

British Academy of Fencing **ACADEMY NEWS**

**May 2010
Issue 55**

"Run by coaches for coaches"



WOULD YOU COPE?

Are you aware of any of your pupils who have medical problems, such as asthma?

Would you know what to do in the event of, say, a severe asthma attack?

What steps have you taken to prepare for such an eventuality?

We ask these questions in the light of a recent inquest into the death of an 11 year old schoolboy at Offerton High School in Stockport. The boy concerned suffered from severe asthma, a fact made known to the school by his parents. He was first seen using an inhaler at around 12.15. He did not, however, see any of the school's support staff who dealt with medical matters. By lunch time it seemed that he had recovered, but then had another attack in the early afternoon. His form teacher sat him in a corridor to recover, but did not stay with him, nor involve the support staff. His condition grew worse, so much so that his classmates tried to get the form teacher to see him again. She, however, was "in a meeting" and said he would have to wait. The parents were eventually informed about the attack at around 3.20 and were at the school within 20 minutes. They found him in considerable distress, ashen-faced and blue around the lips. They immediately drove him to a local hospital, but, in spite of every effort, he died some two hours later.

The inquest was told that an earlier intervention would have saved his life. The school was criticized for its lack of staff training and plans to deal with such incidents. Since then five members of staff, including the head teacher and the form teacher, have been suspended, pending disciplinary investigations.

People, young and old alike, are often encouraged to take part in a wide range of activities, despite medical problems. Indeed, Paula Radcliffe has coped with asthma all her

competitive life and Sir Steve Redgrave has diabetes. The boy in this case was a keen Tai Kondo participant. We, as coaches, need to know how to deal with emergency situations. And here the advice available from **Asthma UK**, the charity dedicated to improving the health and well-being of the 5.4 million people in the UK, whose lives are affected by asthma, can be invaluable. We reproduce here one side of the card, which can be folded into credit card size, that many asthma sufferers carry and which is, along with much other useful information, available free from **Asthma UK** (www.asthma.org.uk or telephone 0800 121 6255).

Probably the best advice that can be given is that, if you are at all unsure of how to deal with a situation, do not hesitate to involve professional medical help, either by calling a doctor or an ambulance.

Signs of an attack → <small>These are my commonest signs of an attack</small> <input type="checkbox"/> Coughing <input type="checkbox"/> Being short of breath <input type="checkbox"/> Wheezy breathing <input type="checkbox"/> Feeling of tight chest <input type="checkbox"/> Being unusually quiet <input type="checkbox"/> Other <input type="text"/>	What should you do? <ul style="list-style-type: none"> ■ Keep calm – do not panic ■ Make sure I take two puffs of reliever inhaler (usually blue) ■ Loosen tight clothing ■ Reassure me
If no immediate improvement →	During an attack, continue to give me one puff of reliever inhaler every minute for five minutes or until my symptoms improve
CALL 999 or a doctor urgently if: →	<ul style="list-style-type: none"> ■ My symptoms do not improve in 5–10 minutes ■ I am too breathless or exhausted to talk ■ My lips are blue ■ ... OR IF YOU ARE IN DOUBT

IN THIS ISSUE

<i>Useful Info.....</i>	<i>p 3</i>
<i>President Writes.....</i>	<i>p 4</i>
<i>The Lunge (SSTT).....</i>	<i>p 6</i>
<i>Book Reviews.....</i>	<i>p 7</i>
<i>Chris's Cogitations.....</i>	<i>p 8</i>
<i>Easter Course.....</i>	<i>p 9</i>
<i>Notices.....</i>	<i>p 11</i>

NEXT ISSUE: July
Contributions by June 14th, please

Leon Paul

London



DESIGN



DEVELOP



CREATE



Join the Team



BRITISH FENCING

Official sponsors of the British Fencing Team
www.leonpaul.com / sales@leonpaul.com / 0845 388 8132

YOUR COMMITTEE**President:**

Prof. Philip Bruce
4 Ingle Road, Cheadle
Cheshire SK8 2EU
Tel: 0161 495 7380
email: president@baf-fencing.org

Vice-President:

Prof. Mike Joseph
Cranworth House, 10 Dymoke Road
Hornchurch, Essex RM11 1AA
Tel: 01708 740057
email: mikejosephbaf@aol.com

Vice-President:

Prof. Tom Etchells
24 Honeysuckle Drive
Stalybridge, Cheshire SK15 2PS
Tel: 0161 338 3262
email: T_Etchells@sky.com

Treasurer:

Prof. Liam Harrington
76 Varney Road, Hemel Hempstead
Herts. HP1 2LR
Tel: 07712 633106
email: harringtonliam@hotmail.com

Secretary:

Prof. Bob Merry
6 Birkdale Close, Bramhall
Stockport, Cheshire SK7 2LN
Tel: 0161 440 9613
email: bobmerrybaf@aol.com

Members' Representative:

Chris Eastham
6 Meadowsweet Hill
Bingham, Nottingham
Notts. NG13 8TS
Tel: 01949 836506
email: chriseasthambaf@hotmail.co.uk

Assistant Secretary and Course Officer:

Provost Dave Jerry
Orchard Rise, Churchtown
Belton, Doncaster DN9 1PE
Tel: 01427 874109
email: david.jerry@free.newsurf.net

Additional Committee Appointments:**Chairman, SSTT:**

Prof. Leon Hill

**International Secretary,
Child Protection Officer:**

Prof. Mike Joseph

Chairman, Disciplinary Sub-Committee

Prof. Tom Etchells

Proficiency Awards Administrator:

Steve Morley
Green Lane Farm
Stonham
Stowmarket IP14 5DS
Tel: 01449 711698
email: awards@baf-fencing.org

Membership Secretary:

Sarah Paveley
Rutherford Lodge, Wixoe
Stoke by Clare
Sudbury, Suffolk CO10 8UE
Tel: 01440 785600
email: sarah.fencing@jacobiteltd.com

Welfare Officer:

Prof. Liam Harrington

BAF/BFA Liaison Officer:

Prof. Peter Northam

Editor - Academy News, Insurance,**Examination Results Coordinator:**

Prof. Bob Merry

USEFUL INFORMATION**ACADEMY
MERCHANDISE**

**FOR ALL YOUR BAF
MERCHANDISE
GO TO OUR ONLINE
STORE VIA THE LINK
FROM THE BAF WEB SITE**

**RECOMMENDED
RATES OF PAY**

<u>Level</u>	<u>Rate</u>
Diploma	37.75
Maitre d'Escrime and Provost	30.35
Member	25.00
Associate	22.35

Travel - included for first 20 miles,
thereafter 16.1p/mile

**PROFICIENCY
AWARDS**

The current rates for awards are:

BAF Members:

1 - 4 Awards £3.70 each
5 - 9 Awards £3.60 each
10+ Awards £3.40 each

Approved non-Academy Coaches:

1 - 4 Awards **£4.70** each
5 - 9 Awards **£4.10** each
10+ Awards **£3.90** each

A5 Study Guides:

1 - 4 £2.65 (**£2.90**) each (incl. p&p)
5+ £2.30 (**£2.65**) each

A4 Syllabus leaflets:

Free with Study Guide, otherwise 60p
(**70p**) each.

A3 Sized Wallcharts:

65p (**75p**) each
Figures in **RED** are for non-BAF
members

**EXAMINATION
FEES**

Level 1 Assessment £11.00

Level 2 to Diploma £21.00 (**£26.00**)

These are for "normal" exams - for
Special exams, consult the Course
Officer. Figures in **RED** are for
non-BAF members

DOCUMENTATION

The following documentation is available from the Course Officer, Dave Jerry

Key Teaching Points Foil	}£7.35 (£9.45)
Key Teaching Points Epee		
Key Teaching Points Sabre		
Key Coaching Points Foil		
Key Coaching Points Epee		
Key Coaching Points Sabre	}£7.35 (£9.45)
Glossary of Terms.....		
Translation of Fencing Terms in Four Languages.....		
Teaching/ Coaching Tactics (2nd Edition).....		£16.80 (£21)
CD-Rom Issue 5 – this contains all the syllabuses and current questions for BAF examinations, as well as other examination material.....		£10.00
Examples of past written Papers – for the Advanced and Diploma examinations -		FREE - apply to Course Officer

All prices include p & p. Figures in **RED** are for non-BAF members

THE PRESIDENT WRITES.....



British Fencing Conference – Loughborough University – 21 March 2010

The second British/England Fencing Conference was held at Loughborough University on Sunday 21st of March this year. I was once again invited to attend as guest and I thank Norman Randall for giving me the opportunity to do so. Such a conference is an important opportunity for coaches of all levels to share information and good practice as well as to keep abreast of the latest developments in the sport. As such, I would have expected it to be an important date in the calendar of any serious coach, so I was surprised and saddened to see how few appear to have made it a priority. I estimate that about 40 people attended the conference, of which over 20% were BAF members, five of whom were masters.

Admittedly, the timing of the conference, directly after the Public School Championships and running concurrently with Youth Squad training led to some inevitable absences by coaches who would otherwise have attended, and the steep conference fee of £45 would have deterred some others. Nevertheless, it once again brought home to me how many people there are who are willing to criticise and complain from the sidelines but lack the commitment (and, dare I say it, the courage) to make their contributions or complaints in person. Norman Randall (England Fencing Director of Coach Education and Management) is much to be commended for putting this event on in the face of so much apathy and I hope he will continue to do so, hopefully with more support in the future.

The conference took the form of a number of workshops and presentations. I endeavoured to visit as many of these

as I could and they are listed below. Prior to these, however, Ismay Cowan addressed the conference as a whole and gave an update on the situation concerning the new ISA and Vetting and Barring Scheme.

Safeguarding, Training and Checks

In my opinion Ismay did a sterling job of outlining a scheme that is not yet complete. Inevitably some delegates posed questions concerning the detail and practicalities of the scheme, which unfortunately Ismay couldn't answer. However she did provide a handout of her presentation. It is unfortunate that the powers that be have done so little to communicate clearly with the Sport NGBs concerning the requirements that will come into force soon. It cannot be acceptable that we still have to puzzle over the ambiguous wording of the documents concerned and that there should be arguments about the implications. I hope this will be resolved soon.

Coaching Epée, Sabre and Foil (Practical sessions)

Three presenters, Bob Bales (épée), Graham Stretton (Sabre) and John Routledge (foil) conducted coaching sessions all day. I attended two of these sessions, but unfortunately one of the foil sessions was cancelled due to poor attendance. Bob's sessions focussed on both elementary blade presentation skills and basic coaching techniques. Graham's brief was to focus on modern international sabre. John's session dealt with a stroke selection exercises (simple attacks) preceded by a preparation and was intended to pass on what he had learned on his recent FIE Coaching Course.

British Fencing Lead Tutor Scheme.

This was led by David Kirby who began the session by briefly explaining the standard of each of the four levels of the EF/BF coaching scheme. In summary the standard of each level was described as follows:

Level 1: Higher than the previous Club Leaders award but lower than the original Level 1. This level was described as an 'instructor' award, where the individual is qualified to deliver pre-designed lessons. He/She is defined as being neither qualified nor certified to

coach or to lead a club. It is envisioned that it should take a weekend to qualify a fencer to this level or slightly longer to do so with a non-fencer (for example, a teacher recruited to deliver basic fencing in schools)

Level 2: Considerably higher than Level 1, this qualification would take several months to attain and would qualify the holder to act as an 'assistant' coach. Such a coach would be mainly qualified to work under the supervision of a more senior coach, but could also be able to run a small club of fewer than 20 members.

Level 3: This would be a significantly higher standard than Level 2 and take several years to attain. A Level 3 coach would be expected to be able to run a large club and training sessions and to show the ability to plan and deliver a training programme over a year or more. Such a coach should also be able to take responsibility for training Level 1 and 2 coaches.

Level 4

In David's words, this would raise the standard to a 'stratospheric level'. He initially described plans for this to include a sports science degree of some kind, eventually supplemented by a PGCSE certificate. However, as he later went on to say this would be advantageous as it would allow a coach to be employed as 'for example' a geography teacher whilst also teaching fencing, the implication would seem to be that the degree could be in any subject and that the main thrust of Level 4 would be to produce coaches specifically designed to coach in schools.

Lead Tutor: After what was described as a significant and costly amount of training, involving planning, management, assessment and evaluation, it would be possible for Level 4 coaches to become Lead Tutors, whose role is to oversee the management of coach education courses and to advise on the best delivery of coach education - essentially teaching teachers to teach teachers. David repeatedly emphasised that a Lead Tutor need not necessarily know anything at all about fencing. Their role was to advise on the delivery

Continued on page 5.....

COMMENT

The lead story on page one is one of which we all need to take notice and learn the lessons contained therein, which is why we have given it prominence over items that might have claimed the front page, such as the Easter Course.

We have also been blessed in this issue with a number of other contributions, including a long article from our President about the British Fencing Conference - so long, in fact, that it seems to have squeezed out our regular Letters column. Actually, the Letters column is missing for another reason - there weren't any letters sent in for publication! We always welcome contributions from you, our readers, whether large or small.

The Editor

COACHING QUOTES

"It's not the will to win that matters - everyone has that. It's the will to prepare to win that matters."

Bear Bryant
American Football Coach

MEMBERSHIP APPLICATIONS

The under mentioned names are published as having applied for membership of the British Academy of Fencing. If anyone wishes to raise objections or has information which he or she feels is relevant, please contact the Secretary of the BAF.

Alexander McLeod	Doncaster
Conrad Makoski	Netherlands
Bret Gantry	Stamford
Ian Law	Doncaster
Charles Benke	Loughborough
Peter Pope	E.Molesey, Surrey

All objections will be required to be made in writing and will be treated in the strictest confidence.

See the Academy web site at www.baf-fencing.org for details of the latest applications.

....continued from page 4

of coach education. He himself had been trained by Lead Tutors in other disciplines - he could not remember which ones, but Swimming and Badminton were two.

With three Fencing Masters in the room, the question was inevitably raised as to how our Academy qualified coaches fit into this. David said that after fulfilling the requirements of BFA/EF membership, CRB etc they would be accredited accordingly that is - a BAF Level 2 would be accepted as BF/EF Level 2 etc. He initially claimed that a BAF Diploma holder would be accepted as BF/EF Level 4, but retracted this when one of the BAF masters said that she had already been accepted as a BF/EF honorary level 5.

It was an interesting session, but hampered by an absence of clear, coherent facts. A number of questions went unanswered, as David did not have the necessary information to hand. In answer to a question as to how many Level 2 courses had been run to date, not even a ballpark figure could be offered. His only answer was "I don't know". He was unaware of how the scheme planned for England related to the levels offered in Wales and Scotland and this question had to be resolved by the delegates themselves.

BFA National Academy

Ben Campion (BFA National Development Manager) gave what was the most professional presentation that I attended. His power-point slides were clear and simple to understand. The essence of the scheme is to develop fencers, volunteers, coaches and referees. This will be achieved by the creation of Regional Academies, which will feed into the National Academy. There is clearly some work to be done on the practicalities - not least the fact that, as one of the delegates pointed out, Ben's scheme relied on the initial levels being delivered by Level 1 'assistant coaches' despite the fact that David had told us that Level 1 was most emphatically not an 'assistant coach qualification'. However Ben has a clear idea of what he wants, the time frame and how to deliver it.

Other sessions available to delegates were Club Links, Sports Psychology, Club Forum and Safeguarding. Refereeing, Armoury, Protecting and

Safeguarding Children courses were also held simultaneously with the conference.

The day ended with Norman Randall summarising the conference and outlining the Government's recent announcement of new funding for after-school Clubs in England. Ben Campion then closed the conference and thanked the organisers, presenters and delegates.

Once again I would like to thank Norman for his organisation of the conference and for ensuring that such a large quantity of important information was disseminated. There were certainly more issues that needed discussing, and perhaps more people should have come forward in the early stages and volunteered to lead these. My only real concern about the conference is the same as one I expressed last year and I am saddened to see it confirmed. Although it was billed as the British Coaching Conference, the main emphasis of everything I attended was school and youth fencing. Important as this is, it can never be the entire picture for a country that has pretensions towards elite and Olympic success. I heard nothing all day about plans for elite or senior fencing. The fact that one of the main planks of the Level 4 qualification would be school teaching qualification leaves me aghast. How many of our elite coaches would have any use for that? The fact that the new government funding announced for school clubs was described as affecting "each and every one" of those present, baffles me. Furthermore, where were the upper echelons of our sport? None of our senior competitive fencers attended, neither did any of our elite coaches.

As far as the Conference went, Norman Randall can be assured that it was a great success. I only wish it could have gone a lot further.

Easter Course

The recent Easter Course has resulted in a number of passes in the Academy's examinations. Details of these can be found on page 9 of this edition of Academy News. I would like to congratulate all those who achieved success and hope they will be inspired to go on and take their coaching to a higher level. My thanks also go to the course staff, Professors Peter Cormack, Leon Hill and Graham Stretton.

Philip Bruce

THE LUNGE

Some guidance from the SSTT

THE LUNGE - IS IT AN ATTACK OR PREPARATION?

The following is an attempt to clarify some comments the SSTT has received concerning the new examination questions (Ref. Issue 5.0 – new disk), specifically those questions that require the candidate to teach or coach a lunge as a preparation.

Simply saying that a lunge is an attack is fundamentally incorrect.

When the rules and the general theory of fencing are examined in more detail, it is clear that the action of a lunge may be regarded as a delivery system for offensive actions, for example an attack (see the rules below). If an action with a lunge does not comply with the rules concerning offensive actions, then the lunge must be classified as a preparation.

Definition of a Lunge: The lunge is an offensive movement. Executed from the on-guard position, the front foot is raised from the heel (toe first) and advanced forwards, whilst at the same time the rear leg is straightened. The rear foot is kept flat on the ground, so that the whole body is thrust forward.

Note, this is a general definition of the physical action of the lunge and it does not make any reference to the sword, sword arm or the 'intention' of the lunge.

Rule t7 (General) 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 flèche (cf. t.56ss, t.75ss).

Rule t56. d) (Foil) Actions, simple or compound, steps or feints which are **executed with a bent arm**, are not considered as attacks but as preparations, laying themselves open to the initiation of the offensive or defensive/offensive action of the opponent (cf. t.8.1/3).

Rule t75.2 (Sabre) The attack is **correctly carried out** when the straightening of the arm, with the point or the cutting edge continuously threatening the valid target, precedes the initiation of the lunge.

The action of a lunge, with or without a straightening arm etc. may be used:

- As an attempt to recognise/evaluate the opponent's understanding of the situation in the fight
- To conceal one's own intentions
- To mislead the opponent
- To provoke an opponent to respond
- To impose one's own initiative on the opponent
- To make it more difficult for the opponent to judge distance and speed/timing.

A lunge may be executed in a number of different situations, namely:

- As a simple attack, executed on one's own initiative or in response to an opponent's action
- As part of a compound attack
- As a counter-attack (simple or compound)
- As riposte or counter-riposte
- As a renewed offensive action (e.g. reprise of an attack, riposte/counter-riposte, counter-attack or renewed action)
- Any of the above where the intention is to provoke a reaction from the opponent then hit with a subsequent action.

The characteristics of a lunge may change significantly depending on the manner of its execution, that is:

- In its speed of execution, this may be:
 - Constant/linear throughout the execution
 - Start slow and ending quick - accelerating
 - Start quick and ending slow - decelerating
- As a first intention action
- As a second intention action
- As an "open-eyes" action
- As an action where there is a conscious or unconscious "change of decision or intention" during the execution of an action

It must also be remembered that a lunge can be used as a means of closing distance and therefore may be used to get inside the opponent's reaction time and then deliver a hit. The use of a lunge as a preparation and/or as an action intended to hit, can cause real doubt and uncertainty in the mind of the defender. For example:

Fencer 'A' delivers a direct attack with a lunge which hits fencer 'B' in spite of his attempt to parry.

If the above is repeated 2, 3 or 4 times, then it is not unreasonable for the following to occur:

Fencer 'A' lunges with a bent arm

Fencer 'B' perceives the lunge to be an attack, and attempts to take the same parry as before

Fencer 'A' hits fencer 'B' in the opening line.

This is only one example of using a lunge as both a preparation and as an attack. There are, of course, numerous other applications and methods of execution.

S.S.T.T

REVIEWS

The Talent Code by Daniel Coyle - published by Arrow Books £8.99 (also available as an Audio CD)

Outliers by Malcolm Gladwell - published by Penguin £9.99

Reviewed by Prof. Philip Carson

Two books, different authors, very similar conclusions: that talent isn't born, it's grown.

Coyle spent two years studying talent hotspots, small places that produced huge talent. For example club Spartak outside of Moscow has basic facilities and one tennis court, yet produces more top 20 women tennis players than the whole of the USA! His journey through sport, music, education and other aspects of the world is compelling and his conclusions resonated loud and clear with some of my own experiences in fencing. That with sufficient quality practice (what he calls "deep practice"), with the right motivation or "ignition", real talent will come through.

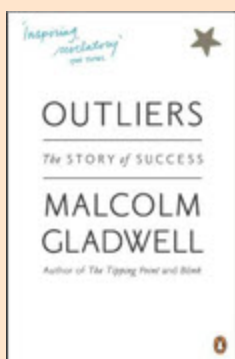
His answer to becoming excellent in anything is a biological one, whereas Gladwell takes a sociological view. Coyle is intrigued in a renewed interest in research into myelin development. Myelin was thought to be a neutral fatty substance that grew around the nervous system. But researchers now believe that myelin acts as a kind of super conductive material that is developed through practice. The more practice, the more myelin and the more myelin, the better the performance.

Gladwell has a similar curiosity, to try to understand people who are outside the norm, people with great talent. He was somewhat suspicious of our ideas of where success comes from. For example why Asian kids are more successful at maths and contrarily, why Korean airline pilots crashed more often than others. He believes that culture has a huge influence on how likely we are to succeed. But similar to Coyle, he didn't find talent that came out of nowhere. With musicians, Gladwell observed that those who practiced and worked every day succeeded. There were no professional musicians who succeeded by playing one or two hours a week. Similarly there were no examples of individuals who practiced more than the successful musicians who themselves did not succeed. Gladwell advocates the 10,000 hour rule, similar to Coyle's 3 hours a day for 10 years – that's what it takes to reach the top.

So what do these books have for fencing and coaching. I'd say that they confirm a lot of what I've observed over the years, the more you train, the more likely you are to succeed, but that the way you train and the support you have from around you, including cultural influences, are hugely determinant.

Coyle has an interesting take on coaching. He didn't find great inspirational, powerful leaders bringing on the next generation. Rather the most successful coaches and teachers he found were more akin to facilitators of quality practice. For pupils, there is a clue here to what it takes to achieve in the sport. For coaches of national teams, the plan should be a 10 year one.

Another important thing these two books have in common is that they are very well written (admittedly more journalistic than scientific) - I just couldn't put them down. I read each of them in a day, but without doubt they will stay with me for the rest of my coaching days.



The Easter Course at Denstone College

Diamond Swords Show Merchandise

There is still an opportunity to purchase the Diamond Swords merchandise - for details see February's edition of Academy News

Please order direct from Diamond Swords Production, 14 Jacks Lane, Harefield, Middlesex, UB9 6HE.

Make cheque/postal order payable to Diamond Swords Production and post to above address. Quote your full address inc. post code, phone and/or email contact details.

For queries email austinbaf@hotmail.com or call 01895 825747 - office hours.

CHRIS'S COGITATIONS

Musings from your Members' Rep.



Part of my role as Members' Representative is to keep you informed of developments arising from committee meetings held throughout the year, and it is on that basis that I have prepared this report.

What are we considering?

Over the past few months, your committee has been discussing the possibility of incorporating the Academy as a company limited by guarantee. This would essentially change the legal status of the Academy, and alter the structure to one similar to companies you will come across in day-to-day life – the difference being that, instead of having shareholders, it has members. This structure is commonly used for charities and other similar organisations. By way of example, the National Governing Bodies for several sports (including fencing) use the same structure.

Why change something that works?

By putting the Academy onto a statutory footing we become better able to do business with other organisations and companies in general. The proposed change would remove uncertainties as to the Academy's ability to enter into agreements which some external agencies might currently perceive.

More important however is the issue of liability. The Academy has (luckily) not been subject to any significant claims or unplanned liabilities in the past. However in its current form (as an unincorporated association), it is vulnerable to unlimited claims which could, in a worst case scenario, threaten its continued existence and even leave the committee and you open to personal liability. Although the chances of a claim of this magnitude are slim, the consequences would be so serious as to warrant preventative action to avoid them.

How would the change affect you?

There should be no significant change as far as the members are concerned. The only noteworthy change is that your potential legal liability will be reduced and limited to £1.

Would there be any other effects?

There are additional administrative procedures that the committee will have to comply with.

What happens now?

The committee will continue to consider whether the advantages of incorporation outweigh any disadvantages and whether it considers the change to be in the best interests of the Academy.

If the committee decides to recommend the proposal to you, then it will send out information on the recommended course of action to you with the notice for the next Annual General Meeting. Assuming that the committee is able to prepare the relevant documentation in time, the final decision will be taken by a members' vote at the next AGM.

Should you be doing anything now?

You don't need to do anything right now. However, I am currently in the process of compiling the documentation and would appreciate your input. Therefore, if you have any questions then please e-mail them to me at chriseasthambaf@hotmail.co.uk so that I can ensure they are answered in the information which the committee hopes to provide later in the year.

Chris Eastham, Members' Representative

Jeff Elmes

Jeff died suddenly in March. He was a long time BAF member from Sussex where he lived for most of his life apart from war-time evacuation to Yorkshire. After National Service he began his involvement with cars, becoming highly skilled in building Formula 2 and later Formula 1 cars for the likes of Sir Jack Brabham and other notable racing drivers of the day. Until his death, he was still running his local garage in partnership with his son.

Jeff began fencing in the 1960s at Brighton & Hove Fencing Club with Bill Harmer-Brown, fencing in Sussex events, and he later trained as a coach with Brian Pitman, helping to coach at the club for some years. He also was interested in the Sealed Knot, the Civil War re-enactment group. Jeff's chief love was sabre and he set up Southwick Sabre Club where he continued to coach until recently, working quietly at grass roots level and sharing his love of fencing with others.

INTERNATIONAL ATTRACTION

We are accustomed to regular visits at the Denstone course from distinguished figures in fencing, both from this country and abroad, who want to look at our system and see what we do. Rarely however, have we had such a prominent visitor as Ralf Bissdorf who spent the Wednesday of the course with us.

Ralf trained at Heidenheim and is a three times Silver and Gold Olympic medallist, with

a countless number of European and World Cup victories to his credit. Along with his distinguished fencing career, he is also a serious academic, having studied politics at university and specialised in the Middle East conflict for his Master's dissertation. In addition to that, he has 20 years experience in the communications industry. He is now a great example to other top level fencers in the way he is pulling all his interests together in developing what appears to be a remarkable post competitive career.

Ralf is presently the technical consultant for Z Fencing in Singapore, where he is overseeing a ground breaking project to develop high end marketing and development for fencing. His ambition is to succeed where the FIE has so clearly failed - in making fencing a popular spectator sport. He states that his aim is to bring the glamour of Formula 1 racing to fencing and there seems little doubt that he has the drive and ambition to bring this about. Z Fencing already operates on a mind-boggling scale, with some 600 members over 4 venues. Ralf's goal is to raise this membership to at least a thousand. Hence his visit to Denstone.

Fencers need coaches and to have coaches you need coach education. In his usual meticulous manner, Ralf has been visiting Fencing Academies throughout Europe and we are one of them. Ralf spent all day with us on Wednesday, checking out every aspect of our system. He managed to talk to almost every participant on the course in detail, watched the course in action and examined all our documentation (which he subsequently purchased).

His feedback was most flattering. According to Ralf, the coaches on the course do a phenomenal amount of work. The length and intensity with which the educators push the candidates over that time exceeds, he says, that of Olympic fencers. We should be very

proud that this course should have so impressed someone of Ralf's calibre, but the highest compliment he paid us is that he has expressed the wish to come on the course himself to do Level 4 or 5 Foil.

It is Ralf's plan to develop a fencing programme in Palestine for Israeli and Palestinian children which is most exciting. A website (www.fencingforpeace.com) with more details of this will be launched around the end of April.

We wish Ralf plenty of success in all his proposed projects and very much hope that the BAF will be playing a role in these. He certainly has our full support.

The course also had the usual sprinkling of would-be coaches from overseas. Some were familiar faces, such as Bjarne Höglund from Sweden. Bjarne has already reached Diploma level at épée and is now working at his sabre. "It is a personal ambition to go all the way", he said.

Another familiar face was Conrad Makoski, who lives in the Netherlands. He is familiar with coach education systems in both Germany and the Netherlands, but finds our system the more attractive. He expects that we will see more candidates from the Netherlands in future.

Another ex-pat now living abroad is Guy Windsor, now domiciled in Finland. His main interest these days is in historical swordplay, but feels that he wants to brush up on his coaching methodology, having some experience of the BAF with Prof. Bert Bracewell.

New Zealand provided the other two candidates, one already living there and the other

on the point of leaving for there in connection with his dentistry business. Graham Payne had had the BAF system recommended to him by a fellow New Zealander, Barry More, and had flown halfway round the world to gain a BAF qualification. Martin Cribben is about to make the same journey the other way, also taking a BAF qualification with him.

We are happy to see all these friends from overseas and feel that this is a great endorsement of our courses. We look forward to many more successful courses, with candidates from both home and abroad.



Ralf Bissdorf



Martin Cribbin, Bjarne Höglund, Guy Windsor, Graham Payne, Conrad Makoski

EXAMINATION SUCCESS

The following candidates achieved passes in their exams at the end of the Easter Course.

Diploma Foil

Isobel Combes



Level 3 Foil

Glenn Cooper

James Lee

Conrad Makoski

Elaine Sayer

Level 3 Epée

Graham Payne

Anthony Klenczar (individual)

Paul Williams (class)

Level 2 Foil

Bret Gantry

Level 2 Epée

Martin Cribbin

Brian Greaves

Harry Gulliver

Stefan Leponis

Level 2 Sabre

Thomas Bayston

Donald Walker

Level 1 Foil

Richard Hood

Graham Payne

Level 1 Epée

Martin Cribbin

Brian Greaves

Harry Gulliver

Stefan Leponis

Graham Payne

Level 1 Sabre

Thomas Bayston

Donald Walker

We send our congratulations to all these successful candidates and wish them well in their future coaching.



Sword Price Fighters .com **ALL ELECTRIC** starter sets

(the sum of individual items bought from our website +FREE SOCKS)

EPEE 8 piece adult

starter set:

electric epee,
bodywire,
mask,
jacket,
breeches,
800N plastron,
glove
socks(free)

£142

EPEE 8 piece child

starter set:

electric epee,
bodywire,
mask,
jacket,
breeches,
350N plastron,
glove
socks(free)

£128

SABRE 11 piece adult

starter set:

electric sabre,
bodywire,
mask,
maskwire,
jacket,
breeches,
800N plastron,
glove,
cuff,
lame jacket
socks(free)

£214

SABRE 11 piece child

starter set:

electric sabre,
bodywire,
mask,
maskwire,
jacket,
breeches,
350N plastron,
glove,
cuff,
lame jacket
socks(free)

£200

FOIL 10 piece adult

starter set:

electric foil,
bodywire,
mask,
maskwire,
jacket,
breeches,
800N plastron,
glove,
lame jacket
socks(free)

£177

FOIL 10 piece child

starter set:

electric foil,
bodywire,
mask,
maskwire,
jacket,
breeches,
350N plastron,
glove,
lame jacket
socks(free)

£164



www.swordpricefighters.com



COURSES

BAF RESIDENTIAL COURSES 2010

Autumn Course - 25th to 30th October 2010

Fees for the Course

Residential (Single room): £378 (BAF Member) £434 (Non-member) £298 (Performer)

Non-residential £276 (BAF Member) £317 (Non-member) £180 (Performer)

Course to be held at Denstone College, Staffordshire.

Places on this course are in demand, so don't delay!

Contact Dave Jerry, the Course Officer, to ensure your place.

Contact details are on page 3 and further details can be found on our web site.

Various Coach Education courses are held on a regular basis. The following contacts may be useful. Otherwise, contact Dave Jerry, the Course Officer, for the latest information.

Yorkshire Coaches' Club: monthly 10 am to 4 pm at Ackworth School, Pontefract. Levels 1 – 4 catered for; Level 5 by arrangement. Coach Educators of the Academy will cover the Theory and Practice of Coaching. All coaches and their pupils are welcome to attend. Please contact Provost Dave Jerry (see page 3).

Sunday Coaches' Club, Birmingham: normally the first Sunday in each month, from 10 pm to 4 pm at St. John's Primary School, Mortimer Road, Kenilworth, Warks. CV8 1FS. Coach educators are Prof. Peter Northam and Prof. Pete Cormack. For full details, contact Pete Cormack at cormack@ntlworld.com or on 01926 859881.

Saturday Coaches' Club, Norwich: Monthly at the University Sports Park, Norwich. Advanced Coach Andrew Sowerby invites all coaches in the Norfolk and Suffolk area wishing to prepare for Foil, Epée and Sabre (levels 1 to 4) to come along. E-mail Andrew via www.sowerbyfencing.com

Hemel Hempstead: We are glad to report that this monthly course has restarted. Normally held on the second Sunday of each month. Venue: Hemel Sports Centre, Park Road, Hemel Hempstead, Herts, HP1 1JS. Contact Liam Harrington at harringtonliam@hotmail.com for details.

Cambridgeshire: A new series of weekend coach education courses are planned at Linton Village College, near Cambridge. They will be conducted by Professor Mike Law. The first weekend is likely to be on the 19/20th June and full details can be obtained from Sarah Paveley, Rutherford Lodge, Wixoe, Stoke by Clare, Sudbury, Suffolk CO10 8UE. Tel: 01440 785600 or 07837 933603. email: sarah.fencing@jacobiteltd.com

If you are organising a Coach Education course, please contact the Editor if you wish to have it publicised. You should also inform the Course Officer.

See also the Academy web site for the latest news on courses. Contact the webmaster, Isobel Combes, if you wish to publicise any events there.

www.baf-fencing.org

IMPORTANT

All Course organisers and potential attendees should be aware of the following condition, which applies to all BAF Courses, including "non-official" courses run by Academy members.

Please note the Course Officer and the Course Director reserve the right to refuse an application to attend the course.



Duelist

London



www.duelist.com