

EN GARDE!

Aug.-Oct. 1990 \$8 A New Fencing Magazine Vol. 2, Nos. 1&2



Complete 1990 Junior and Senior World Championships Results and More Inside!

World Cup Men's Foil

**Martini Challenge in Paris, France
March 17 & 18, 1990**

For the Gold and Silver

Andrea Borella(ITA) d. Andrea Cipressa(ITA) 2-0 (5-4, 5-3)

Bronze

Philippe Omnes(FRA) d. Dimitri Chevchenko(URS) 2-0 (5-3, 5-1)

SemiFinals

Andrea Borella d. Philippe Omnes 2-0 (5-3, 5-1);

Andrea Cipressa d. Dimitri Chevchenko 2-1 (5-1, 1-5, 5-4)

Quarterfinalists, places 5-8

Philippe Omnes d. Hocine Youssef(FRA) 2-1 (1-5, 5-3, 5-3);

Andrea Borella d. Ildar Chairmadanov(URS) 2-0 (5-2, 5-2);

Andrea Cipressa d. Thorsten Weidner (FRG) 2-0 (5-1, 5-3);

Dimitri Chevchenko d. Alexandre Puccini(ITA) 2-0 (5-3, 5-3)

Top 8 Advancing to finals

Omnes d. Cerioni(ITA) 2-0 (5-3, 5-3); Hocine d. Wienand(FRG) 2-1

(5-1, 4-5, 5-3); Chairmadanov d. Conscience(FRA) 2-1 (5-2, 3-5,

5-2); Borella d. Wendt(AUT) 2-0 (5-1, 5-1); Weidner(FRG) d.

Busa(HUN) 2-1 (0-5, 5-4, 5-1); Cipressa d. Romankov(URS) 2-1

(5-4, 1-5, 5-0); Chevchenko d. Krzesinski(POL) 2-0 (5-3, 5-2);

Puccini d. Rossi(ITA) 2-0 (5-2, 5-3)

Tableau of 32

Omnes d. Weinberg(URS) 2-1 (4-5, 5-3, 5-4); Cerioni d. Arpino(ITA)

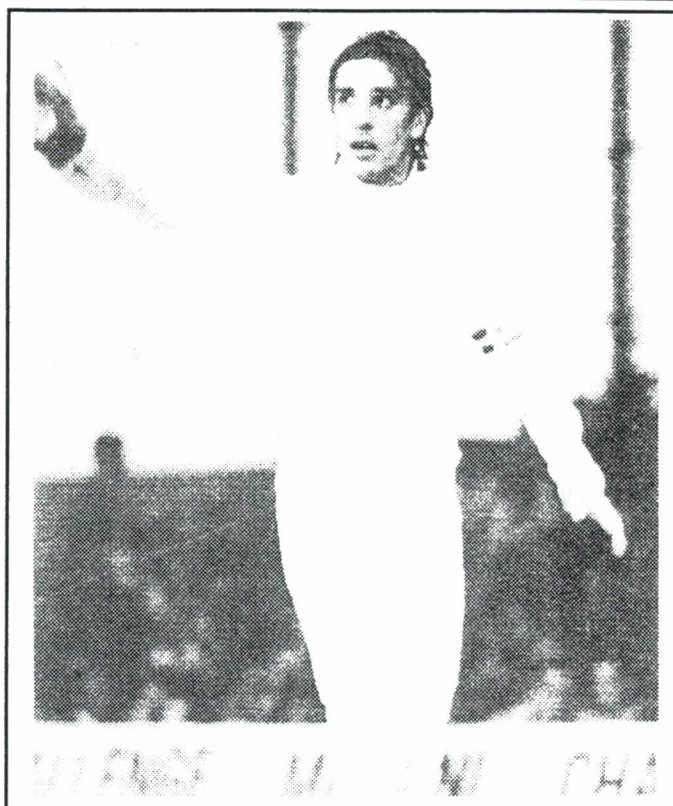
2-1 (5-2, 2-5, 5-4); Hocine d. Letellier(FRA) 2-0 (5-2, 5-0); Wienand

d. Szekeres(HUN) 2-0 (5-4, 5-2); Conscience d. Ersek(HUN) 2-1

(5-2, 2-5, 5-2); Chairmadanov d. Bandach(POL) 2-1 (5-4, 3-5, 5-3);

Wendt d. Schreck(FRG) 2-0 (5-2, 5-1); Borella d. Groc(FRA) 2-0

(5-2, 5-2); **Continued on page 9.**



Do *En Garde!* readers recognize this fencing legend? Among his many feats, this year he defeated Philippe Omnes of France, and then his teammate Andrea Cipressa, to win the prestigious Paris *Martini Challenge*, only to take second to Omnes at this year's Worlds in Lyons. *Photo courtesy of C. Candille/Escrime*

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En Garde!

En Garde! celebrates its third & fourth issues. Thank you to all our subscribers and readers. We continue to bring you in-depth training coverage and complete results coverage for major competitions.

I. In-depth training coverage

En Garde! keeps you informed on the best methods and the key developments in all aspects of training, and presents you information which will help you improve your fencing skills and results, and deepen your understanding of fencing, regardless of your age or skill level. *We invite readers to share questions on fencing. In fact, we reserve space in every issue to answer any and all questions you have on fencing.* You will find it easy to use the articles printed here to reinforce your lessons and instruction. The methods and information that *En Garde!* provides are not personal opinions, but based on studies and research, as well as the experience of coaches from around the world. So, if you read *En Garde!* carefully and apply it to your fencing, you can only become a better fencer.

II. Out-in-front on results

In this issue we cover the 1990 Junior and Senior World Championships results, as well as other selected international competitions. We also catch up on an uncovered 1990 circuit event. The 1990 National Championships results will not be covered in this issue as they were carried in their entirety in *American Fencing*.

III. Upcoming issues

Upcoming issues will bring you articles on such topics as physical preparation and maintaining a training diary, as well as an interview with Kornel Horvath, coach of the 1989 world epee champion from Spain, Spain's first. *En Garde!* will also experiment with format changes from time to time, possibly combining issues to reduce operating expenses. A

Aladar Kogler, *En Garde!*'s Founder

Aladar Kogler was born and educated in Hungary, where he studied physical education and sports psychology, earning a Ph.D. in both of these subjects. He served as full professor of sports psychology at Comenius University in Bratislava, Czechoslovakia, as well as Chairman of the National Coaches Academy. For fifteen years, until he left for the U.S. in 1981, he was also head coach of the Czechoslovakian national fencing team.

Dr. Kogler was the first U.S. National Coach, and has been coach of the U.S. Olympic, Pan-American, World University Games, and World Championships teams. Currently, he

tentative schedule for mailings for the year's upcoming issues and beyond is given here:

1991	Issue
January, second week	Vol. 2, No. 3
February, fourth week	Vol. 2, No. 4
April, first week	Vol. 2, No. 5
May, second week	Vol. 2, No. 6
June, fourth week	Vol. 2, No. 7

See also the note in the Classifieds on page 8 concerning ordering back issues.

IV. More readers' comments

We include a few more excerpts from our enthusiastic readers and subscribers:

"I remit [my subscription] happily in support of your generous efforts on behalf of serious fencers."

—HCH, Oakland, California

"Keep up the good work."

—DEB, Irmo, South Carolina

"Super job on the magazine."

—RV, Augusta, Georgia

*"Just a note to tell you how impressed I was with the *En Garde!* premier issue. The quality of the articles, as well as the diversity, is excellent. I commend you on the magazine and hope that you can continue its publication."*

—MJA, Urbana, Illinois

Readers' comments and suggestions are invited.

So, are you ready?

Then En Garde!



coaches at Columbia University, the New York Fencers' Club, and the New York Athletic Club.

In addition, he has published over ten books and twenty-five scientific studies, and directed the Sports Psychological Laboratory at Columbia University, while serving as the sport psychologist for Columbia athletics. Dr. Kogler's other appointments include Co-Technical Director of the Olympic Fencing Sports Medicine Project, and the Vice Chairman of the Sports Medicine Committee of the USFA.

Cover: A typographic collage "The 1990 World Fencing Championships" in a few of the languages of the fifty-two nations of competitors: French, English, Hungarian, Russian and German. The medal count strongly reflected a European dominance: Italy and the USSR, 8 each; Germany with 5; Hungary with 4; France with 2; and China, Cuba, and Poland with one each.

Basic Concepts

Creating Favorable Distance for Attack, Part 2 (Continued from the First Issue)

In the first issue we discussed the first two methods of creating favorable distance for attack:

1) "stealing" distance, and 2) accelerating footwork.

In this issue we continue with this topic and introduce two additional methods of creating favorable distance:

3) "pushing" and "drawing" the opponent, and 4) "blunting" the opponent.

III. Pushing and Drawing In this method you will change the rhythm necessary for getting close enough to your opponent to attack by "pushing" him (i.e., making him retreat) and "drawing" him (i.e., making him advance). Ideally, you should start your attack (either first or second intention) in the instant your opponent starts his advance after he has been pushed back or retreated. This instant is called the "foot tempo" (see also definitions in last issue).

For example, you can use a half-advance, advance, jump forward with different speed and rhythm to push, and a half-retreat to draw your opponent. In determining which variation of footwork you choose to use to push your opponent you must observe carefully and weigh such factors as the speed of his reflexes, his attention and general state of readiness, as well as habitual reactions.

The faster, more technically skilled and concentrated your opponent is, and the more able he is to follow and match your footwork, both in terms of rhythm

and maintaining distance, the more irregular and aggressive variation you must use to gain the necessary half tempo advantage to attack.

The speed, length, rhythm and aggressiveness of your pushing footwork (half-advance, advance, jump, etc.) must always be tailored to the response of your given opponent (see examples below). Your drawing footwork (half-retreat, retreat) must always be execut-

"The faster, more technically skilled and concentrated your opponent is, and the more able he is to follow and match your footwork, both in terms of rhythm and maintaining distance, the more irregular and aggressive variation you must use to gain the necessary half tempo advantage to attack."

ed slowly (relative to pushing), with a short step. This enables the changing of direction and the starting of your attack at any instant you dictate. The short retreat also facilitates your attack given the limitation of fencing distance from which you can hit.

Against a more experienced opponent you must be more careful and patient. As your opponent's sharper skills also

En Garde!

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allow him to figure out your intentions, you must "mask" your intentions by using different preparatory movements with your weapon so that you can gain the necessary half tempo advantage to attack. For examples and variations see below.

Methods and Variations of Pushing and Drawing

Variation 1. This variation is used mostly in foil fencing, because of the shorter basic fencing distance. Against an opponent who has slower reflexes, it is often enough to execute a half-advance with a lowered center of gravity to "push" your opponent—to make him react and take a full retreat.

Immediately as you perceive the start of his retreat, without delay you must start to draw your front foot back to the *en garde* position. And when your opponent starts to move forward (advance) to regain the original dis-

"Against a more experienced opponent you must be more careful and patient. As your opponent's sharper skills also allow him to figure out your intentions, you must "mask" your intentions by using different preparatory movements."

tance, attack with a lunge.

The recovery from the half-advance position back to *en garde* can be combined with a slight raising (lifting) of the center of gravity (now higher than the original level of your *en garde*). By this emphasized lowering and raising of your guard position (and center of gravity) you can achieve your intention: to provoke your opponent to react and to respond to your attempt to push and draw him respective the necessary advantage in tempo you wish to create.

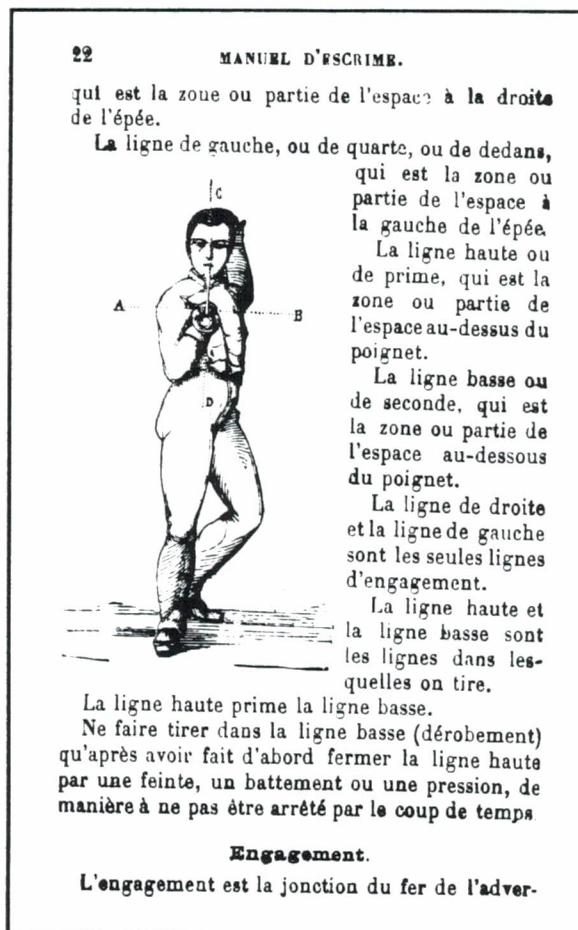
Variation 2. In this variation instead of a half-advance you will use a full advance to "push" your opponent and make him retreat. Everything described in (1) above remains valid.

Variation 3. Against an opponent who has fast reflexes and better responds to your movements, you can intersperse an unexpected sudden double-advance between your advance-retreat (pushing and drawing) footwork, and by doing this change the rhythm and "get rid" of your sticking opponent. The correct rhythm is as follows. While

executing your first advance, accelerate your back foot (the left foot for a right handed fencer). Then significantly slow down the movement of your lead foot at the start of your second advance, which should be kept quite short. The completion of your second advance will depend on your opponent's response action. It often happens that you cannot finish the second advance, as it becomes necessary to start a retreat (the start of your drawing movement).

This is a difficult variation because of the high demand on attention to rhythm. You must pay special attention to the drawing movement. The retreat must be significantly slower and quite short, almost without any gain in dis-

"You can also use these methods and variations of creating favorable distance when adopting a passive role. When your opponent takes the initiative, these actions can be used in counter-attacks and attacks into the preparation."



A page from the antique French *Manuel D'Escrime* (*Fencing Manual*) published in 1898, illustrating the various lines of engagement.

tance. With a full size retreat you would gain too much distance.

Variation 4. If it is necessary you can use a more aggressive variation of the above for pushing. You can use a half-advance followed by a renewed (or innovated) jump forward (see last issue for definition of renewed footwork). The jump must be short, deliberately without gaining distance on your opponent. The jump forward assures the opponent's retreat in the right tempo so that fluidity of movement is maintained.

If your preparatory jump forward surprised your opponent to such an extent that he retreats too far, start your attack with a fleche. Note that such an attack can be with first as well as second intention.

Variation 5. You can also use an advance-half-advance-stop as a pushing movement sequence. This variation often provokes a counterattack with fleche. In this case, in order to avoid a simulta-

neous touch, you can imitate or pretend an emphasized fleche with first intention, when you will in fact parry the opponent's counterattack with second intention.

Variation 6. You can also use a cut with lunge in sabre, or a thrust to the arm in epee, as a pushing movement to make your opponent retreat. You can then draw him by imitating recovery to your guard position. When your opponent advances to regain the original distance, you start your attack.

In sabre, sometimes simply pulling back the arm after a head feint with *apel lunge* (i.e., a tapping of the toe before the lunge) or *advance-lunge* produces the illusion of recovery and a movement forward in the opponent. Then from the lunge you can attack with a *fleche*.

Variation 7. In this variation your pushing movement will be an aggressive *false balestra* (i.e., "false" in the sense that the hop part of the *balestra* actually gains no distance) or *advance-lunge*. Now simply by returning to *en garde* position you create the necessary tempo (similar to variation 6 above).

You can also use the abovementioned methods and variations of *steeling distance* and *tempo* when adopting a passive role and allowing your opponent to take the initiative. In the passive role these actions can be used in counterattacks and attacks into the preparation of your opponent.

For example, in the passive role, you simply can begin a retreat and following this, immediately execute with first intention a lunge or *fleche* with a simple or feint attack, a counterattack, or counterattack with feint.

When your opponent pushes you, you must respond by opening the distance further. By doing this you provoke the opponent to come yet closer. As he will instinctively move with less and less concentration and attention, you will create the favorable conditions to steel the tempo and start your chosen action. Against an experienced opponent it is advisable to intersperse slow foot or hand movements after your

preparation in order to be able to parry an attack made after a delay in tempo.

IV. "Blunting" the Opponent

Blunting is the most effective, but also the most difficult of the four methods. The essence of this method is that after your pushing movement or movements, you execute a slow, long advance by which you close the distance and get close to your opponent. Your advance must be so long that you reach your opponent almost with arm extension.

This method is particularly usable in foil fencing. In sabre and epee you can approach your opponent after your pushing movement(s) with a half-advance followed by a slow crossover. During this slow approach you must be ready to parry your opponent's possible counterattack. Yet, because of the slow tempo with which you begin your "blunting" movement, this will not create excessive difficulties. If your opponent does not take this opportunity to attack, after the slow crossover you can begin your attack.

Some possibilities include a simple or feint attack. You can use different attacks on the blade against the blade line (the position your opponent's blade is in), or a counterriposte or other second intention actions. In sabre, a stop cut can be used; in epee the opponent's blade can be closed out with opposition. Because you execute the crossover or advance following your pushing movements slowly and deliberately, you should be well-balanced, safe and ready to execute any counteractions, change of direction or rhythm, or acceleration of the tempo, with any chosen attack.

You have probably also surmised that you already use, or can now begin to use, combinations of the four methods for creating favorable distance (see issue Number 1 for the first two methods). For example, after stealing distance, you can continue by blunting

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your opponent. Or after accelerating the tempo, you can continue by drawing or blunting, and so on....

When you practice these methods and variations with a partner or your coach, it is important that the "follower" (i.e., the one who is not leading, or student) always use similar footwork—in all its characteristics such as form, speed, length, rhythm, and tempo—as the "attacker." For example, if the coach or the attacker is attempting to blunt and uses a crossover forward, you should use a crossover backward.

Continued on page 13.

Basic Concepts

Psychological Preparation: Self-Study & Self- Observation, Part 2

There are three general means of regulating mental states; they can be divided as follows:

1. Physiological
2. Psychological

and 3. Biological.

However, any attempt to regulate mental states based on these methods requires cultivating self-study and self-awareness. This is a fundamental prerequisite to any attempts at improving performance through mental techniques.

Self-observation & Self-Study

Self observation and self-study are basic requirements for self-regulation.

Utilize all means for self-study.

Systematically record your training schedules and volume, actions, performances, observations, feelings, and thoughts in a training diary.

Systematically analyse the process, reasons, and effects of your feelings, thoughts, and actions. From doing this you will gain insight into successful patterns, as well as unproductive ones that can be changed or improved.

Simply recording certain problems that periodically arise can often provide relief from them. A next step entails trying to look at problems more objectively, which means a more systematic attempt to find out reasons for these problems. Record and utilize opinions, notes and observations of others about you for your further development. This is called *heterocorrection*, or the art of learning from critics. Notes, observations from coaches, team-mates, opponents, friends, etc. can be very useful. Occasional coincidental notice or

remarks of others are usually more helpful than answers we give ourselves to our own direct questions. Sometimes a brief comment, such as "He can only perform one action well. . ." or "She is very predictable. . ." may say a lot.

Use active self-observation or introspection. This is the highest level of

***"Observe your body's
response to different
activities. How do you
respond to stress? This is
a very useful and impor-
tant self-observation.***

Assess your reactions. . . .

"

self study. You must "step out" of yourself and see yourself as an object of self observation. Start with observation of some of your body functions, such as breathing, heart beat, muscle tension, etc. Experiences with mental training have proved that athletes are able to learn techniques of self-observation very well, allowing them to distinguish muscle tension, the sensations of heaviness, warmth, etc. very accurately. Self-awareness exercises on internal body processes (e.g., breath, body temperature, cardiac awareness, awareness of muscle tension, etc.) are very useful to this end.

Observe your breathing pattern, heart-beat, muscles peripheral skin temperature in different situations. First, begin the observation from a resting state, then from varied states, such as when taking an important exam, during an

interview, before an important competition, while you are relaxed, or angry or unhappy.

Many of your activities contain *dysponetic* or misplaced components. For example, tension in the shoulder when executing a straight thrust or cut, or in general, tension in those muscles or muscle groups used in your sport activity which should be relaxed. Observe in which sport activities, and when dysponesis occurs. Do you have nervous habits which burn your energy, such as tapping your feet, pacing restlessly, gum chewing, etc.? Do you engage in useless actions or motions? Observe yourself during the day; notice whether you engage in dysponetic movements or nervous habits. Identify activity which physically and emotionally burns your energy.

The process of self-observation can be expanded. *Observe your body's response to different activities.* How do you respond to stress? This is a very useful and important self-observation. Each of us responds to stress in different ways. Assess your reactions: before an important competition did your heart rate increase? Did you feel tension in your muscles? In which muscle groups? Did your palms sweat? Did you feel cold sweat? Did you have a nervous stomach? How long does it take your body systems to return to a pre-event level?

The objective is to observe in which body systems you respond to stress. *Observation and identification of the response is the first step in regulation.* You will learn how to observe and identify your thoughts, and mental images, associated with the observed responses. How can you use the breathing, cardiac muscle tension, and awareness of dysponesis as a feedback tool for self-control and improving your performance? Your program in mental training will address these issues.

A higher degree of self-observation is the observation of the functions of perception and cognition. Observe *how* you concentrate on what you are doing? Does your mind wander, become distracted? Can you fully concentrate on the task or activity at hand,

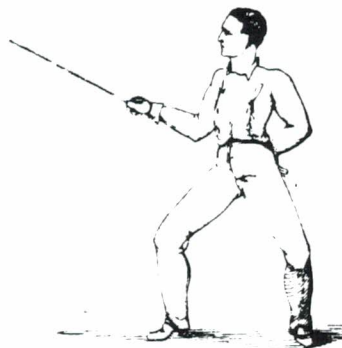
"Self-education is a systematic activity and process focused on development of physical, psychological, and intellectual qualities and patterns of behavior. With it you must cultivate the ability to analyse. . . ."

or does your concentration slip away? Do you take your troubles with you when you go to sleep? Do you have negative thoughts during competition? What thoughts? When? Keep track of your thoughts systematically in a training diary.

It is probably already apparent that the observation of your emotions is very difficult. However, the ability to actively observe your emotional states is very important in many sports. For example, it is impossible to be angry and at the same time make self-observations. Self-observation "freezes" the effects of emotions. When we start to observe ourselves, we simultaneously start self-control. As an example, try to start self-observation in a moment of uncontrollable laughter and you will see how the intensity and spontaneity of the laughter will decrease.

Unfortunately, the effects of negative or *asthenic* emotions such as fear and anxiety do not disappear with simple

self-observation. On the contrary, the asthenic emotions have "self-urging" or *autocatalytic* abilities to increase their severity. Here it is also necessary to find out and eliminate the reason for such negative emotions. Self-observation is a good start toward this end.



Classifieds

Dr. Rudy Volkmann announces the availability of affordable extension lights for club scoring machines. See ad on page 24. An ad for his unique fencing dummy also appears on the opposite page.

Black and white and color photographs of the 1989 World Championships are available for sale. Write to:

*Emanuel Voyiaziakis, Editor
c/o En Garde! Magazine*

Back issues of *En Garde!* are now available. Use the address on page 4, with check payable to *En Garde! Magazine*.

<u>Vol./Issue Date</u>	<u>Price</u>	<u>Main Topics</u>
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Vol.1, No.2; 5/90	\$4	Psych. Types, II Psych. Prep., I Janosi Interview Attack-Def. Exerc. The Flick Touch

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INTERVIEWS

Upcoming interviews include conversations with Kornel Horvath, the coach of world class epeeist Manuel Pereira, Spain's first gold medalist.

Self-Education and Self-Study

Self-education is a systematic activity and process focused on development of physical, psychological, and intellectual qualities and patterns of behavior. As mentioned before, you must cultivate the ability to analyse and critically evaluate feelings, thoughts and actions, and to use such evaluations to further reinforce a positive habit of systematic self-education and self-learning. *These abilities are the cornerstone for self-control, self-regulation, self-stimulation, self-suggestion and the ability to mobilize your will.*

A first step in training yourself to mobilize your will can be as simple attempting to organize your daily regimen effectively. This helps develop a positive habit and inner discipline, and the self-control to organize your time. You can at the same time use this habit to help you create time for your training. A generalized ability and desire to organize your time and activity will naturally carry over to your training, and raise questions of efficiency in your training.

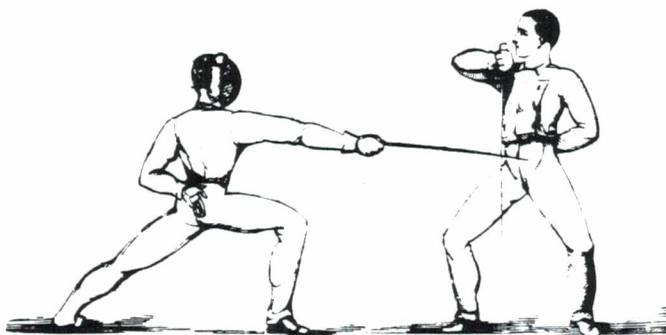
A training diary is most useful, in fact indispensable, in the process of evaluating your training. (In upcoming issues of *En Garde!* we will discuss in detail the issue of maintaining a training diary.) Your training diary is a good place to critically analyse your planned activities, and objectively evaluate your achieved successes and failures.

Observe and realistically evaluate your weaknesses in physical, psychological, technical and tactical terms. Give your
Continued on Page 13.

DEFINITIONS

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Continued at bottom of next column.



Martini Results Continued from Page 2.

Weidner d. Veron(FRA) 2-1 (5-1, 4-5, 5-2); Busa d. DiRusso 2-1 (5-4, 2-5, 5-4); Cipressa d. Lhotellier(FRA) 2-0 (5-3, 5-4); Romankov d. Balint(HUN) 2-0 (5-2, 5-3); Krzesinski d. Laurie(FRA) 2-0 (5-4, 5-4); Chevchenko d. Szelei(HUN) 2-1 (5-4, 2-5, 5-2); Puccini d. Gregory (CUB) 2-0 (5-1, 5-2); Rossi d. Bravo(SPA) 2-0 (5-0, 5-1).

Direct Elimination from 64 to Tableau of 32

Omnes d. Cohen(USA) 2-1 (5-1, 3-5, 5-1); Weinberg d. Bedker(FRG) 2-0 (5-2, 5-3); Cerioni d. Cervi(ITA) 2-0 (5-3, 5-3); Arpino d. Garcia (CUB) 2-1 (3-5, 5-2, 5-3); Letellier d. Christen(FRG) 2-1 (5-2, 2-5, 5-4); Hocine d. Gosbee(GBR) 2-1 (5-2, 2-5, 5-4); Wienand d. Schmitt (FRG) 2-0 (5-2, 5-1); Szekeres d. Reichert(FRG) 2-0 (5-4, 5-4); Ersek d. D'Almeida(FRA) 2-0 (5-1, 5-2); Conscience d. Bel(FRA) 2-0 (5-4, 5-0); Chaimardanov d. Gey(FRG) 2-0 (5-4, 5-4); Bandach d. Vitalesta (ITA) 2-1 (2-5, 5-1, 5-2); Wendt d. Lambet(FRA) 2-1 (5-0, 1-5, 5-1); Schreck d. Balint(HUN) 2-0 (5-2, 5-3); Groc d. McKenzie(GBR) 2-0 (5-1, 5-1); Borella d. Toth(HOL) 2-0 (5-1, 5-3); Weidner d. Belnoue (FRA) 2-0 (5-3, 5-4); Vron d. Moulin(FRA) 2-0 (5-4, 5-3); DiRusso d. Bell(GBR) 2-0 (5-2, 5-4); Busa d. Hatterer(FRA) 2-0 (5-1, 5-2); Cipressa d. Endres(FRG) 2-0 (5-2, 5-2); Lhotellier d. Kouziaev (USSR) 2-0 (5-3, 5-3); Balint d. Gatai(HUN) 2-1 (5-3, 3-5, 5-1); Romankov d. Ojeda(SPA) 2-1 (4-5, 5-2, 5-3); Krzesinski d. Numa(ITA) 2-0 (5-2, 5-4); Laurie d. Finet(FRA) 2-0 (5-0, 5-3); Szelei d. Zamparelli(ITA) 2-1 (0-5, 5-1, 5-1); Chevchenko d. Ibraguimov (USSR) 2-0 (5-2, 5-3); Puccini d. Bel(FRA) 2-0 (5-3, 5-3); Gregory d. Steinbach(FRG) 2-1 (3-5, 5-2, 5-4); Rossi d. Scarpellini (ITA) 2-1 (4-5, 5-2, 5-4); Bravo d. Koch(FRG) 2-1 (4-5, 5-2, 5-4).

More Results Continued on Page 14.

Congratulations to *En Garde! Magazine* on the publication of its premier issue. This is just what we American Fencers have been looking for.

Rudy Volkmann

The **CSABA-II** PORTABLE FENCING DUMMY

A Truly Practical Fencing Dummy

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1967 Battle Row
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Definitions Continued.

your opponent after pushing movement(s) with a half-advance followed by a slow crossover. During this slow approach you must be ready to parry your opponent's possible counterattack. If your opponent does not take this opportunity to attack, after the slow crossover you can begin your attack. Some possibilities include a simple or feint attack.

Strength Development Strength is one of the most important physical abilities in all sports. **Strength** is defined as the maximal pulling force of a muscle; **absolute**
Continued on page 23.

Basic Concepts

Psychological Preparation : Relaxation and Meditation Techniques, Part 3

Techniques of relaxation utilize means of autoregulation or self-regulation through which you can learn to regulate your body's psychophysiological functions.

3.1 Techniques of Relaxation

Regular practice of the techniques to be discussed will enable you to decrease tension and anxiety, and to speed up the process of regeneration (i.e., the time it takes your body systems to return to normal) after training. The power of these techniques can be far reaching—extending even to the practitioner's personality: a decreased sense of impulsiveness, and more accurate self-evaluation, which in turn lead to an overall heightened sensitivity to, and control of behavior.

Physiologically speaking, the techniques of relaxation tune the organism to tropho-trophic dominance, mediated by the parasympathetic. A general decrease of psychophysiological activity occurs that counteracts the sympathetic stress response. A renewal or restoration of the psychophysiological functions of the organism results.

Specifically, regular practice once or twice daily for several months leads to an overall decrease in body tension, and reduces the probability of developing extreme psychological and/or physiological reactions to stressful situations, e.g., competition.

In all techniques of relaxation it is necessary to pay attention to the transition to the active state. This transition must be gradual, and activation (exercise) must be used on every occasion. The exception to this rule is when you wish to sleep following a relaxation

session.

3.2 Meditation

The basis of all techniques of meditation is concentration on an object or stimuli (i.e., a sensory object, something which we perceive). The goal of meditation, as with all other techniques of relaxation, is to achieve an overall pleasant state of release and calmness, followed by tuning the organism to parasympathetic dominance (i.e., remaining in an anxiety-free state).

When practicing meditation and other forms of relaxation, it is necessary to follow these basic guidelines:

- 1) Choose a pleasant, quiet place without disturbances. This is particularly important in the learning phase.
- 2) Attempt to relax your muscles, and to release muscle tension. Tension is a serious obstacle in meditation. The meditative posture must be pleasant and comfortable.
- 3) Your concentration must be passive, without striving. Try to adopt an attitude of no effort, simply "let it happen." This needs time and patience, but after some weeks it will become natural.

MEDITATION EXERCISES

3.2.1 Meditation with Breathing Sit comfortably in a meditation posture, such as with your legs crossed, or any comfortable sitting position, keeping the trunk and head erect and elongated. Close your eyes. Relax your muscles. Check if you feel tension anywhere; if so, let it melt away. Relax. Focus your attention on your breathing. (This step should be used at the beginning of every meditation session.)

When you inhale repeat to yourself the word "in," and when exhaling, the word "out." Focus your attention on the *process* of breathing. Inhale and exhale through your nose. Each time you

inhale visualize and feel how the inhaled air is cold, and the exhaled air warm. Concentrate and attempt to feel the natural rhythm of your breathing. Do not try to change this rhythm by attempting to deepen or prolong it.

Practice this exercise for 10-15 minutes.

3.2.2 Meditation with a Mantra A *mantra* is a mental device which helps you concentrate. You can use any word you like as a mantra. For example, "calm" or "loose," etc. (One widely known and used mantra is the Sanskrit word "ohm.")

Again, sit comfortably in a meditation posture. Every time you exhale, mentally repeat your mantra or the mantra "ohm." Breathe regularly. Do not try to regulate or change the natural rhythm of your breathing. Repeat the mantra in your mind each time you exhale. Do not focus your attention on breathing, but on the mantra. Concentrate passively, without effort. You will come to see that a mantra is a mental device which prevents your thoughts (mind) from wandering.

Practice this exercise for 10-15 minutes.

3.2.3 Meditation with Counting

While breathing, concentrate on counting backwards from ten to one. Each time you exhale, count one number mentally. Visualize the number as you say it in your mind (for example, writing it on a blackboard, or on a TV screen). When you arrive at "one," count your way back up to ten.

Practice this exercise for 10-15 minutes.

3.2.4. Concentration with Breathing

Lay comfortably on your back, with your arms beside your body, legs slightly apart. Close your eyes. Lay and rest quietly. Focus your attention on your body, and on the contact of your body with the floor. Mentally observe

your body. Concentrate on the part of your body that is making contact with the floor. Pay attention to it, visualize it. Make yourself aware of it.

Now visualize and be aware of your entire body. Your body is laying quietly. Now focus your attention on your breathing. Quietly, without effort, observe how the air enters and passes through the nose, and then leaves the nostrils. Do not change your breathing. Let it flow in and out naturally. Observe only the regular rhythm of your breathing. Do not slow down, speed up or deepen your breathing. Just let it flow naturally and observe.

Imagine and visualize inhaling air through the left nostril as you perform this, and exhaling through the right. Concentrate on this as you are inhaling and exhaling. Now again as you inhale, visualize inhaling through the right nostril, and as you exhale, visualize exhaling through the left nostril. Continue in this way. Imagine inhaling all the time through the opposite nostril you exhaled from.

Now start to count. When inhaling through one nostril say to yourself "one," and when exhaling repeat again to yourself "one." When inhaling next repeat to yourself "two," etc., each time inhaling through one nostril and exhaling through the other.

When you reach the count of five continue to count, stop imagining inhaling through one nostril and exhaling through the other, and inhale and exhale through both nostrils.

If you forget the number or lose count because of a momentary lapse, start counting from the beginning. After 10-15 minutes of practice, stop counting and visualize, become aware of your body.

"Regular practice of the techniques to be discussed will enable you to decrease tension and anxiety, and to speed up the process of regeneration (i.e., the time it takes your body systems to return to normal) after training."

ground noises. Take a deep breath, open your eyes, lightly exercise your arms by moving and flexing them. The exercise is now finished. You are alert, refreshed and energized.

3.3. Neuro-Muscular Relaxation Exercises Neuro-muscular relaxation exercises are a type of exercise which decreases muscle tension, and by this results in an overall physical relaxation.

3.3.1. Jacobsen's Progressive Relaxation Jacobsen's progressive relaxation is based on the hypothesis that stress, anxiety and emotional reactions are connected with muscle tension. Therefore when you decrease muscle tension, you will also decrease anxiety and overall psychic tension.

The basis of this method is learning to distinguish tension and relaxation within your muscles. If you learn to perceive neuro-muscular feelings, you will effectively be able to decrease muscle tension. (This topic will be discussed more in conjunction with kynesthetic training in a future issue.)

3.2.2. "22 Point" Relaxation Lay comfortably on your back and then focus your attention on the individual parts of your body with the intention to relax them.

Visualize, feel the single parts of your body relaxed. Let it happen. You can use the self-suggestive command "relax" repeated to yourself. Do not tense your muscles as in the progressive relaxation method. Spend only a few seconds to relax the chosen part, gradually progressing through the whole body from the toes to the head:

1. toes,
2. feet,

86 MANURE D'ESCRIME.

Engagement et lignes.

Joindre le fer, tranchant contre tranchant, en portant le poignet à droite (ou à gauche); la main les ongles en dessous (ou en dessus) pour se couvrir

Des deux engagements, celui de droite (fig. 7), par la position de la main, facilitant l'attaque et surtout la défense de la ligne basse, a le plus d'application.

Les coups et parades sont démontrés dans cette instruction, en partant de l'engagement de droite.

Voir, pour la définition des lignes, l'enseignement de l'escrime à l'épée.




Fig. 7.

Attaques.

L'attaque peut être faite par un coup simple, ou par un coup composé ne dépassant pas trois mouvements. Les coups simples sont portés :

Par un moulinet, pour les coups de tête et de banderole;

Par un moulinet, pour les coups de figure à droite et à gauche;

Par un coup de sabre, pour les coups de flanc, de ventre, de manchette (avant-bras) et de pointe.

Visualize and feel how your body rests on the floor pleasantly relaxed. Now notice your surroundings and any back-

3. calves,
4. thighs,
5. back,
6. lumbar area (lower back),
7. hips,
8. stomach,
9. chest,
10. shoulders,
11. arms,
12. forearms,
13. palms,
14. fingers,
15. neck,
16. jaw and mouth,
17. nose and cheeks,
18. eyes and surrounding areas of the face,
19. ears and area behind the ears,
20. back of the head,
21. top of the head,
22. forehead.

Visualize and feel the given body part relax; allow this to happen.

You can go over the body parts several times. When you do observe tension, spend more time on this body part. After relaxing individual body parts, be aware, feel and visualize the whole body relaxing.

3.3.3. Relaxation of Body Areas

This exercise is similar to the 22 point relaxation, however you will relax an entire body area instead of a single body part.

This technique is shorter, and suitable for those abler to concentrate on a larger body area without difficulties.

- 1) Lay down. Make yourself comfortable and calm. Focus your attention on your right leg. Visualize your whole right leg from toe to hip, and concentrate on relaxing it. Visualize and feel your right leg relax for several seconds. Allow this to happen.
- 2) In the same way relax your left leg.
- 3) Focus your attention on your right arm. Visualize and feel your right arm relaxing from fingers to shoulder. Repeat to yourself the self suggestive command "relax."
- 4) In the same way, relax your left arm.

5) Focus your attention on your trunk. Become aware of and visualize this entire area. Take a deep breath and concentrate on the tension in the area of your chest. Exhale and concentrate on the relaxation in this area.

6) Be aware of, feel and visualize the chosen area relaxing. Feel and experience the state and feeling of deep relaxation.

3.3.4. Relaxation with the Image of the Sun

This technique requires good

"Choose one or two of the techniques you like, and practice regularly. Practice should become a habit. A good time for practice is after your training sessions as a means of regeneration, and at night for deepening sleep. And of course during competitions for regulating your pre-competition and actual competition mental states."

imagery skills, and experience with the feeling of warmth.

Lay down comfortably and relax. Induce the image of the sun in the area of your solar plexus. You should not induce this image with effort, as tension will develop. During each inhalation concentrate on the image of the sun in your solar plexus; visualize and feel the warmth. During each exhalation concentrate on

distributing the warmth through the entire body. Visualize and feel the relaxation which results. Feel this happening. Let this happen.

3.3.5. Relaxation with the Image of a Spiral

Lay on your back and relax. Focus your attention on your breathing. After a few deep breaths focus your attention on the area of your stomach.

Imagine a small sun (or a small illuminated point in the area of your navel). Concentrate on this sun for 1-3 minutes. Now visualize this sun moving in a clockwise spiral. The diameter of the spiral slowly enlarges. Visualize the circles of the spiral inside your body. If this proves difficult for you, imagine the spiral on the surface of your body.

After some time, the spiral will enlarge to the point that it moves out of the body, but continue to visualize it moving until it is about 6 inches beyond your head, and 6 inches beyond your feet. At this point concentrate for 1-3 minutes. Then retrace the course of the sun along the spiral back to your solar plexus. Imagine the sun radiating warmth all the way.

Imagine progressing around one circle of the spiral with the speed of one breath. Then remain in a state of relaxation for 10-15 minutes.

Choose one or two of the techniques you like, and practice regularly. Practice should become a habit. A good time for practice is after your training sessions as a means of regeneration, and at night for deepening sleep. And of course during competitions for regulating your pre-competition and actual competition mental states.

Concerning the time it will take you to learn these techniques of relaxation, more ambitious and/or impulsive athletes must remember to have more patience. Even if you have mastered the relaxation techniques, continue to practice them regularly. Fluctuation may occur in the level of relaxation

Continued on page 19.

Favorable Distance, Continued from page 6.

If you practice in the role of initiator or leader you will further refine your ability to feel distance as well as create your ideal distance. If you practice in the role of follower, you will become more familiar with the manifestations of you opponent's feeling for distance, and cues that you can take advantage of.

"Fencers can improve their feeling for distance by free fencing with as many different opponents as possible, bouting with specific tasks to practice, as well as by practicing conventional exercises."

Alternating between these two roles allows you to practice the methods of creating favorable distance as well as the necessary defences against them. As mentioned, your coach can also practice the different methods of creating favorable distance with you, allowing you to execute the necessary counteractions. But remember no coach can simulate all types of possible opponents using these methods. You must therefore develop and improve your feeling for distance by free fencing with as many different opponents as possible, bouting with specific tasks to practice, as well as by practicing conventional exercises.

See the next issue for distance exercises. Questions on distance? Write to me c/o *En Garde!*

Psychological Preparation, Continued from page 8.

self verbal and written tasks to evaluate your training and competition performance. Evaluation of your activities in a certain established time period creates manageable pressure to fulfill your self-given task. You will learn from this to efficiently evaluate your training and competition activities, developments and performance, both for yourself and your coach.

Your written self-analysis will help you discover *reasons* for your successes and failures, which develops self-knowledge and self-awareness. Such self-evaluation develops the art of looking at yourself from "outside," and helps you construct objective criteria to assess your performance. This in turn enables you to provide yourself with a "warning" if you have overevaluated or underevaluated your abilities. Accurately assessing your abilities and potential are necessary for learning to optimize your performance.

—AK



A Note on the Format of *En Garde!*

The editor needs help with various editorial tasks, particularly keying the text and results data to disk, as well as marketing. *En Garde!* is also looking for Apple Macintosh computer equipment (e.g., a full page monitor, a computer with 4 megabytes RAM, laser printer and scanner). If you are able to contribute any of these services, or have access to or are able to loan any of the above equipment, please contact the editor, Emanuel Voyiaziakis, in writing at the address on page 4, or by phone at (212) 505-7158.

En Garde! welcomes your comments and suggestions.

Ask the Maestro

This is a forum for answering readers' general questions on fencing or specific fencing problems. In this issue we address a reader's question on physical conditioning.

Q. Is there anything special that I should be doing during my pre-season and main (competitive) season training? How do these two phases of the season differ if this is a meaningful distinction to make?

—EV, New York City, NY

A. The Phases of the Training Season

It is useful to distinguish phases of the fencing season and post-season for optimal preparation. We will discuss three such phases:

- 1) Pre-season,
- 2) Main season,
- and 3) Off-season.

I. Pre-Season

Planning a training program for the pre-season requires practical experience (see the article in this issue on physical preparation) as well as knowledge of ones own level of fitness. The pre-season is critical as your development throughout the rest of the season depends on the program you implement during this phase. This program forms the basis for successful continuation in the following main season.

The pre-season in turn has two subphases. The "clear" period without competition, and the "mixed" period which includes competitions.

The main tasks of the "clear" period are:

- Overall general and specific physical development;
- Development of technique; and
- Gradual preparation for a high physical and mental workload.

It is important to increase the volume of your training during this phase. This is achieved by increasing the number of repetitions of specific exercises.

The main task of the second "mixed"

Continued on Page 23.

Results

1990 Junior Worlds, Governor General

1990 Junior World
Championships
Modling, Austria
April 1990

Men's Foil

Place

- 1 Olivier, Lambert FRA
- 2 Becker, Thorsten FRG
- 3 Pavlovitch, Vladis. URS
- 4 Hwang Jun, Suk KOR
- 5 Marsi, Mark HUN
- 6 Nakahara, Osamu JAP
- 7 Bel, Christophe FRA
- 8 Tuguin, Anatoli URS

Finalists

- 9 Franchini, Alberto ITA
- 10 Gouravlev, Alexei URS
- 11 Lee Ho, Bum KOR
- 12 Bissdorf, Ralf FRG
- 13 Mohamed, Fouad EGY
- 14 Gregory, Elvis CUB
- 15 Wienand, Wolfgang FRG
- 16 Granler, Oskar SUE
- 17 Crosta, Daniele ITA
- 18 Richter, Anatol AUT
- 19 Amore, Gian-Marco ITA
- 20 Vecsey, Zoltan HUN
- 21 Koren, Eyal ISR
- 22 Shaker, Maged EGY
- 23 Ludwig, Michael AUT
- 24 Van Wiele, Sascha BEL
- 25 You Bong, Hyung KOR
- 26 Carter, Al USA
- 27 Knierim, Chris GDR
- 28 Bravin, Eric Nick USA
- 29 Biernath, Ralf GDR
- 30 Masset, David BEL
- 31 Gerosideris, Evstathi. GRE
- 32 Pavese, Marc USA

Tableaux of 32

- 33 Boidin, Franck FRA
- 34 Iwata, Yoshiyuki
- 35 Mucha, Jacek POL
- 36 Gal, Istvan HUN
- 37 Segal, Yuval ISR
- 38 Suarez, Rafael VEN
- 39 Zeinel, Abedin Tamer EGY
- 40 Sipos, Szlad SUE
- 41 Payne, Nick GBR
- 42 Michaelj, Yam ISR
- 43 Andersen, Rama DAN
- 44 Hvass Hansen, Rasm. DAN

- 45 Novak, Allan SUI
- 46 Hellstroem, Max SUE
- 47 Royle, Austin GBR
- 48 Daxboeck, Florian AUT
- 49 Van Soom, Sven BEL
- 50 Gonzalez, Ignacio CUB
- 51 Laux, Holger GDR
- 52 Buckle, Daniel AUS
- 53 Grieger, Adalbert ROU
- 54 Waller, David CAN
- 55 Ossenski, Kiril BUL
- 56 Elmali, Hakan TUR
- 57 Kralik, Davidkward CZH
- 58 Heath, Mark GBR
- 59 Proinov, Kamen BUL
- 60 Bernard, Yann CAN
- 61 Holman, Kristian FIN
- 62 Tschertok, David DAN
- 63 Palabiyik, Cihan TUR
- 64 Bowles, Richard NZL
- 65 Smailis, Christos GRE
- 66 Brouillet, Mathieu CAN
- 67 Limov, Darko YUG
- 68 Leung Cheuk, Fung HKG
- 69 Nagamatsu, Koji JAP
- 70 Hare, Richard Paul NZL
- 71 Er, Ibrahim TUR
- 72 Lancaric, Pavol CZH
- 73 Tscherner, Martin NZL
- 74 Marinopolski, Stoimen BUL
- 75 Ruas, Rui POR
- 76 Ramirez, Libardo COL
- 77 Bicanic, Denis YUG

Women's Foil

Place

- 1 Hein, Nicola FRG
- 2 Trillini, Giovanna ITA
- 3 Wurtz, Marie-Horten. FRA
- 4 Vezzali, Valentina ITA
- 5 Occhipinti, Aida ITA
- 6 Badea, Laura ROM
- 7 Kardos, Ildiko HUN
- 8 Ionescu, Iona ROM

Finalists

- 9 Maciejewska, Monika POL
- 10 Szewczyk, Barbara POL
- 11 Lantos, Gabriella HUN
- 12 Kozlova, Viktoria URS
- 13 Marsh, Ann USA
- 14 Bauer, Simone FRG
- 15 David, Mioara ROM
- 16 Parynski, Lilah ISR
- 17 Kura, Melanie FRG

- 18 Couzi, Camille FRA
- 19 Mader, Monika AUT
- 20 Nagy, Timea HUN
- 21 Sjoelin, Maria SUE
- 22 Slavutskaia, Irina URS
- 23 Lehmann, Katja GDR
- 24 Knechtel, Elisabeth AUT
- 25 Korob, Natalia URS
- 26 Ko Myung, Sook KOR
- 27 Lee Hwa, Young KOR
- 28 Saito, Yoshiko JAP
- 29 Tarnawska, Joanna POL
- 30 Riedl, Yvonne GDR
- 31 Savic, Tamara YUG
- 32 Wetterberg, Shelley CAN

Tableaux of 32

- 33 Angad-Gaur, Indra HOL
- 34 Gueorguieva, Ivana BUL
- 35 Ash, Christine AUS
- 36 Kato, Ayako JAP
- 37 Bianchi, Stephanie FRA
- 38 Bertow, Claudia GDR
- 39 Anghelova, Anna BUL
- 40 Elinder, Helena SUE
- 41 Halls, Evelyn AUS
- 42 Lortie, Marie-Chantal CAN
- 43 Marco, Olga SPA
- 44 Garcia, Pilar SPA
- 45 Sakamoto, Yoshiko JAP
- 46 Posthumus, Jennifer USA
- 47 Hervieu, Marie-Franc. CAN
- 48 Zimmerman, Felicia USA
- 49 Valanoy, Maria GRE
- 50 Corcos, Sharona ISR
- 51 Rogerson, Louise GBR
- 52 Behrndt, Synne DAN
- 53 Jeong Ok, Reun KOR
- 54 Cramb, Valeria GBR
- 55 Connor, Tina GBR
- 56 Zelisko, Nina AUT
- 57 Oernal, Oya TUR
- 58 Dendrinoy, Christina GRE
- 59 Thunberg, Lotta SUE
- 60 Karppanen, Joana FIN
- 61 Kaili, Fabiana BRE
- 62 Ohayoun, Ayelet ISR
- 63 Reeh, Arista AUS
- 64 Kokar, Spela YUG
- 65 Sutbakan, Ilknur TUR
- 66 Garcia, Noemi SPA
- 67 Babic, Tatjana YUG
- 68 Suomi, Sari FIN

Men's Epee

Place

- 1 Burroni, Dadidi ITA
- 2 Moiga, Piotr POL
- 3 Kovacs, Ivan HUN
- 4 Lang, Dani SUI
- 5 Muster, Jens GDR
- 6 Babanov, Stanislav URS
- 7 Beketov, Alexandre URS
- 8 Elsayed, Mohamed EGY

Finalists

- 9 Ciszewski, Maciej POL
- 10 Bory, Camilo CUB
- 11 Faucher, Cyril FRA

- 12 Shong, Laurie CAN
- 13 Delgado, Patrick FRA
- 14 Cerrolaza, Nicolas SPA
- 15 Kulcsar, Krisztian HUN
- 16 Rush, Scott USA
- 17 Frazao, Rui POR
- 18 Totola, Gabor HUN
- 19 Robatsch, Marcus AUT
- 20 Ptchenikine, Vladimir URS
- 21 Chouinard, Nicolas CAN
- 22 Andersen, Matthew USA
- 23 Atkins, Ben USA
- 24 Balva, Ohad ISR
- 25 Schattenfroh, Sebast. FRG
- 26 Stephan, Volker FRG
- 27 Bas, Javier SPA
- 28 Choi Won, Ryung KOR
- 29 Pillac, Cedric FRA
- 30 Huhtanen, Tuuks FIN
- 31 Tanabe, Norikazu JAP
- 32 Buergin, Nic SUI

Tableaux of 32

- 33 Veleanu, Catalin RUM
- 34 Willemin, Fabrice SUI
- 35 Kim Kyung, Sup KOR
- 36 Grammer, Ralf AUT
- 37 Hennerkes, Holger FRG
- 38 Jurka, Tomas CZH
- 39 Baker, Alistair GBR
- 40 Lemanowicz, Arkad. POL
- 41 Lupano, Fabio ITA
- 42 Lindsay, Todd GBR
- 43 Shaker, Maged EGY
- 44 Tscherner, Martin NZL
- 45 Kaping, Karsten SUE
- 46 Kim Jeong, Kwang KOR
- 47 Beadsworth, Nigel GBR
- 48 Twomey, John IRL
- 49 Athlin, Mattias SUE
- 50 Rezanka, Otaa CZH
- 51 Chan, Tristan AUS
- 52 Sacharov, Stefan CZH
- 53 Ransom, James CAN
- 54 Holman, Kristian FIN
- 55 Tanaka, Takeshi JAP
- 56 Er, Ibrahim TUR
- 57 Haslinger, Fritz AUT
- 58 Nagashima, Takaaki JAP
- 59 Mirkovic, Aleksandar YUG
- 60 Segal, Juval ISR
- 61 Forsse, Tor SUE
- 62 Di Russo, Andrea ITA
- 63 Lignos, Nikos GRE
- 64 Terzoudis, Stergios GRE
- 65 Ravara, Diogo POR
- 66 Malaquias, Rui POR
- 67 Sipari, Tommi FIN
- 68 Lipsikas, Beni ISR
- 69 Gomescasseres, Dav. COL
- 70 Baratta, Chris AUS
- 71 Oeztuna, Buulent TUR
- 72 Elmali, Hakan TUR
- 73 Martin, Alfonso SPA

Women's Epee and Men's Sabre continued on next page.

Women's Epee

Place

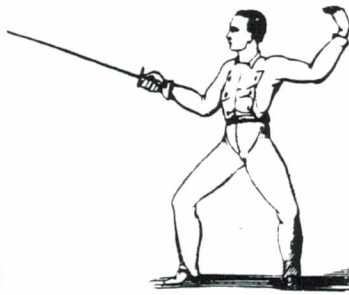
- 1 Titova, Viktoria URS
- 2 Giussani, Roberta ITA
- 3 Eoeri, Diana HUN
- 4 Hormay, Adriann HUN
- 5 Lebedeva-G., Ekater. URS
- 6 Chiesa, Laura ITA
- 7 Moniuszko, Joanna POL
- 8 Giradot, Elsa FRA

Finalists

- 9 Ermakova, Oksana URS
- 10 Cohen, Gaelle FRA
- 11 Caudarella, Paola ITA
- 12 Banut, Cristina RUM
- 13 Varkonyi, Marina HUN
- 14 Savolainen, Katri FIN
- 15 Kaiser, Judith FRG
- 16 Duenas, Jacome Ang. MEX
- 17 Fabian, Joanna POL
- 18 Halls, Evelyn AUS
- 19 Pfrang, Nicole FRG
- 20 Knechtel, Elisabeth AUT
- 21 Paquin, Marie-Josée CAN
- 22 Ko Jung, Sun KOR
- 23 Iossifova, Roumiana BUL
- 24 Usher, Georgina GBR
- 25 Reeh, Arieta AUS
- 26 Mayer, Karin FRG
- 27 Kim, Kyung Ja KOR
- 28 Scherrer, Hanna SUI
- 29 Grenette, Myriam FRA
- 30 Hervieu, Brigitte CAN
- 31 Jecminkova, Klara CZH
- 32 Krasteva, Boriana BUL

Tableaux of 32

- 33 Posthumus, Lisa USA
- 34 Haugh, Rachel USA
- 35 Alexa-Dupir, Mariana RUM
- 36 Koso, Albina YUG
- 37 Angad-Gaur, Indra HOL
- 38 Loven, Tina FIN
- 39 Heldt, Angelica FIN
- 40 Janska, Monika CZH
- 41 Park Mi, Sook KOR
- 42 Trabert, Jennifer CAN
- 43 Baysan, Burcu Hatice TUR
- 44 Pearce, Sheila GBR
- 45 Mileva, Kamelia BUL
- 46 Mader, Monika AUT
- 47 Nicholas, Helen GBR
- 48 Parynski, Lilah ISR
- 49 Perez, Maria-Antonia CUB
- 50 Haugh, Kelly USA
- 51 Gasser, Pascale SUI
- 52 Herren, Sandra SUI
- 53 Somodiouva, Lucie CZH
- 54 Kleinberger, Judith AUT
- 55 Tunca, Burcu TUR
- 56 Smaili, Xenia GRE
- 57 Seal, Danielle AUS
- 58 Corcos, Sharona ISR
- 59 Baltatzi, Christina GRE
- 60 Ohayoun, Ayelet ISR
- 61 Suetbakan, Ilknur TUR



Men's Sabre

Place

- 1 Gouttsait, Vadim URS
- 2 Boros, Gyoergyi HUN
- 3 Wendel, Martin FRG
- 4 Filkovski, Valeri URS
- 5 Zielinski, Marcin POL
- 6 Banaszewski, Jacek POL
- 7 Krause, Mario FRG
- 8 Chirchov, Alexandre URS

Finalists

- 9 Lombardo, Ivan ITA
- 10 Avramov, Kaloyan BUL
- 11 Caserta, Leonardo ITA
- 12 Dinev, Nicolay BUL
- 13 Gomulka, Marek POL
- 14 Hwang Kwang, Wook KOR
- 15 Vilagut, Javier SPA
- 16 Favier, Ignacion CUB
- 17 Flamant, Benoit FRA
- 18 Robustelli, Giacomo ITA
- 19 Falcon, Alberto SPA
- 20 Toeroek, Otto HUN
- 21 Bartolo, Jean-Christop. FRA
- 22 Mallez, Xavier FRA
- 23 Upeica, Florian RUM
- 24 Hunekata, Hidenori JAP
- 25 Gravel, Evans CAN
- 26 Bacau, Gigel RUM
- 27 Marin, Fernando SPA
- 28 Ripeanu, Cristian RUM
- 29 Bardagy, Michael CAN
- 30 Chterev, Grigor BUL
- 31 Friedlich, Avi USA
- 32 Hansen, Steen DAN

Tableaux of 32

- 33 Carignan, Steve CAN
- 34 Huchwajda, Michael FRG
- 35 Nemeth, Gabor HUN
- 36 Hoenigmann, Michael GBR
- 37 Zahir, Amin GBR
- 38 Falchetto, Marco AUT
- 39 Seo Sung, Joon KOR
- 40 Weber, Michael AUT
- 41 Kim Hyung, Ryul KOR
- 42 Strzalkowski, Tomasz USA
- 43 Charles, Scott AUS
- 44 Okutomi, Takashi JAP
- 45 Corteyn, Paul BEL
- 46 Abe, Masahiro JAP
- 47 Davidson, Ron GBR
- 48 Bacher, Martin AUT
- 49 Mitarakis, Notis GRE
- 50 Maggio, Jonathan USA
- 51 Oray, Cem TUR
- 52 Akerfeldt, Jari SUE
- 53 Degirmenci, Ender TUR
- 54 Sotiropoulos, Alexand. GRE

Canadian Circuit
Governor General,
Ottawa, Ontario
March 25, 1990
FIE Format 2

Men's Foil

Place

- 1 Bernard, Yann/B
- 2 Cohen, Nathaniel/A USA
- 3 Cote, Philippe/A
- 4 Soucy, Maxime/B
- 5 Cheu, Elliott/B USA
- 6 Apsimon, Paul/A
- 7 Shen, Roy/B
- 8 Tiffou, Denis/B

Finalists

- 9 Sinclair, Robert/B
- 10 Constantin, Eugene/B
- 11 Caire, Pierre/A
- 12 LeFebvre, Francois
- 13 McCullough, Zane/C
- 14 Quan, Perry/B
- 15 Friedrich, Florian/A
- 16 Yeung, Wally/C
- 17 Adamczyk, Martin/B
- 18 Leung, Esmond/C
- 19 Steacy, Dean
- 20 Spruin, Alain/B
- 21 Wawryn, Borys
- 22 Ransom, James
- 23 Kalina, Stanislav
- 24 Voyziakakis, Emanuel USA
- 25 Kamainski, Michal
- 26 Hodgkinson, Justin/C
- 27 Wood, Alban
- 28 Davis, Glenn
- 29 Blamey, Mark
- 30 Kalina, Janusz/C
- 31 Thiel, Matthew
- 32 Zeiss, Gary USA
- 33 Norvell, Theodore
- 34 MacGregor, Jason
- 35 Jorge, Paul
- 36 Agarwala, Ravi
- 37 Chan, Hilbert
- 38 Geguire, Benoit
- 39 Gregoire, Louis-Pierre
- 40 Williams, Phillip
- 41 Somers, Dwight
- 42 Bolte, Mathiew
- 43 Brown, Dan
- 44 Hervieu, Thomas
- 45 Hamel, Stephan
- 46 Colinas, Jerome
- 47 Dufort, Nicolas
- 48 Jackson, Andrew
- 49 Greasley, Bud/C
- 50 Jung, Henry
- 51 Martin, Jean
- 52 Kenniff, Thomas
- 53 Cabana, Alexander
- 54 Kimber, Christin
- 54 Ladouceur, Patrick
- 56 Smith, Richard
- 57 Hunter, Todd
- 57 Chung, Alan

Women's Foil

Place

- 1 Bilodeau, Caitlin/A USA
- 2 Tremblay, Thalie/A
- 3 Lavigne, Sylvie/A
- 4 Nolke, Sabine/B
- 5 Wetterberg, Shelley/A
- 6 Hamel, Louise/A
- 7 Saworski, Donna
- 8 Medina, Blanca/B

Finalists

- 9 Ladouceur, Josee/A
- 10 Welch, Shannon
- 11 Metaxatos, Irene/B USA
- 12 Trabert, Jen/B
- 13 Hamilton, Sheryl/B
- 14 Matthews, Allison
- 15 Leveille, Pascale/C
- 16 Embuldeniya, Winona
- 17 Evans, Jacque
- 18 Mills, Josie/C
- 19 Viereck, Claudia/C
- 20 Christie, Carol
- 21 Vilanore, Stephanie
- 22 Williams, Rebecca
- 23 Quesnel, Christine
- 24 Virany, Alexandra
- 25 Hugh Yeun, Donna
- 26 Chan, Deborah
- 27 Desjean, Anouk
- 28 Thompson, Patti
- 29 Doyle, Louise
- 30 Oriani, Constanza
- 30 Fernandez, Alexandra
- 32 Boyd, Andrea
- 33 Ishi, Jaimee Leigh
- 34 Ballati, Allegra
- 35 Latrielle, Valerie
- 36 Walnut, Susan
- 37 Te, Liana
- 38 Storms, Tracey
- 39 Wawryn, Aleksandra
- 39 Cadet, Guerly
- 41 Bainbridge, Pearl
- 42 Mahoney, Julie

Men's Epee

Place

- 1 Cote, Alain/A
- 2 Dessareault, Michel/A
- 3 Shong, Laurie/A
- 4 Nowosielski, Dan/A
- 5 Bakonyi, Ron/A
- 6 Chouinard, Jean-Marc/A
- 7 Bakonyi, David/A
- 8 Krupka, George/A

Finalists

- 9 Doss, Jean-Louis/B
- 10 Francis, Allan/A
- 11 Bramall, Ian/B
- 12 Cardyn, Jacques/B
- 13 Habib, Kari/A
- 14 Helmich, John
- 15 Kalina, Janusz/B
- 16 Wong, Richard
- 17 Chouinard, Nicolas/A
- 18 Pinel, Jean-Francois/A

Continued on Next Page.

Men's Epee, Cont. from Previous Page.

- 19 Wawryn, Borys/B
- 20 Dicori, Sandro/A
- 21 Hoffman, Chris
- 22 Brunning, John/A
- 23 Mislow, John
- 24 McDonnell, Michael/B
- 25 Pickup, Darren/A
- 26 Ferland, Thierry/B
- 27 Turcotte, Patrick/B
- 28 Acevedo, Andre
- 29 Frigon, Jean Claude/A
- 30 Cromarty, Dwayne/A
- 31 MacGregor, Jason/C
- 32 Call, Stephen

Tableaux of 32

- 33 Soucy, Maxime/C
- 34 Depommier, Remi/A
- 35 Tremblay, Serge
- 36 Baldowski, Jacek
- 37 Kaminsky, Michal
- 38 Billows, Jason
- 39 Friedrich, Florian/B
- 40 Pickup, John/B
- 41 Kirby, Andrew
- 42 Bennett, Craig/C
- 43 Massett, Robin/C
- 44 Dicori, Alberto/B
- 45 Pickup, Andrew/B
- 46 Burton, Frederic/B
- 47 Bray, Bruce
- 48 Caza, Francois/B
- 49 Chabertain, Thomas/B
- 50 Obirek, Paul/B
- 51 Ransom, James/B
- 52 Branton, David/B
- 53 Kollath, Arpan/C
- 54 Foster, Kyle
- 55 Jackson, Andrew
- 56 Wilson, Steve
- 57 Pal, Frank
- 58 Zielonka, Woycizch/B
- 59 Demetrianis, Michael/B
- 60 Loeffler, Paul
- 60 Seguin, Denis
- 62 Thibalt, Daniel/B
- 63 Wolfe, Yariv
- 64 Leroux, Danny/B
- 65 Duphis, Pierre
- 66 Black, Steven/C
- 67 Wild, Andreas
- 68 Brown, Adam
- 69 Tur, Frederic/B
- 70 Leroux, Eric/B
- 71 Teskey, Mac/B
- 72 Rodgers, Robert
- 73 Dombowsky, Blaine/B
- 74 Poulin, Luc
- 75 Kalina, Mathias/C
- 76 Molesini, Paolo/B
- 77 Morisset, Charles
- 78 Simms, Paul
- 79 Brown, Dan
- 79 Desloges, Francois
- 81 Adamcyk, Martin/C
- 82 Sugar, Peter/C
- 83 Farivar, Alain

Women's Epee

Place

- 1 Miller, Margo/B USA
 - 2 Viereck, Claudia/B
 - 3 Nolke, Sabine/B
 - 4 Gara, Marie-France
 - 5 Trabert, Jen/A
 - 6 Hervieu, Brigitte
 - 7 Oriani, Constanza
 - 8 Williams, Rebecca
- Finalists

Men's Sabre

Place

- 1 Banos, Jean-Marie/A
 - 2 Banos, Jean-Paul/A
 - 3 Gravel, Evans/A
 - 4 Plourde, Tony/A
 - 5 Ferrettl, Vincent/A
 - 6 Bolvin, Alexandre/C
 - 7 Fallenbuchi, Robert/B
 - 8 Carignan, Steve/B
- Finalists
- 9 Vacca, Sebastien/C
 - 10 Bardagi, Michael/B

- 28 Burget, Brad/B
- 29 Jouniaux, Martie
- 30 Kotler, Warren
- 31 Tremblay, Jean Francois
- 32 Mardikian, Mourad
- 33 Zuckerkandel, Mark/B
- 34 Pardoel, Henk
- 35 Brehon, Kevin
- 36 Vasquez, Virgilio/C
- 37 Lester, Bill
- 38 Zablocki, Marcin
- 39 Dimmer, Dave
- 39 Phan, Michel
- 41 Knight, Kevin
- 42 Boulos, Michel
- 43 Duclos, Patrice
- 44 Aung Thin, George
- 45 Helmich, John
- 46 Dussault, Alain
- 47 Weeks, Dana
- 48 Dorin, Juan Carlo
- 49 Dodier, Charles
- 50 Steffan, Chris
- 51 Crozier, Andrew
- 52 Wojtowicz, Jan
- 53 Simms, Paul
- 53 Taylor, James
- 55 Billiard, Charles
- 56 Bigue, Allen

MANUEL D'ESCRIME.

81

gnée; le tranchant à droite, le talon en dehors et sur le côté du poignet.

Mouvements préparatoires.

Étant dans la position du soldat sans armes, faire un demi-à-gauche en conservant la tête directe, les pieds se plaçant en équerre, sans désunir les talons, le bras droit allongé en avant et détaché du corps, la pointe du sabre à environ 0^m,10 du sol, l'avant-bras gauche joint au corps et ployé en arrière (fig. 1).



Fig. 1.

Garde.

1. Élever le sabre, le bras allongé, la main à hauteur des yeux (fig. 2).

2. Ployer la saignée du bras droit, de manière que la main soit à hauteur du tétou droit, le poignet vis-à-vis de l'épaule droite, les ongles en dessous, le coude en dehors, à droite et un peu

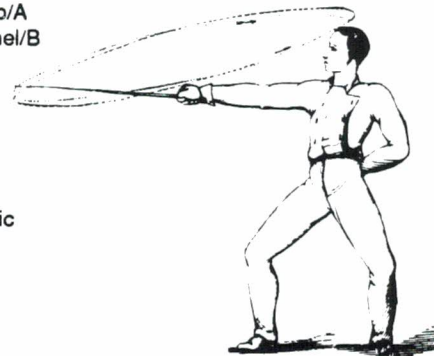
A Note on Photography in this Issue.

Readers might note the sparseness of photographs in this issue. This was not intentional, and we intend to catch up in the next issue on the 1990 World Championships, as well as upcoming circuit events.

If you have photographs you would like to see in *En Garde!* send them to the address on page 4.

- 9 McAllistar, Lori
- 10 Dodge, Janine
- 11 Rucker, Magdalena/B
- 11 Makela, Kathy
- 13 Simpson, Janet/C
- 14 Hyland, Jill
- 15 Embuldeniya, Winona
- 16 Baker, Beverley
- 17 Cadet, Willemne
- 18 Thopson, Patti
- 19 Bales, Kristine
- 20 Veilleux, Michele
- 21 Bayles, Tracy

- 11 Sarrazin, Pascal/C
- 12 Fonay, Nicky/B
- 13 Bizzarro, Martin/A
- 14 Deschenes, Bruno/A
- 15 Breton, Jean Michel/B
- 16 Warshaw, Larry/B
- 17 Lerouz, Eric
- 18 Buist, Philippe
- 19 Parilla, Ulpiano/A
- 20 Blundell, Scott/C
- 21 Dyck, Chris/B
- 22 St. Germain, Fabric
- 23 Valiquette, Pascal
- 24 Moriarty, Sean/A
- 25 Haddadi, Hussein
- 26 Gelinis, Gilbert/C
- 27 Kim, Mike



Circuit Results 1990 Senior Circuit No. 2

Portland, Oregon
January 1990

Women's Foil

Pl.	Points	Name	State
1	300	Bilodeau, Caitlin K/A	Met NY
2	282	O'Neill, Mary Jane/A	New Eng
3	270	Angelakis, Jana/A	New Eng
4	258	Garcia, Miranda/A	Cuba
5	240	Hall, Jane P/A	New Eng
6	237	Yu, Jennifer S/A	Cent CA
7	234	Monplaisir, Sharon/A	Met NY
8	231	McDaniel, Rachel/A	Phil
9	216	Delgado, Regla/B	Cuba
10	213	Hernandez, Barbara/A	Cuba
11	210	Hamori, Isabelle/A	Metro NY
12	207	Wetterberg, Shelley/A	Canada
13	192	Sullivan, Molly/A	New England
14	189	189 Zimmerman, Felicia T/B	West NY
15	186	Hynes, Janice/B	New Eng
16	183	Lavigne, Sylvie/A	Canada
17	168	168 Posthumus, Jennifer/B	Cent CA
18	165	165 Chernyak, Olga/A	North CA
19	162	Estrada, Caridad/A	Cuba
20	159	159 Marsh, Ann/A	MI
21	156	Clinton, Marjory/B	West NY
22	153	Tondu, Jennifer/LC	North CA
23	150	Martin, Margaret A/B	West NY
24	147	Piper, Heidi Macknight/A	IN
25		Hervieu, Marie-Franc/A	Canada
26		Marx, Suzanne Brown/B	OR
27		Hervieu, Brigitte/B	Canada
28		Kralicek, Kristin Ann/C	OR
29T		Bourdages, Helene/A	Canada
29T		Campbell, Linda/A	Canada
31		Turpin, Barbara/B	OR
32T		Aubin, Renee/A	Canada
32T		Raimondo, Norina/C	Phil
<i>Tableaux of 33!</i>			
34		Metaxatos, Irene/B	Metro NY
35		Fadner, Sydney Jane/D	New Eng
36		Hamel, Louise/A	Canada
37		La Hara, Suzanne/C	Cent CA
38		Dracott, Angela D/B	National
39		Martin, Tasha/E	OR
40		Piccininno, Denise/B	NJ
41T		Honig, Lisa/C	CO
41T		Lortie, Marie-Chantal/A	Canada
43		McGill, Marian/B	Canada
44		Chouinard, Ysabelle/A	Canada
45		Posthumus, Lisa/C	Cent PA
46		Moy, Tzu Ling West/A	Metro NY
47		Bannon, Margaret A/A	Canada
48		Dobson, Robin/C	South CA
49		Merola, Marianne/C	Metro NY
50		Malmstrom, Terra Ann/C	CO
51		White, Terri/D	UT/ID
52		Grisham, Kristen A/E	CO
53		Westrick, Mary/D	MI
54		Isenberg, Sarah/C	New England
55		Runyaan, Heidi/C	San Diego
56		Mansfield, Eugenie	West WA
57		Duthie, K. Maria	InIdempir

58		O'Donnell, Judith B/B	New Eng
59		Haugh, Kelly/D	IN
60		Kowalski, Katie/C	Cent PA
61		Hall, Linda Burdick/D	MI
62		Sikes, Julianna/E	Mt. Valley
63		Croy, Madeline/D	New Eng
64		Medina, Blanca/B	Metro NY
65		Krusen, Kathryn/C	North CA
66		Prifrel, Jennifer/C	MN
67		Brewer, Kelly	UT/ID
68		Bjernerud, Deborah	North CA
69		Thompson, Linda	Canada
70T		Kadri, Lynn	IN
70T		Speece, Tiger	Cent CA
72		De Bruin, Claudette/E	OR
73		Radke, Constance L/E	West WA
74		Chaplinsky, Sharon/D	Phil
75		Jaramillo, Jeanine D.	OR
76T		Campbell, Kristine Ann/A	CT
76T		Schlick, Gabriela/C	W. Germany
78T		Haugh, Rachel/E	IN
78T		Tomasso, Lara/E	MI
80T		Brown, Tracy/E	MN
80T		Hamilton, Shery/B	Canada
82		Thornblom, Christina/E	South TX
83		Badami, Donna L	Piedmont SC
84		Findlay, Kathryn H.	OR
85		Drenker, Katie E.	CO
86		Rees, Valerie/E	UT/ID

Women's Epee

Pl.	Points	Name	State
1	300	Turpin, Barbara/A	OR
2	282	282 Haugh, Rachel/A	IN
3	270	Clark, Laurel Ann/A	North CA
4	258	Mc Clellan, Cathy/A	New Eng
5	240	Comez, Sylvie/A	Canada
6	237	Littmann, Dr. Jane/A	Pied. SC
7	234	Chouinard, Ysabelle/A	Canada
8	231	Reibman, Amy Ruth/A	NJ
9	216	Arata, Kimberly D/B	South CA
10	213	O'Donnell, Judith B/A	New Eng
11	210	Bannon, Margaret A/A	Canada
12	207	Morrison, Veronica S/B	Capitol
13	192	Schlick, Gabriela/C	W. Germany
14	189	Summers, Chanel-Fr/C	South CA
15	186	Holly, Madeleine C/B	Metro NY
16	183	Gilbert, Jennifer E/A	North CA
17	168	Norwood, Lori/C	South TX
18	165	Klinger, Anne/A	OR
19	162	Doblog, Lisa/C	Capitol
20	159	Adrian, Marlene/A	IL
21	156	Morrison, Veronica Smith/B	Capitol
22	153	Lewis, Teresa R/C	South TX
23	150	Rodriguez, Kerry/B	South TX
24	147	Delgado, Regla/C	Cuba
25		Krusen, Kathryn/B	North CA
26		Thompson, Katherine/C	North OH
27		Beegle, C J/C	West WA
28		Garcia, Miranda/A	Cuba
29		Hernandez, Barbara/A	Cuba
30		Martin, Margaret A/D	West NY
31T		Haugh, Kelly/C	IN
31T		Loscalzo, Katherine J/B	Metro NY
31T		Tass, Natalia Lederer/B	AZ
<i>Tableaux of 33!</i>			
34		Bender, Wendy/D	West WA
35T		Elvin, Margie Peltor/B	South CA
35T		Griffin, Maureen E/D	MN
35T		Miller, Margo/B	South CA
38		Erdos, Elizabeth A/B	North CA
39T		De Bruin, Claudette/E	OR
39T		Hayes-Arista, Ruth I/C	West WA
41		Rees, Valerie/D	UT/ID
42		Bourdages, Helene/B	Canada
43		Mansfield, Eugenie/D	West WA
44		Paquin, Marie-Josée/A	Canada

45		Furu, Kathryn/B	CT
46T		Posthumus, Lisa/E	Cent PA
46T		Brown, Tracy/E	MN
48		Runyon, Cindy/C	Bernardino
49		Malmstrom, Terra Ann/C	CO
50		Drenker, Katie E/E	CO
51T		Garrett, Stephanie/E	Canada
51T		Thornblom, Christina/E	South TX
53		Schneider, Brooke	MI
54		Chaplinsky, Sharon/D	Phil
55		Collinge, Amy C/D	Phil
56		Frye, Mary Patricia/D	MI
57		Simpson, Suzanne/E	GlfCst TX
58		Hall, Linda Burdick	MI
59		Dracott, Angela D/D	National
60		Krick, Elizabeth	MN
61T		Prifrel, Jennifer L/E	MN
61T		Viereck, Claudia/B	Canada
61T		Whisnant, Lela	North TX
64		Silvia, Regina L.	North TX
65		Findlay, Kathryn H.	OR

Men's Foil

Pl.	Points	Name	State
1	300	Giasson, Benoit/A	Canada
2	282	Marx, Michael/A	IN
3	270	Rocheleau, Luc/A	Canada
4	258	Huttenabach, Josh/A	Metro NY
5	240	Tichacek, Jack D/A	NJ
6	237	Carlay, A/A	Metro NY
7	234	Wallier, David/A	Canada
8	231	231 Bravin, Eric Nick/A	South CA
9	216	Bergeron, Nicholas/A	Canada
10	213	Mufel, Edward/A	Cent PA
11	210	210 Carter, A/A	Phil
12	207	Chatel, Marc/A	Canada
13	192	192 Pavese, Marc/A	Metro NY
14	189	Panizo, Alvaro/A	Peru
15	186	Madrid, Ivan/B	Metro NY
16	183	Thliveris, Tom/B	NJ
17	168	Fox, Frank Oliver/A	South CA
18	165	Bowlsby, Craig/A	Canada
19	162	Kwok, Wei-Tai/C	Cent CA
20	159	159 Longenbach, Zaddick/B	Metro NY
21	156	156 Atkins, Ben/A	Metro NY
22	153	Bukantz, Jeffrey/A	NJ
23	150	Leary, Philip Adam/B	NJ
24	147	Tremblay, Daniel/A	Canada
25		Elvin, Mark A/A	South CA
26		26 Skrabonja, Randall George/A	NC
27		Demarque, Jerome/A	Metro NY
28		Friedrich, Florian	Canada
29		Cho, Michael E/C	South CA
30		Yu, Marty/A	CT
31		Carberry, Mark/C	CO
32		Dew, Eric/C	Phil
<i>Tableaux of 32</i>			
33		Gargiulo, Terrence L/A	New Eng
34		Weber, Alan E/A	Phil
35		Mueller, Donn/B	Cent PA
36		Cohen, Nathaniel/A	Metro NY
37		Jarman-Miller, Daniel M/C	OR
38		De Morelos, Carlos/A	North CA
39		Hodkinson, Justin/E	Canada
40		Bennett, Philippe/A	Metro NY
41		Smith, Cameron Bryn/B	Canada
42		Voyaziakis, Emanuel/D	Metro NY
43		Harkness, R. Cole/A	North CA
44		Brouillet, Mathieu/B	Canada
45		Olliver, William/C	CO
46		Cellier, Brad/C	Cent PA
47		Bernard, Yann	Canada
48		Tom, Edward/E	North CA
49		Smith, Brandon/B	Canada
50		Zylks, Pepper/B	UT/ID
51		Soucy, Maxime/B	Canada
52		Pena, Brian A/A	South CA
53		Hyson, Jeffrey/B	NJ

54	Bassin, Barry Jay/C CT	9	216	Socolof, Joseph D/A NJ	89	Biusted, Gordon Canada
55	Socolof, Joseph D/B NJ	10	213	Soter, Paul/A North CA	90T	Atkins, Ben/B Metro NY
56T	Bloomer, William M/B North CA	11	210	Griffiths, Steven/A NJ	90T	Davis, James L. North CA
56T	Pederson, Michael S/B MN	12	207	Russell, Geoffrey B/A Cent PA	92	Blue, John R/D Mt. Valley
58T	Beyers, Mike Jesse/C OR	13	192	Normile, Jon/A Metro NY	93	Dahlquist, Scott J/D MN
58T	Niemiec, Mark/C CO	14	189	Gelnaw, William H/A South CA	94T	Elgart, James Preston/B North CA
60	Apsimon, Paul/A Canada	15	186	Bakonyi, Ron/A Canada	94T	Hayenga, Gary Michael/C MN
61	Meenk, Ted/C West WA	16	183	Block, Claus Dieter/A North CA	96T	Evans, Allen/E West WA
62	Angers, Stephen/A Canada	17	168	Masin, George G/A Metro NY	96T	Hagen, Christopher Lee/E MN
63	Stasinov, Mark/C UT/ID	18	165	165 Bloom, Tamir/C Phil	96T	Pickup, Darren/A Canada
64	Esponda, Gerard/A North CA	19	162	Soellner, Ian/A Canada	99T	Bakonyi, Peter/B Canada
65	Holeman, Derek/C OR	20	159	Kliene, Sean/C MN	99T	Carberry, Mark/D CO
66	Higgs-Coulthard, Peter/D AZ	21	156	Weems, Rodney Adrian/A NJ	99T	Stringer, Chris/E OR
67T	Flores, Stephen/C Cent PA	22	153	Baxter, David C/B Metro NY	102	Adolf, Neal/D OR
67T	Hayenga, Gary Michael/B MN	23	150	Wahren, John/A NJ	103	Wallace, David New England
69	Hibnes, Marshall Allan West WA	24	147	Brunning, John/A Canada		
70	Bello, Carlo South CA	25		120 Andresen, Matthew/C NC		
71T	Bases, Daniel/C Metro NY	26		Dicori, Sandro/A Canada		
71T	White, Richard William/C UT/ID	27		Goossens, Bruno/A North CA		
73T	Chock, Colin/C OR	28		111 Rush, Scott/B IL		
73T	O'Donnell M.D., Mich./A New Eng	29		Phillips, Miles D/A MN		
73T	Pomares, Raul/D North CA	30		Collie, Peyton/B Capitol		
76	Baker, David H/C NJ	31		Alexander, Charles H/A San Diego		
77	Spruin, W. Alan/B Canada	32		Shypertt, Gregory/A North CA		
78	Zeiss, Gary/E Metro NY			<i>Tableaux of 32</i>		
79	Colwell, Tracy Brad/E Mt. Valley	33		Thomas, William P/A South TX		
80	Zuker, Hunter/B West WA	34		Oshima, Marc/A NJ		
81	Gross, Stephen R/B St. Louis	35		Zaslavsky, Yan/D Metro NY		
82	Green, Chris/C West WA	36		Flint, James E/B Phil		
83	Berube, Paul R/C Metro NY	37		Vidor, Richard/A North CA		
84	Enbom, John E/C CT	38		Kanar, Bryn Ulysses/B Cent CA		
85	Tolentino, Ernie G/E North CA	39		Skillman, Peter/A North CA		
86T	Goerdel, Michael Todd/D South TX	40		Dockery, Keith F/B VA		
86T	Nichols, Douglas/B Cent CA	41		Pineil, Jean-Francois/A Canada		
88T	Bello, Leonel/C North CA	42		Van Dyke, Frank/A North CA		
88T	Bullock IV, Andrew J/D Phil	43T		Francis, Allan/A Canada		
90	Adolf, Neal/D OR	43T		Zebuth, Christopher E/B Long Island		
91	Carnighan, Lencin/D OR	45T		Harris, Matthew S/B North CA		
92T	Baxter, Alden L/D Metro NY	45T		Williams, Darrell Eric/A Metro NY		
92T	Nynas, Thomas Alan/B MN	47		Hewitt, Frank Floyd/B San Diego		
94	Rausch, Randall/C North TX	48		Jones, Michael P/E West WA		
95	Venson, Michael/E South CA	49		Pohl, Mark S/A OR Cst CA		
96	Ring, Craig M/E Cent CA	50		Johnson, Alex/D UT/ID		
97	Sandomire, Daniel M/E West WA	51		Brammal, Ian/A Canada		
98	Ford, Christian H/C West WA	52		Leroux, Eric/B Canada		
99	Signorelli, Carl/C Cent CA	53		Varney, John/B West WA		
100	Girard, Rian Michael/D OR	54		Niemann, Karl/C CO		
101	Surya, Dwijaya Hadi OR	55		McMahon, David/E Phil		
102	Davidson, Lewis/C West WA	56		Engdahl, Christopher/D NC		
103	Foos, Christian West Germany	57T		Krause, Daniel F/B VA		
104	Clawson, Scott NJ	57T		Swope, Christopher Jude/D MN		
105	Gumbs, Colin IN	59		Nee, Gregory T/B South TX		
106	Brown, William Bert Cent CA	60		Dailey, Christopher/D North CA		
107	Hunck, Brian/C North TX	61		Arenberg, Jeff/B North CA		
108	Krauss, John William/D Phil	62		Conrad, Peter MD NJ		
109	Parker, Raymond/D South TX	63		Hirshon, Brad/B Metro NY		
110	Hagen, Christopher Lee/C MN	64		Hyson, Jeffrey/B NJ		
111	Neal, James M. West WA	65		Swagel, Steven/D Phil		
112	Matsuda, Ryo/C OR	66		Bakonyi, David/A Canada		
113	Mowbray, Michael J/D OR	67		Hall, Michael F/B South TX		
114	Siek, Jeremy G. West WA	68		Dunham, David West WA		
115	Arcia, Robert North CA	69		Downey, Jerry/B North CA		
116	Dahlquist, Scott J/D MN	70		Hunck, Brian/B North TX		
117	Wallace, David/E New Eng	71		Ong, Tak C. AK		
118	Talbot, Seth/E West WA	72		Madrid, Ivan/B Metro NY		
119	McConnell, Mark P. UT/ID	73		Tausig, Justin/D NJ		
120	Velez, Luis A. North CA	74		Roberts, Peter/C, OR		
121	Rowe, Eric/E North CA	75T		Christe, Mark K/A South CA		
122	Neal, Jonathan D. West WA	75T		Gorman, Thomas A/D New Eng		
		77		Niemiec, Mark/C CO		
		78T		Casimir, Georges/C Metro NY		
		78T		Hibnes, Marshall Allan West WA		
		78T		Witte, William/B Canada		
		81T		Horodyski, Krzysztof/A Canada		
		81T		Korn, Benjamin/C Cent CA		
		83		Stull, Douglass E/C South TX		
		84		Soucy, Maxime/C Canada		
		85		Durcotte, Patrick/B Canada		
		86		Hollingsworth, Russell E/D CO		
		87		Duggan, Jerry CO		
		88		Balzac, Stephen/D North CA		

Men's Sabre

Pl.	Points	U-20	Name	
1	300		Banos, Jean-Marie/A Canada	
2	282		Stollman, David/A MI	
3	270		Gravel, Evans/A Canada	
4	258		Plourde, Tony/A Canada	
5	240		Friedberg, John/A Metro NY	
6	237		Nowosielski, Leszek/A Canada	
7	234		Capin, Bruce/B OR Cst CA	
8	231		Friedberg, Paul/A Metro NY	
9	216		Lofton, Michael/A Metro NY	
10	213	213	Maggio, Jonathan S/C Metro NY	
11	210		Reohr, Christopher/A National	
12	207		Ferretti, Vincent/A Canada	
13	192		D'Amico, Leonard/D Cent CA	
14	189		Cottingham, Robert/A NJ	
15	186		Bizzarro, Martin/A Canada	
16	183		Rodriguez, Gerard/A Metro NY	
17			Mandell, David/B Metro NY	
18			Benedek, Miklos/A Cent CA	
19			Anthony, Jr., Donald K/A Metro NY	
20			Cox, David B/A Cent PA	
21			Tass, Atilla/A AZ	
22			Randolph, Robert/A South CA	
23			Bardagi, Michael/B Canada	
24			147 Friedlich, Avi/C San Diego	
25			Burget, Brad/C IL	
26			Boyce, David S/E South CA	
27			Gonzalez-Rivas, George/A Metro NY	
28			Breton, Jean-Michael/B Canada	
29			Heck, Steven D/A Capitol	
30			Carignan, Steve/B Canada	
31			Sarosi, Garreth/B Gulf Cst TX	
32			Bullock IV, Andrew J/C Phil	
			<i>Tableaux of 32</i>	
33			Boivin, Alexandre/C Canada	
34			Warshaw, Larry/C IL	
35			Baguer, Cristian E/D IN	
36			Widder, Frank S/C South CA	
37			Jones III, Welton H/C San Diego	
38			Deschene, Bruno/A Canada	
39			Zilbershteyn, Gherman/A South CA	
40			Kovacs, Steven/B Metro NY	
41			Marx, Michael/C IN	
42			Baguer, Edward/B NJ	
43T			D'Agnesse, Anthony G/C OR	
43T			Pietrusinski, Zbigniew/B Canada	
45			Tuoto, Tony/D OR Cst CA	
46			Warlick, Christopher/D Cent CA	
47			Vasquez, Virgilio/C Canada	
48			Revoczi, Tamas Canada	
49			Mokin, William North CA	
50T			Taylor, James Canada	
50T			Zuckerandel, Marc/C Canada	
52T			Boyce, Charles Kevin/D South CA	
52T			Khatab, Hassan Zak/A Bernardino	
54T			Condrey, John/D North CA	
54T			Dunn, Lawrence L/C South CA	
56			Ziel, Harry K. South CA	
57T			Miller, Jeffrey/D Cent CA	
57T			Pena, Brian A/C South CA	
59			Tang, Peter Canada	
60			Kovacs, Alexander J. Phil.	
61			Silvia, Mark/E North TX	

Men's Epee

Pl.	Points	Name
1	300	Shong, Laurie/A Canada
2	282	Carpenter, James/A Metro NY
3	270	Marx, Robert/A OR
4	258	Chouinard, Nicolas/A Canada
5	240	Stull, Robert/A South TX
6	237	Cote, Alain/A Canada
7	234	O'Loughlin, Chris/A Metro NY
8	231	O'Neill, James/A Metro NY

Calendars

NATIONAL

North American Circuit & Other Events 1990

<u>No.</u>	<u>Weapon</u>	<u>Dates</u>	<u>Location</u>
NAC1	MS	Dec. 2	Morristown High, NJ
NAC1	All F & E	Dec. 7-9	Louisville, KY
1991			
NAC2	All	Jan. 11-13	Ventura, CA
Col. Open	All	Jan. 19-20	UNC; Durham, NC
NJ HS Champs.		Feb. 3	Elizabeth, NJ
JO Champs.	All	Feb. 15-18	Little Rock, AR
ECAC Coll. Champs.		Mar. 9-10	U. Penn; Philadelphia, PA
NCAAs	All	Mar. 20-24	Penn State, College town, PA

INTERNATIONAL

1990

<u>Date</u>	<u>City & Country</u>	<u>Cat</u>	<u>Tournament(Fr.)</u>	<u>Events</u>
Dec. 14-16	Havana CUB		Torneo Ramon Fonst	ME
Dec. 15-16	Leningrad USSR	A	Fleuret de Leningrad	MF
Dec. 15-16	Barcelona SPA	A	Ciudad de Barcelona	ME
Dec. 15-16	Oschatz GDR		Challenge Juri Gagarin	MF, ME
Dec. 24-26	Tel Aviv ISR		Andrei Spitzer Cup	WF, MF, ME

1991

Jan. 4	Budapest HUN	Jr. A	Banque de Budapest	WE
Jan. 4	" "	Jr. A	Coupe Istvan Kovacs	MF
Jan. 5	" "	Jr. A	Championnat Internat.	ME
Jan. 5-6	Tauberbis. FRG	A	Reinhold Wurth Pokal	WF

Relaxation & Meditation, Continued from page 12.

you achieve. Deep relaxation is not always achieved. It is necessary to point out that even in these cases, objective changes occur with the decreasing of tension, which underlines the importance of these techniques. You do not need to practice all the exercises; select and use a few of the ones you like.

Conclusion

Restated, the following are key points to remember:

- 1) Relaxation exercise decreases overall tension, and has a significant effect on regeneration of the organism.
- 2) Relaxation exercises should be practiced regularly. In the beginning practice in a quiet place.
- 3) After each practice session of relaxation exercises, it is important to use activation exercises (stretching, tensing of the muscles, moving the arms, taking a deep breath,

standing up). The latter are not used following a session before sleep.

- 4) Do **not** use deep relaxation immediately before starting competition (unless of course your sport requires a low level of activation). Prior to competition breathing exercises and progressive relaxation are the most useful techniques.

*Concluded with Self Test
on page 27.*

Results

1990 World Championships

Lyons France
July 1990

Men's Foil

See back cover for Places 1-21.

- 22 Krzesinski, Adam POL
 - 23 Marx, Michael USA
 - 24 Zhang, Zhicheng PRC
 - 25 Koretski, Boris USSR
 - 26 Conscience, Philippe FRA
 - 27 Nemeth, Zsolt HUN
 - 28 Roemer, Uwe GDR
 - 29 Umezawa, Kenichi JAP
 - 30 Wagner, Udo GDR
 - 31 Bell, Nicholas GBR
 - 32 Joon-Suk, Hwang KOR
- Tableau of 32
- 33 Cipressa, Andrea ITA
 - 34 Romankov, Alexand. URS
 - 35 Howe, Jens GDR
 - 36 Busa, Istvan HUN
 - 37 Garcia, Oscar CUB
 - 38 Behr, Matthias FRG
 - 39 Szekeres, Pal HUN
 - 40 Cerioni, Stefano ITA
 - 41 Garcia, Andres SPA
 - 42 Gregory, Elvis CUB
 - 43 Molea, Romica ROM
 - 44 Morales, Rafael CUB
 - 45 Buzan, Livius ROM
 - 46 Nagy, Josef CZH
 - 47 Koren, Eyal ISR
 - 48 Wang, Lihong PRC
 - 49 Ye, Chon PRC
 - 50 Siess, Cezary POL
 - 51 Ducu, Petre ROM
 - 52 Gosbee, William GBR
 - 53 Groc, Patrick FRA
 - 54 Pirk, Robert CZH
 - 55 Young-Seung, Hong KOR
 - 56 McKenzie, Donnie GBR
 - 57 Shikine, Yuichi JAP
 - 58 Bravo, Ramiro SPA
 - 59 Predescy, Mihai ROM
 - 60 Blaschka, Robert AUT
 - 61 Davis, Johnny GBR
 - 62 Krejovic, Zoran YUG
 - 63 Hrubesch, Fritz AUT
 - 64 Prihoda, Lubos CZH
 - 65 Perez, Vicente CUB
 - 66 Xiang, Yanbin PRC
 - 67 Esperanza, Jesus SPA
 - 68 Seong-Pyo, Kim KOR
 - 69 Michaeli, Yam ISR
 - 70 Yu, Marty USA
 - 71 File, Attila ROM
 - 72 Ho-Sung, Lee KOR
 - 73 Rocheleau, Luc CAN
 - 74 Hadji, Salman KUW
 - 75 Shniki, Asher ISR
 - 76 Garcia, Hermenegi CUB

- 77 Katz, Noam ISR
- 78 Guerra, Jose SPA
- 79 Bergeron, Nicolas CAN
- 80 Jarosch, Uwe GDR
- 81 Kay, Peter GBR
- 82 Toth, Andries HOL
- 83 Tichacek, Jack USA
- 84 Carter, Al USA
- 85 McMahon, Gerald AUS
- 86 Galbac, Tibor CZH
- 87 Koyasu, Hidehachi JAP
- 88 Savic, Aleksandar YUG
- 89 Giasson, Benoit CAN
- 90 Dinsdal, Peter AUS
- 91 Crespo, Andres SPA
- 92 Botic, Dubravko YUG
- 93 Sakiroglu, Sezgin TUR
- 94 Gerossideris, Efs. GRE
- 95 Murakami, Kosei JAP
- 96 Wardle, Alwyn AUS
- 97 Emura, Koji JAP
- 98 Schiefermeier, Mat. AUT
- 99 Yong-Kook, Kim KOR
- 100 Lee, Ron HKG
- 101 Buckle, Daniel AUS
- 102 Wong, Tsan HKG
- 103 Huttenbach, Joshua USA
- 104 Young, Noel AUS
- 105 Dvoracek, Viktor CZH
- 106 arzouk, Fahd KUW
- 107 Segal, Yuval ISR
- 108 Navarro, Salcedo PER
- 109 Besedes, Zoltan YUG
- 110 Abdulkarim, Assad SAU
- 111 Al-Harshani, Fays KUW
- 112 Limov, Darko YUG
- 113 Pashapour, Asghar IRN
- 114 Anguita Souza, Ivan CIL
- 115 Mork, Soren DAN
- 116 Algame, Walied SAU
- 117 Kazaglis, Dimitris GRE
- 118 Badoglu, Ercument TUR
- 119 Mulvad, Henrik DAN
- 120 Yamac, Haluk TUR
- 121 Tolloui, Kyoumars IRN
- 122 Tang, Kwan KOR
- 123 Lo, Ringpo HKG
- 124 Gholypour, Madjd IRN
- 125 Akbari, Ahmad IRN
- 126 Chambers, Andrew IRL
- 127 Rebhi, Karim TUN
- 128 Alzouwaied, Abdul SAU

Men's Epee

See back cover for Places 1-23.

- 24 Chouinard, Nicolas CAN
- 25 Pereira, Manuel SPA
- 26 Riboud, Philippe FRA
- 27 Resegotti, Sandro ITA
- 28 Vanky, Peter SUE
- 29 Poffet, Michel SWI
- 30 Szoke, Attila HUN

- 31 Pantano, Stefano ITA
 - 32 Gomez, Miguel SPA
- Tableau of 32
- 33 Tichko, Mikhail USSR
 - 34 Kaaberma, Kajdo USSR
 - 35 Loffler, Bernard FRG
 - 36 Fernandez, Angel SPA
 - 37 Castro, Lazaro CUB
 - 38 Tscherner, Martin NZL
 - 39 Depta, Ales CZH
 - 40 Bergstrom, Jerri SUE
 - 41 Rivas, Mauricio COL
 - 42 Pfefferle, Gerald SWI
 - 43 Sandegren, Ulf SUE
 - 44 Marx, Robert USA
 - 45 Losser, Gordon GDR
 - 46 Merencio, Pedro CUB
 - 47 Murakami, Tetsuhi JAP
 - 48 Xu, Xuening PRC
 - 49 Mihailescu, Nicolas ROM
 - 50 Jecminek, Roman CZH
 - 51 Layola, Wilfredo CUB
 - 52 Wang, Qun PRC
 - 53 O'Neill, James USA
 - 54 Strohmeyer, Arno AUT
 - 55 Hee-Jai, Cho KOR
 - 56 Turan, Sadettin TUR
 - 57 Nicolae, Felix ROM
 - 58 Franc, Michal CZH
 - 59 Al-Mordhi, Nahed KUW
 - 60 Jaquet, Olivier SWI
 - 61 Du, Zhengcheng PRC
 - 62 Muster, Jens GDR
 - 63 Ciszewski, Maciej POL
 - 64 Griffiths, Steve USA
 - 65 Di Martino, Jean FRA
 - 66 Nawrocki, Slawomi POL
 - 67 Hirschi, Daniel SWI
 - 68 Kovacs, Ivan HUN
 - 69 Bandeira, Jose POR
 - 70 Hirvonen, Jarma FIN
 - 71 Paz, Juan Miguel COL
 - 72 Kopiec, Andre AUS
 - 73 Tanasijevic, Drag. YUG
 - 74 Mino, Masatoshi JAP
 - 75 Melville, Jerry GBR
 - 76 Shong, Laurie CAN
 - 77 Nowosielski, Bogd. CAN
 - 78 Speltz, Michel LUX
 - 79 Petricic, Goran YUG
 - 80 O'Brien, Michael IRL
 - 81 Shibata, Tomohiko JAP
 - 82 Kardolus, Arwin HOL
 - 83 Hauser, Laurenz AUT
 - 84 Sell, Thomas GDR
 - 85 Yang, Wenyong PRC
 - 86 Berriman, Quentin GBR
 - 87 Nagele, Johannes AUT
 - 88 Chan, Kai Sang HKG
 - 89 Germakopoulos, An. GRE
 - 90 Bodoczy, Miklos ROM
 - 91 Lundblad, Tomas SUE
 - 92 Birnbaum, Axel AUT
 - 93 Frazao, Rui POR
 - 94 Mc Lean, Gavin NZL
 - 95 Morejon, Jose CUB
 - 96 Douba, Jiri CZH
 - 97 Hakamaki, JIari FIN
 - 98 Normile, Jon USA
 - 99 Pop, Adrian ROM
 - 100 Gadamski, Wiroid POL

- 101 Hoyvik, Jarle NOR
- 102 Bakonyi, Ron CAN
- 103 Kubicek, Tomas CZH
- 104 Toomey, John IRL
- 105 Stepien, Marek POL
- 106 Kortekaas, Ton HOL
- 107 Rothlander, Herwig AUT
- 108 Greenhalgh, Roger GBR
- 109 Nam-Jin, Yoon KOR
- 110 Dal-Sik, Yang KOR
- 111 Boubshait, Jameel SAR
- 112 Lai, Ming-Chu TAI
- 113 Molga, Piotr POL
- 114 Corish, Michael GBR
- 115 Kolbjornesen, End. NOR
- 116 Nutt, Nigel AUS
- 117 Jorgensen, Henrik DAN
- 118 Kyllijoki, Viliju FIN
- 119 Al Hamar, Mohamed KUW
- 120 Pedersen, John NOR
- 121 Pantelinon, Gabriel ROM
- 122 Okaiel, Sharaf SAR
- 123 Hewonev, Jyrki FIN
- 124 Hwang, Di-Ming TAI
- 125 Bueging, Nicolas SWI
- 126 Pena, Johnathan PUR
- 127 Yang, Chin-Kuo TAI
- 128 Al-Awadi, Khaled KUW
- 129 Esfahani, Ali Bad IRN
- 130 Albinai, Faraji SAR
- 131 Ho, Peter W. HKG
- 132 Lignos, Joannis GRE
- 133 Roman, Zoltan YUG
- 134 Ayberk, Hakan TUR
- 135 Neckovic, Vladan YUG
- 136 Proske, Uwe GDR
- 137 Falter, Oliver GDR
- 138 Larsen, Michael DAN
- 139 Johnsen, Dogfinn NOR
- 140 Ravara, Diego POR
- 141 Aleksandrovski, T. YUG
- 142 Malallah, Kazem KUW
- 143 Mittermair, Georg AUS
- 144 Tong, Kent HKG
- 145 Maroto, Raul SPA
- 146 O'Laughlin, Chris USA
- 147 Nishigaki, Hitoshi JAP
- 148 Ahlgren, Mats SUE
- 149 Barroso, Manuel POR
- 150 Fisher, Andrew AUS
- 151 Pinto, Juan COL
- 152 Pashapour, Ashgar IRN
- 153 Sato, Masahiro JAP
- 154 Viaes, Joao POR
- 155 Wang, San-Tsar TAI
- 156 Sarhangpour, Kafr IRN
- 157 Fancourt, Nigel GBR
- 158 Mashinchian, Habi IRN
- 159 Grossele, Jean-M MON
- 161 Al Dossari, Naser SAR
- 162 Tai-Suk, Chang KOR
- 163 Glapier, Yves MON
- 164 Inustroza, Paris CIL
- 165 Malallah, Ali KUW
- 166 Diziclu, Ali Mur TUR
- 167 Chen, Jui-Pin

More Worlds Results
Continued on Next Page.

Results, cont. 1990 World Championships

Women's Foil

Gold & Silver Medals

Fichtel, Anja(FRG) d. Trillini, Giovanna(ITA) 2-0 (5-2, 5-2)

Bronze Medal

Velitchko, Olga(USSR) d. Szabo-Lazar, Re.(ROM) 2-0 (5-0, 5-2)

The Top 4

Fichtel, Anja d. Velitchko, Olga 2-0 (6-4, 5-2);

Szabo-Lazar, Reka d. Trillini, Giovanna 2-1 (2-5, 6-4, 6-5)

Places 5-8 (Final placements in italics)

Fichtel, Anja d. 8 Sadovskaia, Tatiana(USSR) 2-1 (5-2, 3-5, 5-3);

Velitchko, Olga d. 7 Meygret, Gisele(FRA) 2-0 (5-0, 5-3);

Szabo-Lazar, Re. d. 5 Bortolozzi, Fra.(ITA) 2-1 (5-3, 5-6, 6-5);

Trillini, Giovanna d. 6 Wurtz, Marie Ho.(FRA) 2-1 (5-6, 6-4, 6-4).

Tableau of 32, with seedings

1 Fichtel, Anja d. 32 Sprecher, Ilka(GDR) 2-0 (5-3, 5-2), then

Grichina, Elena(USSR) 2-0 (5-2, 5-0); 16 Grichina, Elena d. 17

Prusakowska, Ha.(POL) 2-1 (5-6, 5-2, 6-5); 9 Badea, Laura(ROM) d.

24 Wagner, Ute(GDR) 2-0 (5-1, 6-4), then Vetu, Sophie(FRA) 2-1 (5-1,

1-5, 6-4); 25 Vetu, Sophie d. 8 Vaccaroni, Dori(ITA) 2-1 (6-4, 1-5, 5-3);

5 Weber, Monika(FRG) d. 28 Liang, Jun(PRC) 2-1 (5-6, 5-0, 5-2); 12

Szabo-Lazar, Re. d. 21 Pusztai, Ildiko(HUN) 2-0 (5-1, 5-0), then

Weber, Monika 2-0 (6-4, 6-4); 20 Sadovskaia, Tatiana d. 13 Wurtz,

Marie Ho. 2-1 (3-5, 5-0, 5-3); 4 Bortolozzi, Fra. d. 29 Weder,

Ursula(SUI) 2-0 (5-2, 5-0), then Sadovskaia, Tatiana 2-0 (5-2, 6-4); 3

Zalaffi, Marghe(ITA) d. 30 Seong-Ja, Shin(KOR) 2-1 (6-4, 2-5, 5-2);

19 Meygret, Gisele d. 14 Tufan, Elisabet(RO) 2-0 (6-4, 5-1) then

Zalaffi, Marghe 2-0 (5-0, 6-4); 11 Sidorova, Olga(USSR) d. 22

Stracham, Linda(GBR) 2-0 (5-1, 5-1) then Tomasch, Andrea 2-0 (6-4,

5-1); 27 Tomasch, Andrea(GDR) d. 6 Hatoel-Zukerma(ISR) 2-0 (5-2,

6-5); 7 Trillini, Giovanna d. 26 Szewczyk, Barbara(POL) 2-0 (5-0,

6-4), then Dobmeier, Annette(FRG) 2-1 (4-6, 5-2, 5-1); 10 Dobmeier,

Annette d. 23 Modaine, Lauren(FRA) 2-0 (5-1, 6-4); 15 Bau,

Sabine(FRG) d. 18 Jeon-Hee, Lee(KOR) 2-1 (5-1, 3-5, 5-1); 2

Velitchko, Olga d. 31 McIntosh, Fiona(GBR) 2-1 (4-6, 5-3, 5-1).

Top 4 Seedings Progressing to Finals of 8 (with 3 victories)

Fichtel, Anja d. Badea, Laura 2-0 (5-1, 5-2); Szabo-Lazar, Re. d.

Bortolozzi, Fra. 2-0 (5-4, 5-3); Meygret, Gisele d. Sidorova, Olga 2-0

(5-2, 6-4); Trillini, Giovanna d. Velitchko, Olga 2-1 (4-6, 5-0, 5-2).

First & Second Repechage Bouts in Tableau

Prusakowska, Ha. d. Sprecher, Ilka 2-0 (5-2, 6-5); Vaccaroni, Dori d.

Wagner, Ute 2-0 (5-0, 6-4); Liang, Jun d. Pusztai, Ildiko 2-0 (5-3, 5-1);

Wurtz, Marie Ho. d. Weder, Ursula 2-0 (5-3, 5-2); Seong-Ja, Shin d.

Tufan, Elisabet 2-0 (5-1, 5-3); Hatoel-Zukerma d. Stracham, Linda 2-1

(5-6, 5-1, 5-1); Modaine, Lauren d. Szewczyk, Barbara 2-1 (5-2, 1-5,

5-0); Jeon-Hee, Lee d. McIntosh, Fiona 2-1 (2-5, 5-3, 6-4); Zalaffi,

Marghe d. Hatoel-Zukerma 2-1 (5-6, 5-0, 5-3); Vaccaroni, Dori d.

Grichina, Elena 2-1 (5-3, 1-5, 5-2), then Grichina, Elena 2-1 (2-5, 5-0,

5-1); Sadovskaia, Tatiana d. Liang, Jun 2-1 (3-5, 5-3, 5-1), then

Seong-Ja, Shin 2-1 (2-5, 5-3, 6-5); Seong-Ja, Shin d. Bau, Sabine 2-1

(5-2, 3-5, 5-2); Dobmeier, Annette d. Prusakowska, Ha. 2-0 (5-3, 5-2);

Vetu, Sophie d. Modaine, Lauren 2-1 (3-5, 5-0, 6-5), then Dobmeier,

Annette 2-1 (5-2, 4-6, 5-3); Wurtz, Marie Ho. d. Tomasch, Andrea 2-0

(5-2, 6-5), then Weber, Monika 2-0 (5-3, 5-0); Weber, Monika d. Jeon-

Hee, Lee 2-1 (5-2, 5-6, 5-1); **Tableau G:** Velitchko, Olga d. Grichina,

Elena (2-1) (5-0, 1-5, 5-0); Wurtz, Marie Ho. d. Sidorova, Olga 2-1

(1-5, 5-3, 6-4); Sadovskaia, Tatiana d. Badea, Laura 2-0 (5-1, 5-3);

Bortolozzi, Fra. d. Vetu, Sophie 2-0 (6-5, 5-0).

Places 9-103.

9 Vetu, Sophie FRA

10 Grichina, Elena USSR

11 Badea, Laura ROM

12 Sidorova, Olga USSR

13 Weber, Monika FRG

14 Dobmeier, Annette FRG

15 Seong-Ja, Shin KOR

16 Hatoel-Zukermann ISR

17 Zalaffi, Margheri ITA

18 Vaccaroni, Dorina ITA

19 Bau, Sabine FRG

20 Modaine, Laurence FRA

21 Tomasch, Andrea GDR

Continued on next Page.

Women's Epee

Gold & Silver Medals

Chappe, Taimi(CUB) d. Eori, Diana(HUN) 2-0 (6-5, 6-5)

Bronze Medal

Mazina, Maria(USSR) d. Moressee, Sophie(FRA) 2-1 (3-5, 5-3, 5-2)

The Top 4

Chappe, Taimi d. Mazina, Maria 2-0 (5-2, 5-2);

Eori, Diana d. Moressee, Sophie 2-0 (5-1, 6-4)

Places 5-8 (Final placements in italics)

Chappe, Taimi d. 7 Topin, Florence(FRA) 2-0 (5-3, 5-3); Aguilera,

Mazina, Maria d. 5 Schaeper, Ulc.(FRG) 2-0 (6-5, 5-3);

Eori, Diana d. 6 Ittner, Eva Marie 2-0 (6-4, 5-3);

Moressee, Sophie d. 8 Anglesio, Alessandra(ITA) 2-1 (5-3, 1-5, 6-4)

Tableau of 32, with seedings

32 Lebedeva-Gorskaia(USSR) d. 1 Uga, Elisa(ITA) 2-0 (5-3, 6-4), then

Varkonvi, Marin(HUN) 2-1 (5-2, 5-6, 6-5); 16 Varkonvi, Marin d. 17

Titova, Victoria(USSR) 2-1 (6-5, 3-5, 6-5); 9 Topin, Florence(FRA) d.

24 Krapf, Sabine(FRG) 2-1 (3-5, 5-3, 6-5), then Chappe, Taimi 2-1 (2-

5, 5-2, 6-4); 25 Chappe, Taimi d. 8 Riebant-Kaspar, R.(FRG) 2-1 (6-

5, 1-5, 6-5); 5 Ittner, Eva Marie(FRG) d. 28 Hulin-Lecomte(BEL) 2-1

(6-5, 5-6, 5-1); 12 Moressee, Sophie d. 21 Van, Olphen, Jac.(HOL) 2-

1 (5-6, 5-1, 5-3), then Ittner, Eva Marie 2-1 (6-5, 2-5, 5-2); 20

Anglesio, Alessandra d. 13 Eglen, Ninni 2-0 (5-2, 5-2); 4 Szalay,

Gyoengyi(HUN) d. Buerki, Gianna(SWI) 2-1 (3-5, 5-1, 5-2), then

Anglesio, Alessandra 2-0 (6-5, 5-3); 3 Schaeper, Ulc(FRG) d. 30

Michellsson, Rutta(FIN) 2-0 (6-4, 6-4); 14 Eori, Diana d. 19 Garaeva,

Julia(USSR) 2-0 (5-3, 5-0), then Schaeper, Ulc 2-1 (2-5, 6-4, 5-3); 22

Hauterville, Marl.(FRA) d. Jecminkova, Klara(CZH) 2-0 (5-3, 5-3), then

Straub, Anja(SWI) 2-0 (6-5, 5-2); 6 Straub, Anja d. 27 Liang, Qin(PRC)

2-1 (0-5, 5-1, 6-5); 7 Oltner, Marie(SUE) d. 26 Wojcicka, Renata(POL)

2-0 (5-2, 5-1); 23 Osinga, Pernet(HOL) d. 10 Ritz, Monika(FRG) 2-1

(4-6, 6-4, 6-4), then Oltner, Marie 2-0 (6-5, 6-4); 15 Mazina,

Maria(USSR) d. 18 Albertson, Pia(SUE) 2-1 (0-5, 5-2, 5-2), then

Pentucci, Isabelle(SWI) 2-1 (5-2, 2-5, 5-3); 2 Pentucci, Isabelle d. 31

Wen, Dong(PRC) 2-1 (6-5, 5-6, 6-5).

Top 4 Seedings Progressing to Finals of 8 (with 3 victories)

Topin, Florence d. Lebedeva-Gorskaia 2-0 (6-4, 6-5); Moressee, Sophi

d. Szalay, Gyoengyi 2-0 (6-5, 6-5); Eori, Diana d. Hauterville, Marl. 2-1

(5-3, 5-6, 6-5); Mazina, Maria d. Osinga, Pernet 2-0 (5-3, 6-4).

First & Second Repechage Bouts in Tableau

Uga, Elisa d. Titova, Victoria 2-1 (5-1, 3-5, 5-2); Riebant-Kaspar, R. d.

Krapf, Sabine 2-0 (5-3, 5-2); Hulin-Lecomte, Cl. d. Van Olphen, Jac. 2-

1 (1-5, 5-2, 6-5); Eglin, Ninni d. Buerki, Gianna 2-0 (5-3, 5-2); Garaeva,

Julia d. Michellsson, Rutta 2-0 (5-1, 5-1); Liang, Qin d. Jecminkova,

Klara 2-0 (5-2, 6-4); Wojcicka, Renata d. Ritz, Monika 2-1 (2-5, 5-1,

5-1); Wen, Dong d. Albertson, Pia 2-0 (5-2, 6-5); Schaeper, Ulc d. Eglin,

Ninni 2-1 (2-5, 5-1, 6-5), then Pentucci, Isabelle 2-1 (5-6, 6-4, 5-3);

Pentucci, Isabelle d. Uga, Elisa 2-1 (5-2, 1-5, 6-4); Varkonvi, Marin d.

Wojcicka, Renata 2-1 (2-5, 5-2, 5-0); Anglesio, Alessandra d. Wen

Dong 2-0 (5-1, 5-1), then Wojcicka, Renata 2-0 (5-2, 6-5); Hulin-

Lecomte, Cl. d. Straub, Anja 2-1 (2-5, 5-2, 5-3); Chappe, Taimi d.

Garaeva, Julia 2-0 (5-3, 5-1), then Hulin-Lecomte, Cl. 2-1 (3-5, 5-2, 5-

2); Oltner, Marie d. Riebant-Kaspar, R. 2-0 (6-4, 5-2); Ittner, Eva Marie

d. Liang Qin 2-1 (5-6, 5-3, 7-6), then Oltner, Marie 2-0 (6-4, 5-2);

Tableau G: Chappe, Taimi d. Szalay, Gyoengyi 2-0 (5-3, 5-3);

Schaeper, Ulc d. Lebedeva-Gorskaia 2-1 (5-0, 2-5, 6-4); Ittner, Eva

Marie d. Osinga, Pernet 2-1 (3-5, 6-5, 6-4); Anglesio, Alessandra d.

Hauterville, Marie 2-1 (3-5, 5-2, 7-6).

Places 9-124.

9 Szalay, Gyoengyi HUN

10 Hauterville, Marl. FRA

11 Osinga, Pernet HOL

12 Lebedeva-Gorskaia USSR

13 Wojcicka, Renata POL

14 Hulin-Lecomte, Cl. BEL

15 Oltner, Marie SUE

16 Pentucci, Isabelle SWI

17 Uga, Elisa ITA

18 Straub, Anja SWI

19 Riebant-Kaspar, R. FRG

Continued on Next Page.

Results, cont. 1990 World Championships

Women's Foil

Continued from Previous Page.

- 22 Liang, Jun PRC
- 23 Prusakowska, Hanna POL
- 24 Jeon-Hee, Lee KOR
- 25 Tufan, Elisabeta ROM
- 26 Puzstai, Ildiko HUN
- 27 Weder, Ursula SWI
- 28 McIntosh, Fiona GBR
- 29 Sprecher, Ilka GDR
- 30 Szewczyk, Barbara POL
- 31 Wagner, Ute GDR
- 32 Stracham, Linda GBR
- Tableau of 32*
- 33 Sobczak, Anna POL
- 34 Bianchedi, Diana ITA
- 35 Funkenhauser, Zita FRG
- 36 Spennato, Isabelle FRA
- 37 Mincza, Ildiko HUN
- 38 Ziao, Aihua PRC
- 39 Esquerdo, Montserrat SPA
- 40 Horvath, Brigitta HUN
- 41 Wang, Hui Feng PRC
- 42 Klarius, Ute GDR
- 43 Takayanagi, Yuko JAP
- 44 Maciejewska, Moni. POL
- 45 Mawby, Sarah GBR
- 46 Rieper, Simone GDR
- 47 E, Jie PRC
- 48 *Bilodeaux, Caitlin USA*
- 49 Beca, Georgeta ROM
- 50 *Sullivan, Molly USA*
- 51 Mader, Monika AUT
- 52 Che-Gu, Jeong KOR
- 53 Miyahara, Mieko JAP
- 54 Christova, Tivota BUL
- 55 Wysiadcka, Agata POL
- 56 Nonogaki, Rika JAP
- 57 Kovacs, Edit HUN
- 58 Castillejo, Rosa SPA
- 59 Sun, Hongyun PRC
- 60 Toucha, Nadjeda BUL
- 61 Garcia, Pilar SPA
- 62 *Monplaisir, Sharon USA*
- 63 Tremblay, Thalie CAN
- 64 Kato, Ayako JAP
- 65 Ragn Jensen, Juli DAN
- 66 Haunold, Renee AUT
- 67 Regoukou, Iliana GRE
- 68 Kiritani, Nouna JAP
- 69 Grasznek, Brigit AUT
- 70 Dakova, Yanka BUL
- 71 Kozlova, Victoria USSR
- 72 Moro, Monica SPA
- 73 Jeong-Im, Tak KOR
- 74 Jin-Soun, Kim KOR
- 75 Lantos, Gabriella HUN
- 76 Kuppenwallner, Ba. AUT
- 77 Aubin, Renee CAN
- 78 Boni, Sandra SPA
- 79 *Hall, Jane USA*
- 80 Gueorguieva, Ivana BUL
- 81 Parisky, Lilah ISR

- 82 Hervieu, Marie-Fr. CAN
- 83 Hanlon, Jayne GBR
- 84 Jonescu, Ioana ROM
- 85 *O'Neill, Mary-Jane USA*
- 86 Ash, Christine AUS
- 87 Escanellas, Mitst. PUR
- 88 Bourdages, Helene CAN
- 89 Chan, Angela HKG
- 90 Tomic, Eva YUG
- 91 Karamete, Nili TUR
- 92 Koso, Albina YUG
- 93 Gagot, Carmen PUR
- 94 Bracewell, Julia GBR
- 95 Vlachoutsikou, Irene GRE
- 96 Krejovic, Vesna YUG
- 97 Sutbakan, Ilknur TUR
- 98 Stonehurst, Pauli IRL
- 99 Pellegrini, Tania AUS
- 100 Olins, Michelle AUS
- 101 Marjanski, Vesna YUG
- 102 Lanovic, Tea YUG
- 103 Kaili, Fabiana BRE

Women's Epee

Continued from Previous Page.

- 20 Varkonvi, Marina HUN
- 21 Garaeva, Julia USSR
- 22 Wen, Dong PRC
- 23 Liang, Qin PRC
- 24 Eglen, Ninni SWE
- 25 Ritz, Monika FRG
- 26 Van Olphen, Jacq. HOL
- 27 Krapf, Sabine FRG
- 28 Buerki, Gianna SWI
- 29 Michelsson, Rutta FIN
- 30 Albertson, Pia SWE
- 31 Titova, Victoria USSR
- 32 Jecminkova, Klara CZH
- Tableau of 32*
- 33 Coltorti, Annalis ITA
- 34 Horvath, Mariana HUN
- 35 Amendolara, Saba ITA
- 36 *Stone, Donna USA*
- 37 Szocs, Zsuzsa HUN
- 38 Chiesa, Laura ITA
- 39 Esken, Merbe USSR
- 40 Van Embden, Rebeca HOL
- 41 Knecht, Elisabeth AUT
- 42 Elmfeldt, Maria SWE
- 43 Soo-Mi, Park KOR
- 44 Perez, Maria Anto. CUB
- 45 Benon, Brigitte FRA
- 46 Duarte, Ileana CUB
- 47 Stedra, Veronika CZH
- 48 Motea, Alina ROM
- 49 Tomlinson, Penni GBR
- 50 Read, Charlotte GBR
- 51 Kowalczyk, Ewa POL
- 52 Gueorguieva, Ivana BUL
- 53 Tallroth-Kock, Le. FIN
- 54 Yan, Jiang PRC
- 55 Schmit, Marriette LUX
- 56 Ruiz, Carmen SPA
- 57 Figueroa, Yamila CUB

- 58 Paquin, Marie-Jose CAN
- 59 Myung-Ja, Kim KOR
- 60 Muzsnay, Emore ROM
- 61 Dabrowska, Iwona POL
- 62 Idzi, Dorota POL
- 63 Lloyd, Maureen GBR
- 64 *Miller, Margo USA*
- 65 Potier, Catherine FRA
- 66 *Littmann, Jane USA*
- 67 *Clark, Laurel USA*
- 68 Banut, Christina ROM
- 69 Milner Barry, Ald. GBR
- 70 Soon-Hi, Jeon KOR
- 71 Larsson, Ulrika SWE
- 72 Vargas, Christina SPA
- 73 Christova, Tivota BUL
- 74 Scheer, Wiedke HOL
- 75 Kaariainen, Minna FIN
- 76 Winter, Pia FIN
- 77 Hofmans-Clark, Jo HOL
- 78 Okamoto, Atsuko JAP
- 79 Chouinard, ysabel CAN
- 80 Jimenez, Teresa SPA
- 81 Saito, Yoshiko JAP
- 82 Alexa, Mariana ROM
- 83 Wolf, Michele SWI
- 84 Dakova, Yanka BUL
- 85 Kleinberger, Judi AUT
- 86 Curcik, Aleksandr YUG
- 87 Lorenz, Teresa AUT
- 88 Chan, Angela HKG
- 89 Tygesen, Tanya CAN
- 90 Karas, Vanja YUG
- 91 Baresch, Iris AUT
- 92 Clark, Samantha AUS
- 93 Escanellas, Sasha PUR
- 94 *Riebman, Amy USA*
- 95 Pajkovska, Sonja YUG
- 96 Tranque, Ma Isabelle SPA
- 97 Craig, Victoria AUS
- 98 Nutt, Abigail AUS
- 99 Koso, Albina YUG
- 100 Waterhouse, Fiona AUS
- 101 Lazzarini, Paula BRE
- 102 Guenthart, Monik SWI
- 103 Bannon, Margaret CAN
- 104 Suarez, Leyanis CUB
- 105 Steenland, Nina NOR
- 106 Huang, Chin-Chu TAI
- 107 Harer, Kris. GBR
- 108 Walker, Marie PUR
- 109 Nieves, yolanda PUR
- 110 Dracott, Angela AUS
- 111 Su, Pao-Jung TAI
- 112 Zhai, Xiumin PRC
- 113 Kung, Hsien-Wen TAI
- 114 Ikeda, Junko JAP
- 115 Yanagisawa, Junko JAP
- 116 Sanllorente, Kati SPA
- 117 Grasznek, Brigit AUT
- 118 Chan, Chia-Jung TAI
- 119 Stostrom, Camilla FIN
- 120 Cano De Pinto, Ro. COL
- 121 Myung-Soo, Jeong KOR
- 122 Soon-le, Lee KOR

- 123 Yabuki, Kaoru JAP
- 124 Liu, Shu-Chuan TAI

Men's Sabre

Continued from Following Page.

- 28 Jiang, Yefei PRC
- 29 Plourde, Tony CAN
- 30 Baranassis, Zisis GRE
- 31 Ibragimov, Samir USSR
- 32 Banos, Jean-Paul CAN
- Tableau of 32*
- 33 Couderc, Laurent FRA
- 34 Etropolis, Vassili BUL
- 35 *Westbrook, Peter USA*
- 36 Marintchecki, Nik BUL
- 37 *Cottingham, Robert USA*
- 38 Gaureano, Dan ROM
- 39 Chiculita, Alexandre ROM
- 40 Grigore, Daniel ROM
- 41 Cavaliere, Massimo ITA
- 42 Peitchev, Petar BUL
- 43 Kisiel, Jaroslaw POL
- 44 Sarris, Manolis GRE
- 45 Banos, Jean Marie CAN
- 46 Martini, Olivier MON
- 47 Wang, Zhiming PRC
- 48 *Friedberg, Paul USA*
- 49 Szabo, Vilmos ROM
- 50 Ferretti, Vincent CAN
- 51 Mauritz, Rainer AUT
- 52 Sang-Wook, Kim KOR
- 53 Hyun-Soo, Lee KOR
- 54 Jia, Guihua PRC
- 55 Peianor, Raul SPA
- 56 Volf, Ivo AUT
- 57 Alvarez, Jose SPA
- 58 Garcia, Antonio SPA
- 59 *Reohr, Chris USA*
- 60 Hyo-Kun, Lee KOR
- 61 Yang, Zhen PRC
- 62 *Friedberg, John USA*
- 63 Gajda, Leszek POL
- 64 Sokol, Boris AUS
- 65 Mateev, Nikolay BUL
- 66 Hradez, Hannes AUT
- 67 Gravel, Evens CAN
- 68 Nakamura, Osamu JAP
- 69 Pashapour, Ismael AUT
- 70 Al Gatan, Ibragim KUW
- 71 Varzaru, Dorin ROM
- 72 Cohen, Richard GBR
- 73 May, Julian AUS
- 74 Oldcorn, Richard AUS
- 75 Torrecilla, Jesus SPA
- 76 Rioja, Marco SPA
- 77 Sawada, Satoshi JAP
- 78 Oleszczuk, Andrzej AUS
- 79 Kay, Graham GBR
- 80 Zahir, Amin GBR
- 81 Liu, Chung-Sheng TAI
- 82 Aydin, Selhut TUR
- 83 Al Bahrani, Abdel KUW
- 84 Bravo, Carlos CIL

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Ask the Maestro, Continued from page 13.

period of pre-season is:

—Development of technique and the ability to apply it in competitive situations. This goal is accomplished by practicing the fencing actions systematically, step by step, and then applying them in competition.

The number of repetitions of actions during the lesson should be reasonable. Fast actions of short duration should be emphasized. For example, practicing a series of actions with high speed and concentration 2-3 times for 3-5 minutes, with rest periods in between.

Gradually increased training (loading) enables the fencer to achieve balanced performances during the main season, and "peak form" for the target competition.

2. The Main Season

The main season, the period of competitions and the target competition, is the most important phase. The ultimate goal of this phase—balanced performances during competition (circuit event, world cup events), and peak performance for the target competition (world championships, Pan American games, Olympics) is achieved by:

- focusing on the development of a high level of technique and movement coordination;
- applying learned technique and tactics.

The teaching and learning of new actions is not recommended during this phase, as this may disturb previously learned actions. For the teacher it is not enough to require high speed of execution of actions from the fencer; it is also important to create conditions which are similar to situations in competitions (bout-like lessons, lessons with tactical alternatives).

While fencing, training ("sharp") bouts should have the feel of competition. This promotes the preparedness of the nervous system. Sharp bouts, free fencing with tactical tasks (modeled fencing), and individual lessons are the main means of loading during this phase.

Lastly, it is particularly important to document your training program in this phase, because analysis of your training program over a period of several years is critical for determining how your "peak" form and performance are achieved. (We will discuss this further in the next issue.)

3. The Off-Season

Because the main season is a period of high physical and psychological loading, rest becomes very important during the off-season. This is however an "active" rest. The fencer should use this period to maintain his fitness level for the next season by means of supplemental sport activities (e.g., tennis, volleyball, swimming, running, soccer, etc.). This period can also be used for developing basic strength and endurance.

—AK

Men's Sabre

Gold & Silver Medals

Nebald, Gyoergy(HUN) d. Pogossov, Gueral.(USSR) 2-0 (6-4, 6-4)

Bronze Medal

Terenzi, Tohni(ITA) d. Kirienko, Grigor(USSR) 2-1 (4-6, 6-5, 5-1)

The Top 4

Pogossov, Gueral. d. Kirienko, Grigor 2-1 (5-2, 5-2);

Nebald, Gyoergy d. Terenzi, Tohni 2-0 (6-4, 5-2)

Places 5-8 (Final placements in Italics)

Pogossov, Gueral. d. 7 Becker, Felix(FRG) 2-0 (5-1, 5-3);

Kirienko, Grigor d. 8 Guichot, Pierre(FRA) 2-0 (5-3, 5-2);

Terenzi, Tohni d. 5 Szabo, Bence(HUN) 2-1 (5-3, 3-5, 5-3);

Nebald, Gyoergy d. 6 Scalzo, Giovanni(ITA) 2-0 (5-1, 6-4)

Tableau of 32, with seedings

1 Kirienko, Grigor(USSR) d. 32 Plourde, Tony(CAN) 2-0 (5-3, 5-3),

then Eifler, Uki(FRG) 2-0 (5-2, 6-4); 17 Eifler, Uki d. 16 Zheng,

Zhaokang(PRC) 2-1 (1-5, 5-2, 6-5); 24 Terenzi, Tohni d. 9 Koeves,

Csaba(HUN) 2-1 (1-5, 5-3, 7-6), then Olech, Janusz(POL) 2-1 (5-1, 2-

5, 5-2), then Kirienko, Grigor 2-0 (5-1, 6-4); 8 Olech, Janusz d. 25

Delrieu, Philippe(FRA) 2-0 (6-4, 5-3); 5 Meglio, Ferdinand(ITA) d. 28

Alchan, Andrei(USSR) 2-0 (5-2, 6-5); 12 Bujdoso, Imre(HUN) d. 21

Banos, Jean-Paul(CAN) 2-1 (5-3, 2-5, 5-2), then Meglio, Ferdinand 2-1

(5-2, 5-6, 6-3); 20 Bleckmann, Franck(FRG) d. 13 Gniewkowski,

Maren 2-0 (5-0, 5-2); 4 Becker, Felix d. Jiang, Yefei(PRC) 2-0 (5-2, 5-

3), then Bleckmann, Franck 2-0 (6-4, 5-1), then Bujdoso, Imre 2-1 (6-7,

5-3, 5-2); 3 Scalzo, Giovanni(ITA) d. 30 Baranassis, Zissis(GRE) 2-0

(5-2, 5-3), then Mindrigassov, Sergei(USSR) 2-0 (6-5, 5-3); 19

Mindrigassov, Sergei d. 14 Kempenich, Jorg(FRG) 2-1 (5-1, 2-5, 5-1);

11 Csongradi, Laszlo(HUN) d. 22 Lamour, Jean Francois(FRA) 2-1 (3-

5, 5-2, 5-2); 6 Nebald, Gyoergy d. 27 Ibraguimov, Sam(USSR) 2-1 (5-

4, 2-5, 5-1), then Csongradi, Laszlo 2-0 (5-3, 6-5), then Scalzo,

Giovanni 2-0 (5-0, 5-3); 26 Guichot, Pierre(FRA) d. 7 Marin,

Marco(ITA) 2-0 (5-1, 5-2), then Nolte, Jurgen(FRG) 2-0 (5-2, 5-2), then

Pogossov, Guera.(USSR) 2-0 (5-1, 6-4); 23 Nolte, Jurgen d. 10

Etropolski, Christoph(BUL) 2-1 (2-5, 6-4, 5-2); 15 Pogossov, Guera. d.

18 Ducheix, Franck(FRA) 2-0 (5-3, 5-1), then Koscielniakowski,

P.(POL) 2-1 (7-6, 2-5, 6-4); 31 Koscielniakowski, P. d. 2 Szabo,

Bence(HUN) 2-1 (6-4, 3-5, 6-5).

First & Second Repechage Bouts in Tableau

Zheng,, Zhaokang d. Plourde, Tony 2-0 (6-4, 5-0); Koeves, Csaba d.

Delrieu, Philippe 2-1 (6-4, 2-5, 6-4); Alchan, Andrei d. Banos, Jean-

Paul 2-0 (5-3, 5-1); Gniewkowski, Ma. d. Jiang, Yefei 2-0 (5-2, 6-4);

Kempenich, Jorg d. Baranassis, Zissis 2-0 (5-2, 6-4); Lamour, Jean

Francois d. Ibraguimov, Sam 2-1 (6-5, 2-5, 5-3); Etropolski, Christoph

d. Marin, Marco 2-1 (4-6, 6-5, 5-0); Szabo, Bence d. Ducheix, Franck

2-1 (6-4, 4-6, 5-2); Meglio, Ferdinand d. Gniewkowski, Maren 2-0 (5-3,

6-4), then Koeves, Csaba 2-1 (5-3, 4-6, 6-4); Koeves, Csaba d.

Koscielniakowski, P. 2-1 (3-5, 6-4, 5-2); Mindrigassov, Sergei d. Eifler,

Etropolski, Christoph 2-0 (5-3, 6-5); Lamour, Jean Francois d. Eifler,

Uki 2-0 (6-4, 6-5), then Mindrigassov, Sergei 2-1 (5-1, 3-5, 5-2);

Alchan, Andrei d. Csongradi, Laszlo 2-1 (2-5, 6-5, 5-1); Nolte, Jurgen d.

Kempenich, Jorg 2-1 (6-5, 3-5, 5-2), then Alchan, Andrei 2-0 (6-4, 5-2);

Szabo, Bence d. Bleckmann, Franck 2-1 (4-6, 6-3, 5-2), then Olech,

Janusz 2-1 (5-2, 0-5, 5-2); Olech, Janusz d. Zheng, Zhaokang 2-0 (5-

1, 5-3); Tableau G: Kirienko, Grigory d. Lamour, Jean Francois 2-1 (5-

3, 4-6, 5-1); Pogossov, Guera. d. Meglio, Ferdinand 2-0 (5-3, 5-2);

Szabo, Bence d. Bujdoso, Imre 2-0 (6-4, 5-2); Scalzo, Giovanni d.

Nolte, Jurgen 2-1 (6-5, 2-5, 5-3).

Places 9-120.

9 Meglio, Ferdinand ITA

10 Bujdoso, Imre HUN

11 Nolte, Jurgen FRG

12 Lamour, Jean Francois FRA

13 Olech, Janusz POL

14 Koeves, Csaba HUN

15 Mindrigassov, Sergei USSR

16 Alchan, Andrei USSR

17 Etropolski, Christoph BUL

18 Csongradi, Laszlo HUN

19 Kempenich, Jorg FRG

20 Eifler, Uki FRG

21 Bleckmann, Franck FRG

22 Koscielniakowski, P. POL

23 Zheng, Zhaokang PRC

24 Gniewkowski, Maren POL

25 Marin, Marco ITA

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1990 Worlds Team Placements

WF

Place	
1	ITA
2	USSR
3	CHI
4	FRA
5	FRG
6	KOR
7	HUN
8	USA

Finalists	
9	ROM
10	GDR
11	POL
12	SPA
13	JAP
14	CAN
15	AUS
16	GBR
17	YUG
18	BUL
19	PUER

MF

Place	
1	ITA
2	POL
3	USSR
4	FRG
5	HUN
6	CUB
7	GDR

8 KOR

Finalists	
9	FRA
10	PRC
11	ROM
12	GBR
13	SPA
14	JAP
15	CZH
16	ISR
17	USA
18	AUS
19	YUG
20	IRN
21	TUR
22	HKG

WE

Place	
1	FRG
2	HUN
3	ITA
4	USSR
5	CUB
6	PRC
7	FRA
8	POL

Finalists	
9	SUE
10	SWI

11	NET
12	GBR
13	FIN
14	USA
15	KOR
16	AUT
17	SPA
18	ROM
19	CAN
20	PUER
21	JAP
22	TAI
23	AUS
24	YUG

ME

Place	
1	ITA
2	FRA
3	USSR
4	FRG
5	SWE
6	SWI
7	SPA
8	CZH

Finalists	
9	HUN
10	CUB
11	PRC
12	CAN

13	KOR
14	ROM
15	AUT
16	NOR
17	GDR
18	COL
19	USA
20	POL
21	TUR
22	HKG

MS

Place	
1	USSR
2	HUN
3	FRG
4	FRA
5	ITA
6	POL
7	ROM
8	CAN

Finalists	
9	BUL
10	PRC
11	USA
12	AUT
13	SPA
14	KOR
15	AUS
16	GBR
17	JAP
18	TAI
19	MON
20	SAR
21	KUW
22	IRN

Definitions, continued from p.9.

strength is the maximum load a muscle or muscle group can lift. In sport training it is useful to categorize strength in terms of the dynamic and static. There are three types of **dynamic strength**:

- 1) **Explosive**: Strength with maximum acceleration, as typified in jumping, throwing, boxing, etc.
- 2) **Fast**: Strength with speed, such as in fast running, swimming and cycling. However, none of these are with maximum speed.
- 3) **Slow**: Strength with slow speed. This is strength without acceleration, typical of weight lifting.

Relative strength is the amount of strength per lb. or kg. of body weight.

Muscular endurance is the ability of a muscle group to repeatedly lift a load over an extended period.

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The Physical Preparation of Fencers

For tournament participation a fencer must be well prepared physically. During a two day competition a fencer might fence twenty or more bouts per day. Eight to twelve hours daily, a fencer is under pressure and must withstand high stress. To score just one touch, it is necessary to make ten to fifteen actions of preparation.

During one bout, a fencer executes thirty to forty lunges and recoveries to en garde with maximum power. To execute one lunge or recovery, a fencer must overcome the inertia of his own body. To maintain correct fighting position during footwork maneuvers, again a fencer must fight inertia. It is necessary to have a high level of strength to execute a fast attack with advance-lunge or fleche.

It is also necessary to consider the great amount of information a fencer must perceive and analyze in a very short time. Successful completion of various technical actions and tactics demands a high degree of concentration and heightened functioning of the sense organs.

Fencers compete under difficult conditions: a mask that impairs vision, clothing that interferes with breathing and heat exchange. All of these have a negative effect on the accuracy of perception. This justifies a high level of physical preparation for fencers. The better the physical preparation for fencers, the better the adaptation of the fencer to physical loading.

Good physical preparation positively influences perception, loading capability, and psychological resistance. Top fencers measured at 12.9 kcal/kg./hour energy output per 1 kg. body weight per hour. This value is 118% of basal metabolism; higher than cross-country running, which is 90% basal metabolism. Fencing requires about

the same energy output as soccer, basketball, handball, rugby, judo, wrestling or singles tennis.

Physical preparation is a vital part of a fencer's training program. In each part of the training cycle physical preparation has its importance and appropriate method of implementation (exercises). The best world class fencers understand the importance of physical preparation and emphasize it in their training.

Physical preparation consists of two equal parts:

- 1) **Basic (overall) preparation,**
- 2) **Specific preparation.**

The purpose of **basic preparation** is to develop overall strength, speed, endurance, agility, flexibility, loading capacity, movement skills and habits, all of which facilitate the learning and perfection of fencing technique. The purpose of **specific preparation** is to develop the physical qualities necessary for a particular sport such as fencing. The methods of developing the basic and specific abilities will be discussed later in more detailed examination of the topics of strength, speed, agility, endurance, and flexibility.

Selection of methods for physical preparation depends on the age of the fencers, their individual characteristics, and the length of the training cycle. Physical characteristics should be developed simultaneously with the technical, tactical and psychological characteristics. In a one-year training cycle, basic physical development is done mainly in the off-season and the beginning of pre-season (see also this issue's **Ask the Maestro**, p. 13). In a long-term plan, starting with beginning fencers of ages 8-10 years, basic physical preparation has priority for optimal athletic development, about 60 percent basic to 40 percent specific. After two years the ratio reverses to about 40 percent basic to 60 percent specific.

I. Strength Development

Strength is one of the most important physical abilities in all sports. Strength is defined as the maximal pulling force of a muscle; absolute strength is the maximum load a muscle or muscle group can lift. In sport



Alexander Koch of West Germany illustrates his septieme parry in the finals of the 1989 Worlds.



Philippe Omnes of France (L) counterattacks into the fleche of Joachim Wendt of Austria. Omnes goes on to take second. In the 1990 Worlds he tries again, and takes home the gold!

training it is useful to categorize strength in terms of the dynamic and static. There are three types of dynamic strength:

- 1) **Explosive:** Strength with maximum acceleration, as typified in jumping, throwing, boxing, etc.
- 2) **Fast:** Strength with speed, such as in fast running, swimming and cycling. However, none of these are

with maximum speed.

- 3) **Slow:** Strength with slow speed. This is strength without acceleration, typical of weight lifting.

Relative strength is the amount of strength per kg of body weight.

Muscular endurance is the ability of a muscle group to repeatedly lift a load over an extended period.

An important physiological component of strength is growth. With age the muscular strength of young boys and girls will increase. By age 17-19 young boys and girls may already have reached the strength level of an adult because of physical training that began in their earlier years. Also, data show that, because of their low body weight, some boys and girls of ages 13-14 can achieve the relative strength level of adults. This is one of the reasons for high junior achievement in sports where relative and not absolute strength plays the main role.

It is characteristic of strength development in fencing, and most other sports, that strength abilities must be developed simultaneously, and in harmony with, speed, endurance, agility, etc. Strength develop-

ment is effective only if it is in harmony with these other qualities, and studies have proven that there is a positive correlation between the performance level of fencers and strength development of fencing specific muscle groups.

Studies show that the strength of muscle groups involved in fencing increases during the season.

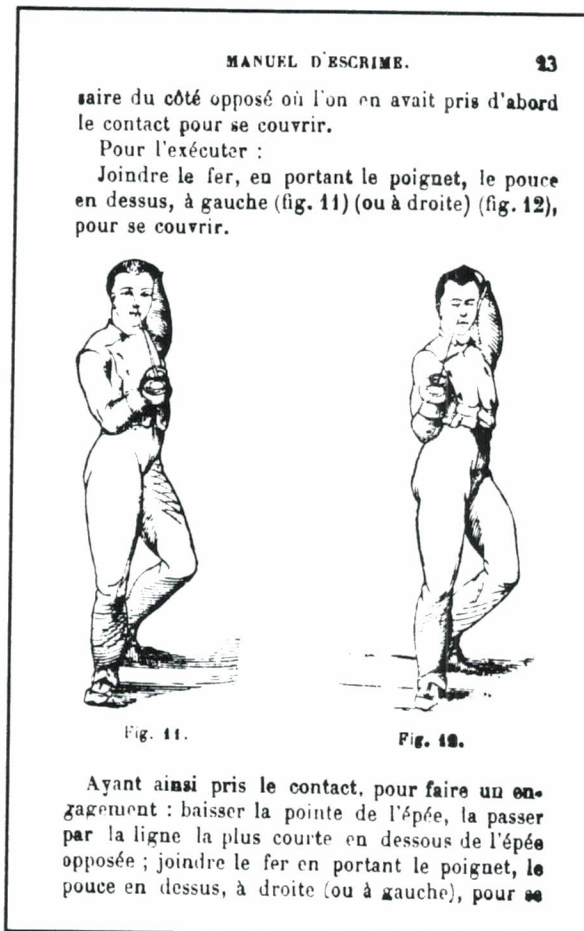
Measurements taken during the pre-season (December), the beginning of the in-season (April), and at the peak of the in-season (June) are the basis for this conclusion. Also, a study comparing first and second class Soviet fencers (i.e., "A" and "B" level fencers) showed that the first class level fencers, who had fenced for a much longer period of time, had much higher strength in the muscle groups specific to fencing, as compared to the second class fencers.

Top fencers have rather high muscle strength development. The high strength of muscles that abduct and adduct the legs is characteristic of fencers. These muscles are involved during the active fencing footwork (e.g., lunge, recovery, fleche, etc.). During a one-year training cycle, the strength of muscle groups involved in fencing increases.

Studies have proven that the speed of an attack depends on two factors:

- 1) The *explosive strength* of the back leg (the speed of the pressing effort), and,
- 2) *Increasing or accelerating the speed effort.*

Investigating the relationship between explosive strength and the speed of attack



of top Hungarian, French, and Czechoslovakian women fencers, and top Hungarian and Czechoslovakian junior fencers, shows a positive relationship between the explosive strength of the back leg and the speed of the thrust with lunge and advance lunge.

The top Hungarian junior fencers (33 boys and 10 girls) were tested for muscle strength, endurance, and speed. A significant correlation was found between their tests results and performance in Hungarian circuit events. In this study the physical abilities of the sabreurs were superior to the other fencers. The grip strength of the weapon hand was markedly higher than the unarmed (on the average the grip strength of the weapon hand for girls was 3.7 kg, for men's foil 3.9 kg, for men's epee 5.3 kg, and for sabre 6.0 kg). The grip strength results illustrate the one-sided loaded of fencing. It was a surprise that the grip strength of the sabreurs was higher than the epeeists.

In a one-legged vertical jump the explosive

***Relaxation & Meditation,
Continued from page 12.***

Self Test

Before you start regular practice of the above exercises, answer the following questions:

- 1) Are you tense a day before competition? Do you have difficulties falling asleep? Are you tired once you wake up?
Yes___ No___
- 2) Does your sport activity (fencing, as well as any other sport you might do) require flexibility, fine motor movements and coordination?
Yes___ No___
- 3) Are you relaxed and loose during training, but tense during competition?
Yes___ No___
- 4) Do you often feel tired in spite of sleeping enough?
Yes___ No___
- 5) Is your performance worse in competition than in training?
Yes___ No___

Yes answers to any of the above questions indicate that relaxation techniques would be beneficial to you if you incorporated them into your training regimen.—AK

strength of the front leg was a little higher than the back—probably because of the character of the front leg's work in the lunge. In the footwork endurance tests the foilists had the best results. The sabreurs had poorer results than the foilists. These results can be explained by the fact that sabre fencers spend less time on the strip and execute fewer lunges and more fleches. The results indicated that the one-legged vertical jump and the muscle endurance test are skills specific to fencing. Some results of observations and research may give a standpoint for comparison and an idea of the strength development of some European fencers of different levels and ages.

The average value of the top Hungarian, French, and Czech women fencers in explosive strength (vertical jump without arm movement) was 42.5 cm./16.7 in. The best was 52 cm./20.5 in., by both D'Mail and Raczova, gold and silver medalists in women's foil world championships. The best of the top Hungarian junior women was 50 cm./19.7 in., by Zsuzsi Szoecs, third in women's foil in the 1978 junior worlds. The world sabre champion Pal Gerevich's result was 64.5 cm./25.4 in. The development of explosive strength (vertical jump without arm movement, Ablakov method) of the best Hungarian and Czech juniors at ages 13, 14, and 15 for boys and girls from 1974-76 was as follows :

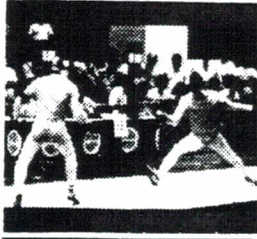
		1974	1975	1976
F	Sex			
	Age:	13	14	15
	Avg.	43.6	45	46.1
	Max.	49.5	50	49
	Min.	38.5	38	41
M	Avg.	45.1	46.3	48
	Max.	58	60	64
	Min.	39	37	37

Note: Divide centimeters by 2.54 to convert to inches.

The average value of the top Hungarian girls at age 13 was 45 cm., at 14 was 46.3 cm., and at 15 was 48 cm. It is necessary to mention that those junior fencers had a spe-



Is this preparation or attack? Omnes on the march against Wendt in the '89 Worlds Finals. Sometimes preparation can look so convincing even the other fencer will believe it. What do you call it then?



Peter Lewison (R) fencing in the tableau of the 1989 World Championships.

cific fencing program.

The Czechoslovakian epee team, finalists at the Moscow Olympics, had the following average test values for explosive strength and endurance:

<u>Test</u>	<u>cm.</u>
Standing broad jump	244.5
Triple jump	733 (rt) 707 (lft)
Leg Endurance	71.70 nr. 40.25 sec.

The norm in pull-ups for the USSR national team is 16.

II. Methods and Principles of Strength Development

In order to develop the required quality of the muscles, it is necessary to know exactly what type of muscle contractions and strength quality is required in fencing. Also, knowledge of methods for their adequate development. Muscle strength development is a necessary preliminary for other physical abilities. However, we should remember that speed of fencing movements is the main goal. Increased strength influences speed, muscle endurance and muscle speed, and improves fencing technique. In fencing, acyclic speed, fast-strength, and isotonic muscle contraction are the most important characteristics of speed and coordination of movement.

Explosive strength, fast-strength, and endurance in fast-strength are characteristic of muscle strength in fencing. These characteristics can be developed by exercises done with maximum range of amplitude and high speed; the intensity should be varied, but never over 70 percent of maximum ability.

Strength training will be effective only if the training exercises are similar to the actual fencing movements. In fencing strength training should also be determined according to the goal desired in the particular period of the training cycle:

- 1) Developing basic overall strength, mainly in the off season in a one-year cycle;
- 2) Developing and increasing explosive and fast-strength of specific muscle groups, mainly in the pre-season

- 3) Developing and increasing the fast-strength endurance of specific muscle groups.

To achieve these goals adequate methods and exercises should be used. The methods and exercises depend on the athlete's age and level of physical fitness. For young children basic overall strength should be emphasized. Strength should be developed



simultaneously with speed, agility, and flexibility. For senior fencers isotonic weight training should be used during the off-season (this will be discussed further at a later time).

Weight resistance training during the pre-season and in-season is done mostly in the form of footwork with (6-9 lb.) weights. Fast and explosive strength should be emphasized in such exercises.

During a one-year cycle the periods for strength development are the off-season, for basic strength, and the pre-season, for specific strength. It is also necessary to do strength exercises in-season, usually once weekly because strength decreases over time.

Because of the importance of speed in fencing, speed exercises should be done first in the course of a day's cycle. Strength exercises should follow speed exercises. And endurance exercises follow strength exercises. Strength exercises should be done before the rest day in a microcycle. The main means of strength development are exercises which utilize:

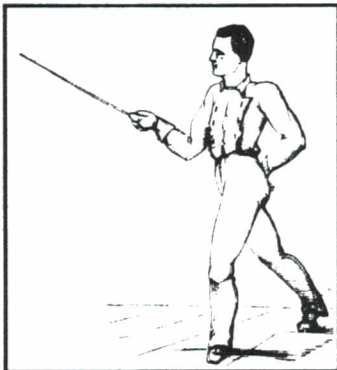
- 1) Overcoming the resistance of ones own body weight;
- 2) Overcoming the resistance of ones exercise partner's body weight; and,
- 3) Objects such as medicine balls, ropes, light weights, etc.

Strength should be developed with speed by accelerating the movements.

Specific exercises for fast-strength include jumping, jumping from a half-squat position or en garde, hopping or jumping with changes in direction, long and high jumps with short approach, standing broad and triple jumps, and medicine ball exercises (throwing). The principle of progressiveness should be maintained, i.e., increasing the weight, accelerating the movement, and increasing the repetitions.

As the weight of the weapon is not great, the fencer should develop fast-strength ability with dynamic speed exercises using 50 percent weapon weight, but with maximum speed and full amplitude or range of movement.

The so called "jumping effort" is an integral part of footwork: lunges, attacks with a jump-lunge, recovery, fast advances, jumps backward, etc., all employ it. The muscles must contract during a short period of time. The center of gravity should be moved from one muscle group to the next. Specific exercises can be used for developing the explosive (jumping) strength. The jumping exercises can be done with different tempo, different range of amplitude, differing effort in the take-off phase, weights, inclination of jumping surface, using stairs, or hard or soft surfaces, etc. Such exercises demand high concentration, will power and self-discipline for fast, accurate execution. Numerous examples are given below.



III. Exercises

- 1) Jumping up on both feet. The take-off should be with heels raised, legs extended, 1-2 series, 20-30 repetitions.
- 2) Standing broad jump.
- 3) Standing high jump.
- 4) Jump forward from one foot to another. The jumps should be executed fast, with a short take-off; up, and forward. The take-off leg should work with maximum effort.
- 5) Jumps from one foot to another on stairs

in fast tempo.

- 6) Long jumps and high jumps with a short approach.
- 7) Hops forward on one leg.
- 8) Short jumps forward with knee raising.
- 8) Fast vertical jumps with one foot on a bench. Standing next to a bench, place one leg on its surface 16-20 inches above the floor. Jump with the foot on the bench, 1-2 series, 12-15 repetitions.
- 9) Standing next to a bench, place one foot on the 16-20 inch high surface. Keep the other foot on the floor. Execute fast vertical jumps with the foot on the bench. Change feet for 1-2 series, 10-12 repetitions.
- 10) With a bench as above execute vertical jumps with feet apart upon landing. Change feet. Execute this exercise in a fast tempo, 1-2 series, 12-15 repetitions. This exercise is good for warming up the knee joints.
- 11) Jump side to side from one leg to the other, in a fast tempo, slowly advancing forward.
- 12) Standing next to a bench, jump over it in a slalom zigzag pattern.
- 13) Rope exercises for 30 sec., 40-45 sec., rest, repeated cycle 4-5 times.
- 14) Push-ups, 8-12 repetitions, executed fast.
- 15) Push-ups with claps, 8-10 repetitions.
- 16) Exercises with medicine balls of 2-5 lbs.
- 17) Wheelbarrow walks, walking on the arms. One partner holds the other's feet at waist level. The trunk is kept parallel with the floor, with no arching of the back.
- 18) Lying on the floor, with hands on the floor behind the trunk and feet on a bench, execute sitting push-ups.

Explosive strength should be developed by exercises with maximum acceleration or at maximum speed.

Speed-strength exercises can be differentiated into three types by manner of execution:

- 1) Exercises executed under more difficult conditions than normal in terms of strength requirements. Examples include the up-hill dash, fencing with a heavier weapon, etc.
- 2) Exercises executed under easier conditions than normal. Examples include the down-hill dash, fencing with a lighter weapon, footwork on a



Mauro Numa of Italy parries, turns his body behind the parry, then counterattacks all in an instant against Bandach of Poland.



The textbook lunge of Zsuzsa Janosi of Hungary (L) against Zita Funkenhauser of West Germany. Janos's characteristic feint-disengage does not pull her through in this bout, as Funkenhauser advances to a medal after an 8-5 win.

declined surface, etc. This group allows significant increase of speed, but at a certain sacrifice of strength.

- 3) Exercises executed under normal (competitive) conditions with maximum speed.

When using these exercises it is necessary to keep in mind that changing the conditions (making them easier or more difficult) will be effective and helpful only if the correct techniques of movement and execution are used. During pre-season, exercises in group 1 combined with group 3 should be emphasized, with additional strength exercises performed. During the in-season, exercises in groups 2 and 3 should be emphasized, and exercises in group 1 lessened.

IV. Weight Resistance Training

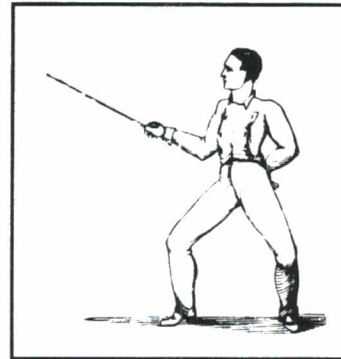
During the off-season senior fencers can use weight resistance exercises for developing basic strength. Weight training programs can be constructed around isotonic, isometric, isokinetic and eccentric types of muscular contractions. (Discussion will be limited to isotonic techniques only.) In order to ensure maximal training benefits from weight resistance programs the following principles must be followed:

- 1) *The overload principle*: the muscle must be overloaded, exercised against near maximal or maximal resistance;
- 2) *The principle of progressive resistance*: the overload must be progressive throughout the program; the resistance against which the muscle is exercised must be increased periodically throughout the course of the weight training program;
- 3) *The principle of arrangement of exercises*: larger muscle groups should be exercised before smaller groups, and no two consecutive exercises should involve the same muscle group(s);
- 4) *The principle of specificity*: weight training programs should exercise the muscle groups actually used in the sport for which the athlete is training, and should simulate the movement patterns involved in the sport as closely as possible.

The most suitable type of exercise and muscle contractions for fencing are specifically the isotonic and isokinetic.

V. The Isotonic Program

The off-season isotonic program should be one and a half to two months in duration, with the exercises performed three days per week and consisting first of two times ten repetition maximum (RM) loads, and then of three times eight RM loads. The rest between sets of exercise should be three to five (3-5) minutes (e.g., 10X, rest 3-5 min., 10X; or when switching over after two weeks to sets of three times 8: 8X, rest 3-5



min., 8X, rest 3-5 min., 8X). Adequate recovery not only from day to day, but also *between* sets should always be emphasized.

The following

weight exercises are suggested for overall basic strength development:

Weight Exercise

- | <u>Weight Exercise</u> | <u>Body Area</u> |
|--------------------------------|----------------------------------|
| 1. Step up with barbel | Upper legs, lower and upper back |
| 2. Knee (leg) extension | Upper leg |
| 3. Heel raise | Lower leg |
| 4. Still-legged dead lift | Lower back |
| 5. Bench press | Chest |
| 6. Bent-knee sit ups | Abdomen |
| 7. Arm curl | Upper and lower arm |
| 8. Triceps extension | Shoulder, upper arm |
| 9. Reverse wrist curl | Forearm |
| 10. Wrist curl or wrist roller | Forearm |
| 11. Leg abduction, adduction | Upper legs |

Descriptions of Exercises 1-10—

1) **Squat**. Standing erect, place the barbell on the shoulders behind the neck. The hands should be in a pronated (overhand) grip and far apart. Keeping the back straight, lower the weight by flexing the knees to a 90 degree angle and return. Repeat.

2) **Knee (leg) Extension**. This exercise is performed with a leg machine. Sit on the edge of the leg machine with knees flexed at about 90 degrees. Extend the knees fully and then return. Repeat. (If a leg machine is

not available the exercise may be performed by placing appropriate weight on the feet or ankles, while sitting on the edge of a table.)

3) Heel Raise. This exercise is performed with a barbell. With the barbell held across the shoulders and behind the neck, place the balls of the feet on a board about two inches high so that the heels are off the board. Rise up on the toes as far as possible, then lower the heels to the floor. Repeat.

4) Stiff-legged Dead Lift. This exercise is performed with a barbell. Start from a standing position holding the barbell with a pronated grip, arms extended and shoulder width apart so that the barbell is resting in front of the thighs. With the knees locked, bend forward at the hips lowering the barbell until it just touches the floor. Raise the weight by straightening the body. Repeat.

5) Bench Press. This exercise is performed with a barbell. Lie on your back on a bench holding the barbell over the chest with the arms extended, shoulder width apart, with the hands in a pronated (overhand) grip. Lower the barbell to the chest and return. Repeat.

6) Bent-knee Sit ups. Perform regular sit-ups with the knees bent at approximately 90 degrees.

7) Arm Curl. This exercise is performed with a barbell. From a standing position, hold the barbell in front of the thighs with arms fully extended and the hands in a supinated (underhand grip). Raise the barbell to the chest by flexing the elbows. While lifting, stand erect and keep the elbows in toward the sides. Repeat.

8) Triceps Extension. This exercise is performed with a lift machine. While standing, grasp the bar of the lift machine in a pronated grip, keeping the hands close together. The bar should be at about face level. Pull the bar downward as far as possible without bending the hips or knees. Return to the starting position. Repeat.

9) Reverse Wrist Curl. This exercise is performed with a barbell. Grasp the barbell in a pronated grip and sit with the forearms on the thighs so that the wrists and hands extend over the knees. Flex and extend the wrists as far as possible without raising the forearms from the thighs. Repeat.

10) Wrist Roller. This exercise is performed with a bar that has weights hanging on a

rope from its center. While standing, grasp the bar in a pronated grip and raise the weights by rolling the rope up with the wrist; then lower the weights by unrolling the rope. Repeat.

11) Leg Abduction, Adduction. These exercises are to be done with a weight machine, and involve resistance against the upper outer and inner parts of the leg, either while sitting or standing (varying with the machine). Repeat.

An example of a basic isotonic weight training program for fencing is given here:

1. Step up with barbell
2. Bench press
3. Stiff-legged dead lift
4. Heel raise
5. Triceps extension
6. Bent-knee sit ups
7. Arm curl
8. Wrist curl or wrist roller
9. Reverse wrist curl
10. Knee (leg) extension
11. Leg Adduction, Abduction

Frequency: Monday, Wednesday & Friday, or three alternated days per week.

Repetition: The first 2 weeks = 2 X 10 RM (2 X 20 sit-ups); the remaining weeks = 3 X 8 RM (1 X 25 + 1 X maximum for sit-ups).

Rest: 3-5 minutes between sets.

(Season) Duration: This exercise program should last for 1 1/2 months.

Final Notes

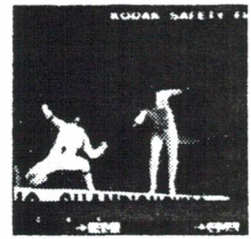
—A concentrated weight resistance program should take place during the off-season.

—The fencer may continue to weight train during the pre-season period, but at a reduced frequency. This frequency should be one to two days per week. *The main concern during the pre-season should be maintaining the strength gained during the off-season.*

—During the pre-season and in-season the isotonic exercises (above) are to be used.

—For top fencers, footwork with weights is recommended. See this issue's **Ask The Maestro** for more on your seasonal training regimen.

—AK



Mauro Numa steps back and executes a well timed counterattack against Bandach. Numa goes on to take third.

1990 World Championships

Men's Foil

Gold & Silver Medals

Omnes, Philippe(FRA) d. Borella, Andrea(ITA) 2-1 (5-0, 1-5, 5-2)

Bronze Medal

Chevtchenko, Dimitri(URS) d. Weidner, Thorsten(FRG) 2-1 (6-4, 1-5, 5-1);

The Top 4

Borella, Andrea d. Chevtchenko, Dimitri 2-0 (6-4, 5-3);
Omnes, Philippe d. Weidner, Thorsten 2-1 (1-5, 5-1, 5-3)

Places 5-8 (Final placements in italics)

Borella, Andrea d. 5 Wendt, Joachim(AUT) 2-1 (3-5, 5-0, 5-0);
Chevtchenko, Dimitri d. 8 Ersek, Zsolt(HUN) 2-0 (5-3, 6-4);
Omnes, Philippe d. 7 Schreck, Uli(FRG) 2-0 (5-3, 5-1);
Weidner, Thorsten d. 6 Puccini, Alessandro(ITA) 2-0 (5-3, 5-3)

Tableaux of 32, with seedings

1 Chevtchenko, Dimitri d. 32 Conscience, Philippe(FRA) 2-0 (5-3, 5-1), then Numa, Mauro 2-1 (6-5, 5-6, 5-2); 16 Numa, Mauro d. 17 Marx, Michael(USA) 2-1 (6-5, 5-6, 5-2); 9 Weissenborn, Ingo d. 24 Bandach, Leszek(POL) 2-1 (4-6, 5-2, 5-3); 8 Schreck, Uli d. 25 Umezawa, Kenichi(JAP) 2-1 (1-5, 5-1, 5-1), then Weissenborn, Ingo 2-1 (3-5, 5-1, 6-5); 5 Wendt, Joachim d. 28 Romer, Uwe(GDR) 2-1 (5-2, 3-5, 5-3) then Hocine, Yossef 2-0 (6-4, 5-3); 12 Hocine, Yossef d. 21 Krzesinski, Adam(POL) 2-0 (5-3, 5-0); 20 Endres, Thomas d. 13 Goloubitski(URS) 2-0 (6-4, 5-2); 4 Borella, Andrea d. 29 Nemeth, Zsolt(HUN) 2-1 (5-1, 2-5, 5-0), then Endres, Thomas 2-1 (5-2, 5-6, 5-3), then Lhotellier, Patrick 2-0 (6-5, 5-3); 30 Sobczak, Ryszard d. 3 Weidner, Thorsten(FRG) 2-1 (4-6, 6-5, 6-4); 19 Lhotellier, Patrick d. 14 Koretski, Boris(URS) 2-0 (5-2, 5-0); 22 Aptsiaouri, Vladimir d. 11 Zhang, Zhicheng(PRC) 2-0 (5-3, 6-4); 27 Ersek, Zsolt d. 6 Joon-Suk, Hwang(KOR) 2-1 (1-5, 5-2, 6-5), then Aptsiaouri, Vladimir 2-0 (5-1, 5-3); 7 Puccini, Alessandro d. 26 Kielpiowski, Piotr(POL) 2-1 (5-3, 1-5, 6-5), then Lao, Shaopei 2-1 (5-6, 6-5, 6-5); 23 Lao, Shaopei d. 10 Bell, Nicholas(GBR) 2-1 (5-2, 5-6, 5-2); 15 Gey, Mathias d. 18 Wagner, Udo(GDR) 2-0 (5-2, 5-2), then Gatai, Robert 2-0 (5-2, 5-2); 31 Gatai, Robert d. 2 Omnes, Philippe(FRA) 2-1 (3-5, 5-3, 5-1).

Top 4 Seedings Progressing to Finals of 8 (with 3victories)

Schreck, Uli d. Chevtchenko, Dimitri 2-0 (5-3, 6-4); Wendt, Joachim d. Borella, Andrea 2-0 (5-2, 5-3); Ersek, Zsolt d. Sobczak, Ryszard 2-0 (5-2, 5-2); Puccini, Alessandro d. Gey, Mathias 2-1 (1-5, 5-3, 5-3).

First & Second Repechage Bouts in Tableaux

Marx, Michael d. Conscience, Philippe 2-1 (0-5, 5-2, 5-2); Bandach, Leszek d. Umezawa, Kenichi 2-0 (5-0, 6-4); Krzesinski, Adam d. Romer, Uwe 2-0 (5-2, 5-3); Goloubitski, Sergei d. Nemeth, Zsolt 2-1 (5-2, 3-5, 5-0); Weidner, Thorsten d. Koretski, Boris 2-1 (2-5, 6-5, 5-2); Zhang, Zhicheng d. Joon-Suk, Hwang 2-0 (5-2, 6-5); Kielpiowski, Piotr d. Bell, Nicholas 2-0 (5-2, 5-3); Omnes, Philippe d. Wagner, Udo 2-1 (6-4, 3-5, 6-4); Weissenborn, Ingo d. Zhang, Zhicheng 2-0 (5-1, 5-1); Omnes, Philippe d. Lao, Shaopei 2-0 (5-1, 5-1), then Weissenborn, Ingo 2-0 (5-3, 5-3); Lhotellier, Patrick d. Bandach, Leszek 2-0 (6-4, 5-1); Kielpiowski, Piotr d. Endres, Thomas 2-0 (5-3, 5-4), then Lhotellier, Patrick 2-1 (4-6, 6-5, 6-5); Numa, Mauro d. Krzesinski, Adam 2-1 (5-2, 3-5, 6-5); Goloubitski, Sergei d. Aptsiaouri, Vladimir 2-0 (5-3, 6-4), then Numa, Mauro 2-0 (6-4, 6-5); Weidner, Thorsten d. Gatai, Robert 2-0 (6-4, 6-4), then Hocine, Yossef 2-0 (5-1, 5-1); Hocine, Yossef d. Marx, Michael 2-1 (5-0, 2-5, 5-2); Tableau G: Chevtchenko, Dimitri d. Kielpiowski, Piotr (2-1) (4-6, 6-4, 5-4); Omnes, Philippe d. Sobczak, Ryszard 2-0 (5-2, 5-1); Weidner, Thorsten d. Gey, Mathias 2-1 (5-2, 4-6, 6-5); Borella, Andrea d. Goloubitski, Sergei 2-0 (5-0, 5-3).

9 Goloubitski, Sergei USSR	16 Lhotellier, Patri FRA
10 Gey, Mathias FRG	17 Endres, Thomas FRG
11 Kielpiowski, Piotr POL	18 Aptsiaouri, Vladimir USSR
12 Sobczak, Ryszard POL	19 Bandach, Leszek POL
13 Weissenborn, Ingo GDR	20 Gatai, Robert HUN
14 Hocine, Yossef FRA	21 Lao, Shaopei PRC
15 Numa, Mauro ITA	

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Men's Epee

Gold & Silver Medals

Gerull, Thomas(FRG) d. Mazzoni, Angelo(ITA) 2-1 (0-5, 5-2, 6-4)

Bronze Medal

Schmitt, Arndt(FRG) d. Aguilera, Cesar(CUB) 2-0 (5-3, 5-1)

The Top 4

Mazzoni, Angelo d. Aguilera, Cesar 2-1 (3-5, 5-1, 5-2);
Gerull, Thomas d. Schmitt, Arndt 2-1 (5-2, 2-5, 6-5)

Places 5-8 (Final placements in italics)

Mazzoni, Angelo d. 8 Kolczonay, Ernoe(HUN) 2-0 (5-3, 6-5);
Aguilera, Cesar d. 5 Lenglet, Olivier(FRA) 2-0 (5-2, 5-3);
Gerull, Thomas d. 6 Kolobkov, Pavel(USSR) 2-0 (5-3, 6-5);
Schmitt, Arndt d. 7 Srecki, Eric(FRA) 2-1 (5-3, 1-5, 5-1)

Tableaux of 32, with seedings

1 Lenglet, Olivier(FRA) d. 32 Gomez(SPA) 2-0 (5-3, 6-5), then Koppang, Nils(NOR) 2-1 (6-5, 5-6, 5-1); 17 Koppang, Nils d. Cuomo, Sandro(ITA) 2-0 (6-5, 5-1); 9 Chouvalov, Andrei(USSR) d. 24 Fabian, Laszlo(HUN) 2-0 (5-2, 5-3); 8 Schmitt, Arndt(FRG) d. 25 Vanky, Peter(SUE) 2-0 (6-5, 5-2), then Chouvalov, Andrei 2-0 (5-3, 5-1); 5 Mazzoni, Angelo(ITA) d. 28 Szoeko, Attila(HUN) 2-1 (3-5, 5-2, 6-5), then Chouinard, Nicolas(CAN) 2-1 (5-1, 2-5, 5-2); 12 Chouinard, Nicolas d. 21 Agueev, Vitalii(USSR) 2-0 (6-5, 5-2); 20 Borman, Elmar d. 13 Pantano, Stefano 2-1 (5-6, 5-1, 5-2), then Chouinard, Jean(CAN) 2-0 (5-3, 6-5); 4 Chouinard, Jean d. Sang-Ki, Lee(KOR) 2-1 (3-5, 6-5, 5-2); 3 Henry, Jean-Michael(FRA) d. 30 Winter, Lars(FIN) 2-1 (3-5, 5-2, 5-1), then Ma, Zhi(CHI) 2-0 (5-3, 5-3); 19 Ma, Zhi d. 14 Riboud, Philippe(FRA) 2-0 (5-3, 6-5); 11 Gerull, Thomas(FRG) d. Hegedus, Ferenc(HUN) 2-1 (5-3, 4-6, 5-3), then Randazzo, Maurizio(ITA) 2-1 (4-6, 5-3, 5-1); 27 Randazzo, Maurizio d. 6 Pereira, Manuel(SPA) 2-1 (0-5, 5-2, 6-5); 7 Srecki, Eric(FRA) d. 26 Poffet, Michel(SWI) 2-0 (5-3, 5-2), then Felisiak, Robert(FRG) 2-0 (5-3, 5-4); 10 Felisiak, Robert(FRG) d. 23 Pena, Fernando(SPA) 2-0 (5-3, 6-4); 15 Kolczonay, Ernoe(HUN) d. 18 Resegotti, Sandro(ITA) 2-0 (5-3, 5-0); 31 Aguilera, Cesar(CUB) d. 2 Kolobkov, Pavel(USSR) 2-0 (6-5, 6-5), then Kolczonay, Ernoe 2-1 (5-1, 4-6, 6-4).

Top 4 Seedings Progressing to Finals of 8 (with 3victories)

Schmitt, Arndt d. Lenglet, Olivier; Mazzoni, Angelo d. Borman, Elmar; Gerull, Thomas d. Henry, Jean-Michel; Aguilera, Cesar d. Srecki, Eric.

First & Second Repechage Bouts in Tableaux

Cuomo, Sandro d. Gomez, Miguel 2-0 (6-5, 5-2); Fabian, Laszlo d. Vanky, Peter 2-1 (2-5, 5-3, 6-5); Agueev, Vitalii d. Szoeko, Attila 2-1 (5-2, 1-5, 6-5); San-ki, Lee d. Pantano, Stefan 2-1 (5-6, 6-5, 5-2); Winter, Lars d. Riboud, Philippe 2-1 (2-5, 6-4, 5-1); Hegedus, Ferenc d. Pereira, Manuel 2-0 (5-1, 6-5); Pena, Fernando d. Poffet, Michel 2-0 (5-2, 5-3); Kolobkov, Pavel d. Resegotti, Sandro 2-1 (3-5, 5-2, 7-6); Chouinard, Jean d. Winter, Lars 2-1 (3-5, 5-3, 6-4), then Cuomo, Sandro 2-0 (5-0, 6-5); Cuomo, Sandro d. Chouinard, Nicolas 2-0 (6-5, 5-3); Randazzo, Maurizio d. Pena, Fernando 2-0 (5-3, 5-1); Kolczonay, Ernoe d. Hegedus, Ferenc 2-1 (6-7, 5-3, 6-4), then Randazzo, Maurizio 2-0 (6-5, 5-2); Fabian, Laszlo d. Felisiak, Robert 2-1 (7-6, 3-5, 5-3); Agueev, Vitalii d. Ma, Zhi 2-0 (6-5, 5-2), then Fabian, Laszlo 2-1 (5-1, 0-5, 5-2); Kolobkov, Pavel d. Koppang, Nils 2-0 (6-5, 5-2), then Chouvalov, Andrei 2-0 (6-4, 6-5); Chouvalov, Andrei d. Sang-Ki, Lee 2-0 (5-0, 5-2); Tableau G: Lenglet, Olivier d. Agueev, Vitalii; Kolobkov, Pavel d. Borman, Elmar; Srecki, Eric d. Chouinard, Jean; Kolczonay, Ernoe d. Henry, Jean-Michel.

9 Henry, Jean-Michel FRA	17 Felisiak, Robert FRG
10 Chouinard, Jean-Mich. CAN	18 Pena, Fernando SPA
11 Borman, Elmar FRG	19 Hegedus, Ferenc HUN
12 Agueev, Vitalii USSR	20 Sang-Ki, Lee KOR
13 Chouvalov, Andrei USSR	21 Winter, Lars FIN
14 Cuomo, Sandro ITA	22 Ma, Zhi PRC
15 Fabian, Laszlo HUN	23 Koppang, Nils NOR
16 Randazzo, Maurizio ITA	

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