



Guildford Fencing Club

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Guildford Fencing Club 2009/2010 Season

We are delighted you wish to take up the sport of fencing. Thank you for your enquiry and welcome to Guildford Fencing Club.

Founded in 1949, Guildford Fencing Club is one of the oldest fencing clubs in England. As a Club, we are keen to encourage new people to try out the sport of fencing. Fencing is a unique and increasingly popular activity, enjoyed by people of all ages, and is an excellent method of keeping fit.

The Club runs from early September and the year is divided into three terms with our AGM being held at the end of the fencing year in the middle of July. At present we have around 70 members, plus casual fencers and beginners.

Junior Course Details

For beginners we plan to run a course once each term, commencing in September, January and April.

Children aged 9 to 12	Fridays from 6.30 to 7.30
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The course gives an ideal introduction to this exciting sport and is held in the Sports Hall of St. Peter's School in Merrow - please see page 3 for a map of the school. The sports hall was built in 1999 to modern standards and provides a really excellent venue for fencing.

Course Syllabus

Foil is the traditional weapon for beginners. The weapon is lighter, and there are rules about where and when a hit may be made which encourage a variety of moves in attack and defence. A typical strategy is to anticipate how your opponent will attack, and use the correct parry and riposte. The Course is currently taught by Andrew Lee.

On the course you will learn the following:

- how to use your weapon and to fence safely
- fencing etiquette, and the principles of fencing
- the grip, the salute and the on guard position
- how to step forward and back
- the lunge and recovery
- the simple parry with direct riposte

- the simple parry with direct first counter riposte

After the course you will be offered the opportunity to take a test for **Stage One Foil**. If you are successful you will be offered a certificate and badge (£5 at current costs).

Kit for Beginners Course

Hire of all specialist equipment needed for the initial weeks is included within the course fee, namely: a fencing jacket, a plastron (a 1-armed protective under-jacket), a mask, a glove and a foil (plus a breast protector, for girls only).

All you will need to bring is:

- A pair of loose trousers, such as jogging or track suit bottoms
 - The waist must be higher than the bottom of the fencing jacket.
 - Preferably with zipped or no pockets. Pockets should be taped closed before fencing.
 - No jeans -they will rip if you lunge in them!
 - No shorts / cut-offs.
- Indoor Trainers (non-marking and clean) and socks (not shoe liners).
- T-shirt (we recommend bringing a spare to go home in, as you will get rather sweaty!)
- Optional but recommended, a plastic bottle of water and a towel.

If you continue fencing after the course then you will eventually need to get a pair of CE-marked or FIE-marked fencing breeches, to comply with modern safety regulations. Your coach will be able to suggest a supplier. You will also need long socks- football socks will do. Note - you do not need breeches at the club's 6:30 session (using size 3 weapons). Breeches are obligatory after 8 p.m. for all weapons and for most outside competitions. Although we have a varied stock of fencing equipment, this is primarily intended for our beginners. We would encourage you after you have fenced for a term or two at the Club to purchase more of your own equipment. There are various fencing suppliers we can recommend so please talk to one of the Coaches before you decide to purchase.

Joining the Course

The cost of the Course, including coaching and beginners kit hire, is £70. Cheques should be made payable to Guildford Fencing Club.

Places are limited to a maximum of 10 per junior course. Please send your cheque and enrolment form to Julie Schofield at 3 Oak Tree Close, Burpham, Guildford, GU4 7JQ. Your place will not be guaranteed until your cheque and enrolment form is received.

Cancellation of Course: Please note the fee is non-refundable and must be paid before the commencement of fencing. However, if for some reason, we are unable to run the Course at the appointed time, you will be offered the choice of either joining our next Course or receiving a full refund.

Joining the Club

We hope you will enjoy the Course and will wish to continue fencing at the end of the 6 week Course. Fencing is free until the end of the term and we hope your child will wish to continue fencing. The Club is well attended and includes many novices who joined the Club from previous Beginners Courses. In some classes you will be training with more experienced juniors who compete regularly at national level.

The Junior Foil class is from 6.30 to 7.30. Older and more advanced juniors may stay on another hour and join in the footwork class at 8 p.m.

Two other weapons are taught at the Club. These are the épée and the sabre. You will be given the chance to try either/both of them after the Course is finished. They differ from the foil as follows:

The épée has less in the way of conventions to understand and hits can be made anywhere on the body. The épée is a little heavier than an equivalent foil. Accuracy is crucial at épée, and a typical strategy is to wait for your opponent to attack and then to counter-attack from exactly the correct distance or launch attacks to wrist or leg instead of deep to body.

Many of our junior novices have also taken up the third weapon, the sabre. Sabre is distinctive because hits can be scored with the edge of the weapon as well as the tip; sabre fights tend to be short but very fast-moving and exciting.

All club members are entitled to group and individual tuition from the club's coaches – unlike some other clubs, there is no extra charge (subject to availability) for individual tuition during club hours. The Club's professional coaches are Neale Thomas and Ian Briggs, assisted by Andrew Lee.

Fencers typically become able to compete at the many competitions organised at a county and national level within their first year. You will need to send off an entry a few weeks in advance – Andrew Lee will be pleased to provide information.

If you wish to continue fencing at the Club after the end of the term, please fill in a membership form (available for download, or ask for a paper copy). The cost per term is £52.

Please see our webpage for further details - <http://www.guildfordfencing.co.uk/>

Affiliations The Club is affiliated to the British Fencing Association, Surrey County Fencing Union and the Guildford Sports Council. The Club takes an active part in promoting fencing in Guildford through the Sport for All days, as well as entering County and Section Competitions.

Safety Fencing is one of the safer sports, providing fencers observe the rules. The coaches will make every effort to ensure that beginners, students and casual fencers are taught and observe the rules of fencing. However, fencing is a combat sport, and you fence at your own risk. The club will not be held responsible for any accidents or injury. We recommend fencers become individual or social members of the BFA. Social membership gives you liability insurance when you are fencing at the Club and at one local competition. More details are available from <http://www.britishfencing.com/>

Venue: Sports Hall, St. Peter's School, Merrow, Guildford, Surrey, GU1 2TN

- Parents please note: showers and changing rooms are not supervised by the club
- There is a no smoking policy throughout the premises
- Only non-marking shoes should be worn in the sports hall
- Any food or drink should be consumed in the foyer
- No ball games are allowed in the hall except those organised and supervised by the Coaches.

And finally, although we hire premises from St. Peter's School, we are not a part of the school at all. Fencing mail should be sent to the club chairman/secretary, at their address not the school.

There is ample parking in the school if you come by car.

We suggest you park near the sports hall, which is on the left of the school premises, rather than follow signs to the car park.

Arriva runs buses from Guildford through Merrow, stopping on Epsom Road – the School is in easy walking distance.

Please check Arriva's website for latest timetables. (www.arriva.co.uk)

