



THRUST AND CUT
The Newsletter of Salle Green

No. 2009-1

February 2009

AMELIA STEEL TOURNAMENT THIS SATURDAY

Amelia Steel, the 4-H Fencing Club in Amelia is sponsoring the following Fence Dry! registered tournament:

14 February – 9:00 am Dry Foil (17 and under age groups) - Amelia Middle School, 8740 Otterburn Road, Amelia Courthouse - registration \$15

Salle foil fencers interested in attending who do not have their own equipment should contact Maitre Green with jacket size, so that we can bring mask, glove, jacket, weapon, and underarm protector for you. Please let Maitre Green know if you are planning to fence as soon as possible. The event should be finished by noon.

SCHEDULE UPDATES

Salle Green is sponsoring the following Fence Dry! registered tournaments:

28 February – 2:00 pm Adult 1 Touch Epee
8 March - 2:00 pm 10 and Under 1 Touch Epee

Fence Dry! membership is required for each event. Application blanks are available at the front desk in the Salle and further information on Fence Dry!, a dry fencing rating and classification service, is available at <http://fencedry.org>.

The Virginia Division of the United States Fencing Association is hosting:

21-22 February	JMU Open - Richmond
7-8 March	Division II/III Championships – Manassas (this is the qualifying event for the Summer Nationals)
14-15 March	Regional Youth Circuit (Youth 10, Youth 12, Youth 14, and Cadet) – Charlottesville
21-22 March	Conomikes-Gutenberg Memorial Open – Williamsburg
4-5 April	Youth Championships (Youth 14 and Under 16) – Richmond (this is the qualifying event for the Summer Nationals)

THE RED TICKETS ARE BACK

If you show up at the Salle for lesson or open fencing with a Salle patch on your jacket, a Salle T-Shirt, or a Salle bumper sticker on your car, you will earn a red ticket for each. On 1 March we will draw a winning ticket for a piece of fencing equipment of reasonable value. Our goal – increase our visibility in the community (the bumper sticker) and work toward everyone being in a Salle uniform (patch and T-shirt). Your goal – score a new piece of gear that you need.

And in case you want to increase your chances, Salle patches are available in the Office. Salle T-shirts and bumper stickers are available from the Salle Store (link on our front page on the left side to Café Press).

WHO IS NEW AT THE SALLE?

Say hello to our new members and make them very welcome when you see them:

Paula Burqueno – in Kakuto Bugei working with the karambit
Garrett Cox – in our Musketeers program
Grayson Cox – in our Musketeers program
Thomas Davis – in our Musketeers program
Karyn Edwards – in Intermediate Foil
Analee Evans – in our Classical Foil group
Whitt Licata – in our Musketeers program
Carrington Page – in our Musketeers program
Matthew Pitts – in our Musketeers program

CONGRATULATIONS – Heather is a Sabre D!

Heather Shacker – earned her D in Sabre – 3rd place in the River City Rumble on 31 January at the Richmond Fencing Club. A strong field of 30 fencers, including 15 Ds and Es, made this a C2 event.

Heather Shacker – 18th place at the Presidential Inauguration Open on 25 January at Prince William Fencing Academy.

NEW SKILLS PROGRAM AWARDS

Congratulations to the following fencers for having earned new skill levels in our skills programs. For classical fencers we use the Classical Academy of Arms 9 rank system. For modern fencers our 5 level skills systems is serving as the pilot for the skills development system being developed by the Club Committee of the United States Fencing Coaches Association as a national fencing development program.

Kathy McKenna – Rank 6 in Classical Foil

Jamie Greenough – Level 3 in Sabre

Dan Ramsey – Level 1 in Epee
Claire Schlichtherle – Level 1 in Foil
Heather Shacker – Level 2 in Sabre
Doug Shillady – Level 1 in Epee

Effective 1 March we transition our skills program to a fee based system to meet the costs of its actual administration. The fee for the practical and written examination at each level will be \$5.00, and includes the appropriate patch.

NEW BELTS IN TSUE KAKUTO

Congratulations to two new White Belts in Tsue Kakuto, a modern cane combat system:

Jonathan Iaquinto
Joseph Iaquinto

Unlike in many martial arts where white belt is either worn from the first day or represents a very basic test, the Tsue Kakuto White Belt is considered a significant achievement. The White Belt must be proficient in five basic parries, three strikes, and five footwork patterns, and a basic defensive kata, all done with both the left and right hands.

WANTED

... students for Tsue Kakuto martial arts cane – Saturday morning at 10:00

... students for Kumdo – Korean martial arts sword

WHY WASH YOUR JACKET AFTER FENCING?

Our Salle policy is that we wash our jackets after every wearing. We never want a fencer who uses our equipment to wear a jacket with someone else's sweat in it. Several reasons for this include you as an individual fencer. First, there is the just plain ick factor. If you are the kind of person who takes a bath once a year whether or not you need it and who wears the same shirt for the entire summer you might not understand this, but being surrounded by smelly, stinky people is just disgusting. There are fencers you can smell from 15 feet away, but why would you want to? Our policy is the only thing you should smell in the salle is cleaning products.

Second, letting sweat and dirt remain in the jacket degrades its protective qualities. Sweat attacks fibers and weakens them, and dirt can actually cut fibers. Over time the result is a weakening of the jacket and a loss of protective capability.

Third, dirty jackets, like any dirty athletic gear, are a potential source for transmission of community associated methicillin resistant staphylococcus aureus (CA-MRSA), a very nasty skin infection that kills tissue and can be life-threatening. CA-MRSA is particularly dangerous to children and young adults, is spread through contact, including the sharing of clothing items, and has occurred in at least two fencing clubs.

Fourth, a dirty, discolored jacket says something unattractive about you as a person. You never know who you will meet fencing, and what opportunities they may represent outside of the sport for the future. Not caring about your appearance is not a good life skill.

Bottom line – wash your jacket regularly. Incidentally, all of the same guidance applies to your glove and mask and T-shirt, and knickers, and socks. A clean fencer is a safer, healthier fencer.

CLASSICAL FOIL RETAKES THE WALPURGIS CUP

The foil squads triumph lasted one quarter. For November-January Classical Foil reclaimed the Walpurgis Cup, awarded to the weapon squad that posts the best results in the quarterly ladder. The results:

- 1st CLASSICAL FOIL TEAM (1st Brian Ainley, 2nd John Shields, 3rd Linda Barrett)
- 2nd EPEE SQUAD (1st Joseph Iaquinto, 2nd Mark Logan, 3rd Brett Colbert)
- 3rd FOIL SQUAD (1st Joseph Iaquinto, 2nd Claire Schilichtherle, 3rd Claire Gorman Love)
- 4th SABRE SQUAD (1st Heather Shacker, 2nd Joseph Iaquinto, 3rd Tom Epperson)
- 5th 1 TOUCH EPEE FLIGHT (1st Joseph Iaquinto, 2nd Brett Colbert, 3rd Doug Shillady)

The Walpurgis Cup is named for Walpurgis, the first fencing student we know of by name and the first female fencer in the recorded history of modern swordplay. Walpurgis appears as a student in Tower Manuscript I.33, the oldest surviving fencing manual, written in Germany, probably in approximately 1300.

INDIVIDUAL LESSONS

By now most of you know that Moniteurs Joseph Iaquinto and Mark Logan are preparing for their examinations as Prevots at the end of April. To do that they need to teach as much as they possibly can, including individual lessons. We appreciate your willingness to have them as instructors, and Maitre Green will be shifting as many lessons to them as he can for the duration of their preparation time.

Prevot is the middle grade of professional certification awarded by the United States Fencing Coaches Association and recognized by the Academie d'Armes Internationale. The Prevot examination includes teaching three lessons (a teaching lesson, a training lesson, and either a warmup or bouting lesson) and typically lasts about 90 minutes. Before the practical examination candidates complete an exhaustive written examination of their fencing knowledge.

HOMEWORK DRILL

Twenty times each morning and each evening:

- (1) Retreat, advance-lunge
- (2) Advance, retreat-lunge