



# NEWS FLÈCHE

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Edited by Paul Netherwood



## This week's quiz!

Click [here](#) to play.

Leader board on the [website](#).

Winner gets this gorgeous KFC

Zoodie!



## Fencing Explainer Videos

Eurosport did some great video “explainers” for Foil, Epee and Sabre with some very neat graphics. They won't tell you anything you didn't already know but its rare to see such good production quality in any media to do with fencing so worth a look.

Foil



Epee



Sabre



## Shaun the Sheep Championsheeps - Fencing



**TRAINING** – Half an hour of fitness and footwork, then half an hour of blade work on Tuesday at 6.00. Here's the link ([click here](#)) or use the details below

Meeting ID: 861 7832 9311

Password: 335959

**SOCIAL** – Tune into the Zoom Room on Tuesday at 8.00.

Here's the link ([click here](#)) or use the details below

Meeting ID: 845 7140 4375

Password: 362745

## 5, 10 or 15 ?

How many points should we fence to in a bout; 5, 10, 15? In the club we don't tend to have a fixed rule its whatever we feel like. In a competition, the initial rounds are pools with each bout going to 5 points with a 3-minute time limit. After the pool stage, the direct elimination is to 15 points in three parts each lasting up to 3 minutes with a 1-minute break. This is also the standard format for most competitions and the Olympics.

5 vs 15 is more than just a multiplier. A 5 hit bout is fast. If an opponent is out of the gate fast you could find yourself 3 or 4 hits down very quickly. Being one or two points away from defeat is very difficult to come back from particularly if you have limited time left on the clock. Often, in the heat of the moment, you find yourself unable to adapt quick enough before the fight is over. With a 15 point bout, the 1 min break gives you time to reflect and get things straight in your head. Being 4:2 down near the end of 3 mins of a 5 hit bout is obviously much more serious than in the first 3 mins of a 15 hit bout. Then there's the stamina to consider, you might be able to power through 5 hits, but can you keep going for 15? A 10 point bout with no break is a test of stamina and the ability to carry on thinking even when tired. Then there's the mind game. If you've got more time to think you've got more time to adjust your game and your tactics. A 15 point bout is a completely different experience to a 5 point bout. The distribution of speed throughout the match is different, as is the energy and the flow as is the mental game.

So, what should we do in the club? We must be mindful of anyone waiting to come on the box so 5 points is typical and courteous. If there's time and no one's waiting, then mix it up. Do 5, then 10 then 15 and see how the match changes. If you're preparing for competition, then make sure you practice both 5 and 15 hit bouts including the breaks and time limits.