



## Fencing Club at UIC

**Times:**

Mondays, Wednesdays: 2-4pm  
Other times fixed by mutual availability.

**Location:**

Multi Area Court (MAC suite) – SRF

**Fun! Workout!**

**Free!** No Dues!

**Fantastic!** Experience!

Fencing has a rich history being one of only four sports to be featured at every modern Olympic Games. The modern Olympic fencer trains for years, honing **agility, quickness and subtlety of movement**. The sport of fencing is **fast and athletic**. Instead of swinging from a chandelier or leaping from balconies, the two fencers perform, what can be described, an intense dance on a 6×44 foot strip. The movement is so fast the touches are scored electrically – a lot more like Star Wars than Errol Flynn. The sport has been described as "**chess with muscles**" or "**physical chess**" suggesting that complex strategy lies behind the thrusts and parries that punctuate a duel.

Currently, three types of weapons are used in Olympic fencing:

- **Foil** is a light and flexible thrusting weapon, originally developed in the mid 17th century as a training weapon for the smallsword (a light one-handed sword designed almost exclusively for thrusting). The target area is restricted to the torso. The original idea behind the foil rules was to encourage the fencers to defend and attack vital areas, and to fight in a methodical way with initiative passing back and forth between the combatants and thus minimizing the risk of a double death.
- **Épée** is a heavy thrusting weapon. It was invented in the second half of the 19th century by a group of French students who wanted an experience closer to that of an actual duel. The valid target area covers the entire body; double hits are allowed. Unlike foil, epee does not employ a system of "right-of-way." Fencers score a point by hitting their opponent first. If the fencers hit each other within 1/25th of a second, both receive a point - this is commonly referred to as a double touch.
- **Sabre** is a light cutting and thrusting weapon. The sabre is the modern version of the slashing cavalry sword. As such, the major difference between sabre and the other two weapons is that sabreur can score with the edge of their blade as well as their point. In sabre, the target area is the entire body above the waist (excluding the back of the head and the hands). The lower half is not valid target, which is meant to simulate a cavalry rider on a horse.



### The Fencing Bout

At the most basic level, fencing revolves around the opening and closing of various lines of attack and defense. Fencing tactics rely on a mixture of "open-eyes" opportunism and deliberate "set-ups", where the opponent is systematically fed false information about one's own intentions. Competitors win a fencing bout (what an individual "game" is called) by being the first to score 15 points (in direct elimination play) or 5 points (in preliminary pool play) against their opponent, or by having a higher score than their opponent when the time limit expires. Each time a fencer

En Garde!!...Fence!!

lands a valid hit - a touch - on their opponent, they receive one point. The time limit for direct elimination matches is nine minutes - three 3-minute periods with a 1-minute break between each.

### Mental and Physical Benefits:

The physical activity is complemented by the mental play in fencing as you have to solve the problems presented by your opponent to score points. This gets you learning action/reaction, necessitating **lightning fast reflexes** as well as **real-time strategy** as you fence. Talk about mental stimulation! Our point is that fencing is **pure undiluted fun** and a fantastic workout experience too! Fencers develop impressive **agility and footwork** while simultaneously enhancing **upper body strength**. Only got 30 minutes to spare – or maybe just 15...that's all it takes for fencing to be a tremendously rewarding experience. Be warned though...you'll keep coming back for more! Not to mention that it's sword-fighting - and that is just plain cool!

### Club Description:

The club was started in Fall '07 by people passionate about fencing. The club provides an opportunity for faculty, students and the UIC community at large to come together each week and have a blast doing something we are all quite passionate about...Fencing! New members are mentored by some of the more experienced members thus helping build a strong sense of fellowship and community. Fencing also occurs outside of the designated hours with interested members meeting up at times convenient to them.

### Plans for Spring 2008:

1. Institute a ranking system for members and conduct a club tournament for members
2. Field trips to regional/national fencing tournaments
3. Have fun, get and stay fit, enjoy ourselves...thoroughly!!!
4. Introduce more people...including you, to fencing.

**Membership Fees:** err...about that...last time we checked...it's FREE!!! So let's Fence!

### Getting your own equipment:

While we have some extra equipment to go around, you will eventually wish to get your own gear (a practice set will cost approximately \$120.) Feel free to contact us if you need help while buying. We are always happy to help you based on our personal experiences. Here's a list of suppliers to get you started:

- **Physical Chess:** <http://www.physicalchess.com> (select Practice Sets)
- **Blade Fencing:** [www.blade-fencing.com](http://www.blade-fencing.com) (select Beginner Sets)
- **TCA – Triplette Competition Arms:** <http://www.tcafencing.com/catalog> (select Starter Sets)

### Contact Information:

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