



NEWS FLECHE

Issue 7 – 19th May 2020



THIS WEEK'S QUIZ

QUIZ WINNER'S PRICE:

Kingston FC Zoodie



KEEPING A FENCING ROUTINE DURING THE LOCKDOWN.

I miss the club Tuesday routine: the collective warm-up, the bouts with my fellow club members, the lesson, the coaching of the youth and beginners groups and, of course, the occasional drink at the New Malden Tennis Club.

Unexpectedly, I have started to enjoy the challenge of “lockdown fencing”. Personally, I try sticking to a set of regular exercises as it helps me to stay focused and monitor improvements. I use the following routine, once a week, thanks to Fencer’s Edge Instructional Fencing Videos:

- 1) Warm up (20 min)
- 2) [Intermediate Foot work](#) (30 min)
- 3) [Sabre Attacks Drills](#) (30 min)
- 4) [Stretching](#) (20 min)
- 5) [Balance Exercises](#) (20 min)

THE LAST DUELS...

In 2015, a British citizen with Polish descent challenged an English politician to a duel of swords or words! That may sound rather old fashion, but did you know that the French parliament still hosts a salle d’armes (fencing club) within its walls? The last political duel took place in 1967 between two of its members. During a public debate, Gaston Defferre from the Socialist Party told René Ribière from the Gaullist Party to “shut up you fool!” Then, refusing to apologize, a duel was arranged between the two men. It stopped after “first blood” and left Mr. Ribière with a slight scratch on the arm...

When fencing is no longer a sport but a political stunt!

[Click here to watch the original news footage from the report](#)



Remember to tune into Mo’s Zoom Room on Tuesday - details in the first [News Flèche](#) on the KFC website.

KEEP CALM & PARRY ON The Book of 103 Fencing Cartoons



By Peter Russell