

# COLUMBIA FENCERS' CLUB NEWSLETTER

## STILL MISSING YOU, CFC CLUBMATES!

Dear CFC Fencers and Friends,

Thanks for all your inquiries and eagerness to resume! Most frequently asked: "I see other activities and some clubs resuming— When will we?"

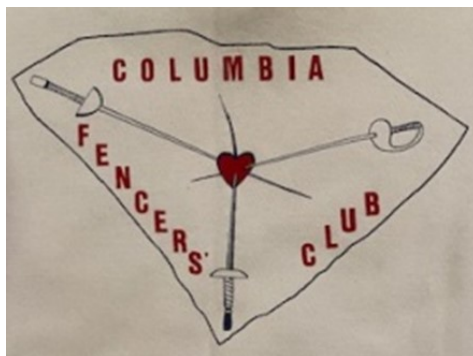
Answer: I am so very eager to resume, too, and I am tracking conditions closely every day. (1) Both our fencing club sites are in Richland County. The positivity rate of COVID-19 tests in Richland County for the past month (July 27- Aug 26) is 24.2% , and for the past week (Aug 19-26) is 22.2% . Most recent rates (Aug 25 & 26) are 36.3% & 22.7% of tests positive. These rates are much too high to engage in a sport where (a) there is vigorous breathing and frequent close distance for significant time; (b) there is some sport-related incidental physical contact; (c) many people are meeting together at the same time indoors in spaces also used by other groups; AND (d) even if one wears a mask under the fencing mask which would be mandatory, that mask underneath will keep getting dislodged as the outer fencing mask is taken off and put back on multiple times in each class. I've heard very mixed reviews of the new advertised under-mask masks. Additional feedback is welcome. We also note that (e) some members of our group are in riskier "vulnerable" categories based on CDC guidelines; and (f) there are recent data on the airborne spread of the virus that experts are evaluating, and we are, too.

**For sources of information CFC is using to evaluate conditions to safely reopen, please see page 2 of this newsletter.**

I know we are missing one another and very eager to get back together to play this sport we all enjoy so much, AND we miss the wonderful, healthy, exuberant exercise it provides AND the challenge to improve our fencing skills. **Unfortunately, we simply cannot safely resume yet.**

Other updates:

- ♦ I'm excited to report that we have 29 on our waiting-to-start list! We want to meet you soon!
- ♦ The Zoom classes are no longer offered for now. But you can watch and learn from videos on pages 2-3.
- ♦ My fencing classes at USC are not meeting this semester for the same reasons our club is not meeting for now.
- ♦ All the best to Dr. Ed Salkind who has accepted a new position near Wilmington, NC. Thanks for all your excellent, intensive healthcare services, in our area. We will miss you, and look forward to seeing you at tournaments.



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**Warmest wishes to all our fencers and fencing families! I hope you and your friends are all well, and staying safe.**

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

**Tournament car pools?**

**Uh oh. I think I**



**stopped into the wrong newsletter issue!**

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**Kahn JCC & Seven Oaks Park:** CFC is still on pause having temporarily halted meetings for the first time in 35 years owing to the COVID-19 pandemic. For information about our previous schedule of classes, fees, and policies, please see our previous newsletters before March, posted on our website. <https://www.columbiafc.com/> We may consider offering some new classes for beginners and adjusting our schedule of classes by weapon, experience, ages, or keep it the same, according to conditions. We'll evaluate options closer to when we restart.

### —ALL IN-PERSON MEETINGS POSTPONED—

**Sources of information for safely reopening Columbia Fencers' Club include:**

- (1) (a) **Guidelines: Opening Up America Again** <https://www.whitehouse.gov/openingamerica/> (revised) **together with** (b) 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> The latter lays out the “Gating Criteria and Phase-specific Thresholds” for re-openings while protecting vulnerable populations (cf., Table 1, page 5);
- (2) **SC DHEC data** <https://www.scdhec.gov/infectious-diseases/viruses/coronavirus-disease-2019-covid-19> ;
- (3) **USA Fencing “Return to Fencing Guidelines”** [https://www.usafencing.org/news\\_article/show/1106819](https://www.usafencing.org/news_article/show/1106819).
- (4) **State and local jurisdictional regulations;** and
- (5) the **protocols of our facilities** which are not yet ready for fencing classes.

As much as I am eager to resume classes, Richland County data still indicate that our positivity rates, and decreased testing do not meet the threshold to enter Phase 1.

#### Invitation from Coach Sara Kass, Head Coach/Owner of “Cyrano’s Place”—

Coach Kass is a vet 50 fencer and national finalist in both foil and saber who has been involved in the sport of fencing for over 4 decades. She has started a YouTube channel with material *“to keep our heads in the game despite COVID19. It's tough to train at home without the right stuff, but sometimes the right stuff costs WAY TOO MUCH to invest in.”* So, she has created videos that include interviews with Olympic fencers, practical tips for training at home, and even how to keep your hair up when competing! (That might be especially helpful after COVID!) While aimed primarily at “D and Under” fencers, she says, *“The goal of many of our videos is to show you ways to train what your coach has already given you, and hone it at your own pace and time!”*

You can find her videos at [https://www.youtube.com/channel/UCzlyPbTBgNZSYgnal1\\_tqkQ/videos?fbclid=IwAR3XwQLZAIWv9Hu2EXYv9oOSekJUprYSzGYApjZKqUQtUwIIA\\_WiAx9pkyk&app=desktop](https://www.youtube.com/channel/UCzlyPbTBgNZSYgnal1_tqkQ/videos?fbclid=IwAR3XwQLZAIWv9Hu2EXYv9oOSekJUprYSzGYApjZKqUQtUwIIA_WiAx9pkyk&app=desktop)



# COLUMBIA FENCERS' CLUB NEWSLETTER

**FOR OUR COMPETITIVE (& aspiring competitive) MEMBERS:** Non-competitive level memberships in USA Fencing this year permit entering one sanctioned competition without upgrading to competitive level membership. Latest USFA updates, at <https://www.usafencing.org/>

**How Do I Find Out About Tournaments? Has sanctioning resumed?** 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 Qualifiers and Nationals were cancelled. Nationwide discussions are ongoing at 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.

**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"

## 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=X3l6M92Xfh4> Turin 2020 Grand Prix Men's Semi-Final MASSIALAS USA vs ROGER FRA (11 min)

<https://www.youtube.com/watch?v=pwk0wpFlvE0> World Championships 2019 Budapest, HUN. Quarter Final (Round of 8), Michal Siess (POL) vs Marcus Mepstead (GBR), Individual Men's Foil.

## 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](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 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](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](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.*

There are many skills and exercises you can do at home, being mindful of your space and whatever floor or ground surface you have available, taking care not to slip. Many drills can be done with excellent benefit without holding a weapon, or while holding a weapon but limiting footwork, according to your space.

**CLASSES:** As we get closer to resuming in-person classes, I will be in touch especially if class groupings by weapon, ages, experience, times, or fees change. Much depends on our facilities, too.

**USA FENCING MEMBERSHIP REQUIREMENT:** I have renewed my Coaching membership, but CFC participants may choose to wait until practices resume since we are on pause for now. The current USA Fencing membership list is at: <https://member.usfencing.org/search/members> One may join at <https://member.usfencing.org/> **The 2020-21 Season began on Aug 1.**



**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 may consider 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](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  
<https://jccolumbia.org/>



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



(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



**Earlier this year....**



**Men's Epee Team at the North American Cup in Charlotte—January 2020**

