This guide details the Maryland Fencing Club curriculum for developing fencers: footwork, blade techniques, tactics, terminology, rules, and procedures.
Introduction

Welcome to the Maryland Fencing Club! This Study Guide is designed to help you get the most out of your training. This guide will discuss how the basics of fencing, safety, how the club is organized, and the various phases of fencing training. The objective of the club is to build a solid community of fencers who enjoy participating in the sport, thrive in the processes of learning and competing, use fencing as a means of personal growth and development, and who support and encourage each other in those endeavors. Fencing is a diverse sport that is welcoming to people of a variety of ages, physical conditions, and temperaments. It is my sincere wish that you become a part of this community and become a fencing enthusiast.

Types of Fencing

While there are many varieties of fencing-like activities (historical recreation, stage fighting, etc.) here at Maryland Fencing Club (MDFC for short) we focus exclusively on the Olympic sport of fencing. The sport of fencing is based on European sword dueling, and it has been part of the modern Olympic games since their inception in 1897. There are three games within fencing, each based on three styles of weapons: epee, foil, and saber. The epee is based on the Italian dueling rapier, and the target is the whole body. All beginner MDFC fencers start with either epee or saber (mostly epee). The foil is based on the French court sword, and the target is the torso of the body. The saber is based on Hungarian cavalry sword fighting, and the target area is everything from the waist up. Epee has the simplest rules to learn and has the lowest equipment costs. Saber has the most complex rules and the highest equipment costs.

Beginner Classes

Those who are new to the sport of fencing typically start as Beginners in a beginner class, which includes one beginner class each week. Depending on age and the club's schedule, beginners may be in their own class, or they may train alongside more advanced fencers for some of the class (in general physical conditioning) then break-off into their own group within a class. In youth classes, beginner classes are limited in their enrollment to allow a good teacher-to-student ratio (older teen and adult enrollment is not high enough to merit this). Beginners continue to take beginner classes until they have earned their first rank, Yellow. Upon earning Yellow rank, students move up to intermediate classes, which meet several times per week. Fencers under the age of 11 typically stay in the beginner class until they are mature enough (physically, mentally, emotionally) to move up to intermediate classes.

Earning Ranks

Like karate and Boy/Girl Scouts, MDFC fencers earn ranks for what they learn and accomplish. These ranks are named similarly to karate ranks: Yellow, Green, Blue, Purple, Brown, Orange, Black. In order to earn the first three ranks (Yellow, Green, Blue), students must be at least 11 years old or be 10 years old with one or more years of fencing experience. To earn purple and brown they must be at least 12 years old, for orange and black they must be at least 13 years old. Earning a rank typically involves learning footwork, blade work, terminology, rules, and other written information, as well as completing various achievements. Details of what is required for each rank are contained in this study guide. An important part of moving up in ranks is developmental: students must show maturity, focus, and sportsmanship appropriate to their age and the level they are testing for. Testing is typically held on a monthly basis – see Coach Paye for details.
Fencing Uniform Requirements

The jacket must fit snugly about the collar, cover to the points of the wrists, touch the pelvic bone points, and cover in-between the legs. The underarm protector must cover from the weapon-side collar bone to the fold of the arm and the bottom of the rib cage. The knickers must cover from the bottom of the rib cage to the bottoms of the knees. The suspenders must be secured over the fencer's shoulders. The glove must cover the hand and halfway down the forearm. The glove velcro must be secure and only allow a small opening at the wrist for the body cord. The mask must have a bib that fully covers the neck, and a strap across the back of the head that must touch the back of the head. The mask bracket must be bent so that it touches the back of the head when the mask is worn. The mask must fit securely and have no risk of coming off during any fencing actions. All zippers and fasteners must be secured. There may not be any holes or tears in any part of the uniform. There must be at least 10 centimeters of overlap between the bottom of the jacket and the top of the knickers, even if the fencer is lunging.

UNIFORMS MUST FIT SECURELY (NOT LOOSELY). Parents: please do not risk your child's safety trying to save a few dollars by buying an overly large uniform. Allowing for a small amount of room to row is fine, but if the fencer has an overly large uniform that is too open in the sleeves or collar, he/she risks getting injured when a blade gets snagged by those openings. The rules require a good fit and a referee could disallow a uniform in competition if he deems it unsafe.

How to Sew On Club Patches

If a fencer fences with his right hand, then the patches are sewn on to his left arm. If a fencer fences with his left hand, then the patches are sewn on to his right arm. The club patch is placed about two inches down from the top seam of the sleeve, Where the line from the seam going from neck to shoulder would line up in between the letters “Y” and “L” in “MARYLAND.” Rank patches are placed approximately an inch below the club patch, centered to it.
Yellow Rank

Footwork
  • On-guard
  • Advance & Retreat
  • Extend & Recover
  • Lunge and Recover Back

Epee
  • Gripping the Epee, Standing on-guard
  • Direct Attack
  • Stop hit
  • Parry 6 & Direct Riposte with Opposition

Saber
  • Gripping the Saber, Standing on-guard
  • Direct Attack: Head, Flank, Chest with Lunge
  • Parry 3 with direct riposte to head
  • Parry 4 with direct riposte to head
  • Parry 5 with direct riposte to flank

Equipment Required
  • Fencing jacket and glove
  • Gender-specific protective equipment (chest and/or groin protection)

Age Requirement
  • 11 years -or- 10 years of age with 1 year (or more) fencing experience

Fencers will not be allowed to take the Yellow rank test without meeting the requirements for age and/or experience.
General Information (Yellow rank)

What are the three weapons in fencing? What weapons do you study at the club?
Epee, saber, and foil. The club teaches epee and saber. The yellow rank test will include basic blade techniques from both epee and saber.

Will I continue to train in both weapons?
You may if you wish. After Yellow rank, most fencers pick one weapon or the other to continue training in. Most group classes feature instruction in both epee and saber.

What weapon will I test in after Yellow rank?
After you earn Yellow rank, you must decide in advance which weapon you wish to test in for your rank test.

What are lines in fencing?
Lines are the areas around a fencer's weapon hand. Typically lines are classified by high (above the hand), low (below the hand), inside (on the palm-side of the hand), and outside (on the back side of the hand).

What is a direct attack?
A direct attack is an offensive action that stays in one line.

What is a stop hit?
A stop hit is a counter-attack which interrupts and/or cuts off an attack.

What is a parry?
A parry is a defensive action with a blade which momentarily deflects an attack away from the target area.

What is a riposte?
A riposte is an attack made after one successfully executes a parry.

What is the fencing dress code for beginners?
Beginner fencers must wear: athletic short sleeve t-shirt (no collared shirts, no turtle necks, no long sleeves), long athletic pants (no jeans or slacks), athletic shoes which lace up and have good traction (no slipper-shoes, no oversized shoes, no worn-out shoes with no tread). It is recommended that students have shoes just for fencing that they change into before class. Fencers must provide a fencing jacket and glove. Jackets must cover the lower half of the neck, to the points of the wrists, and to the points of the pelvic bones. Gloves must cover half of the forearm.

What are the parts of an epee?
A epee is comprised of a tip, blade, guard, socket, thumb pad, grip, and pommel.

What are the parts of a saber?
A saber is comprised of a blade, guard, socket, thumb pad, grip, and pommel.

How is fencing in the United States organized?
The United States Fencing Association (USFA) is the national organization of fencing. The USFA is broken up into geographic regions called Divisions. You are in the Maryland Division, which is the state of
Why are fencers required to join the USFA?
The USFA requires clubs to make sure that all fencers are USFA members for insurance and liability purposes. Almost all fencing activity beyond classes and lessons falls under the jurisdiction of the USFA, so if you want to participate in a USFA tournament, clinic, or camp, you must be a USFA member.

How do you join the USFA?
You may join online or by filling out a membership application and sending it in by postal mail. Information can be found on the web page: [http://usfencing.org/us-fencing-membership](http://usfencing.org/us-fencing-membership).

How are tournaments organized locally?
The Executive Committee of the Maryland Division sets a tournament schedule every fencing year (August 1 through July 31). The tournaments are hosted by clubs in the Maryland division, and are typically run by members of the clubs.

How are tournaments run?
In most tournaments, competitors are placed into a preliminary round of pools (groups of fencers). After all of the pool bouts are fenced, some or all of the competitors are then promoted from the preliminary pool round to a direct elimination ladder. For example, 15 fencers may be grouped in 3 groups of 5. Each groups’ fencers fence each other (4 bouts each). All are promoted to a direct elimination ladder of 16, with the top seeded fencer getting a bye (free pass) in the first round.

What is the difference between a pool bout and a direct elimination bout?
Pool bouts go to 5 points (touches) or 3 minutes, whichever comes first. Direct Elimination bouts go to 15 points or 9 minutes (divided into three, 3 minute rounds), whichever comes first.

How is it determined who fences in what pool?
Fencers are seeded by their past accomplishments (if any) to distribute the fencers as evenly as possible.

How does one get promoted from the pool round to eliminations?
In most competitions, all of the competitors are promoted from the pool round to the elimination round. In some competitions (typically large ones), only those fencers in the top 80% of preliminary results are promoted. The tournament manager will announce the promotion criteria before the pool round begins.

How do referees bring fencers on guard?
They signal the fencers saying loudly and clearly, “On guard.” then ask, “Ready?”, and look to both fencers for a response. Fencers can get on-guard anywhere behind their respective on-guard lines, in the middle of the strip (not crowding one side). Fencers must be standing still, with weapon points not pointed at the ground, and with their arms in a non-attack position.

How does a referee start the bout?
Referees say, “Fence!” (also “Play!” or “Allez!”).

How does the referee get fencers to stop fencing?
The referee will raise a hand with the palm towards the strip and your fingers pointed up, and say loudly and clearly, “Halt!”
How does a referee award a touch?
The referee will raise a hand and say, “touch right,” “touch left,” or “double touch.”

After a touch is awarded, how do the fencers return to guard?
Fencers return to their respective on-guard lines (where they started the bout) after a touch is awarded.

If there is a halt and there is no touch awarded, how should the fencers return to on-guard?
The referee establishes the center point equidistant between the two fencers, and places the fencers far enough away from each other that if both of them extend their weapons at each other, the tips will not touch that center point.

How do you address a referee (or any tournament official)?
Fencers must always address referees as “Sir” or “Ma’am,” and they should offer the same respect to all officials (armorers, timers, scorekeepers, etc.) at a competition.

What constitutes a proper salute?
A proper salute begins by extending the weapon straight towards the person one is saluting, raising one’s bell guard above one’s chin, then returning to the extended position.

When must fencers salute in a competition?
Fencers must salute at the beginning of a bout and at the end of the bout, after the referee awards the last touch. Sometimes fencers will salute each other when the score is tied and the next touch will be the winning touch of the bout (e.g. 4-4, 14-14), but there is no rule for this kind of salute.

What happens if both of the fencer’s feet go off the back end of the strip?
The referee calls halt and awards a touch to the fencer’s opponent.

What happens if one fencer steps off the side of the strip with one foot or both feet?
The referee calls a halt and declares which fencer stepped off the side of the strip. The referee then has the offending fencer go back 1 meter on the strip. If the offending fencer made an attack and then went off the side of the strip, the referee may put the offending fencer back 1 meter from where the attack began (as determined by the referee).

When and how do fencers shake hands in a competition?
Fencers must shake hands at the end of the bout, after the salute. Fencers must shake with the ungloved hand, if possible.

What is right-of-way?
Right-of-way is a set of rules which determine who scores a touch when there are two lights in saber and foil.

How does right-of-way work?
In any situation where there are two lights indicating that both fencers made valid hits, the referee must decide which one fencer will get the point, if any. When a fencer initiates an exchange with an attack, the other fencer must either block that attack or get out of its way before he responds with his own attack. There are several exceptions, and so making right-of-way calls can be difficult. The best way to learn about right-of-way is to watch referees calling actions, and then to practice refereeing yourself. There are a number of resources online to help learn right-of-way: the rule book, web sites, and videos.
Beginner Class Guidelines and Safety Rules (Yellow Rank)

1. Wear the proper clothing to fencing class: short-sleeve t-shirt (no collars, turtlenecks, or long sleeves), long athletic pants which fully cover the legs (no rips or holes and reaching down to the ankles), socks, and athletic shoes that lace-up snugly and have good traction (if possible, have a pair of shoes specifically for fencing and wear them only in the fencing room). Do not wear shoes that fit like slippers and/or that have slippery soles.

2. Bring a water bottle to drink from during breaks. Drink before you are thirsty. At least once during each class there will be a water break. Be sure to drink water during the break.

3. Arrive at the club at least 5 minutes before class starts. Classes will start promptly and you will miss important announcements and/or warming-up activities if you are late.

4. Teens and children are asked to address their teachers as “Coach” as a sign of respect (e.g. Coach Paye, Coach Murray, Coach Jeff, etc.).

5. There is a difference between pain and discomfort. Fencers are encouraged to try to work through discomfort, but they should stop when in pain. If you experience pain, stop what you are doing and tell your teacher/coach.

6. Follow the safety instructions of your teacher/coach. If you do not understand a safety instruction, please let your teacher/coach know right away.

7. Never point an epee, foil, or saber at any person unless that person is wearing a mask.

8. Do not engage in blade activity with anyone who is not in a fencing mask, jacket, and glove.

9. Always inspect your equipment before using it. Do not use the equipment if it is damaged.

10. Parents, non-fencing children, and other spectators must stay seated on the benches or chairs while any fencing activity is going on, unless otherwise directed by fencing club staff.

11. Do not run in the club unless directed to do so by a coach/teacher.

12. No roughhousing (combative playful fighting/wrestling) at any time on the premises.

13. Do not sit or lay on the fencing club floor unless you are told to do so by a coach/teacher.

14. During open bouting, please sit in the stands or on a chair while waiting for your turn to fence. Please avoid standing near the fencing strips while others are fencing.

15. Be on the lookout for unsafe behavior. If you see a fencer doing something unsafe, please remind the fencer of the safety rules.

16. All fencers and spectators are asked to be positive or silent. Please never cheer against (boo) another fencer. Please do not mock or tease others. Please never disparage another fencer.
**Green Rank**

**Footwork**
- Lunge & Forward Recovery (Retake)
- Lunge & Center Recovery

**Epee**
- Closeout 6 Attack, Closeout 8 Attack
- Eyes Open Dérobement Stop hit Arm
- Eyes Closed Dérobement Stop hit Arm
- Feint Attack Broken Tempo (evade parry, closeout stop hit)
- First Intention Attack with Push-Pull Steps

**Saber**
- Advance-Lunge Direct Attack
- Counter Parry-Riposte (from on-guard and from lunge)
- First Intention Attack with Pushing Steps

**Competitive Achievement**
- Participate in at least one (1) Practice or USFA tournament

**Equipment Required**
- Fencing knickers
- Underarm protector
- Long socks which fully cover the lower legs

**Age Requirement**
- 11 years -or- 10 years of age with 1 year (or more) fencing experience

**USFA Membership Requirement**
- Competitive ($70/season)

*Fencers will not be allowed to take the Green rank test without meeting the requirements for age and USFA membership.*
**General Information (Green Rank)**

**What is the dress code for a Green rank (and higher) fencer?**
Before testing for Green rank, fencers must have a full fencing uniform: jacket, glove, knickers, underarm protector, long socks which fully cover legs (no skin showing). Fencers may continue to borrow club masks, weapons, and body cords if they wish. If a fencer shows up for class or practice without a full uniform, he/she may be limited in what he can do in that class / practice.

**How do you take care of a blade?**
A weapon blade should be kept free of rust by regularly polishing it with a fine grade steel wool and wiping it down with a rust inhibitor like WD-40. It is recommended that blades be kept in blade covers or in a separate bag or compartment of a bag from uniforms, to prevent rust from getting on one’s uniform.

**When is the fencing season?**
The fencing season for college and high school fencing is winter (Nov.-Feb.), but USFA tournaments are held all year. The fencing competition year starts on Aug. 1 and ends on July 31.

**How can I find out about USFA tournaments in the Maryland Division?**
All local tournaments are also posted on the fencing tournament registration web site [www.askfred.net](http://www.askfred.net).

**What are classifications?**
Classifications are designations of accomplishments in most competitions (in one weapon). Fencers without classifications are “U” or Unclassified. The lowest earned classification is an “E”, and the highest is an “A.” Classifications are awarded with the year (e.g. “E13”). At the end of the 3\(^{rd}\) year, a classification drops by one, and the year of expiration is renewed for another three years.

**What is seeding? How does it work?**
Seeding is how fencers are organized into pools and elimination rounds in USFA tournaments. In the first pool round of a tournament, fencers are ranked from most to least accomplished, then distributed as evenly as possible into pools. Before the direct elimination round, fencers are re-seeded only by how they performed in the first pool round: first by percentage of victories, second by indicator, third by most touches scored, and last by fewest touches received.

**How do you record the score of a pool bout?**
Mark the touches for a fencer in the box to the right of his or her name, under the number of the opponent that he or she is fencing. At the end of the bout, put a V (for victory) next to the winner’s number of touches and a D (for defeat) next to the loser’s number of touches.

### Sample Pool Sheet

<table>
<thead>
<tr>
<th>Fencer</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>Victories</th>
<th>Touches Scored</th>
<th>Touches Received</th>
<th>Indicator</th>
<th>Victory %</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Smith, John</td>
<td>D4</td>
<td>D1</td>
<td>0</td>
<td>5</td>
<td>10</td>
<td>-5</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>2. Jones, Bob</td>
<td>V5</td>
<td>D2</td>
<td>1</td>
<td>7</td>
<td>9</td>
<td>-2</td>
<td>50</td>
<td></td>
</tr>
<tr>
<td>3. Johnson, Lisa</td>
<td>V5</td>
<td>V5</td>
<td>2</td>
<td>10</td>
<td>3</td>
<td>+7</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>
How do you count touches scored and touches received?
To count touches scored, add all of the touches across the squares to the right of the fencer’s name. In the example above, Jones scored 5 + 2 touches, which add up to 7 scored. To count touches received, add all of the squares below the fencer’s number on the top of the sheet. In the example above, Jones received 4 + 5 touches, which add up to 9.

What is the Indicator?
The Indicator is the Touches Scored minus the Touches Received. In the example above, Jones scored 7 touches and received 9 touches for an indicator of -2.

How do you determine the percentage of victories?
Divide the number of victories by the total number of bouts fenced. In the example above, Jones won 1 bout and lost 1 bout, so he has 50% victories.

How does a fencer request the referee to call halt?
If a fencer wants to request that a bout be stopped for whatever reason (e.g. fencer’s shoe is untied), then the fencer must get well out of fencing distance, raise his or her back hand, stamp his or her rear foot, and wait for the referee to call halt. Note that the fencer must have a plausible reason for this request.

How do penalties for violating the rules work in fencing?
Referees issue penalties with cards: yellow, red, and black. Yellow means a warning. Red means a penalty touch for your opponent. Black means expulsion.

How do you time a bout in fencing? When does time expire?
When the referee says “Fence,” start the clock. When the referee says, “Halt,” stop the clock. When time expires, yell, “Halt!” or “Time!” very loudly and inform the referee that time has expired. A pool bout lasts for 3 minutes. A direct elimination bout lasts for three, 3-minute rounds, with a 1 minute break in-between each round.

When does the timer announce the time? How does he/she announce it?
The timer may only announce the time when asked by the referee (never volunteer the time remaining on his/her own). The fencers must ask the referee (not the timer) how much time remains, and then the referee asks the timer. The timer must speak loudly enough so that both fencers hear the announcement.

What is non-combativity (or passivity)?
Non-combativity is when a referee has determined that the fencers are not actively engaged in fencing during a direct elimination bout. When this occurs a referee will halt the bout and advance the fencers to the next period without a break. If this happens in the third period there will be one minute of "overtime" fencing with one fencer being assigned priority. If no touch is scored then the fencer with priority wins.

What happens if the score is tied when time expires?
The referee will randomly determine priority (usually with a coin toss), and then add 1 more minute of fencing time (overtime). If no single touch is scored in the last minute, then the fencer with priority wins the bout, although the score is not changed. Double touches are thrown out in overtime.

| 1. Smith, John | V4 |
| 2. Jones, Bob  | D4 |

In this example, the fencers were tied when time expired, and then John Smith won priority. In overtime, no touch was scored, so John is noted as the winner.
1. Make goals for your development: earn a new rank, win a classification, etc. Discuss your goals with your coaches and let them know what you would like to get out of fencing.

2. Schedule your practice days and times, and do your best to stick to that schedule. How many times per week should you practice? It depends on what kind of fencer you are. Beginners and recreational fencers usually do one or two workouts per week. Competitive fencers do two or three workouts per week. Seriously competitive fencers workout three to five times per week.

3. Don't rely on your coaches to tell you when it is time to do a competition. Look at the tournament schedule, decide which tournaments you want to do, what you would like to achieve in those tournaments. If you don't know what tournaments you want to fence in, ask your coaches or a more experienced fencer.

4. Make sure you have all of your equipment before practices and competitions. By the time you are Green rank, you need to have a full fencing uniform: jacket, knickers, glove, underarm protector, long socks, and athletic shoes. Make sure you have all of these things in your bag before you leave your house to go fencing. Don't forget bringing something to drink and some healthy snacks.

5. Don't skip out on bouting. If your class has an open bouting period after it is done, plan on staying an extra 30 minutes to get some bouting time. Fencing cannot be learned by drills alone. You have to actually do the bouting during or after class.

6. In bouting practice, fence against the people who are more experienced than you. You will not get any better fencing people with less experience than you, or just fencing the same people over and over. You need to have a variety of opponents, and you need to fence against more experienced fencers.

7. When you are fencing against less experienced fencers in practice, don't worry about winning. Focus your efforts on trying new techniques and tactics. If you lose trying new things, so what? It's practice! That is the point of practice: perfecting what you know and trying new things.

8. When you are eliminated from a tournament, stay for awhile and watch the fencers that remain. There is a lot to be learned by watching other fencers. Make it a habit to stay an at least a half hour after you are eliminated to get the most out of your tournament experience.

9. Do cross-training with other activities and exercises. Fencers need to have a good base of physical fitness: cardiovascular endurance, core strength, limberness, and speed. Doing activities like jogging, biking, Pilates, push-ups, and stretching on the days you don't have fencing practice can help with that. Always consult with your doctor before doing any new physical activity.
Blue rank

**Epee**
- Pressure 6 Direct Attack
- Parry 6 Riposte Arm, Remise Body
- Attacks to the Hand with Unforeseen Continuation to Leg
- Beat Direct Attack (Beat 4, Beat 6) with Lunge to Hand/Arm
- Parry 8, Direct Riposte
- Combination: Beat 4, Closeout 6 Attack to Body
- Second Intention Countertime

**Saber**
- Stop-cut to top of forearm with Retreat
- Beat Attack with Lunge
- Broken Tempo Feint Attack with Advance-Lunge
- Defense Against Point-In-Line
- Second Intention Parry-riposte

**Competitive Achievements (after earning Green)**
- Participate in at least two (2) tournaments (Club Practice or USFA)

**Age Requirement**
- 11 years or older
**General Information (Blue rank)**

**What is a pressure?**
A pressure is a blade preparation where the top half of one’s blade pushes against the top half of the opponent’s blade to make an opening for an attack.

**What is a remise?**
A remise is renewing an attack after it has failed without withdrawing the arm.

**What is a beat?**
A beat is a blade preparation that is a quick strike to the upper half of an opponent’s blade with the upper half of one’s blade. It is typically used to create an opening for an attack.

**Do tournaments require registration in advance? How does one register for a tournament?**
Tournament registration requirements and methods vary depending on the tournament. National and other large tournaments must be registered for well in advance with an entry form or an online registration that is specific to that event.

Most tournaments are listed on [www.askfred.net](http://www.askfred.net) and they ask that fencers to preregister for them there on the site to help organizers with event planning. The preregistration usually does not have a cost, and is non-binding. Most Maryland division tournaments do not require preregistration, but some larger events do.

**How does one qualify for a National championship tournament?**
One can qualify to a National championship tournament via a local division, Super Youth Circuit (SYC), or Regional Open Circuit (ROC) qualifying competition, or by past performance in certain National tournaments (Automatic Qualifiers).

**How does one qualify for a National Championship via Division qualifying competitions?**
As a general rule, one must place in the top 25% of the number of competitors, but there are many factors that could change that number. The tournament manager will explain the details to the competitors before the competition starts.

**What are North Atlantic Circuit events?**
Circuit events are national tournaments which are open to any fencers meeting the age and classification prerequisites. Most Circuit events award National Points to the competitors placing in the top 32. National Points are a very valuable indicator of a fencer’s competitive ability, and they are used to determine those fencers who may represent the United States in international competition, as well as college recruiters.

**What is the Junior Olympics?**
The Junior Olympics is U.S. fencing’s contribution to the Amateur Athletic Union’s efforts to promote and develop sports in the United States with the intent of preparing young athletes for Olympic-level competition. It is a National championship event which takes place in February, around the time that the high school fencing season ends nationally, and it is well attended by college recruiters.

**What is the Summer National Championships?**
The Summer National Championships is a week long tournament in July with a wide range of events.
How are rules offenses categorized?
Offenses are categorized into 4 groups, which are simply named 1st Group, 2nd Group, 3rd Group, and 4th Group. The number denotes the seriousness of the offense. 1st Group offenses are relatively minor (e.g. one's epee fails inspection before the bout, use of the unarmed hand, etc.), and 4th Group offenses are so serious that they require immediate expulsion from the tournament (e.g. cheating, failing drug test, etc.).

How do yellow cards work?
Yellow cards are warnings for 1st Group offenses. A fencer will only receive one yellow card per bout. If a fencer makes more than one 1st Group offense within the same bout, then he or she will receive a red card for each subsequent infraction. Yellow cards are frequently issued. A typical 1st Group offense is when an epee fails a weight or shim check at the beginning of a bout.

How do red cards work?
Red cards award one touch to the rule violator's opponent. Non-fencers can receive a red card for “disturbing order” as a warning. Red cards are typically issued when a fencer commits two (or more) 1st Group offenses.

How do black cards work?
Black cards mean immediate expulsion from the competition, as well as nullification of any place, points, or classification earned. Black cards are only issued in very serious cases of unsportsmanlike behavior.

What does it mean to appeal a touch?
To appeal a touch is to ask that the referee not award it because of some outlying factor to the bout. For example, Fencer A and Fencer B hit each other at the same time, but only Fencer B’s light goes on to indicate a touch. Fencer A may appeal the touch by asking the referee to check his weapon and body cord. If any reproducible defect is found in Fencer A’s equipment that would prevent Fencer A from scoring a touch, then the referee will, most likely, grant the appeal and not award the touch to Fencer B.

When can you appeal a touch?
A fencer must appeal a touch immediately after the referee first awards it.

When can you not appeal a touch?
The fencer loses his/her right to appeal a touch after fencing recommences or if the fencer does anything to his/her equipment that could influence a referee’s test. For example, if a fencer thinks there is something wrong with his weapon, then he smashes his tip into the floor, then asks the referee to check it, the referee may decline testing it, because the act of hitting the tip on to the floor may be what broke the epee, not anything prior to that.

Epee (Blue rank)

What is counter-time?
Counter-time is executing an offensive action against a stop hit When it is planned, it is a form of Second Intention.

How does the combination Beat-4, Closeout-6 Attack demonstrate counter-time?
The fencer makes a beat-4, and his/her opponent thinks this is the precursor to an attack. He/she responds with a stop hit The fencer immediately executes a closeout-6 against the stop hit and scores.
How does an epee body cord work (basically)?

An epee cord has 3 wires, A, B, and C, each with a pin sticking out from the cord. A and B wires are connected to the two pins closest together, and the C pin is the furthest one out from the three. When the cord is plugged into the epee socket, the A and B wires continue to run up to the point. When the point is depressed a connection is made between the A and B wires, and the scoring machine registers a touch. The C wire is grounded, so that any touch to it will not register on the scoring machine.

How do you repair a broken body cord?

The typical breakage for an epee body cord is when one of the wires separates from its pin. To fix this, one must remove the cover from the one or both ends of the body cord, find the wire(s) separated from its/their pin(s), then unscrew the pin, remove any broken bits of wire, re-cut and/or clean the wire that remains, put the wire into the pin, and then secure it by tightening the pin’s screw.
Saber (Blue rank)

What is the priority of fencing actions when determining right-of-way?

What constitutes a point-in-line?
A point-in-line is an action in which the arm is fully extended, with a straight line from the shoulder to the weapon, with the weapon point aimed at valid target.

How can a fencer lose an established point-in-line?
The fencer can lose an established point-in-line if he/she makes any blade movement (except avoiding the opponent's engagement) or removes the threat to valid target. The fencer's opponent can nullify a point-in-line by deflecting the blade with a beat, bind, or a parry.

Can a fencer with point-in-line advance and retreat?
Yes. A fencer with point-in-line may stand still, advance, or retreat and still keep point-in-line.

What is an attack (in regards to right-of-way)?
The attack is the initial offensive action made by extending the arm and continuously threatening the opponent's target, preceding the launching of the lunge (or fleche in foil). The attacker must have the initial movement (before his opponent starts to move), the movement must be offensive (not a parry), extending (moving toward opponent), continuous (no stopping of feet, no pulling arm back), and threatening (within advance-lunge distance).

What is a parry (in regards to right-of-way)?
A parry is a defensive action made with the weapon to prevent an offensive action arriving. The parry is valid if it prevents the arrival of an attack by closing the line in which the attack was finished.

What is the difference between simple and compound attacks?
Simple attacks are done in one motion without pause or changing of lines. Compound attacks have line changes and/or pauses.

What are the common ways to lose right-of-way with an attack?
1. Attacking against a point-in-line without deflecting the point-in-line.
2. Attempting to find the blade (e.g. press, beat, bind) and not making contact.
3. Being parried either by closing a line in the final action or having one's blade found during a compound action.
4. Being hit by a stop hit in-time (before the final movement of the attack).
5. Stopping one's front foot during an attack before the blade has hit valid target.

What is second intention parry-riposte?
Second intention parry-riposte is when one plans to score with one's parry-riposte after using an offensive action to draw in the opponent's initial attack.
Purple Rank

Footwork
  • Epee: Fleche
  • Saber: Floating Footwork

Epee
  • Closeout 4 Attack
  • Beat Indirect Attack
  • Pressure 6 Indirect Attack
  • Parry 6 Indirect Riposte
  • Feint Attack Smooth Tempo (avoid parries 6, 4)
  • Second Intention Remise (attack, draw parry, remise)
  • Collapsing Distance Salute Parry & Riposte

Saber
  • Smooth Tempo Feint Attack with Lunge
  • False Preparation, Advance-Lunge Attack
  • Closeout-3 Attack
  • Stop-cut under forearm with Retreat
  • Controlling Distance with Advance-Lunge Attack

Competition (after earning Blue rank)
  • Participate in at least three (3) USFA tournaments
  • Win a direct elimination bout and finish in the top 80% of a USFA tournament

Equipment Required
  • Full uniform (mask, jacket, glove, undearm protector, knickers, long socks)
  • Two electric weapons
  • Two body cords
  • Saber: lamé jacket & overglove, mask cord, and electric mask

Age Requirement
  • 12 years or older
**General Information (Purple rank)**

**What is a fleche?**
The word fleche (pronounced “flesh”) means arrow in French. It is a means of delivering an attack by extending towards the target, leaning over the front foot, and straightening the front leg. After the attack lands, the fencer must quickly bring his/her back foot forward to keep from falling, then move quickly past his/her opponent to avoid getting hit on any (possible) riposte or counter-attack. In saber fencing, one cannot allow the rear foot to cross in front of the front foot until after the attack arrives.

**What is a tactical wheel?**
A tactical wheel is a series of stimulus-response fencing actions that simulates the basic flow of a bout. Below is a very elementary example. The tactical wheel can be any set of actions which build on each other.

![Tactical Wheel Diagram]

**How is a feint attack executed with smooth tempo?**
A feint attack can be executed with smooth tempo by having the feint start with the beginning of the lunge, i.e. when the front foot leaves the ground, and maintaining a continuous attack to the target with no pause or break. The point should arrive at the target before the front foot lands on the ground.

**What are the various nationally-defined age categories for tournaments?**
The nationally-defined age categories for fencing competition are: Youth-10 (age 8 to 10), Youth-12 (age 10 to 12), Youth-14 (age 12 to 14), Cadet Under-16 (age 13 to 15), Cadet Under-17 (age 13 to 16), Junior Under-19 (age 13 to 18), Junior Under-20 (age 13 to 19), Senior (age 13+), Veteran 40-49, Veteran 50-59, and Veteran 60+.

**How is your fencing age defined in a given season?**
Typically your age is defined by how old you are on January 1 of that season. For example, if a fencer is 12 years at the beginning of a season (August), and turns 13 in February of a season, then he or she is considered a Youth-12 (ages 10 to 12) for the whole season, even after he or she becomes 13 years old.
Similarly, if a fencer is age 14 at the beginning of the season, and turns 15 in November, then he or she cannot fence in Youth-14 events that season.

**What is the default age group for fencing tournaments?**

All fencing tournaments are the Senior age category (age 13+) unless otherwise noted. If you are not sure if you are age-eligible to participate in a given tournament, ask your coach or the tournament organizer.

**What are the various nationally-defined divisions for tournaments?**

The nationally-defined divisions for tournaments are restrictions for entry in a tournament based on a fencer’s classification in the given weapon: Division III (U, E, and D), Division II (U, E, D, and C), Division I-A (any classification), and Division I (C, B and A). Classification restrictions apply only to the fencer at the time of registration (or preregistration for National tournaments) to a competition.

**What is the governing and accrediting organization for fencing referees in the United States?**


**What is a floor judge?**

A floor judge is an assistant to the referee who watches the strip during a bout, and indicates to the referee when either (a) a touch has been made against the floor or (b) the fencer has gone off the strip with one or both feet. Most of time in epee fencing, floor judges are used for determining floor touches. In saber fencing, floor judges are used for determining if a fencer leaves the strip.

**When are floor judges used?**

In epee, a floor judge is used when the strip is non-grounding and hits to it register a touch, and when the referee has determined that he/she would like floor judges, or when a referee grants a request from a fencer for a floor judge. In saber, floor judges are rarely used when there are disputes about a fencer habitually leaving the strip during actions.

**When can a fencer request a floor judge?**

A fencer can request a floor judge after any referee-called halt in the bout, or before the bout starts. If a referee suspects that your request for floor judges is an attempt to delay the bout, he/she may decide not to grant it, but this is rare. In epee you cannot request a floor judge if you are fencing on a grounded strip and that strip is working properly.

**Epee (Purple rank)**

**What is a second intention remise?**

A second intention remise is when a fencer plans to score on the remise, after his/her opponent responds to the fencer’s initial attack. A typical scenario against an opponent has an unwieldy parry: fencer attacks the opponent with the intention of having him parry that attack, and after the opponent makes the parry, the fencer immediately makes another attack (the remise) to an open line.
What does the inside of an epee point look like?

How do you fix an epee pressure spring if it fails the 750g weight check?

1. Put the epee point over a cloth (to catch falling parts) with lots of light.
2. Push the tip halfway down, hold it, and unscrew the tip screws.
3. Remove the tip and pressure spring.
4. If the pressure spring is in good condition, gently stretch it with your fingers. If the pressure spring is in bad condition, discard it and get a new one.
5. Put the pressure spring on the bottom of the tip, and put both the tip and spring back into the barrel.
6. Gently re-test the pressure spring with the 750g weight.
7. If the spring still fails, go back to Step 4. If the spring passes, push the tip halfway down, hold it, and screw the tip screws back in.
8. Re-test the pressure spring with the 750g weight.

How do you fix an epee contact spring if it fails the 0.5mm shim check?

1. Put the epee point over a cloth (to catch falling parts) with lots of light.
2. Push the tip halfway down, hold it, and unscrew the tip screws.
3. Remove the tip and pressure spring.
4. Clean the barrel with a cotton swab and cleanser.
5. Put the pressure spring on the bottom of the tip, and put both the tip and spring back into the barrel.
6. Gently re-test the point with the 0.5mm shim.
7. If the contact spring passes, go to Step 13. If the contact spring fails, continue with Step 8.
8. Remove the tip and spring from the barrel.
9. Gently twist the contact spring clockwise a little bit so it goes up into the base of the tip.
10. Put the pressure spring on the bottom of the tip, and put both the tip and spring back into the barrel.
11. Gently re-test the point with the 0.5mm shim.
12. If the contact spring passes, go to Step 13. If the contact spring fails, go back to Step 8.
13. Push the tip halfway down, hold it, and screw the tip screws back in.
14. Re-test the contact spring with the 0.5mm shim.

**How do you diagnose a problem with an epee not registering a touch?**

1. Make sure the floor cord is connecting the scoring machine to the reel.
2. Make sure your body cord is properly plugged into the reel socket.
3. Make sure your body cord is plugged into the epee socket.
4. Make sure the A and B wires from your epee blade are properly connected to your epee socket.
5. Unplug your epee and connect the A and B pins on your bell guard. If the touch light comes on, then the problem is in your epee. If the touch line does not go on, continue to Step 6.
6. Partially unplug your body cord from the reel socket, leaving about ¼ of the pins still in the socket. Wedge a piece of metal (epee blade, screwdriver, etc.) in-between the A and B pins, then turn it so that the metal connects the A and B pins. If the touch light comes on, the problem is with your body cord. If the touch light does not come on, then the problem is (probably) with the reel or floor cord.

**How do you diagnose a problem with an epee failing the bell guard (grounding) check?**

1. Make sure the floor cord is connecting the scoring machine to the reel.
2. Make sure your body cord is properly plugged into the reel socket.
3. Make sure your body cord is plugged into the epee socket.
4. Make sure that the opponent’s tip barrel is tight. Re-test. If the problem persists, go to Step 5.
5. Clean the area of the bell guard being tested. Re-test. If the problem persists, go to Step 6.
6. Unplug the epee-in-question. Take the opponent’s tip and depress it against the C pin on the body cord-in-question. If the touch light comes on, continue to Step 7. If the touch light does not come on, then the problem is (most likely) something with the epee.
7. Partially unplug the body cord from the reel socket, leaving the pins ¼ of the way in the socket. Take the opponent’s tip and depress it against the C pin. If the touch light comes on, continue to Step 8. If the touch light does not come on, then there is a problem with the body cord. Keep in mind that there could still be a problem with the epee as well. If the touch light comes on, the problem is probably in the reel or floor cord.
8. Partially unplug the floor cord from the reel-in-question, leaving the pins ¼ of the way in the socket. Take the opponent’s tip and depress it against the C pin of the floor cord. If the touch light comes on, the problem is (most likely) with the floor cord. If the touch light does not come on then the problem is (most likely) with the reel.

**Where can you learn more about armoring?**

A typical first book for Armorers is *Electrical Fencing Equipment: How It Works, How To Fix It* by Rudy Volkman. An Armoring Clinic is a great place to learn in-person (search the “Clinics” area of AskFred.net). There are several books and DVDs on Armoring available from fencing equipment vendors.
Saber (Purple)

[ Mostly saber armoring Q&A. This section will be added later. - Coach Paye, 9/1/13 ]
Maryland Fencing Club Curriculum - Brown Rank

<table>
<thead>
<tr>
<th>Epee</th>
<th>Saber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half-Step Attacks (Pressure, Beat, Feint)</td>
<td>Ballestra Preparation, Advance-Lunge</td>
</tr>
<tr>
<td>Parry 4 (Beat, Bind), Riposte</td>
<td>Double Advance-Lunge</td>
</tr>
<tr>
<td>Press 8 Direct &amp; Indirect Attack</td>
<td>Attack or Stop-cut &amp; Parry-riposte</td>
</tr>
<tr>
<td>Smooth Feint Attack (evade 8, 2)</td>
<td>Cheek Cut</td>
</tr>
<tr>
<td>Second Intention Parry-Riposte</td>
<td></td>
</tr>
<tr>
<td>Reconnoitering with Blade Feints</td>
<td></td>
</tr>
<tr>
<td>Reconnoitering with Preparations</td>
<td></td>
</tr>
<tr>
<td>Controlling Distance with Feet and Blade</td>
<td></td>
</tr>
</tbody>
</table>

Students are eligible to test for Brown after they have completed the Competition requirements below (after earning Purple rank) and been a Purple rank fencer and a Competitive member of the club (taking a regular weekly private lesson) for at least 6 months. At this rank, all students must complete the Competition achievements, plus one other area (Armoring, Refereeing, Coaching).

**Competition (one of three, after earning Purple)**
- Earn National Points in any age group
- Place in the top 25% of a Group D1 (or higher) tournament
- Earn E classification at any USFA tournament

**Competition (after earning Purple)**
- Participate in a National, Sectional, Regional Open Circuit, or Group A3/A4 Competition
- Participate in at least 4 USFA tournaments

**Armoring**
- Attend Armoring Clinic
- Complete an Armoring Project (Rewire an epee, build a saber body cord, etc.)

**Refereeing**
- Earn Fencing Officials Commission referee rating of 10 or better
- Get paid referee experience at any USFA tournament
- Manage a Tournament (USFA or Practice)

**Coaching**
- Participate in a Coach Clinic
- Take CPR and First Aid Course
- 20 hours of assistant teaching

**Age Requirement**
- 12 years or older
# Maryland Fencing Club Curriculum - Orange Rank

<table>
<thead>
<tr>
<th>Epee</th>
<th>Saber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pressure 4 Attacks</td>
<td>Low Hand Advance-Lunge</td>
</tr>
<tr>
<td>Parry 4 Bind 8 Riposte</td>
<td>Change of Intention Parry-Riposte</td>
</tr>
<tr>
<td>One-Two/Doublet Attacks</td>
<td>Change of Intention Closeout</td>
</tr>
<tr>
<td>Combination: Beat Parry 4 Riposte, Circle Parry 6 Riposte</td>
<td>False Preparation, Low Stop cut</td>
</tr>
<tr>
<td>Advance Flick to Arm</td>
<td></td>
</tr>
<tr>
<td>Beat-Parry-4 Flick Riposte</td>
<td></td>
</tr>
<tr>
<td>Second Intention Parry-Riposte with Collapsing Distance</td>
<td></td>
</tr>
<tr>
<td>Attacks to Foot (Thrust and Drop)</td>
<td></td>
</tr>
</tbody>
</table>

Students are eligible to test for Orange after they have completed the **Competition** requirements below (after earning Brown rank) and been a Brown rank fencer and a Competitive member of the club (taking a regular weekly private lesson) for at least 6 months. At this rank, all students must complete the **Competition** achievements, plus one other area (**Armoring, Refereeing, Coaching**).

**Competition (one of two, after earning Brown)**
- Earn D Classification (or better)
- Place in the top 80% of any National Veteran tournament

**Competition (after earning Brown)**
- Participate in a National, Sectional, Regional Open Circuit, or Group A3/A4 Competition

**Armoring**
- 12 hours of Armoring work (paid or volunteer) at USFA tournaments
- Attend an Armoring clinic taught by a national-level armorer

**Refereeing**
- Earn Fencing Officials Commission referee rating of 9 or better
- Get paid referee experience at a national qualifying tournament (SYC, ROC, etc.)
- Manage a USFA tournament

**Coaching**
- Acquire 20 hours coaching work (volunteer or paid)
- Earn USFCA Assistant Moniteur certificate (or higher)
- Become a Professional member of the USFA

**Age Requirement**
- 13 years or older
Maryland Fencing Club Curriculum – 1st degree Black Rank

<table>
<thead>
<tr>
<th>Epee</th>
<th>Saber</th>
</tr>
</thead>
<tbody>
<tr>
<td>Angulated Stop hit</td>
<td>Flunge Head Cut</td>
</tr>
<tr>
<td>Pressure 4 Coupé Flick Attack</td>
<td>Second Intention Counter Time Parry-Riposte</td>
</tr>
<tr>
<td>Beat-4 Advance-Flick-Remise</td>
<td>Second Intention Counter Time Stop hit</td>
</tr>
<tr>
<td>Parry 1 Direct Riposte (Retreat &amp; Collapsing)</td>
<td>Sky Hook</td>
</tr>
<tr>
<td>Low Beat 2, Attack</td>
<td></td>
</tr>
<tr>
<td>Parry 6, Bind 1 Riposte with Collapsing Distance</td>
<td></td>
</tr>
<tr>
<td>Parry 8/2 with Overhead Riposte</td>
<td></td>
</tr>
<tr>
<td>Parry 6, Riposte Foot</td>
<td></td>
</tr>
<tr>
<td>Collapsing Distance Skyhook Attack to Shoulder</td>
<td></td>
</tr>
<tr>
<td>Collapsing Distance Salute Parry, Riposte, Remise Back</td>
<td></td>
</tr>
</tbody>
</table>

Students must be Orange rank and a Competitive member of the club (taking a regular weekly private lesson) for at least 12 months before testing for 1st degree Black, and they must complete any one of the following achievement sets (after earning Brown – Juniors must do Competition):

**Competition (two of three, after earning Orange)**
- Place in the top 80% of a National Division I, Junior, I-A, Cadet tournament
- Place in the top 50% of a National Veteran, Youth-14, Division II, Division III tournament
- Place in the top 24 of a Group A4 tournament

**Competition (one of two, after earning Orange)**
- Earn C Classification (or better)
- Earn D Classification (or better) at a National Veteran tournament

**Armoring**
- 16 hours of paid Armoring work at an ROC, SYC, National (or equivalent) tournaments
- Attend an Armoring clinic taught by a national-level armorer
- Organize and teach an Armoring clinic

**Refereeing**
- Earn Fencing Officials Commission referee rating of 7 or better
- Serve on a Tournament or Bouting Committee for a ROC, SYC, or National tournament
- Serve for a season on the Maryland Division Executive Committee (any role)

**Coaching**
- Acquire 40 hours coaching work (volunteer or paid)
- Attend a Coaching Clinic (USFCA sanctioned or USFA organized)
- Earn USFCA Moniteur certificate (or better) in primary weapon

**Age Requirement**
- 13 years or older
Maryland Fencing Club Curriculum – 2nd degree Black Rank

There are no tests for 2nd degree Black. Students earn the rank by being 1st degree Black and a Competitive member of the club for at least 12 months, and completing any one of the following areas (after earning 1st degree Black):

**Competition (any time after earning 1st Black)**
- Place in top 25% in a Regional Open Circuit (Div 1 or Vet) or non-National Group A4 tournament
- Place in top 50% in a National Division I, Junior, Division I-A, or Division II tournament
- Earn a B classification (or better)

**Armoring**
- Serve as a paid armorer for a National tournament
- Organize and teach an Armoring Clinic

**Refereeing**
- Earn Fencing Officials Commission referee rating of 5 or better
- Serve on a tournament/bouting for an ROC, SYC or National tournament
- Serve on the Maryland Division Executive Committee for a year as an officer

**Coaching**
- Attend a Coaching Clinic (USFCA sanctioned or USFA organized)
- Acquire 40 hours of paid teaching/coach work
- Earn USFCA Moniteur certificate (or better) in a second weapon

Maryland Fencing Club Curriculum – 3rd degree Black Rank

There are no tests for 3rd degree Black. Students earn the rank by being a 2nd degree Black for at least 12 months, being a Competitive member of the club for at least 6 months, and accomplishing any one of the following (after earning 2nd degree Black):

**Competition (any time after earning 1st Black)**
- Place in top 25% in a Sectional, Regional Open Circuit (Div I-A) or Group A4 tournament
- Place in top 50% in a National Division I, Junior or Division I-A tournament
- Earn an A classification (or better)

**Armoring (any time after earning 1st Black)**
- Serve as a paid armorer for a National tournament
- Organize and teach an Armoring Clinic

**Refereeing and Administration**
- Earn Fencing Officials Commission referee rating of 4 or better
- Manage/Chair a National, ROC, SYC (or equivalent) tournament

**Teaching and Coaching**
- Earn a USFCA Prevot certificate (or better) in primary weapon
Suggested Reading

A Basic Foil Companion by Paul Sise – a great resource for beginner fencers (even if you don’t fence foil)

By The Sword by Richard Cohen – a comprehensive history of sword fighting

Fencing and The Master by Szabo – a comprehensive book on fencing training methodologies

Magnum Libre d’Escreime / The Big Book of Fencing by Rudy Volkman


One Touch at a Time by Aladar Kogler – training for advanced competitors

Understanding Fencing by Zbigniew Czajowski – advanced reading for fencing coaches

U.S. Fencing Association Rule Book – free download from the FOC [http://www.fencingofficials.org/]

Zen In the Martial Arts by Joe Hyams – a great primer on the mental and emotional aspects of any sport

Credits

My first fencing club had a number of inspirational signs its walls. One of the most prominent signs read, “You are the descendents of countless generations who chose to live by the sword. Honor them.” In that spirit, I strive every day to honor those who taught me.

Fencing Master Janusz Smolenski, DC Fencers Club; Academy of Physical Education, Katowice, Poland

Fencing Master Bill Shipman, Boston Fencing Club; Brandeis University

Fencing Master Richard Oles, Tri-Weapon Boys’ Fencing Club; Salle Palasz; Johns Hopkins University

Fencing Master Zbigniew Czajkowski, Academy of Physical Education, Katowice, Poland

Coach Robert Suchorski, DC Fencers Club; Academy of Physical Education, Katowice, Poland

Coach Syd Fadner, Boston Fencing Club; Boston College

About Coach Paye

Coach Paye has been fencing for over 25 years. In his high school and college years, he was a top junior foil fencer in the Maryland and New England divisions. After college he switched to epee, competed nationally and internationally, and in 2001 won 1st place at the Mid-Atlantic Sectional Championships. He is a certified Prévôt d’Epee, and Moniteur d’Armes (in foil and saber) with the U.S. Fencing Coaches' Association, with advanced coaching training from Polish Fencing Masters Zbigniew Czajkowski and Janusz Smolenski. He is a certified Fencing Officials Commission referee in foil, epee, and saber. His professional coaching and teaching experience includes Boston University, Boston Fencing Club, D.C. Fencers’ Club, Baltimore Fencing Center, and Goucher College. He has trained and competed in Paris, Montreal, San Francisco, and New York City.