



NEWS FLÈCHE

Issue 17 – 28th July 2020

Edited by Paul Netherwood



This week's quiz!

Click [here](#) to play.

Leader board on the [website](#).

Winner gets this gorgeous KFC Zoodie!



Fencing Top Tips

Tip No 1: Keep fencing clothing in a separate bag to your blades

What is the main thing that damages your kit over time? It's sweat! Sweat degrades fabric and rusts metal so it's vital to keep your kit dry. I keep my clothing in a separate kit bag from my blades and wires. If you put a sweaty jacket into the same bag as your blades it will soon get rust streaks on it.



Tears are bad too.

Body wires can also degrade in the presence of moisture so it's best to keep them in a cloth bag (not in a plastic bag) separate from your fabric kit. Gloves and masks can get very sweaty so let them dry off overnight before you store them away. Ever wondered why some people's lame jackets have green patches? Yep it's sweat again!

Don't leave the lame in your bag after fencing. Let it air out when you get home. You can find out more on kit care [here](#).

Do you have any sage advice? Mail your top tip to us for inclusion in a future newsletter.



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

How to Make a Point Control Target

Point control is always the first skill you notice has been lost after a period of not fencing so here's how to make a target to practice on. You will need:

- An old tennis ball
- 70-80 cm string
- A drawing pin

Tools:

- A Stanley Knife
- Screwdriver or blunt knife



Use a Stanley Knife to insert a 1 cm slit into the tennis ball. It may take a bit of pressure so be careful to those fingers!



Tie a nice big knot on the end of the string. A nice double granny should do the trick.



Using the end of a blunt knife (or a screwdriver) push the knot into the slit.



Now tie a loop on the other end of the string and you should now have your ball target ready.



Now stand on a chair and push the drawing pin into the top of a door frame. You can now hang your string from the pin using the loop. That's it! Now it's time for practice.



Start with arm extension. Hit the ball in the middle. A glancing blow does not count. Then step, extend and hit. Lunge and hit, then step lunge and hit. Now try again with the ball moving. To make it harder make another target using a squash ball.

