

"Run by Coaches for Coaches"



Involvement in your own Learning Process.



Involvement in your own learning process is a very important factor. Especially with kids, I have found that with groups there is a much better response to exercise and practice if I introduce a random element, such as rolling a dice, and most importantly allow the kids to roll the dice themselves.....They will fight each other for the privilege.

So I invite you to get involved in your own learning process to research and write an article for the Academy News, or a CPD presentation at the AGM.

Another Enjoyable Year at Denstone



Course members celebrating after the British Academy of Fencing residential course at Denstone . It was a successful year too with 3 Diploma passes : Tony Middleton (Epee), Sollange Emmeneggar (Epee), and David Browning (Foil). There were also passes at other levels for Sally Peat, Gareth Hamilton, Nicolai Alessandro Amador, Simon Lange-Smith, Rhys Davies, Julia Malinowska, Gina Buvoil, Andrew Holding, & Hannah Mackenzie. Full details on page 15.

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Articles and other material are welcome and should be sent to the Editor.

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Welcome to the Academy News

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British Academy of Fencing

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The President 's Piece.....

Welcome to this issue of Academy News, the only publication that is meant for coaches, with news about coaching and advertising coaching courses! Thank you to all the contributors for this issue!

Looking back at the Summer, it was for me, a very useful time for relaxing and recharging my batteries, coaching is hard work! During that break, I was invited to staff the Denstone Course, our most prestigious and growing event, numbers being up on last year. It was a happy time, hard work of course but to have a week to experiment, try new/different ideas with no pressure on time was a real luxury. And it was not all one-way teaching, I learnt from the candidates as well. There was plenty of exam success too, details will be shown elsewhere in this issue. There are two aims for Denstone, to bring the numbers up to the levels of the past (20/30) and eventually to bring back a second week. It's worth noting that the cost of Denstone is much cheaper than other coaching courses I've seen, and I can recommend the quality of the food. Plan to come to Denstone 2020 now, look at sponsorship from your club and schools, even individuals; after all, they get the benefit of your experience.

Now is the time for renewing your membership. I am certain that my £60 is excellent value for money (I remember when it was £90). I get Academy News 4 times each year with interesting articles and information, I am able to award Bronze, Silver and Gold Awards at all three weapons, I get full support with syllabus when I run a coaching course (I am able to ring members of the SSTT for assistance and clarification, all Masters are extremely helpful, you just have to ask). I can (have) work through the coaching levels at Foil, Epee and Sabre right up to Diploma level if I choose. I get valuable insurance, hopefully never to be used. This is the home for ambitious and serious coaches, where work is hard and standards are high. £60? Cheap, very cheap!

I am now well into my school term fencing classes. At one of them, I was asked to become involved with their rota system, where 4th year pupils have to rotate through three sporting activities each term. The Head of P.E. said that pupils often said 'I don't like fencing' when they hadn't even tried it. This was the time to force them to have a go, for only five weeks. The reaction after the first session was very interesting, they had no idea that fencing could be so much fun! I have only got one week left of this first group but already one individual has asked to join the school fencing club, yippee, another fee!!

I hope your circuit or club is going well. Experiment, make mistakes, learn from them, eventually mistakes become less and less! That's how experts are made.

Think seriously about attending the Academy AGM in January 2020. Come and listen to the discussions, find out what is going on and have your say, it's your Academy.

Prof Peter Northam, President, British Academy of Fencing



Let's play cards!

By Nick Chapman

At a recent Academy coach Ed. day Prof. (sorry, for all of my fencing career he has simply been 'Prof'. possibly because for very many years he was the only professor of fencing active in the West Midlands, Prof. Peter Northam,) produced a pack of cards. These 52 cards formed a game called 'Fencing. Learn and play' and dated back to 1976. Some of the older attendees made remarks like 'I remember those' and 'bet they're worth a bit now' whilst some of the younger attendees got on and played the game. Those playing seemed to thoroughly enjoy the experience (though complained about the lack of 'riposte' cards!).

I don't have a set of these cards (and I am not sure that even if I had, given their value and scarcity, I would be taking them from session to session for my pupils to play with) but I do have my own set of card that I use in a far more physical game.

My cards are used on training days and training camps, occasions where we can have box's out for extended lengths of time and I as coach want to be able to circulate, observe and interrupt to pass comment (in a constructive and hopefully helpful way). In this situation I want my participants to have their fencing put under gentle pressure. I want them to be challenged to do something other than simply rehearse their favourite and best move, and to undergo this challenge in a gently competitive environment. In order to keep it interesting I want it to be varied, so they are not repeating the same challenge, or for that matter, they are not simultaneously doing the same challenge.

I started by creating a set of cards each with an instruction. The early set mainly involved stroke selection. The game is simple in concept. Each fencer draws a card reads their instruction (occasionally asks the coach what it means) then shows it to the referee, but not their opponent. They then fence, the referee keeps track not of the hits scored but of the times the instruction criteria were achieved. Fight continues until the first of the fencers completes their challenge.

For example a card may say; 'score 5 hits with simple attacks'
The fencer can hit with whatever they like, but the referee will only credit them with a point when the score with a simple attack.

Having used these and realise the game worked I looked for ways to expand the scope of the game.

Next development was to vary the nature of the instruction, some still relate to stroke selection, others to stroke avoidance, some to position on the piste others to the passage of time. In short if you can teach it as a tactic or a technique it could be an instruction on a card.

This improved the game as it became harder to work out what the opponents challenge was, therefore making it harder for the better fencer to engineer a win by simply not providing the opening for the opponents move.

More fun was had but I was still not happy. The better fencers were, as you would expect, winning all the fights. Whilst this is a desirable outcome for competition where the goal is to find out who is the best fencer on that day, it's not necessarily conducive to happy training for the less experienced fencer. So I decided to add levels of complication to each instruction. So the less experienced fencer is trying to achieve level one, whilst the better fencer is trying to achieve level 3 or 4.

A card might now say;

Level 1. Score 5 hits with simple attacks

Level 2. Score 5 hits with simple attacks, you can't score with the same attack more than twice

Level 3. Score 5 hits with simple attacks, use all 4 simple attacks at least once

Level 4. Score 5 hits with simple attacks, including all 4 simple attacks, where you repeat an attack it must be into a different line

This game encourages competitive fencing whilst making fencers experiment with actions and tactics, other than those they would normally choose. It is fun and varied therefore holds the interest over an extended period of fencing. It allows fencers who regularly train together to experience something different from their opponent.

You can make your own set of cards to bring out the elements you want to see in your fencer's style. You can make it weapon specific. In short you can make it anything you want it to be. It does require some thought ahead of time to produce the cards and like me you will no doubt find yourself modifying it as you use it more (not all combinations of cards work, try doing five counter attacks whilst your opponent is trying to score five parry ripostes!), however once you get it right it's a useful resource to carry in your bag.

If Prof's collector's item shows us anything it's that a good game is timeless.....



10 000th Proficiency Award Reached.

Vanessa Tellier receiving her Gold Foil Certificate from Malc. Cawton, President of Chilwell Blades. We have been keen users of the BAF Award Scheme and have run courses at all weapons for years. Vanessa is the lucky recipient of the 10 000th certificate issued by the Academy.

Vanessa is a keen regular member who is moving on into more competitive training using what she has learned, and obviously enjoys it so much has brought her daughter along to join the club too.

Richard Collins



Memories of Maitre George Ganchev 1939 to 2019

I met George in the 50's at the London Fencing Club where he was a member. He won the World Masters Championships twice while living in the UK. He was teaching at the LFC for several years before forming his own club – Club Ganchev. His fencers were renowned for their successes in competitions. His speciality in teaching was to 1. Observe, 2. Timing and - 3. Distance before executing the movement. He would also ask 'why' do a particular movement. I learnt a great deal from the many lessons that he gave me and I have incorporated the same technique in my teaching for many years.

With his good looks and long legs – always in shorts – he was certainly an outstanding figure. At one time, he was being considered for the Bond films. He certainly improved the level of female membership to fencing!

He went to America where he became involved in choreographing fencing sequences in films. He later returned to Bulgaria and became involved in politics and stood for President on three occasions but did not succeed but did become Vice-President for a few years.

Marcia and I went over to Sofia for a visit a few years ago to see George and his long term partner – Sushi. We wondered if we would see him at the airport but he was head and shoulders above everyone and was treated like royalty. He lived outside Sofia half-way up a mountain and on one occasion we were driving back on a dual-carriageway when the traffic lights turned red. We realised people were looking at the car and many got out of their cars just to come and 'chat' to George – forget that the traffic lights changed several times! Wherever we went, particularly in Sofia, people came up to speak to him, whether it was in the market or a top-class restaurant. He also informed us that the huge Mercedes he was driving was bullet-proof as he had kept it from his days in politics! On another occasion, several police cars stopped us just to say 'good morning'.

During the time we stayed with him, we spent several evenings with him entertaining us by playing his guitar and singing as he had his own TV programme.

A character with huge charisma, very kind, great fun, a world class stylist fencer in his own right and superb fencing master. He will be sorely missed by all who had the privilege of knowing him.

Dennis Hunt



There is so much I could record of my memories of George as his accomplishments were many and varied. Foremost he was a superb fencer, a specialist in Sabre and a fine coach. His performances on the piste in combat were exceptional, winning many trophies. Off the piste his interests included music, poetry, writing, film and enjoying life to the full. He was blessed with a very handsome 6ft.7in. frame, agility in movement, which helped him cope with most opponents on and off the piste. In addition, in his later years, he strove to gain in politics the post of prime minister of his home country, Bulgaria. This was never achieved.

He won the World Professional Sabre Title in 1970 representing Great Britain. in the Championships held in London at Crystal Palace. He won again in 1974 at Karlsruhe, Germany and was second at Geneva in the 1978 Championships-Outstanding achievements.

I was required to referee (then Preside) at Karlsruhe over some of the individual sabre fights. I recollect in one bout, George in action against a rather crude, heavy handed German sabreur (if you hit hard enough, it will be seen, heard and the opponent will cry out) being hit around the back of the neck - painful. No doubt all readers will have been aware of this at some point! George stood back and waited for the next attack. He was a stylish and smooth fencer but he unleashed a prime parry which wrapped up the opponents blade to tierce leaving his target wide open and the riposte came with great force, precision and speed and passion - cut to chest. I can even right now hear the crack as it landed and the response of the opponent who fell to the floor. Not for the faint hearted. There was silence and then applause. Those were the days.

I recall, when preparing for the 1978 Geneva Fencing Masters World Championships that we practised together during which time we jointly represented the Academy in a match against the Army at Sandhurst. There was a moment when we attacked each other simultaneously - in those days with fleche - and his front foot landed on top of mine explosively and not until I removed my right shoe did I discover that the pain was coming from my big toenail which had been torn off in that encounter. A reminder for those preparing for events not to get too excited and get carried away with the moment. It can spoil what might come later.



As a coach, I never saw him in action. I am of the opinion that what and how he taught his students was how he perceived the way forward with competition in particular and winning. He was an asset to the Academy whilst he was living and working in the U.K. I miss him and our friendly discussions whilst listening to him - recite poems and lyrics that he had written. He did audition at one point for the part of James Bond in one of the movies but was unsuccessful. He lived a long and full life and my deepest regrets go to his family left behind.

David Austin



Safeguarding & Prevention

By Maitre Jacqueline Redikin

As the summer comes to an end and the new fencing season starts I thought it would be a good reminder to all coaches about the safeguarding preparations when taking children and vulnerable adults to competitions and which could include overnight stays, I can recommended looking at the following website

<https://learning.nspcc.org.uk/safeguarding-child-protection/safer-activities-events#overnight-stays>

from the NSPCC which covers the following aspects of safeguarding,

- Staff and volunteers
- Plans and procedures
- Consent and information sharing
- Health and safety
- Supervision
- Transport
- Overnight stays
- Use of your premises
- Legislation and guidance
- References and resources

British Fencing also has excellent recourses at the following web address.

<https://www.britishfencing.com/policy-zone/welfare-policies-guidelines/>

Sport England also has the following site

<https://www.sportengland.org/our-work/national-partners/child-protection-in-sport-unit/>

What is safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Should you require help or information on safeguarding then please contact Jacqueline Redikin

E-mail courseofficer@baf-fencing.com

Should you need to report a Safeguarding issue then use the procedures of the organisation that you are working for. Then contact British Fencing, either through your club welfare officer, regional welfare officer, or directly.....

Equality and Safeguarding Manager, Liz Behnke for advice on 077177 40125

If you have a serious concern and you believe that a child or vulnerable adult is at immediate risk then in the first instance you must contact the Police or Children/Adult Services in your area.

The Tax Man Cometh.....

By Kevin Nelson.

Twas on a Monday morning the tax man came to call.....* For those of us who are professional coaches there are two important dates in the year. 5th April, the end of the tax year and either 31st October (paper), or 31st January (electronic) for your tax returns.

My career as a professional fencing coach started as a volunteer coach, with a full time job, as more people asked me to coach, I found that they also wished to pay me as well :) ,do you keep quiet and pocket the cash or do you declare it? I chose to declare it.

OK the downside is the paperwork, but after working my way through the Inland Revenue website, I decided that the rules on expenses were too complicated for me to work out by myself. So I went and spoke to a local accountant (free first interview). We spent a good hour going over what I could claim for (almost everything) , and whether I wanted to be a business or a sole trader. It was very informative, and if you are thinking of turning professional or semi-professional I would recommend you talking to your local accountant.

So throughout the year I kept track of my mileage, and everything I spent on fencing - new kit, new coaching kit, new personal weapons, CPD, stationary, phone, new printer, even down to what I spent on coffee & sandwiches at competitions. Collecting as many receipts as possible..... It becomes a habit after a while. At the end of the official tax year, I tidied up the accounts and sent them with the accompanying paperwork (receipts etc.) to the accountant, Deciding sensibly that it was cheaper and easier to pay the accountant than do them myself.

As an aside - I would suggest that you set some time aside each week to fill in your balance sheet because its much easier than doing it in small doses, rather than in a big block at the end of the year,

After a couple of months, I received my accounts back, and found that I had made a loss of about £2K over the year, which was more than I was expecting, but it did include the use of home as an office, and depreciation. So I paid the accountant. Then... the tax man cometh..... with a cheque in his hand, which covered the cost of the accountant, plus a significant amount to spare.

Yes now I am a full time self employed professional coach, I have to pay the tax man, but even though my turnover is similar to that when I was working in full time employment, I feel I have more money in my pocket, as I have a greater understanding of how the game is played,

• - Sorry.... corruption of a well know Flanders & Swan song.

EORI

Economic Operator Registration and Identification

By Kevin Nelson

I placed an order with an Australian company for some fencing equipment, and didn't think any more about it until the order had been processed. Then the courier called me and asked for my EORI number. I didn't have any idea what they were talking about, but they were very helpful, and sent me the information and the link to HMRC. As a sole trader it was quite easy, all I had to do was find my UTR (Unique Taxpayer Reference) & my NI (National Insurance) number. It wasn't quite as quick and simple as suggested, as the first thing I had to do was create an account on the Government Gateway. But that completed I could continue to create an EORI number. The process is actually quite straightforward, and links to other Gov.uk websites are provided so that you can easily enter the required information and codes. In all it took about 10 minutes, and then I received a code, which I then sent onto the courier, and they completed the customs declaration for me. No issues the parcel even arrived a day early.

Further Information

At present an EORI number is required for all import and export in the UK (&EU) and will still be required to continue trading regardless of the Brexit outcome.

If you use a courier they will let you know if you need an EORI number.

You'll need to have a UK issued Economic Operator Registration and Identification (EORI) number if you:

- are a business established in the UK
- will import or export goods with the EU from 11pm GMT on 29 March 2019

An EORI number is free and easy to obtain and can be applied for with or without a valid VAT number directly through HMRC.

To get a UK EORI number to trade within the EU

<https://www.gov.uk/eori>



Visit the Academy's web site
www.baf-fencing.com



A.G.M. 4th January 2020

We have a new venue this year for the AGM.

Holiday Inn Birmingham North,
Bridge Street,
Cannock.
WS11 0DQ.



The AGM will be held on the 4th January 2020. For those of you who bring wives and partners, the change of venue should give them a new shopping / sightseeing opportunity while you are in the meeting.

Continual Professional Development After The AGM

Could you provide an interesting and relevant talk on some of the soft skills of coaching?

Deadline for submission 1st December 2019.



This year the plan is for a casual dinner after the AGM, to encourage networking and the renewal of old acquaintances. I look forward to seeing you all there.

Dinner Choice

We are not pre-ordering food for this years dinner at this moment in time. There is a choice of dining menus, 2 course or 3 course set menu or you can choose from the standard menu which the Holiday Inn offers.

We are aiming to meet at the bar around 7.00 and have dinner around 7.30. If you are likely to attend the meal please let Jackie Redikin know and she will hopefully reserve tables for us.

Future Years

Should the dinner after the AGM be a formal affair, with dinner jackets, speeches, and presentations? Or more casual, with all the presentations having taken place at the AGM?

Talk to us, Let us know what you would like.....

This space could be yours to advertise an event, a course, a service, a product, or a competition. Advertising is free to members and all you have to do is supply me with the advert in either .Docx, or .pdf format.



BAF January Lectures

A.G.M. 2020

During last years A.G.M. a number of members asked for some Continual Professional Development sessions after the close of the formal

A.G.M. Thereby increasing the value of coming to the A.G.M. The committee have listened to your request, and would like to try out this idea, at this years A.G.M. on the 4th January 2020 .

If **you** are willing and able to deliver one of these C.P.D. sessions, please contact vice-president Prof. Andy Vincent to discuss further.

The deadline for submission is 1st December 2019.

(So we can organise the facilities).

The presentations should last no longer than 20 minutes each, with a 10 minute Q&A session afterward. The talk will be on a subject of the members own choice, but **must not** involve actual sword in hand. The presentations should be concentrating on the soft skills that are needed for coaching.

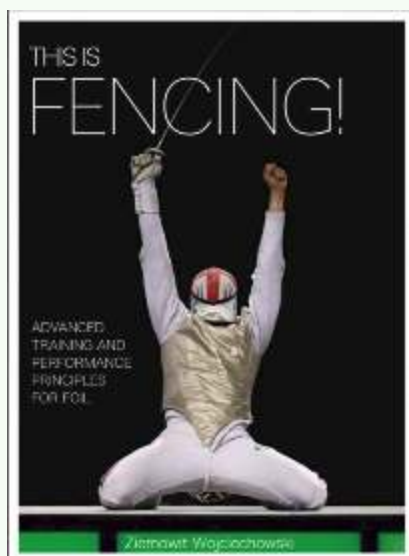
With the great wealth of knowledge and experience within the Academy, we , the membership should be able to present some interesting and varied themes.

From which we can all learn.

Committee Snippets

The committee has met once since the last Academy news, and our next meeting will be the 1st December to discuss the coming AGM. The meeting was quite short.

- Renewals forms have gone out, membership cards to go out with renewals. Membership fees are the same.
- Another 300 pin Badges, to be ordered.
- Vice presidents, treasures, committee posts, members rep. are all up for election at this years AGM.
- Denstone has been booked for next year. 27th July 2020 to 1st August 2020.
- Welfare document updated, and requires uploading to website.
- Website updating continuing.



This Is Fencing

Advanced Training and Performance Principles for Foil

by Ziemowit Wojciechowski

A Review by Prof. Liam Harrington

Ziemek Wojciechowski has a reputation as one of the best fencing coaches in the world, many even say he's the best technical coach in the world. He's produced a whole string of talented fencers, who have achieved success at the very top levels of the sport, and he's done all this while working in the UK, a country that's not traditionally regarded as a great fencing nation. So, a new book by Ziemek about foil fencing carries a certain weight of expectation. It ought to be good. I'm pleased to report this is the case, it is good, very good. I read my copy in a couple of sittings, which is unusual for me, because I tend to find books about fencing somewhat dry and heavy going. I love taking part in fencing, reading about it not so much. However, Ziemek's new book is an accessible and enjoyable read.

If you've been trained in the BAF system of coaching, most of the basic concepts will be familiar to you, but you will find several differences in terminology. This includes some unfamiliar terms, (Romainian, Shat-put), and some familiar terms used with a slightly different meaning. This isn't much of a problem though, there's a Glossary to refer to, and provided you pay attention to what's been written everything becomes clear.

It's also worth mentioning what this book is for. If you're looking for a fencing manual that explains how to technically perform a semi-circular parry for example, then this book isn't for you. What it does do is explain Ziemek's principles for training fencers. The book starts with the importance of developing a feeling for distance and timing, and then goes on to cover such subjects as training methods, performance analysis, tactics, individual lessons, goal setting, coaching during competitions, psychology and much more. All the topics are illustrated with real world examples taken from Ziemek's decades of experience. In other words, to use BAF terminology, it is a *coaching* manual, rather than a *teaching* manual.

This is primarily a book focused on foil fencing, and Ziemek's views on current trends in foil appear throughout. Having said that, there's a lot in here that would be applicable to general fencing coaching. A recurring theme in the book is the role of the coach, not just the technical skills of a coach, but also the necessary "soft" skills. In other words, it advocates a holistic approach to coaching. I've been lucky enough to attend several of Ziemek's foil coaching workshops at the Leon Paul centre over the past few years, and I've seen him give demonstration lessons to Richard Kruse and others, so I can attest to his considerable technical skills. However, he's also got everything else a good coach needs. Above all he's got a very friendly and supportive personality. All the workshops I attended were conducted with a relaxed and welcoming atmosphere, and everybody, regardless of experience, was able to join in.

I've tried to think of my favourite thing in the book to share with you. I couldn't choose just one thing, so here are two. Firstly, coaches and fencers are always at the mercy of rule changes and their evolving interpretations, so it's important that they stay up to date. Secondly, a coach must put the fencer's needs first and forget about their own ego, because the **ultimate purpose of coaching is to help a fencer get better.**

Denstone 2019



Members Advertise in the Academy News for Free

Academy News is a service to our members and we offer the chance to advertise on its pages, whether it be for an **event, a course, your club, or indeed anything**. There is **no charge to members**. It would be very helpful if you could supply with me the artwork that you would like to see published. Simply send Kevin Nelson the details and I'll see you get a mention.

kevin.nelson@baf-fencing.com

Reflections on Denstone

Fencing has been a sport I have been passionate over ever since I have competed in my first competition. Growing up in a fencing environment has lead me to develop skills and attitudes that has followed me through the years. I have been meaning to pass this on to other people who show interest to the sport, and through BAF I feel the confidence to do this. The residential course that I have attended during this summer has helped me grow the confidence and skill needed to start coaching. It has also opened new doors for opportunity to develop fencing as a sport in Norway. In addition to completing the examination, I feel that the intensive course combined with motivated and like minded individuals has lead me to fully enjoy this opportunity in Denstone College. The masters at the course has been helpful in support as preparation for the examination, in addition they have helped me develop my trainer skills both in an individual setting and a class setting. All in all, I have experienced the residential course as an amazing opportunity to start/ develop one's aptitude in fencing coaching.

Lastly I would like to thank the people that made it possible for me through attend this course, Kristiansand Fencing Club and the Norwegian Fencing Federation for their sponsorship in my attendance to this course, and My family Joan Amador Magnus and Cruys Magnus that has encouraged and assisted my education in Fencing.

Nicolai Amador

Passes at Denstone this Year

Sollange Emmeneggar	Level 5 EPEE
Tony Middleton	Level 5 EPEE
David Browning	Level 5 FOIL
Sally Peat	Level 3 EPEE
Gareth Hamilton	Level 3 FOIL
Nicolai Alessandro Amador	Level 2 SABRE
Simon Lange-Smith	Level 2 SABRE
Rhys Davies	Level 2 FOIL
Julia Malinowska	Level 2 FOIL
Gina Buvoil	Level 1 EPEE
Andrew Holding	Level 1 SABRE
Hannah Mackenzie	Level 1 EPEE

Coaching Reflections.

Forty years with foil in hand
I've stood and plied my trade
and burning still the fire that lit
when first I held a blade.
The maxims that my Master gave
I still hold to be true,
In every lesson give your best
for your pupil honours you,
accepting that your expertise
will make them better still.
Your job is to improve them
and help their dreams fulfil.
If success does come their way
then grant them all applause,
for your part may simply be
"In spite of" not "because".

Donald Walker

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 Jackie Redikin.

Key Teaching Points (Weapon specific)	£7.35 (£9.4) each
Key Coaching Points (Weapon specific)	£7.35 (£9.4) each
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)
Examples of past written Papers for Advanced and Diploma examinations - FREE	
All prices include p & p. Figures in RED are for non-BAF members	

University Collaboration Part 2

Life Drawing

.....Yes..... life drawing, but thankfully (for everyone) without having to take any clothes off..... except at the end.....



This job was one of the times when it shows the importance of networking to a coach. The contact came from a new employee at the University, one whom I had previously met when she was working at Active Gloucestershire (my local CSP) a couple of years previously, when I had been applying for funding. She was trying to increase participation in sport within the University, and she remembered there was a fencing club close by. The illustration department heard of me through



her, and asked me to come in and teach fencing to a couple of their students while the rest sketched us.



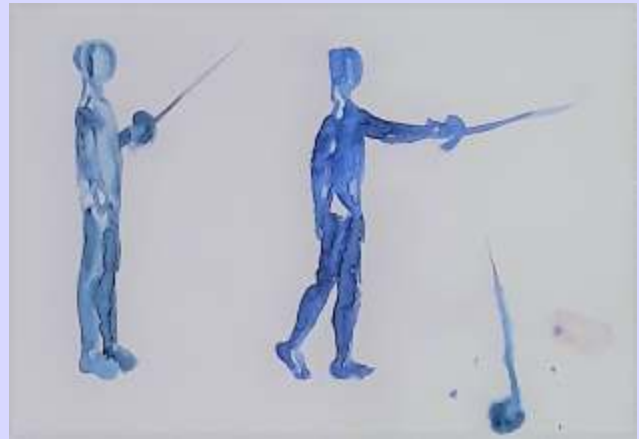
The brief was to provide both static and dynamic models for the students to draw. With the emphasis being on form, and being able to sketch quickly. This becomes important for them to be able to capture motion in a still frame. with as few pen strokes as possible, and when more time allowed to put in detail. It would also help them create a sense of realism of how you can use a sword for the graphic novels and posters that many of the students would go on to produce.

I did a session of Foil and one of Sabre for 2 groups of students. Once I had taught the basics of the weapon, it then became a technical exercise, looking at what moves would be suitable for each weapon, drawing on the characteristics of each weapon. Sometimes stopping for the students to draw in fine detail (salute, evasions), and other times forming a short queue so that they could look at a dynamic aspect (Lunge, fleche).



One of the lecturers had a go, and at the end of the session he was trying to get those who took part to visualise how they felt their body move, while they were fencing and to include that feeling in their work. All the students who took part enjoyed themselves

Thanks to the students of the University of Gloucestershire for allowing me to use their work to illustrate this article



.....except when we had to take the fencing jackets off and put them away..

Visit to Scotland, 25th May 2019

Most of the preparation for this visit was instigated by myself and Maître Dusty De Sainte Croix in Scotland, following his successful visit to Birmingham on 10th February, with his son Calum.

I offered the suggestion of how/what the Academy could do for Academy coaches in Scotland. He proposed running coach education sessions on every Saturday during May 2019, for Scottish Academy coaches, free of charge and with lunch provided!

At the following Committee Meeting, I asked for permission to support one of the sessions (expenses only) to which they agreed. I made it clear to Dusty that I was not going to dominate or take over the session, but to be useful in whatever way I could. In discussion with Dusty, the 25th May was selected. The sessions were held at Wallace Fencing Academy, Linlithgow, Scotland.

I travelled up on Friday 24th and at Dusty's suggestion went for dinner Friday evening with Prof Burt Bracewell, Dusty, his son Calum and Gareth Hamilton. A very enjoyable meal with plenty of talk around coaching, coaches present and past and the present state of coaching in Britain.

Saturday morning, I was picked up and we went to the venue, a spacious sports hall with a lot of fencers and coaches around. The Academy coaches I met were, Prof Burt Bracewell, Maitre Kenny Sharp, Calum De Sainte Croix, Gareth Hamilton, Mike O'Neill, Jonathan Berg, Alex Pearson and Elaine Kellett.

I took a group of coaches and gave some ideas around warm-up with sword in hand and then started to look at giving individual lessons. I stressed how important Level 1 coaches were, as they were usually the first coaches to introduce fencing to beginners. From what I saw, they were good material and have lots of potential, keep going! After that I gave some individual lessons and supported Dusty for the rest of the day.

As a result of my visit, Dusty tells me that we will have 2 new applications for Academy membership, a renewal of Academy membership and 2 candidates for the Denstone Course. An excellent return on our investment.

I have already mentioned to Dusty that we can't stop here and that plans need to be in place to continue this development.

Prof Peter Northam

Proficiency Awards

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

A4 Study Guides:

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

Figures in **RED** are for non-BAF members

For all the latest information on courses
go to the Academy web site at www.baf-fencing.com



Stefan Speaks

The thought of your Members' Rep.

There is, as every school kid knows in this scientific age, a very close chemical relation between coal and diamonds. And on a dark winters night there comes a point where a coach sits down in front of the fire, if the dog will shift, and wonders which of their pupils are the diamonds that will go on to win a name for themselves.

Is it the youngster of 13 will they shine in the Bring Your own Child (BYC) events?

Or the never picked up a sword before joining the university fencing club 18 year old? At 18 it is not too late, the average age of a fencing medalist at the London 2012 Olympics was 28 and guess what at the Rio Olympics 2016 again the average age of a fencing medalist was 28. The top 10 FIE rankings across all weapons again averages at 28 (as of OCT 2019, see table below)

Women			Men		
Epee	Foil	Sabre	Epee	Foil	Sabre
25	29	29	32	29	23
25	27	34	26	26	24
34	36	23	26	28	30
33	31	24	21	27	25
27	25	31	36	29	29
24	20	29	39	35	26
29	29	28	22	22	33
28	25	18	30	25	26
34	28	22	27	20	34
35	32	22	24	37	35

So, this 18 year old could actually achieve greatness as a lot can be done in 10 years if both pupil and coach are determined.

What about the 52 year old just come to fencing to get a bit of exercise? Well if you point them in the direction of British Veterans Fencing (BVF) where they can go to competitions in the UK for those over 40, and maybe qualify to fence in their age category at the FIE Veterans World Championships. This year held in Cairo, they might join the likes of Silvia Brown, Brian Causton, Paul Wedge and the women's sabre team all bringing home gold medals this year.

And for those who do not shine as fencers, the rest will bring you warmth for some will be the amazing coaches of the future, some will inspire their friends, children or grandchildren to pick up a sword, some will proudly wear their proficiency badges and some will go home feeling happier and healthier.

If you have not yet filled in and posted your renewal membership form please do it soon. Hoping to see many of you at the AGM wielding your vote.

Stefan Leponis

B.A.F. Residential Course 2020

27th July to 1st August 2020

The next residential course will be held at Denstone College and it would be a pleasure to have you there should you wish to join us..



The British Academy of Fencing's residential course is open to all fencing coaches irrespective of whether they are members of the BAF.

British Academy of Fencing Members : £444 Non Academy Coach: £499

This fee includes full board (breakfast, lunch and evening meals), tuition and course documentation. Examination fees are extra.

For further details, contact the Course Officer,

Jacqueline Redikin

courseofficer@baf-fencing.com



Manchester Coaching Courses

Courses are being held in the Manchester area, on a monthly basis. The course is for all three weapons from levels 1 to 5. For further information, please contact Jacqueline Redikin via courseofficer@baf-fencing.com

Dates 3rd and 23rd November 2019



Membership Fees Remain the Same

Insured Coach	£60
Retired Member	£26
Overseas Member	£35

Membership is due on the 1st October 2019. If you haven't received your renewal notice, then please contact Stefan Leponis (Membership Secretary). membersrep@baf-fencing.com