

# FENCING: A SPORT FOR ALL AGES

Fencing is the study of swordplay. As a modern sport, it teaches discipline, physical fitness, quick thinking, and good sportsmanship. Strength, size, and youth do not always equal victory, and fencers of different ages can compete with good success against each other. If you are looking for a sport with friendly participants, good exercise, and rich traditions then fencing is for you!

## IS IT SAFE?

Though fencing is a martial sport and injuries do occur, you are safer while fencing than you are when playing football or driving a car. The US Fencing Association insures CLFC and we only allow approved safety equipment. Safety is our top priority.

## HOW MUCH DOES IT COST?

Yearly club dues at CLFC are less than monthly memberships at other clubs, since you only pay for the coaching you want by enrolling in our provided classes or private lessons. Standard fencing equipment can be purchased from your choice of online vendors and is comparable to equipment from other sports such as football. We provide beginners with loaner jackets, masks, and weapons, so you can try out the sport before spending your hard-earned dough.



**Clear Lake Fencing Club**

<http://www.clfc.org>

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## **CLEAR LAKE FENCING CLUB**

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Get into the ***ACTION!***



**C'mon! You've always wanted  
to try this!**

## DOES IT HURT?

The blades on modern fencing gear have blunt tips, and the edges of the weapons are not sharp. Though you may get an occasional bruise, most touches against you are barely felt. We recommend stretching and promote good technique to insure all fencers have the most enjoyable fencing experience possible.

## WHAT WEAPONS ARE THERE?

**Foil** – the weapon most start out learning. It teaches good point control and principles of “right of way” or who has the attack according to fencing rules. The valid target area for foil includes only the torso of your opponent.

**Épée** – modeled after the classic dueling sword, this weapon is slightly stiffer and heavier than the foil. In épée, you may score a valid touch against your opponent anywhere on their body. In addition, there are no “right of way” rules, so double-touches are awarded.

**Saber** – here combatants may score a hit on their opponents anywhere above the waist, and the edges of the weapon may be used instead of just the tip.

With all weapons, the first person to 5 touches (or 15 or 10 in tournament direct elimination bouts) wins.

## ELECTRIC FENCING?

In modern sport fencing, we use electric gear to help determine scoring. Electric weapons (running at extremely low voltage, i.e. you

can't even feel it!) allow a scoring box to keep track of who is getting touched. A metal vest, called a *lamé*, is used in foil to create the valid torso touch area. In saber a metal jacket and mask are used, and in épée only the weapon is special. All electric weapons hook into a body cord which runs underneath your jacket and plugs into a floor reel. This reel winds out and reels in the long cable which connects your weapon to the scoring box. Electric fencing comes with its own challenges (such as malfunctioning gear) but most of these issues are quickly resolved or cheaply repaired. Our armorer Matt Delevoryas is very knowledgeable and can help you.

## WHEN DO YOU MEET?

CLFC meets at the Ed White Youth Center on Tuesday and Thursday nights. Fencing is free for club members and \$5 for everyone else.

## WHAT ABOUT TOURNAMENTS?

Our own club sponsors three of the local tournaments every year the Spring and Fall tournaments and the Fête de Lune, our special tournament and banquet for veterans (fencers over 40). No one is required to participate in anything they don't want to. We have club members that are very competitive on the USFA circuits, and some that are purely recreational fencers that show up for the conversation, the exercise, and to hone their skills.

## OK I'M IN! WHERE DO I START?

We recommend you take a beginner class from one of our excellent, USFA certified coaches. The classes happen Tuesday or Thursday nights for 5 consecutive weeks, with a new class starting about every six weeks. Intermediate, Advanced, and Competitive classes are also held on the same nights. We look forward to seeing you there!

For more info, please contact the current CLFC President **Rod Fleming** by email at: [vraptor520@sbcglobal.net](mailto:vraptor520@sbcglobal.net)

For beginner's class info, please contact **Coach Damien Berntsen**:  
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832-643-5239

For more info on fencing or the club, please see our website at <http://www.clfc.org/>.