

# British Academy of Fencing **ACADEMY NEWS**



**September 2017**  
**Issue 92**

***"Run by coaches for coaches"***

## **THE HISTORY BOYS**

Academy history was made at an examination day at Macclesfield in late August, when William Gallimore-Tallen, Harry Gulliver, Lewis McIntyre and Sam Smith cleared the final hurdle on their way to becoming full Diploma Masters of the BAF by passing the Diploma Sabre exam. Earlier in the same week, they had all also passed the written papers for the Diploma award.

This is the first time since 1973 that four new Professors have been created at a single examination and also the first time ever that four coaches from a single club achieved that distinction. William Gallimore-Tallen made history of his own by being the youngest ever full Master of the Academy, being a few years younger than the previous record holder, the late Professor John Sanders.

At the same examination day, there were also successes for Carina Vicente, who completed her Advanced Epée, and Tom Smith, who passed Level 3 Foil.

After the results had been announced, we took the opportunity to talk to the new Professors, asking each of them three basic questions. The first of these was to give their initial reaction to finally achieving their goal.

**Sam:** Well obviously I'm really happy, however, I only finished five minutes ago, so it's yet to sink in. It's just tiredness really. I think that once the aches have gone, it will be relief and satisfaction.

**Harry:** Relief – a little tinge of surprise, but not too much – and joy. On the previous two Diplomas there was happiness, but also the thought that there was another one of these, or two of these, but now it's – yes, done, free, finished – very relieved!

**William:** Like Sam, it hasn't really sunk in yet. This is something I have wanted to do since I was about thirteen and to become a full fencing master at twenty, I find unbelievable.

**Lewis:** Over the moon; not just for myself, but for these three guys as well – they've had their different paths to get here. I've had a couple of hours to review my lessons in my head; I went for a walk, contemplated it, and I'm happy.

*Continued on page 11...*



*William, Sam, Lewis, Harry (back row), Carina and Tom  
bask in their success*

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**Contributions by October 10th, please.**

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(**70p**) each.

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65p (**75p**) each  
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**DOCUMENTATION**

The following documentation is available from Jackie Redikin (for contact details, see left)

Key Teaching Points Foil	}	.....£7.35 ( <b>£9.45</b> ) each
Key Teaching Points Epée		
Key Teaching Points Sabre		
Key Coaching Points Foil		
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Glossary of Terms (including Translation of Fencing Terms).....£7.35 (**£9.45**)

Employment Guidelines.....£7.35 (**£9.45**)

Teaching/ Coaching Tactics (2nd Edition).....£16.80 (**£21**)

CD-Rom Issue 6.1 – 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

\*\* Price of CD-ROM includes lifetime replacement guarantee - only buy once!

**The Compendium containing all major Documentation, including the ones above, plus more relating to examinations, is currently under revision For further details contact Professor Isobel Bruce Combes ([iacombes@btinternet.com](mailto:iacombes@btinternet.com))**

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## THE PRESIDENT WRITES.....



I've been fortunate enough to meet and work with many really good coaches over the past couple of years, and I've been struck by the wide variety of coaching styles and methods. Coaching fencing is a broad church, there's no one correct way of doing something, and if you don't keep learning you can get left behind.

While I think most coaches develop their own style and methods over time, regardless of who originally taught them, it's always worth looking at what others do to see if you can learn something new.

When I started coaching and passed my first few BAF exams, a coach I was working with at the time was fond of telling me that there's more to coaching than being able to wave a sword around. Obviously, he was right. Being "able to wave a sword around", as he put it, is an important skill, but it needs to be combined with a whole range of other abilities. For example being able to inspire your students to want to succeed is really important. If fencers don't want to come along to your training sessions, then it doesn't matter how good you are technically, because nobody's ever going to find out.

Some of the most interesting areas I've picked up new ideas on recently are to do with training fencers for competition. This includes:

- How to prepare fencers so they are mentally ready for the first bout of a competition
- How they make sure they use the full range of tactics or actions at their disposal.
- How to prepare them for when a winning bout starts to turn into a losing bout because their opponent has changed tactics.
- How to cope with making mistakes. Including mistakes made in training, as well as during a competition.
- How to prepare them for bouts where the score goes to 4-4 or 14-14.
- How to cope with equipment failure.
- How to focus properly for the next point when they perceive that the referee has made a mistake.

The main aim of the club I currently coach at is training successful competitive fencers. However, that's not what every coach sets out to do, and success needs to be defined against what you as a coach are trying to achieve. It takes a somewhat different set of skills to run a successful community club for example. The aims and motivation of a somebody who simply wants to learn to fence for its own sake, as an enjoyable and rewarding pastime, are going to be very different from somebody who wants to get medals at competitions, or quality for a national squad.

### *Denstone Course*

A few people have contacted me to ask about the Residential Courses at Denstone. Unfortunately, we won't be running one this October. Numbers on the Easter course were low, and the October course was always the less popular of the two. Regrettably we felt it wouldn't be financially viable to put on the full October course at Denstone. The next Denstone course is planned for Summer 2018, from Monday 23<sup>rd</sup> July to Saturday 28<sup>th</sup> July. More details will be announced nearer the time.

In the meantime, there are smaller, but more frequent, non-residential courses scheduled for the rest of this year, including one during October half term. Please visit the website or check out the back page of this newsletter for more details.

### *Mailing list*

One of the things introduced earlier this year was the BAF mailing list. Any member for whom we had an email address was added automatically. I thought it would be a good way to communicate more regularly with everyone to advertise courses and other events. From what I can see, just over half the emails sent out every month get opened. If you've not seen any of the emails yet, it might be worth checking your Junk/Spam folder. If you want to subscribe to the mailing list just visit [baf-fencing.com/mailling-list.html](http://baf-fencing.com/mailling-list.html), and fill in your details.

*Liam Harrington, Acting President*

## RESIGNATION OF TREASURER

The Treasurer, Stuart Clough, has resigned for personal reasons. All matters normally dealt with by the Treasurer should be referred to the Acting President, Liam Harrington for the time being. Please refer to the website for any updates.

## AN INTERVIEW WITH PROFESSOR FRANCO CERUTTI



During the recent International Course in Macclesfield, presented by Professor Franco Cerutti, we took the opportunity, during the lunch break on the second day, to sit down with Franco for a short interview. So we can now present Franco, in his own words.

***For the benefit of our readers, can you explain your position in Swiss Fencing?***

I have been with Swiss Fencing since 2013. In my first year, I was the chef d'équipe of the Junior Women's Team and today I am responsible for Youth Development, which includes Cadets, Juniors and Under 23s.

***So far, during your work in this position, can you tell us of any successes from your athletes?***

Well, every year we have had some podiums in Team and Individual events. We have had top eight team results in World Championship events and quite a bunch of top sixteen results in European Cadet Championships, as well as World Championships, so I would say we are on track with expectations, but, obviously, our goal is to prepare the youngsters for the Senior categories. I couldn't say that we really need the results now; we need to work with the athletes and make sure that the results will be there when they are in the Senior squads. We also have to consider that if a young Cadet or Junior is getting good results now, that doesn't mean they are going to be here later on, when they are twenty-five, so the mix we want is one of good results, together with a movement of growth, so we can guarantee the athletes for the Olympic squads of 2024 and 2028.

***You attended Denstone courses in 2009 and 2011 and gained your Diplomas from them. How much have those BAF courses influenced your coaching since?***

To me, the BAF and the courses at Denstone, together with the contact I have since with Professor Bruce after that, have been very important. I have to say that Denstone taught me that we are always learning something in Fencing. So that is something I would certainly do again in my life. That I am here (*at this course*) today, it is because the BAF course helped me a lot; I would also say, not only the courses, but also the printed material. You can see (*indicating his bag*), it is always with me and there is a lot of what I do that comes from the printed material, because, especially on tactics, it is real "street experience" and that's what I like. I am not one for theory, it's not my strongest point, but I learnt a lot of practical skills on the courses and through the material, so, on a scale of one to ten, a ten, absolutely.



***This current course has proved to be very popular, with a capacity attendance. What is your reaction to this?***

My first thought when coming here was that I hoped I would be able to give something, since, for me, there's always a lot of respect for athletes and coaches. Right now, after a day and a half, the message about what performance work requires is getting through and I can see in many of the practical exercises where many of the coaches, as well as the athletes, have been taken out of their comfort zone. They now have a taste for another style of teaching, I would say. So, very positive and I am very happy to be here. The BAF is very important to me; this is the second course I have done in three years with Professor Philip Bruce and I'm ready for more. If there's one thing I would suggest to the management team of the BAF, of which I am a very proud member, is to introduce more real life and tactical competition life into the courses. I believe that for being a Diploma Master in the three weapons, you need some "street" experience, because this would complete your game and what is your way to teach; that is the only thing I would suggest. But other courses are doing that, so there could be the courses for the various examination levels and then do other courses on more technical "street" management.

***How important to you is the BAF?***

Oh, to me it is very important and I am very close to the BAF. There isn't a week when I don't go to the website and I read every newsletter from top to bottom; as a matter of fact, even my father reads it, so the BAF is often a topic of conversation at the family dinner table. I'm pretty proud of that.

***Thank you, Franco.***

# DEN OF VICE

*Contributions from the Academy's Vice-President*



The World Championships have just taken place in Leipzig in Germany and boy was it exciting! As fencing moves into the 21<sup>st</sup> Century, it is getting easier to follow the results and find out about your favourite athletes. As coaches, I hope many of you share my interest in top level fencing.

The average club fencer spends at least a couple of hours every week training, but have they even heard of, say, Alexander Massialas? I'd be willing to bet that most can name far more elite athletes from other sports. It would be fantastic if every fencer in the UK knew who the world champion at the weapon they fence was, or had a favourite fencing star that they knew all about. As coaches, it is up to us to sell the sport and get people excited about fencing in every way.

Here are a few ideas to get them talking:

- Play some videos of the world championships at your next club night, so your fencers can watch world class fencing, while they are waiting for a free piste. Use the FIE Video YouTube channel to find all the videos you will ever need.
- Decorate your venue with an inspirational poster featuring the best fencers in the world – you can find some excellent photographs on the FIE Facebook page to make your poster.
- Hold a fencing themed 'pub quiz' – include a variety of topics such as fencing theory, international results, fencing in films, club history, etc. Prizes always go down well!
- Ask your club members to undertake a fencing project. Why not assign a different topic to each club member? Then, when they are all done, show them off at the club!

This kind of thing is a great way to increase your fencers' awareness of the sport they are participating in, and the benefits won't stop there! If your club members get talking to their friends, it won't be long before you have more wannabe fencers knocking on your door.

If you need another reason to give one of these ideas a go, then the FIE has provided the perfect excuse. The 9<sup>th</sup> of September is officially World Fencing Day! This idea seems to be gaining momentum since it started a few years ago. Fencers, clubs and NGBs have been encouraged to stage publicity stunts. Flash mobs are a favourite. This is a concept where a group of people arrange to meet in a public place and appear without warning to surprise onlookers with a display or performance before disappearing back into the crowd. This is great if you can mobilise a large number of people, but can be difficult to organise, especially when swords are involved! But there's no reason why you shouldn't celebrate the occasion with your own ideas. Why not photograph your efforts and send them to the Editor for inclusion in the next edition of Academy News? Don't forget to post on social media as well – use the hashtags #FencingDay and #AllForFencing on the 9<sup>th</sup> of September to help get the FIE's campaign trending and raise the profile of fencing in your local area and around the world!

*Andrew Norris, Vice President*

## MEMBERSHIP APPLICATIONS

The under mentioned name is 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.

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

**Xenia Chan**

**London**



## LETTERS FROM LEWIS

Correspondence from your Members' Rep.



It's the end of the fencing season. The World Fencing Championship was brilliant to watch, but I was a bit miffed to see Kruse again come so very close to winning a medal, but get knocked out in the quarter finals, to finish a very respectable 6th. By the time you get to read this, Summer will probably be over and we'll already be back at it. Congratulations on your successes, whether they be of your own making, or of your fencers, and commiserations is you just didn't make the cut. Whichever it is, I hope you managed a Summer break and good luck in the coming year.

What has perhaps slipped under your radar (I've only seen one very short news article and something like a footnote on the FIE website) is that the Tokyo 2020 Olympics will be the first one for many years to award twelve gold medals to fencing. Each of the six Individual events and each of the six Team events will be held at the 2020 Olympics, where the team events have previously been on rotation. Rio 2016 did not have Women's Team Foil or Men's Team Sabre. This is huge news for fencing, it essentially amounts to full representation of our sport and more exposure to the public.

I've been trying to work out how much time, how many hours, I've spent in fencing related activities over the last couple of years. I gauged roughly how long and how frequently I've coached, refereed, fenced, participated in coach education (Denstone being a large part) or just generally been at competitions (I found it really difficult to cut out the more useful bits of this time so just kept the whole period in) since I started taking coaching seriously, around three and a half years ago. It's around 1000 hours, give or take. That's an average of about an hour each day. It's a milestone, and one I'd like to share. This is considering that when at the start I was fencing for two hours once a week with naff all else, and am now doing one or more of the above between three and five times every week, so I reckon the average only goes up from here. Training, in whatever form, obviously isn't just about quantity; the quality has an awful lot to do with it. Two quotes come to mind: Bruce Lee "I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times." and; "Perfect practice makes perfect." The second is more of an adage but the point stands. I like to think that I try to spend as much of my practice as effectively as I can, but I reckon I can still improve on it. In the new season here are a few things to think about. How do you, in your club, with your fencers, your coaching and your fencing, try to make the best of the time you have available? How do you improve or develop those in your club? Could you do better?

Tidily, this leads on to coaching courses. The SSTT and Committee have backed a system, at the strong request of members, whereby local courses are being run over a number of weeks around the country with some financial offset for venue hire. This is being run in lieu of an October Denstone course. To my knowledge only two courses have been presented (and therefore only two have been approved for funding). If you want to see BAF coach education courses in your area please tell someone (preferably someone who can do something about it, but word does tend to get around and we might find out anyway). A number of Fencing Masters around the country just need a venue and willing coaches to get the show started, so please make use of this new system.

As Liam discussed recently, a number of BAF Committee positions will become vacant at the AGM. At least one of these positions (hopefully mine also) will not be contested by the current holder. This brings about a period of change which I imagine the BAF has not seen for quite a while. The continuation and success of our organisation requires that we the membership look at what we can do. I hope to see plenty of names put forward for various roles.

I wish you all a great Summer, and I'll see many of you in the coming season!

*Lewis McIntyre, Members' Representative*

# COACH EDUCATION FOR FENCER CENTRED COACHING

by David Kirby

Shakespeare's Swords was last year's British Fencing "Club of the Year" and won it in part because of the coach development and support programme running throughout the organisation.

But what do Shakespeare's do to develop coaches, indeed why?

They need to find lots of flexible, high quality and knowledgeable coaches, who are skilful, enthusiastic and effective. So where to get them? Home-grown!

Some of the key points Shakespeare's Swords' coaches work towards are:

- Always looking for new coaching methods, challenging traditional ways of engaging, inspiring and developing the fencers and coaches;
- Never being afraid to make mistakes and try again;
- Always looking to get better and take up the soft skills and pedagogy of coaching;
- Using reflective practice, always feeling able to ask questions, and always looking for continual improvement in coaching efficacy.



So let's look at an example why coaching is changing. A mother arrives at your beginners' class with her 12 year-old daughter and they join about ten others who've been doing the class for a couple of weeks. You need to get them up to speed so, after you've gone through the vital safety stuff, you give them a quick once over on how to stand, how to move, and how to lunge and attack. Perhaps defence will come a little later. At the end they say that it wasn't quite what they expected and they're not sure they will come back. You did notice that they were a little fazed with the co-ordination needed to get the tip out before the foot moves in the lunge...

And isn't that where it all falls over? Your new recruits are lost before you even start. Did anyone ask them what they wanted? What are their motives for being there? This all got very technical very quickly, and aren't we guilty of showing off how much we know and what we can do? This became a coach-centred session.

Recently there has been a lot of research into coaching, particularly how it can become more professional and more effective. Liz Behnke describes some of the concepts in her article on good coaching practice in the *Sword* (Oct 2016), where she says, "Our job is to find a way to meet [the fencer's] needs, and not think that our preferred way is always the right way" (p.19 col1).

Bob Merry recently wrote about such things here in the Academy News, "...it can also be effective to show all the various answers together. Or why not let the class "discover" them for themselves. Show them the basic problem and then let them work in pairs to find answers, combining their brain power." (See the Academy News article by Bob Merry, 2016 (May) - it's on p.7). It all starts with the questions, Randall-style, "What can we do better?" (see Norman Randall's article in the *Sword*, 2017). These coaching philosophies are very evidence driven, and the evidence is gathered from lots of sources like fencing tradition, coaching trends in other countries, coaching methods used in other sports, and research and evidence reported in books, magazines and academia.

Shakespeare's is very fencer centred. But they still ask the questions, "What is coaching?" and "What do coaches need to know?" (A good discussion start point is in Lyle, 2002 on p.38). Inquiry was originally driven by fencers' and coaches' boredom with the traditional sessions model, and they evolved by exploration, discussion and using a games basis, very much on the lines of Bob's description (see also the book by Griffin and Butler, 2005). It's in tune with Sport England's comments in their recent report *Coaching in an Active Nation* (2016) that coaching is changing.

The standard of the coaching is one of the keys to what makes the Shakespeare's fencers so loyal, keen and successful. The coaches are some of the best technically (top level coaching awards, masters degrees, all weapon





Fencer recording specific exercise results

coaches), and the most innovative as well. There is a buzz about it, which is experimental and edgy (have a look at 'Coaching Children in Sport' by Stafford, 2011). The coaches are not afraid to ask questions of each other, to draw on each other's experiences. As Norman Randall suggests, there is a lot of reflective practice going on, involving self-reflection and feedback.

They dare to take pedagogic risk by experimenting with methods of teaching, and as a result all the coaching community learns from the experience. There is no such thing as a "bad" session, only one where people – fencers and coaches alike – learn and gain experience. You will often hear the fencers themselves contributing their ideas to the content of a session. Everyone is thinking and all are engaged.

**Pedagogy:** the science of teaching. It is a science, and it is generic. The behaviours of coaches that produce elite fencers should be the same as those of the coaches of Sir Mo, the cyclists or the rugby players – and the coaches of the fencing novices, the Go/Fencers, the social players. These coaches need the

same behavioural skills no matter what level they are coaching at (See chapter 4.9 in the Handbook of Physical Education, Trudel and Gilbert, 2013).

Notwithstanding that, technical expertise is at the heart of the coaching and there is much reference all round to the old (and not-so-old) masters. There are many choices here for a reference, but you can look at historical works like Crosnier (1951), or the BAF's *Compendium* to begin with (Bruce et al., 2015). You could also look at useful modern books like Szepési (2009), Russell's (2015) or Handelman & Louie's (2015) book series, which are more coach-orientated. There are a lot more and we all probably have our own favourites.

In his article in the *Times* recently, Paul Johnson, quoting the fox and the hedgehog story, made the plea, "So we should continue, fox-like, to seek to understand the world better and to draw in new theories and evidence" (Johnson, 2017p.37 last paragraph). Many say you can't learn fencing from books alone. But you can learn a lot about coaching. Coaches can learn from reading around and having an open and inquiring mind. And an adventurous spirit. That helps, too.

It will not come as a surprise that there is a welcoming atmosphere at Shakespeare's for anyone visiting – and coaches are especially welcome to join in or just observe. The club runs a coaching workshop every Wednesday in term time, giving up to six hours of personalised coach development tuition to anyone who asks.

If you want any more information on what Shakespeare's is up to, call David on 07970 642967 (email to [dmjksabre@gmail.com](mailto:dmjksabre@gmail.com)) and bring your experience and thoughts to the mill. Everyone is welcome to Shakespeare's coach development sessions.

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# SUMMER COURSES

*Some of the courses offered by Academy members in recent times*

## INTERNATIONAL COURSE

The recent International Course in Macclesfield, organised by Four of Clubs under Professor Isobel Bruce-Combes, proved to be very popular, with over thirty attendees, split roughly 50/50 between coaches and fencers. The attraction was the chance to learn from the experience of Professor Franco Cerutti, who gained his Diploma qualifications through the BAF and is now a National Coach in Switzerland, responsible for the Cadet, Junior and Under 23 Epée squads.



During the weekend, Franco covered virtually every aspect of how the various athletes were developed, from the Season, Month and Week training programmes to the management of events surrounding a major competition. This was interspersed with a lot of practical work, with examples of both technical and tactical exercises. In all of these, Franco emphasised the

constant search for perfection, with the coaches expected to pick up and correct even small imperfections in technique. The tactical exercises were very competitive in nature, taking quite a few of the coaches out of their comfort zone at times. Everyone, whether coach or athlete, would have come away from the course with plenty of fresh ideas. As Franco said quite often, "you never stop learning".

Franco use members of the course as his "stooges" when demonstrating and, whether it was the youngest person there, or the most experienced, was able to show how a coach can assist in extending their skills.

This type of course is obviously very attractive and the attendees at Macclesfield certainly want more. It was, therefore, a pleasant surprise, at the conclusion of the course, when Professor Philip Bruce announced that there would be another International Course in early August 2018, to be led by Maître Michel Sicard, one of the most respected and high profile épée coaches in the world. Pre-registration for this course is already under way; contact Isobel.



## ZIEMEK MASTERCLASS

Once again, Adam Blight organised a Foil Performance and Coaching course in Sheffield, with Ziemek Wojciechowski and also this year the participation and assistance of Sheffield's Olympic fencer, former National Champion and World Cadet Bronze medallist, Husayn Rosowsky. This course had a residential option and some of those participating stayed over at the college. In the early part of the course, Adam ran a competitive training camp, as Ziemek was in Cuba, attending Richard Kruse's wedding, which he obviously could not miss. He joined the course on the Tuesday.

After Ziemek joined the course there were many examples of pairs training, in addition to games, warm up routines, footwork sessions, competitive fencing activities, class based sessions using video, instruction and Q and A sessions for coaches etc.

Apart from day time training, the course incorporated evening activities, including Club sessions on the Monday and the Wednesday, a buffet and BBQ on the Thursday and opportunities to eat out at local places in the evenings.

Adam expressed his gratitude to Ziemek and Husayn for giving their time and experience, making this course a regular summer opportunity for competitive fencers and coaches alike to train with the best.



## THE HISTORY BOYS *(from front page)*

The second question asked to what or whom did they attribute their success in achieving these results.

**Sam:** Mainly the excellent training we got and the hard work we had put into us by Professors Philip Bruce and Isobel Bruce-Combes, and others as well. They worked hard to get us where we are today and this is their training come to fruition.

**Harry:** Three things – Philip Bruce, Philip Bruce and more Philip Bruce; plus a shed-load of hard work. But, I have been privileged to have a lot of coaches over my time as a fencer, who have all contributed to what I am today, but Philip especially has really helped me with all the hard work he's put into me – and all the hard work I've done as well.

**William:** Philip and Isobel, as well as the three guys around me now. Philip and Isobel have been there for me since I was very young; Isobel introduced me to fencing. Going to their training days inspired me to want to become a coach and they've spent so much time with us.

**Lewis:** I attribute it to hard work; it's putting the effort in. Particularly over the last three months. If I hadn't passed today, I don't think I could have passed it, considering the amount of time that I've spent, the amount of support I've had from Philip and Isobel, the guys in the club and these guys here; it wouldn't have been possible without all of that. But also I have to thank Donald (Walker), who set me on this path some ten to twelve years ago, and also my girlfriend Laura, who has had to put up with a lot.

Finally, we looked into the future, by asking how they intended to use their new status as Masters of the Academy.

**Sam:** I'll be taking on extra responsibilities in the club for certain sections and age groups; I'm quite happy to start with that and see where we can go in competition.

**Harry:** Developing further. I feel that I've completed the first leg of the journey to being a coach, but I've still got a long way to go. There's still a lot that I'm not satisfied with in my coaching, but I now have the foundation to build on and be a good coach some day.

**William:** Again, similar to Sam, I'll have extra responsibility within the club and hopefully get some achievements out of some of my own pupils and pass on knowledge further down the line.

**Lewis:** I want to do some competitions, to support my qualifications with competitive examples and then, like Harry, Sam and William, use that in the club to produce some very proficient fencers. Later, further down the line, I want to produce some coaches of my own.

All in all, a very successful day. The examination board were very impressed by all the candidates (not only the Diploma candidates, but also Carina and Tom); the standard shown was very high. It was obvious that they had all put a lot of hard work into their preparations.

## EXAMINATION SUCCESS

The following candidates achieved passes in recent examinations

### *Diploma Sabre*

William Gallimore-Tallen  
Harry Gulliver  
Lewis McIntyre  
Sam Smith

### *Advanced Epée*

Carina Vicente

### *Level 3 Foil*

Tom Smith

### *Level 2 Foil*

Anthony Conyard

### *Level 2 Sabre*

Luke Hewerdine

### *Level 1 Foil*

Jake Kirkham

### *Level 1 Epée*

Richard Michell  
Paul Michell  
Laurence Pritchard

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

## PHOTOS FROM RICKMANSWORTH COACHING COURSE



**Photo credits:** Front page - Bob Merry; International Course - Isobel Combes; Ziemek Masterclass - Adam Blight; Rickmansworth - Liam Harrington



## ***MORE USEFUL BITS.....***

### **TRAINING WEEKENDS IN THE SOUTH**

*Led by Prof. Andrew Norris*

Olympic Hall, Mountbatten School, Romsey, SO51 5SY

23/24 September 2017, 28/29 October 2017, 18/19 November 2017

20 January 2018, 21 January 2018 – coaching exams

These weekends offer:

**Fencers** – personal performance focused on épée for adults and competitive juniors, including group training, sparring and individual lessons from developing coaches

**Coaches (levels 1-3)** – personal performance hand-in-hand with coach education (all three weapons)

**Coaches (levels 4&5)** – join in with main course or work independently on exam questions with guidance

**Course Fees: £30 per day, £45 for a whole weekend, £160 for all four weekends**

**Early bird: 10% off if payment is made online at least 7 days in advance of the first day of the course (exam fees not included)**

**Interested? Contact Andrew Norris for details - see page 3 for contact information**

**This Course is subsidised by the BAF Regional Course Scheme**

### **ASPECTS OF COACHING**

*Led by Prof. Bob Merry*

Bramhall Rec. Centre, Seal Road, Bramhall, Stockport, Cheshire SK7 2JT

15th October 2017

This is a **FREE** one-day course, designed to introduce and discuss various aspects of coaching fencing (based on Bob's nearly 60 years in the sport, as well as his experience in the RAF as an instructor). It is aimed at fencers who are considering becoming coaches and at coaches, of all levels, looking for fresh ideas on how to present the sport to their pupils. Participants will also be encouraged to share their own ideas - we can all learn!

Even if this is not for you, please pass on the information about the course to fencers/coaches in your clubs, who might find it useful. Full details from Bob Merry - see page 3 for contact information.

**This Course is subsidised by the BAF Regional Course Scheme**

### **COACHING DAYS AT RICKMANSWORTH**

*Led by Prof. Liam Harrington*

Half-term course: 25th - 28th October. see <http://www.baf-fencing.com/october-2017-mini-course.html> for full details

Coaching Days: 8th October, 19th November and 10th December - 10 am to 3 pm each day. Full details at <http://www.baf-fencing.com/coach-education-events-in-rickmansworth.html>