

Fencing – What is it?

Fencing is an exciting sport for all ages and abilities. It combines coordination, timing, strategy and sportsmanship while at the same time providing a unique physical challenge. The sport is played in the Olympics and Pan-American Games, and can also be a fun sport for life.

The object is to hit your opponent while not being hit yourself. There are three different fencing disciplines: foil, épée, and sabre.

Foil

The foil was originally a training sword for the small sword. Foil is a thrusting weapon, and fencers score by landing the point of their foil on their opponents torso. Following a system of priority (called “right-of-way”), only a single point is awarded, even if both fencers hit each other at the same time.

Épée

The épée is descended from dueling swords, and mimics the feel of an actual duel. Like foil, épée is a thrusting weapon; however it is a heavier sword than the foil, and in keeping with the dueling aspect the whole body is target. Unlike foil, there is no right-of-way convention, so if both fencers hit each other at the same time, they both get a point.

Sabre

The fencing sabre is an amalgamation of various historical sabres and broadswords. It is a cutting and thrusting weapon, and hits may be scored with any part of the blade. The target area is anywhere above the waist, including the head, arms and wrists. Like foil, sabre follows the right-of-way rules for determining priority of attack.

Fencing Equipment

Even though it may appear violent at first, fencing is a very safe sport when proper fencing equipment is worn.

Lightning Fencing Club provides all the equipment necessary for fencing at a club level, including:

Masks:

to protect the head and neck

Jackets:

to protect the torso and arms

Chest Protectors:

to provide additional protection
(mandatory for women)

Gloves:

to protect the sword hand

Swords:

to fence with

Electric Scoring Equipment:

for use during practice

What do I need to bring to fencing?

Yourself!

Come ready to have fun and work hard!

Appropriate Clothing

Wear clothes you can move freely in. We recommend track pants or athletic pants (preferably without pockets), a T-shirt, and shoes with non-marking soles.

For the gentlemen: you are encouraged to wear an athletic cup.

Water

You will get thirsty.

About Lightning Fencing Club

The Lightning Fencing Club was founded in September of 1993 by David and Patricia Howes. Membership has reached as high as 100 fencers of all ages and abilities, from beginner to high performance.

While many club members fence on a recreational basis, Lightning members have also enjoyed success in local, national and international competitions. Some of our members have medaled in individual and team events at the Canada Winter Games, the Pan-American Fencing Championships, and numerous other national and international competitions.

Lightning Fencing Club is proud to provide a program based on the Fencing Model of the Long Term Athlete Development (LTAD) protocols set forth by

Sport Canada. Further, parents of children under 16 are eligible for the Children's Fitness Tax Credit by enrolling their child in fencing! More information on these programs and the tax credit are available upon request.

About Fees

The required association fees (Canadian Fencing Federation, CFF and Manitoba Fencing Association, MFA) support our Provincial Fencing Centre and Fencing Squad, coached by internationally accredited referee and coach Ayach Bounachada. They are payable online.

The club fees (LFC) support club expenses such as rent, coaching, equipment, and administrative costs. They are payable to Lightning Fencing Club.

Programs

Lightning Fencing Club runs two programs per year. The first runs from September to December, and second runs from January to April. We try to tailor the level of instruction received to the skill level of the fencer.

Children (up to 12 years old) Returning

Saturdays 10:00 am – 11:40 pm

Children (up to 12 years old) Beginners

Saturdays 12:00 pm – 1:40 pm

Teen (13 years and older) and Adults

Thursdays 7:00 pm – 9:00 pm

Private lessons and casual fencing

Wednesdays 7:00 pm – 9:00 pm

All programs include:

10 sessions of group training once per week
Use of club equipment during the course

Advanced fencers will receive higher-level training with our coaches.

Individual lessons may be purchased from qualified coaches.

Note: Program times and duration are subject to change. Registration ages specified are not absolute.

Lightning Fencing Club

Hours of Operation

Thursday 7:00 pm – 9:00 pm

Saturday 10:00 am – 2:00 pm

Contact

Visit our website for updates and more:

www.lightningfencingclub.ca

e-mail our club president,

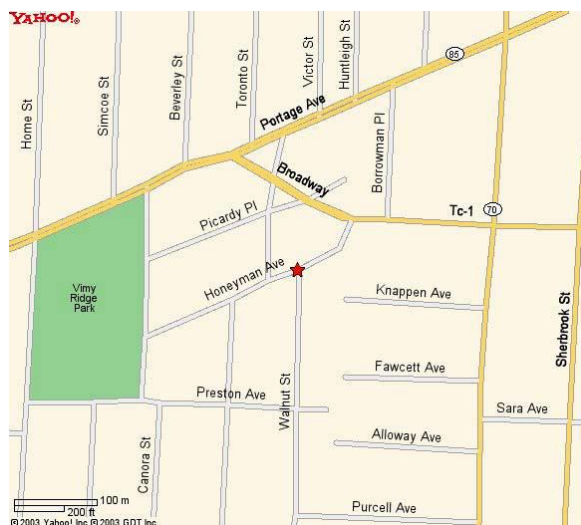
Alan McCracken: amccrack@mts.net

Location

All programs are conducted in the church gym at:

790 Honeyman Ave at Walnut St

enter from Walnut St.



Lightning Fencing
Club
Winnipeg, MB



www.lightningfencingclub.ca



Sport Manitoba



CFF



MFA