

Yellow Band Foil

Lesson 4

<http://www.fencing.calpoly.edu/>

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Equipment Checkout

In order to begin fencing you need some specialized fencing safety equipment including a mask, a jacket and a glove

Never attempt to fence without these pieces of equipment.

You also need shoes, and leg protection.

You can go out, and purchase this equipment outright (more on where later). However, I find it best for the new fencer to rent out club equipment for their first three months to learn what they like and dislike before trying to order equipment.

the Cal Poly fencing club rents out to it's members in good status a Jacket, Glove, Mask, and standard weapon (foil for this class) at the price of \$10/quarter.

The student is expected to provide their own shoes, and leg protection.

The Mask

The mask should fit snugly so that it does not 'jostle' during fencing.

Glasses may be worn under the mask, however, their are inherent 'fogging' risks. Contacts will provide the highest level of comfort.

Do not attempt to shape the mask yourself. Allow an instructor to show you how to bend the mask for proper fit. Take great care when adjusting the rear hook of the mask. Never apply bending forces that will translate to the attachment to the top of the mask. With your hand, hold the location the bend needs to be applied, and bend at that point with your other hand.

Make sure to inspect your mask for locations in the mesh where the wires have been seperated, or dented out of shape. Get an instructor to show you how to put these wires back into place

The Jacket

The jacket should fit a little loose.

Make sure to check the fit of the jacket in a lunge!

Most beginner jackets are back zip. These will work for both right and left handed fencers. Step into the jacket putting both arms in, and allow the zipper to come up your back. If someone has not already done so, it is highly advised to place a shoestring or other device through the zipper to allow you easier zipping and unzipping when you don't have a friend handy.

If your jacket is a front zip, the zipper will be placed off to one side. Make sure you get the correct handed jacket. A right handed fencer's zipper **must** lie on their left (unarmed side). A left handed fencer, the reverse.

The Glove

The Glove should fit snugly, but not constricting.

The cuff of the glove goes over the end of the jacket.

Shoes

On shoes, there are specialized fencing shoes available, but they are pricey, and not absolutely necessary for the beginning fencer.

Standard cross trainer shoes will work. Do not attempt to use running shoes. Running shoes are designed for forward motion only. As you have learned from previous lessons, a fencer must be able to move forward and backward, and the rear foot provides lateral support and motion.

Leg Protection

Fencers generally wear a specialized form of leg protection (knickers) which come down to the shins. The lower portion of the leg is protected with socks that come up under the knickers.

The beginning fencer will find that a standard pair of sweat pants will work fine for their first few months

Cal Poly Fencing Safety Rules

1. Participants must always be masked when weapons are raised, point forward. This means for all occasions, including simple discussions of actions. Do not remove your mask hastily during interruptions or at the end of the drill or bout.
2. Glove, jacket, long pants, and mask are required for all bouting and paired practice. Wear proper non-scuffing foot gear for fencing and be sure shoes are clean when you enter the gym to avoid dust and dirt buildup which makes floors slippery.
3. Inspect masks and weapons each time you choose them. Inspect tips occasionally during bouting. Bring all defective or broken equipment to the instructor.
4. Stop fencing immediately if you think something is wrong or if your opponent retreats and waves the unarmed hand or gives any sign of wanting to stop. If you think a weapon is broken, stop fencing immediately.
5. Violent fencing actions are not permitted. Each fencer must control parries and attacks so that the opponent is not injured by whipping or hard hitting actions of the blade. Do not cause body contact nor use the unarmed hand against the opponent or the opponent's blade or to "protect" your target. Do not turn your back to your opponent.
6. If you feel a fencer is behaving in a dangerous fashion, report it privately to the instructor or officer of the club, who will not disclose your identity when he/she speaks to the fencer.
7. Running attacks and counterattacks (attack into your opponent's attack) are not allowed until you have had instruction and ample practice and are able to execute these actions safely. Initiators of these attacks are responsible for preventing corps-a-corps (body contact), injury and weapon breakage.
8. Report injuries immediately to either an instructor, club officer, or Rec Sports personnel. Remain where you are, if possible, until help arrives.

The Salute

The Salute is conducted from the initial position, upright, feet turned with heels touching at 90 degree angles, front foot towards opponent. The weapon is held

The fencer raises the weapon straight up, bending from the elbow only, as though to kiss the base of the blade.

The head is turned, and a curt nod given to all they salute.

First the other fencer, then director, any judges present, and the audience.

The head is then turned back to the opponent

On Guard

We already discussed On Guard in lesson

The Glove Duel

Objective to strike opponent on chest with glove

Each fencer allowed 1 advance and a lunge

The opponent may retreat as far as they liek

When lunge completed, opponent is allowed 1 advance and a lunge

