



NEWS FLECHE

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Editor: Emmanuel Therond



[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 ...

FENCING VALUES: RESPECT, COURAGE... AND DISCIPLINE

You often hear that the values of fencing are *Respect* and *Courage*. In my opinion, Discipline could well be added to this duo.

When I started fencing in 1976, all the coaches had a military background, hence the learning of footwork and hand placement was precise and repetitive in order to reach the desire to perfection. One extremely successful sabre "Maitre" from my era was René Geuna. As well as initiating the collective lessons that built the success of his pupils, he invented some routines "les gammes" based on musical scales – Check out this old but intriguing [video clip](#) that displays those 3 values all at once.

HELEN BEEKEN - A FENCING ARTIST

She is very famous in the fencing circle, painting and drawing beautiful fencing pictures. Helen's art is on sale on her [Facebook page](#)



COOKING WITH SWORDS

Two weeks ago, we would have enjoyed our traditional New Malden Fortnight BBQ, naturally, we will wait until 2021... But interestingly enough, I read about this very inventive way to recycle old swords into magnificent skewers, so why not [try this out](#) to impress your guests - Recycling at its best!



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