



NEWS FLECHE

Issue 15 – 14th July 2020



[Click here for this week's KFC online Fencing quiz.](#)



Win this gorgeous KFC zoodie if you are the overall winner. The current Leaderboard is on the club website ...

RACISM IN SPORT – A FENCER'S REFLECTIONS

Throughout society people are taking action against racism. Steve Ridley is a KFC member - read his reflections on racism in sport [here](#).

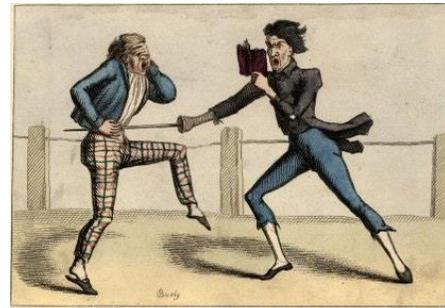
FENCING BLADE COVERS



Despite what you might think (or be told) it is not illegal to carry an uncovered fencing sword in public in the UK. The blade has neither an edge or a point so it isn't actually a "weapon". However there are many good reasons to cover the blade of your weapon, it won't attract unwelcome attention and it won't leave your gleaming white fencing kit covered in brown rust marks.

So for those of us without a full size kit bag [here's](#) an inexpensive and easy way to make a blade cover.

HOW SAFE IS FENCING?



This never happens ...

Considering that the point (sorry) of fencing is to hit your opponent with a long piece of metal many people assume it is an unsafe sport. How wrong they are, research into injuries in Olympic sports show that Curling and Table Tennis are way more dangerous than fencing. Read the comparison statistics [here](#) and be reassured that when we are allowed to spar again we can do so in the knowledge that we are safe from the dangers of ping pong balls and slow moving chunks of stone!



TRAINING SESSIONS – Half an hour of fitness and footwork, then half an hour of bladework. This week the focus is on foil and epee! If you don't have the training session Zoom details then [contact us](#) to request them.

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