



# NEWS FLÈCHE

Issue 20 – 18<sup>th</sup> August 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 2: How to stay focused in a match

How to stay focused if your match is interrupted by equipment problems, injury or referee contestation?

I once heard a famous tennis player saying that he was staring at an object, for example his racket ( for us the weapon or the spool or the scoring machine) and analyse it as it was the first time he saw it: the shape, the colours and every single details. I have tried it a few times and it is an excellent way to stay in the match and keep the maximum concentration. - *Emmanuel*

### Tip No 3: Improve Your Refereeing

Improve your refereeing by watching fencing on TV / YouTube and trying to guess the referees calls before they make them. I think this has actually slightly improved my shonky refereeing. - *Rick*

**Thanks for the tips guys. Keep them coming ...**



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

## The Intermittent !#% White Light in Foil

Everything is plugged in and the box is switched to foil but you've got a white light that comes on continuously or even worse occasionally? So what do we do? It's more likely to be your kit than the box, spool or ground leads. Your kit gets a lot of abuse so its more likely to go wrong. The foil is "self-checking" meaning that there is a complete circuit which is only broken when pressing the tip. It's one long loop that runs from inside your tip down the insulated wire into the inside of the bayonet plug, down one wire of your body wire, down to the spool and box then back again up your body wire, to the outside of the bayonet, down your blade and back to the tip. Even the briefest of open circuit will cause the white light to come on. First Swap your foil with your opponent – if the white light moves to the other side its your blade. Otherwise it's your body wire. When we're off the piste how can we trouble shoot what the problem is? Start at the tip and work backwards to the spool/box.

### The Tip:

1. Stuck or sticky point. Its probably dirty inside – see cleaning video (right).
2. Loose handle – if you're grip is even slightly loose it could cause a white light.
3. Loose barrel – if the barrel is slightly wobbly then give it a ¼ turn tighten (but no more as you could break the wire)
4. Worn grub screws in point – over time the grub screws holding the point in can become worn and cause the point to wobble which breaks the circuit.
5. Weak spring – there's a 500g weight in the armory. The spring should be able to hold it up without depressing the point. You can take it out and give it a stretch.



### The Blade:

6. Is the wire intact? No? New blade.

### The Guard:

7. Does the wire from the blade have a good connection to the bayonet screw?

### The Body Wire:

Where the pins go? A is goes to the lame clip, B to the wire and tip, C to the blade & guard. One useful trick; with the plug pulled slightly out, is if you short across B and C with a coin. If the light goes off at the bayonet its your blade. If it goes off at the other end only then it's your body wire.



Hopefully you'll find this useful for when we startup again.