

COLUMBIA FENCERS' CLUB NEWSLETTER

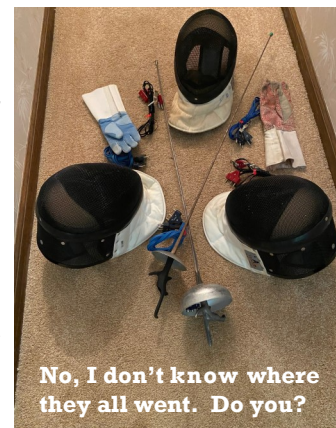
MISSING YOU, CFC CLUBMATES!

Dear CFC Fencers and Friends,

I hope you, your families, and friends are all doing well. Thanks for all your inquiries, from so many new fencers wanting to start, and from our regular group eager to resume when we can safely do so! I know we are missing one another and eager to get back together. Warm welcome to our newest USA Fencing member, Lauren!

I can assure you all that I am monitoring the situation closely. I have been in many meetings with USA Fencing concerning Clubs, Divisions, Tournaments, and all things fencing. The most current update is that USA Fencing lifted their total nonsanctioning of club activities (including online) and have left it to clubs to (1) abide by state and local jurisdictions, and (2) assess their individual club circumstances in making decisions about when each club can safely resume. Regarding tournaments, USA Fencing did announce this past week (June 2) that the **2020 Summer Nationals and July Challenge** that were previously postponed, will not be rescheduled, but **are cancelled**. https://www.usafencing.org/news_article/show/1107651 Therefore, our **SC Division Qualifier** has also been cancelled.

My priority continues to be the health and safety of our members.



No, I don't know where they all went. Do you?

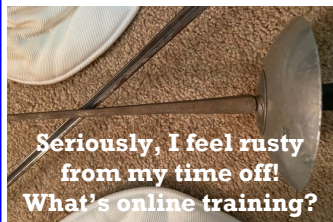
Fencing: the perfect COVID-19 Sport

1. Masks
2. Gloves
3. If anybody gets closer than 6 feet to you, you stab them.

Of course, the object IS to stealthily get closer than 6 feet to touch them!

Sources of information for safely reopening Columbia Fencers' Club include: (1) **state and local jurisdictional regulations**; (2) the **protocols of our facilities** which are not yet ready for fencing or other activity classes; (3) **Guidelines for Opening America Back Up** <https://www.whitehouse.gov/wp-content/uploads/2020/04/Guidelines-for-Opening-Up-America-Again.pdf> together with the CDC (Centers for Disease Control) **Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again** <https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf> which includes laying out the "Gating

Criteria and Phase-specific Thresholds" for re-openings while protecting vulnerable populations (cf., Table 1, page 5); (4) **SC DHEC data** <https://www.scdhec.gov/infectious-diseases/viruses/coronavirus-disease-2019-covid-19>; and (5) **USA Fencing "Return to Fencing Guidelines"** https://www.usafencing.org/news_article/show/1106819. As much as I am eager to resume classes, SC data indicate that we do not meet the threshold for Phase 1, since the community spread has been sadly upward for several weeks. Accordingly, neither of our facilities is ready for us to resume.



Seriously, I feel rusty from my time off! What's online training?

WHAT TO DO FOR NOW?

Exercise is vital to your health and wellbeing! Have fun while improving your fencing skills and conditioning by joining online fencing training sessions on Zoom! CFC fencers are invited to

participate with 2 top coaches who are longtime friends, and their guest coaches, with feedback from all of us, live! This truly is a fantastic opportunity to learn and develop skills we don't have time for in class. More info on page 2. Sessions are free.

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Kahn JCC & Seven Oaks Park: For the first time in 35 years, CFC has temporarily halted meetings. For information about our previous schedule of classes, fees, and policies, please see our previous newsletters posted on our website. <https://www.columbiafc.com/>

—ALL IN-PERSON MEETINGS POSTPONED—

Online Training

LEARN WHAT YOU DIDN'T KNOW YOU DIDN'T KNOW!!

ONLINE TRAINING— *Surprisingly, the novel coronavirus has provided an exciting opportunity to enhance your fencing skills conveniently from home, to learn and practice new skills and build your conditioning in ways we could not at the club!* Since it is currently unsafe to meet in-person, I have arranged other training opportunities for our club. **If you are interested in these Zoom classes, please contact me so I can provide you the links and place you on my Zoom mailing list.** These coaches and I invite you to join these foil and epee classes, free, so you will be a much stronger and tactically more savvy fencer when we restart in-person classes and bouts! I will be viewing and providing feedback to you as well. (USA Fencing requires that online classes are supervised.) We also have a unique opportunity to benefit from other coaches and top national and international fencers who are invited guests.

I'm seeing significant gains by our participants over the past month. Foil fencers can benefit from epee and epee fencers from foil sessions, including from the conditioning. Topics vary. Schedule going forward will depend on regional circumstances.

Meet the host coaches—

FOIL—Michael Green

Michael Green offers a **Foil** fencing practice **M, Tu, W, Th, and Fri at 7:30 PM** (Eastern) on Zoom. **Sat is at 2:00 PM** (EDT). Epeeists will benefit, too. Sessions have focused on fencing conditioning, footwork, competition rules, understanding right of way, bouts tactical analysis, equipment maintenance, and more.

Michael Green is the first US coach to graduate from the Federation Internationale d'Escrime (FIE—the International Fencing Federation's) Fencing coaching program. He holds a level 3 certificate from the University of Physical Education in Budapest, Hungary; holds the title of Prévôt de Fleuret from the US Fencing Coaches Association; works as a national and international referee; was an "A" rated foil fencer; and is founder and coach of Emerald City Fencing Club (ECFC) in Seattle. Read more on Michael Green at <https://www.emeraldcityfencing.com/fencing-coaches> and on his club at <https://www.emeraldcityfencing.com/>

Michael is a longtime friend and former member of Columbia Fencers' Club!

EPEE—Marek Stepień

Marek Stepień hosts epee practices on **Mon, Wed, and Fri. at 6:00 PM** (EDT). Some additional practices may be added. Marek is an Olympic epeeist and World Team member from Poland, coached in London for 10 years, and then at Notre Dame, before his own club. He is a longtime friend and has a referee rating of "1" in Epee.



COLUMBIA FENCERS' CLUB NEWSLETTER

FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS: No tournaments are sanctioned for now owing to COVID-19. To find the latest updates, see announcements by USA Fencing at <https://www.usafencing.org/>

How Do I Find Out About Tournaments when sanctioning resumes? Upcoming tournaments & 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: The SC Division Qualifier has been cancelled. Nationwide discussions are ongoing among all divisions and with the USFA national office about safety and scheduling of future events. Also see the **recently restored SC Division website** <http://scfencing.org/> for SC Division information & updates.

VIDEOS To VIEW: During this interim, here are some informative and entertaining videos.

<https://www.youtube.com/watch?v=leOP7rWwBpw> Fun, artsy video by World Champion Yuki Ota "Enjoy More Fencing"



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)

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 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 This is 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 current Rulebook (Aug 2019) is online. https://cdn2.sportngin.com/attachments/document/6626-1950459/2019-08-USA-Fencing-Rules.pdf?_ga=2.51015081.1249519001.1566673047-2041363119.1555036558

Knowing the rules helps you as a fencer, not just as a referee!

The Athlete Handbook: https://cdn4.sportngin.com/attachments/document/e39f-2087317/FINAL_2019_2020_Athlete_Handbook_1_27_20.pdf#_ga=2.65484714.509062318.1585503036-1804724946.1585229501

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!!

SAFETY REMINDERS: *Be careful as you practice at home.*

Skills and exercise we do online is mindful that your space is limited. Please be sure to move any hazards out of the way, including 'Fluffy' and 'Spot', and assure that you will not slip on whatever floor or ground surface you have available. Most drills can be done with excellent benefit without holding a weapon.

POLICY: I will not be publishing a zoom link in the newsletter. Please contact me to get on my zoom mailing list for online training.

USA FENCING MEMBERSHIP REQUIREMENT: All participants at CFC practices must be at least "non-competitive" USA Fencing Members (\$10 per year). **New members** who join **now**—your memberships are valid through **July 31, 2021**. Current membership list is at: <https://member.usfencing.org/search/members> Join at <https://member.usfencing.org/>



NEW FENCERS? Although I cannot start new fencers for the time being, you 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. (We are considering a Zoom fencing introduction for beginners and will notify you if this is offered.)



Our Wednesday Club site is **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. (803) 781-0056
Coach & Co-Founder JRL5837@yahoo.com
Columbia Fencers' Club www.columbiafc.com



Our Tuesday and Thursday Club site is the **Katie and Irwin Kahn Jewish Community Center**
306 Flora Drive, Columbia, SC 29223
<https://jcccolumbia.org/>



We'll be back

**See you at
Fencing
when we
resume!
Take care!**



We'll be back

(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

I know we are deeply grateful to our CFC clubmates who are essential workers including on the **healthcare frontline**. Highlighting— **Dr. Stuart Smith** and **Dr. Ed Salkind**.

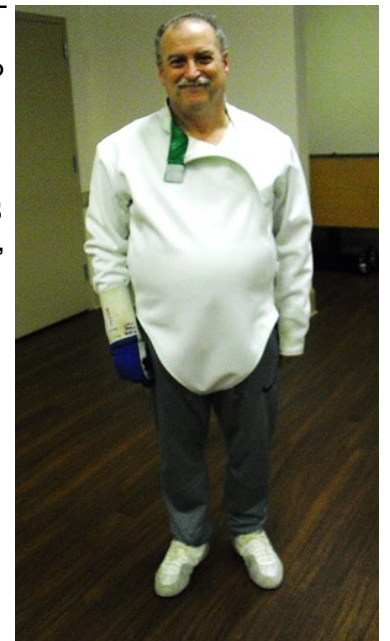


Dr. Stuart Smith is a professor of medicine (Internal Medicine, Hospitalist) at USC who works predominantly at the VA. He continues to be part of the Covid response team (direct patient care and research) and also served as acting chief of medicine. To date, he has donated 3.5 liters of plasma-- "enough to treat at least 8 folks (maybe more depending on what protocol is used)"-- to provide antibodies until patients can make their own. His thoughts? "Peter Capaldi said it better than I can... 'always try to be nice, but never fail to be kind.' There are a lot of people this has affected far more than me. Even if they did not get SARS-COV-2, their life has changed dramatically- working from home or not working at all...."

Advice? "as far as Covid, physical distancing and hand washing are good. Masks may (?) help you but will help the people around you." Early in the abrupt shut-down, he added, "And go outside. Columbia has a small town feel right now that is unique. I have talked with people I literally live within two hundred yards of, but haven't spoken for months." About his 4 lifesaving plasma donations, Stuart quips with his usual good humor, "it is not completely altruistic- they do have cookies"! Thank you, Stuart!

Dr. Ed Salkind, DNAP MS APRN CRNA is a Doctor of Nurse Anesthesia Practice, a Certified Registered Nurse Anesthetist, and a Major in the US Army Medical Department with multiple deployments overseas (Ecuador, Germany, and Afghanistan in Operation Enduring Freedom), as well as stateside. Ed's initial role during the pandemic was to share his years of experience through lectures and Power Point to instruct staff at the VA Medical Center in ventilator management and anesthetic considerations in special situations posed by COVID-19 patients. Ed's expertise in use of modification of usual published checklists to ventilate COVID-19 patients with ARDS (Shock Lung) using a prone position has been critical to treat patients in ways that help avoid nerve injuries and blindness. He is now working in the ICU (Intensive Care Unit).

Ed has been fencing since 1968. Advice?—"Stay safe ---wear a mask in public.... Use a doggy poop bag on your hand when pumping gas. They come in rolls. Very cheap. Use hand sanitizer!" Thank you, Ed!



MORE photos from Columbia Fencers' Club's demo of the Modern Sport of Fencing Sat, Feb 8 at SWORDFEST 2020 at the SC Confederate Relic Room & Military Museum in Columbia.
Thanks again to Keith B, Chris, Philip, Andrei, Sophie, Roman, and Mike for your assistance!



2020 SwordFest Photo credits Jeff Sarata