

The E-Newsletter of the Salle Green

# Thrust & Cut

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## Why fence at Salle Green?

- Salle Green is a United States Fencing Coaches Association Guild Academy
- Walter Green is a Maitre d'Armes of the Academie d'Armes Internationale
- Classes are offered in classical and modern fencing
- Schedules are flexible
- IT'S FUN!

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## Improving Your Fencing—The Officials

When you fence in an American Fencing League dry competition or a US Fencing Association electric meet, how you interact with the officials and the calls they make has a significant impact on how your bouts turn out. You either interact maturely and wisely or you don't - you either win or you don't. It is that simple.

Let's take the first part of this - the dry bout and the judges. We had a recent meet in which a fencer was incensed that a call was made on target when the fencer felt the hit had landed off target. There was a protest to the Director, and in the next hit the fencer tried to influence the judges by saying loudly that the next hit was also off target. What is wrong with this picture? Well ...

(1) decisions as to whether or not a hit lands on target are decisions of fact and cannot be appealed - if the judges and director say it is on, it is on, regardless of what you think.

(2) although it was not called in this case, trying to influence the judges by speaking to them is a yellow card offense - do it again and it is a red card and a touch.

(3) the fencer was focused on trying to influence the jury and not on trying to hit and avoid being hit.

The reality is that one of two things was at work here. The hit may have landed lightly on target



and then traveled off target (in fact that is exactly what one judge said it did). Light hits may not be felt by a fencer, but still be legitimate hits.

On the other hand, the judges may simply have made a mistake, although two "yes" votes by the judges makes that less

likely. It happens - get over it. On the average errors cancel out.

Now for the Director/Referee part of the problem. If a Director/Referee makes a call that you disagree with, there are two cases. In the first case, the official makes a decision that is a matter of fact. Stepping over the line, whether or not a riposte is immediate, if a hit arrives, whether an action arrives before the command to halt is applicable (remembering that halt is called when the official believes the halt should occur, not necessarily when the official mouths the words), what the right of way was, etc. are all matters of fact. You have no appeal of a matter of fact. Don't waste your time and energy.

Where you do have a right to question the call is when the referee misapplies the rules of fencing. For example, a fencer steps off the side of the piste, the referee calls halt and repositions the fencer back in the center  
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## Red Ticket Competition



... and congratulations to Linda Barrett for having her ticket drawn by Jim McMath at the end of our red ticket competition on Sunday, 10 June. For faithfully showing up to fencing in a Salle T Shirt and with Salle Patch and her Classical Rank 4 patch on her sleeve, she won a new set of fencing shoes.

## Calendar of Events

Date:	Event:	Details:	Location:
3 July	Beginner's Class starts	7:00-8:00 pm - to register for a <a href="#">Beginner's Class</a>	Salle Green
14 July	Teaching Medieval Weapons for Coaches	US Fencing Coaches Association Workshop 10:00 am-4:00 pm - register at: <a href="http://askfred.net/Events/Prereg/prereg.php?tournament_id=3778">http://askfred.net/Events/Prereg/prereg.php?tournament_id=3778</a>	Salle Green
21-22 July	Commonwealth Games	for information: <a href="http://www.commonwealthgames.org/fencing.htm">http://www.commonwealthgames.org/fencing.htm</a>	Hollins University, Roanoke
29 July	Central Virginia Division American Fencing League Mixed Three Weapon Team	9:30 am start - register your team at: <a href="http://askfred.net/Events/moreInfo.php?tournament_id=3823">http://askfred.net/Events/moreInfo.php?tournament_id=3823</a>	Salle Green

## Are you using the website?

*“The enemy cannot be allowed to interfere with this programme..”  
F.P. Bethune, Lt*

In previous newsletters we have talked about some of the information resources that are available to you as a fencer in the Salle - specifically the monthly practice reports and the bulletin boards. This month we want to focus on the website, <http://www.sallegreen.com>.

Probably most of our members found the website, found us, and forgot about the web. Big mistake. Our website pro-

vides an up to date schedule of courses, salle tournaments, AFL tournaments, and USFA tournaments with links to pre-register. We have links to vendors and to a wide variety of fencing organizations. Records of all Salle competitions are available on the site. Information on our skill level programs is available. All the back issues of our newsletter are up for your use if you are inter-

ested in the Salle's history. And the list goes on.

The latest addition to the site is the Athletes' Handbook. This feature is still growing, but it will eventually include everything you need to know to fence in any of our four major programs.

So, go visit the website. Use it to help manage your fencing.

## Walpurgis Cup Standings

The Walpurgis Cup (an actual cup currently residing in the salle) is awarded each quarter to the ladder squad with the best record of bouts fought. The Cup is named after Walpurgis, the first recorded female fencer, and the first modern fencing student whose name we know,

recorded in the first surviving fencing manual from approximately 1300 CE. Current standings are:

1st Classical Foil - 14 points (14 bouts fenced, 0 penalty points), 2nd 1 Touch Epee - 9 points (10 bouts fenced, -1 penalty for one member

not fencing) , 3rd Epee - 7 points (8 bouts fenced, -1 penalty for one member not fencing), 4th Foil - 4 points (5 bouts fought, -1 penalty for one member not fencing), 5th Sabre - -8 points (no bouts fought)

The current ladder runs through 31 July.

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*"It is better to live one day as a lion than a hundred years as a sheep."*

*Italian Proverb*

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## Getting ready to compete

If you are planning to fence for Salle Green in United States Fencing Association competition this coming year, the summer months are critical to getting your training cycle started. June and July are relatively low intensity months for training, so our goals for these two months are 30 practice bouts and at least 10 bouts fought in Salle or American Fencing League competitions. Check the bulletin boards in the Salle for your May Practice Efficiency and May Competition Efficiency numbers - if you are not sure what the numbers mean, ask. If you are close to the targets of 30/10 then you know the level of activity you need to sustain. If you are below the targets, then you know what to increase.

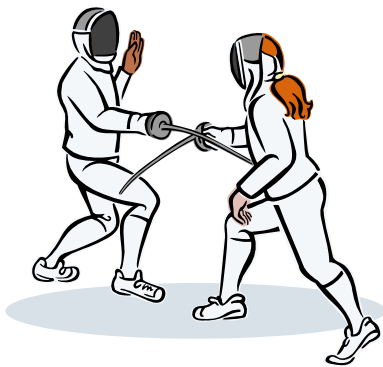


## Have you looked up lately?

We have new signage! After two years our landlord updated his sign to include at the top of the list SALLE GREEN. Unfortunately, it is not lighted at night, but if you know what you are looking for, this gives you one more chance. We just added new graphics to our windows facing US 1. A large FENCING covers our amateur and classical programs, HISTORICAL SWORDPLAY highlights our study of historical sword technique, and CANE FOR SELF DEFENSE advertises our new way to fight with long pointy things.

## The Officials con't.

of the strip, with no loss of ground. The rules require that ground be given up, and you have a right to ask the referee to apply that rule. But do so respectfully and in an even tone of voice. And, by the way, it helps if you actually know what the rule says ...



How Directors/Referees call the action is critical to your success. Every time the official gives his or her analysis of the action, listen and see how it matches your understanding of what happened. If the official's version is different from yours you are faced with three possibilities: an inconsistently incompetent (or even worse, biased) referee, a referee who is consistent but does not recognize your correctly made action, or what you are showing the referee is not what you think it is. Consistent is easy to recognize and adapt to; a failure on your part requires skill in recognizing what happened and honest self-appraisal. What is really tough is incompetent

inconsistency.

What if things are not going the way you want? If you are going to win you have to do some specific things very quickly - all the time you have is the time from the Referee's awarding of the touch and the command "on guard":

(1) do not get mad - it is a wasted emotion that robs you of the ability to make corrections and wastes your time. Remain calm and focused.

(2) analyze what happened - you should take no more than 2-5 seconds to do this. Identify why you did not hit - was it a judging problem or a referee problem or an incorrectly chosen or executed action on your part or a tough opponent?

(3) determine what you can do to fix the situation (and you have maybe 5 seconds to do this):

..... first choice is always make the following hits decisive and one light hits (or no hands up on the opponent's side hits). If there is only one hit, no one can argue about it. To do that you have to choose one of the following solutions.

..... second choice - if it is a judge problem - adjust your distance and pick target areas that are very visible for your actions - land with some bend to your blade solidly on target.

..... second choice - if it is a Director/Referee problem, what is the official not recognizing? Simple answer - do not do that. What is the official recognizing? Simple answer - do do that.

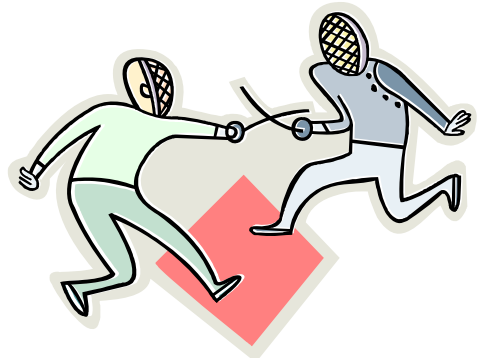
..... second choice - if it is your technical execution, change technique or modify your execution.

..... second choice - if the other fencer actually beat you on this hit, change tactics.

(4) clear your mind - the last hit is long gone now - focus on your tactics for the next hit and on the positive affirmation that you are going to make it.

(5) on the command "fence," execute your game plan for the next touch.

The natural tendency is to say, feel, and focus on some version of "I was robbed." Don't waste the next hit by using negative energy to focus on the last one. Use the 10-15 seconds you have to get ahead of winning the next hit.



## Point in Line: AFL News

### Minutes

Annual Meeting of the Central Virginia Division American Fencing League  
24 June 2007  
Glen Allen, Virginia

The Annual Meeting of the Central Virginia Division of the American Fencing League for fencing year 2006-2007 was called to order by the Acting Chairman at 1130 on Sunday, 24 June 2007, at Salle Green in Glen Allen, Virginia. Present were:

Brian Ainley (Salle Green)  
David Allan (Salle Green)  
Lucienne Cassinera-White (Chester Knights) Brett Colbert (Salle Green) Nathaniel Ewell (Charlottesville Unattached)  
Walter Green (Salle Green) James Greer (Salle Green) Dorothy Mackey (Salle Green) James McMath (Dark Horse) Pat Norman (Salle Green)

Nominations for the officer positions of the Division for Fencing Year 2007-2008 were opened. The following nominations were received from the floor:

Treasurer - David Allan  
Secretary – James Greer  
Chairman – Walter Green

There being no further nominations, nominations were closed, and the officers for 2007-2008 were elected by unanimous vote of those present.

The draft By-Laws of the Division were proposed for adoption effective 1 August for the 2007-2008 Fencing Year, with the provision that members have until 1 July to offer any additional substantive changes or objections. Should any such changes be proposed, they will be circulated for a mail vote of the membership, prior to the By-Laws being considered adopted. The members present unanimously approved the By-Laws subject to the provision for changes.

There being no further business the meeting was adjourned at 1150.

## May Results

### On 13 May AFL members fenced a Three Weapon Individual Meet:

1st Joseph Iaquinto, 2nd Walter Green, 3rd Nathaniel Ewell, 4th Jonathan Iaquinto, 5th Minta Smith

### On 27 May AFL members fenced an Open Sabre Meet:

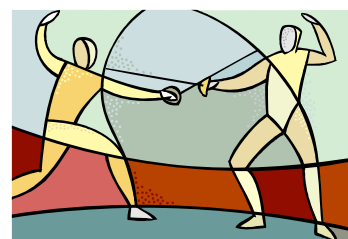
1st Sam Archer - earned his Junior classification, 2nd Walter Green, 3rd Alex Snyder - earned his Novice classification, 4th Minta Smith, 5th Ryan Pellegrino, 6th Pat Norman

## New Judges Training Program

Good officials help to make good fencing. To help prepare our members to perform well as judges we have established a judges training program. Full details are available on the AFL website at <http://centralvirginiafencing.org/judgetraining.htm>.

## Salle Green 2007 Salle Championships

<b>MASTERS OF DEFENSE CHALLENGE</b> Classical Foil	1st	<b>LINDA BARRETT</b>	<b>2V, 2D</b>	Gold Medal
	2nd	<b>JOHN SHIELDS</b>	<b>2V</b>	Silver Medal
	3rd	<b>ALAN MUNSON</b>	<b>2V</b>	Bronze Medal
	4th	Brian Ainley	1V, 2D	
	5th	Jordan Barden	1V, 1D	
	6th	Dot Mackey	3D	
<b>FOIL</b>	1st	<b>DAVID ALLAN</b>	<b>6V, 1D</b>	Gold Medal
	2nd	<b>JOSEPH IAQUINTO</b>	<b>5V</b>	Silver Medal
	3rd	<b>AARON SEAL</b>	<b>2V, 3D</b>	Bronze Medal
	4th	Kelsi Callahan	2V, 2D	
	5th	Lindsey Carr	1V, 4D	
	6th	Dot Mackey	1V, 2D	
	7th	Betsy Stephens	4D	
	8th	Minta Smith	1D	
<b>EPEE</b>	1st	<b>DOT MACKEY</b>	<b>4V, 3D</b>	Gold Medal
	2nd	<b>BRETT COLBERT</b>	<b>4V, 2D</b>	Silver Medal
	3rd	<b>MINTA SMITH</b>	<b>4V</b>	Bronze Medal
	4th	Joseph Iaquinto	3V, 1D	
	5th	Dean Hinnant	2V, 1D	
	6th	James Greer	1V, 4D	
	7th	Pat Norman	5D	
	8th	Andy Fore	2D	
<b>1 TOUCH EPEE</b>	1st	<b>JOSEPH IAQUINTO</b>	<b>4V</b>	Gold Medal
	2nd	<b>PAT NORMAN</b>	<b>3V, 2D</b>	Silver Medal
	3rd	<b>JAMES GREER</b>	<b>3V, 1D</b>	Bronze Medal
	4th	Dot Mackey	1V, 4D	
	4th	Brett Colbert	1V, 4D	
	6th	Minta Smith	1V, 2D	
<b>SABRE</b>	1st	<b>JOSEPH IAQUINTO</b>	<b>6V, 1D</b>	Gold Medal
	2nd	<b>TOM WATSON</b>	<b>5V, 1D</b>	Silver Medal
	3rd	<b>ALEX SNYDER</b>	<b>4V, 3D</b>	Bronze Medal
	4th	Rachel Burk	1V, 3D	
	5th	Charles Wendt	1V, 3D	
	6th	Sam Archer	1V	
	7th	Minta Smith	1V	
	8th	Conor Ginnell	3D	
	9th	Pat Norman	2D	
	10th	Ryan Pellegrino	2D	
	11th	Austin Ivey	2D	



*Would you like to contribute your tournament pictures or other items of fencing interest for consideration in the Cut & Thrust Newsletter? If so, send your information to [Walter Green](#).*