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NEWS FLÈCHE

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Hi everyone. Welcome to the second edition of News Flèche the club newsletter. Remember to tune into Mo's Room in Zoom (details in last weeks' [News Flèche](#)).



twitter.com/EnglandRugby

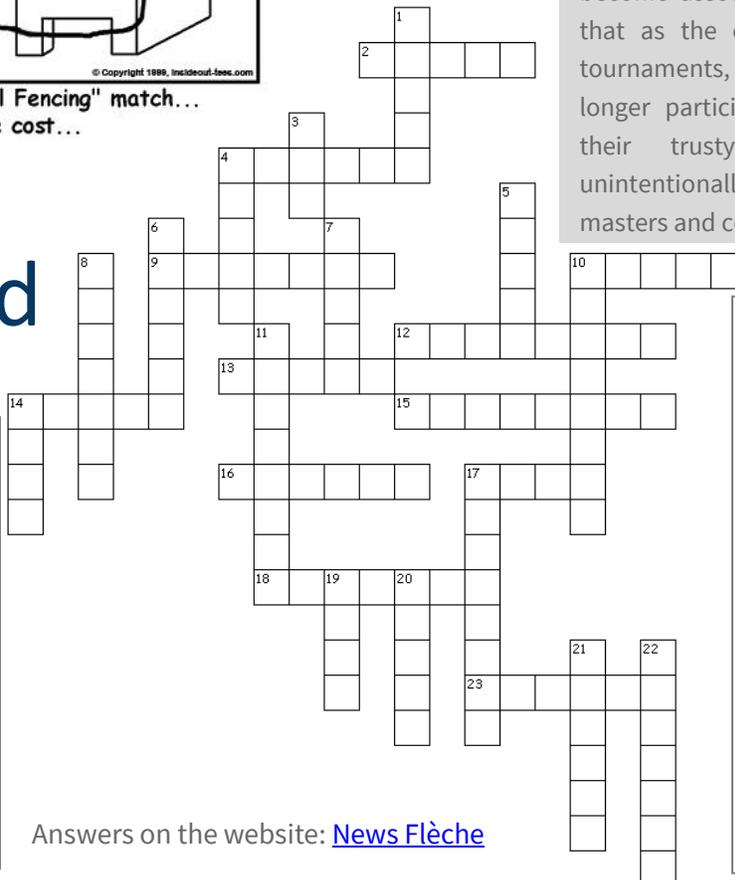
Take a look at this excellent video to keep fit at home. It's from England Rugby but has lots of relevant exercises for fencing. Feel the burn!

Bits 'n Pieces



Steve wins his first "Virtual Fencing" match... but at a terrible cost...

Crossword



Across

2. Stops your fingers being sliced off (5)
4. The weakest part of the blade (6)
9. An indirect attack made by passing the blade over (7)
10. The first parry (5)
12. You need it for electric (8)
13. It's not for skiing on (5)
14. Three types of them (5)
15. Important safety equipment (8)
16. The most common parry (6)
17. Another name for a fight (4)
18. Not just a witty reply (7)
23. A renewal of an action (6)

Down

1. A way of closing the distance (5)
3. Part of the Mask (3)
4. The strongest part of the blade (5)
5. The primary defensive move (5)
6. The eighth parry (6)
7. A trick to draw a parry (5)
8. _____, are you ready, fence! (7)
10. The fencing rule that Epeeists don't understand (8)
11. Not a lateral parry (8)
14. A crisp striking attack (4)
17. It's a short sharp jump forwards (8)
19. Other fishes in here to fence (4)
20. High line in the sword arm side (5)
21. A high line parry more for Sabreurs (6)
22. Renewal of an action made with a lunge (7)

Answers on the website: [News Flèche](#)

Fencing Trivia

Why do fencers wear white? Back in the early days of fencing it was to see where a hit has been made. Duelling to "first blood" shows more easily on white. Later, fencers soaked a wad of cotton in ink and attached it to the top of their weapon or wrapped the top of their weapon in foil and covered it with red chalk. When they made contact, this would leave a mark on the uniform. Another reason is that white is easier to clean and before the days of detergent, boiling and scrubbing was necessary, so it was common for a lot of sports to wear white e.g. tennis, cricket. White is not actually mandatory in the modern rules although black is not allowed. How did black become associated with masters? It is possible that as the colour faded out of fashion and tournaments, that only old fencing instructors no longer participating in competitions still wore their trusty black uniforms, becoming unintentionally the colour associated with masters and coaches.