Lane  
Columbia, SC 29210  
<http://www.icrc.net/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  
<http://www.jcccolumbia.org/>

*(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



**Jon M. Normile on the fencing Handshake and Salute**  
 --from his **Hall of Fame Induction** speech, 6/29/19

...It's a rare opportunity to get to speak in these circumstances, so if you'll indulge me I'll give some of my thoughts on this sport we all love. In fencing we salute our opponent before we begin and we shake hands afterwards. It's one of the first things we learn when start to fence and I think there are some profound lessons here. Why do we salute? To show that we respect our opponents. No matter who they are, what their skill level is, where they came from, we promise to take them seriously, to give them our full attention, to show that we think they have value. I'd say that's the definition of the word, respect.

And then we shake hands. Why do we do that? To thank our opponent, because you can't fence alone, you need your opponent, you need a partner to create that magic that happens on the strip. For this reason, I'll also give my thanks to the thousands of fencers I've met on the fencing strip in my life who've made me the fencer and the man that I am. All those bouts and those fencers, all those special human beings have given me the chance to look into a mirror and see what kind of person I am and in the process, hopefully, to make myself a better person....

**See you at Fencing!**

