

COLUMBIA FENCERS' CLUB NEWSLETTER

No restart yet. Wishing you safe holidays, CFC Clubmates!

Dear CFC Fencers and Friends,

Despite the adversities and stresses of the year which jar our world and what we may have taken for granted, I hope your Thanksgiving was a time to reflect on so much we are grateful for. My sincerest apologies for the tardiness of this newsletter and my sparse communications. Hoping my computer issues are now resolved. I wished by now to arrange a date to restart, but covid conditions don't yet permit.

Here's a statement from USA Fencing issued Nov. 24: Due to the rise of COVID-19 cases throughout the country, USA Fencing is delaying the launch of Phase 3 in the Return to Competition until Feb. 1, 2021. Further delays and modifications to the regional schedule are given at https://www.usafencing.org/news_article/show/1134398

Conditions for our club to resume meeting continue to be too hazardous, especially for our coaches who have greater exposure from multiple interactions throughout the evening. I appreciate your inquiries, eagerness, understanding, and patience. I continue to track conditions closely every day. In our area, positivity rate of those tested has remained in double digits (recently back over 20%), and infection incidence continues to be categorized as "High". Both are back on the rise. As you know, in our exciting sport of Fencing, (a) there is vigorous breathing and frequent close distance since after all, the object is to get close enough to score a touch on your opponent or drill partner; (b) there is occasional sport-related incidental physical contact during bouting; (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 is now mandatory, that mask underneath has a tendency to get dislodged as the outer fencing mask is taken off and put back on multiple times in each class. Please see updates below*. Also, (e) some members of our group are in riskier "vulnerable" categories based on CDC guidelines; and (f) experts have determined that there is airborne as well as droplet spread of the virus. **Sources of information CFC is using to evaluate conditions to safely reopen are on page 2 of this newsletter.**



*Re: Masks: Here are USA Fencing updates, including which types of masks-under-masks are/are not acceptable. See USA Fencing Frequently Asked Questions on Mask Wearing During Fencing or Other Exercise <https://www.usafencing.org/mask-faq>

Moreover, screaming or yelling after a touch, or at any time during a bout, is now prohibited, cf., COVID-19 Competition Modifications, Mask Mandates and National Events Updates https://www.usafencing.org/news_article/show/1130356 The new 2020-21 Rulebook and Athlete Handbook links are on page 3.

I'm looking forward to getting back together in the coming year when conditions are safer. Other updates:

- ◆ We have 49 on our waiting-to-start list! We want to meet you soon!
- ◆ My fencing classes at USC are not meeting spring semester for the same reasons our club is not starting back in January.
- ◆ Videos to view and rulebook updates are on page 3.

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Warmest wishes to all our fencers, your families, and friends for safe and healthy celebrations of this holiday season.

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

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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.
- (4) **State and local jurisdictional regulations**; and
- (5) the **protocols of our facilities** which are not yet ready for fencing classes and our larger group size.

As much as I am eager to resume classes, SC positivity rates have never dropped below double digits for a week, much less 14 days, and infection rates remain high.

Features you may have missed.



"I knew this sport was something special. As much as I loved other sports growing up and throughout my life, fencing is truly captivating – the challenges, constant opportunities to improve and the exceptional people you meet."
- Jane Littmann

From USA Fencing Facebook—

USA Fencing

Meet Jane Littmann. This week in the lead up to World Fencing Day, USA Fencing is celebrating our Life Members, their dedication to the sport and their role in the [#USAFencingFamily](https://www.usafencing.org/news_article/show/1106819).

Jane Littmann began fencing due to a P.E. requirement in college. Years later, while in graduate school, she decided to purchase a Life membership, scraping together the \$150 as she knew fencing would be a lifelong pursuit.

It turns out, not only was fencing a sport she'd participate in long term, but Littmann has been involved in numerous ways. Someone who loves the challenge of the sport, both physically and mentally, as well as the people, Littmann was one of the pioneers of women fencing epee and saber, was the first A-rated women's epee fencer and was a member of two U.S. World Teams. Proud to help develop and grow the sport, Littmann – who medaled in all three weapons – proved that women could be great in more than just foil. A past section chair and member of the USA Fencing Board of Directors, Littmann is also a referee, coach and club owner.

For more information about the Life membership, visit <https://www.usafencing.org/page/show/698114-individual-memberships>.

Also see Fencing Master Ray Finkleman's Chevy Chase Fencing Club Covid blog <https://fencer.com/classes-club-practice-suspended/> which includes an interview with Jane, among other posts.

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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: Nationwide discussions are ongoing at the USFA national office about safety and scheduling of future events.

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=X316M92Xfh4> 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_6bwDxiNw 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 most current, revised (2020-21) Rulebook (Aug 2020) is online. <https://www.usafencing.org/usa-fencing-rule-book>

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

The 2020-2021 Athlete Handbook: <https://www.usafencing.org/athlete-handbook> (just posted Dec. 1, 2020)
Article about changes: https://www.usafencing.org/news_article/show/1135392

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
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://jccolumbia.org/>



We'll be back

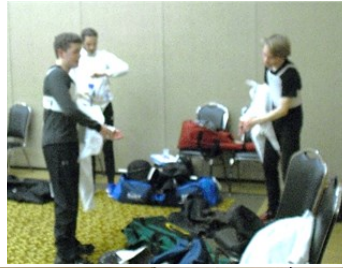
**See you at
Fencing
when we
resume!
Take care!**



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



This past year....



Caleb and Mike



Brad and Andrei



Ian and John

