

Fencing

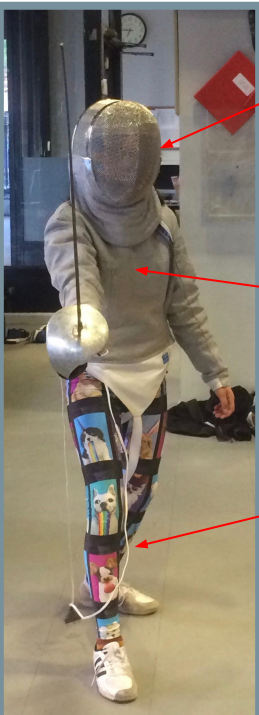


By Leena Mansperger

When I first started fencing, I thought it was the weirdest, craziest, and scariest sport in the world. How could anyone not get hurt by “playing” with swords? I thought that the clothing was the weirdest looking clothing ever. But, After I tried fencing, I knew I had to do more! Now, two years later, I do competitions and have four medals. I believe that sabre fencing is a unique sport.



I believe sabre fencing has unique gear, rules, and history. According to www.absolutefencinggear.com, for sabre fencing the gear includes body cords, mask cords, sabre or the sword, a lame, a white jacket, a mask, a glove, knickers or pants, and an underarm protector.



MASK

LAME

CORDS

Under the Lame there is a White Jacket and an Underarm Protector, but at Competitions, you wear Knickers or Pants.

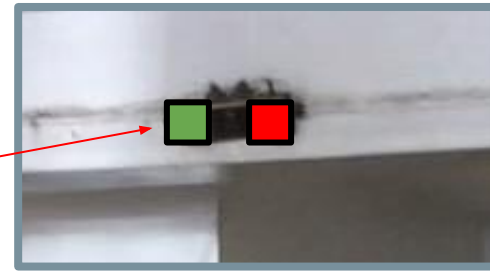
SABRE

GLOVE



Also, according to www.livestrong.com, some rules include, everyone must wear proper equipment, every fencing strip must have a working scoring box, everyone must stay on the fencing strip, sabre fencers may not cross their feet, and sabre fencers must hit above the

Score Box - The light goes on when you hit your opponents, it turns red and green.

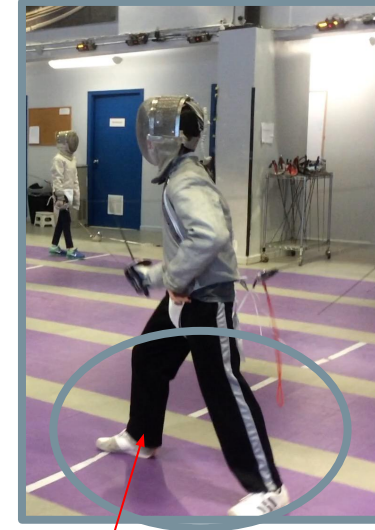


This is the strip everyone must stay on, while fencing, if you come off you don't get the point, and you obviously want to win!



Arm / Flank Mask Stomache

Target, or anywhere above the Purple line.



This is Un Garde, you must stay in it while you are attacking, otherwise you get a warning, then a yellow card, then a red card or an automatic point for your opponent!

According to www.olympic.org fencing became a sport in the 15th century year 1401 to year 1500. Fencing was added to the 1896 olympic games. In fencing, there are three different weapons: foil, epee, and sabre, which are three types of fencing. In my opinion I think the rules are unique but make a lot of sense, also the gear is very protective even though it has many layers. Not many sports have gear, rules, or history like fencing.



Fencing used to be very bloody, now have many injuries.
This is a sprained ankle.

I believe that sabre fencing, a type of fencing, is different and unique compared to other sports. In an interview with Laura, a fencing coach at Sheridan Fencing Academy who played soccer and did martial arts, she said, “I haven't found any other sport that is as mentally engaging as fencing. There's always something new you can be learning or practicing. In my other sports I would have practices where I would be bored or felt like I was just practicing things I could already do. In fencing, every practice I feel like I'm working to improve myself and that I'm constantly building on my progress.” Also in an interview with Sophie, a fencer at Sheridan Fencing Academy who skis, plays baseball, basketball, and football, says that, “They all are similar and different. But, they all require balance. In fencing, you need balance to get the touch. And in skiing, biking, and football, you need to balance yourself to not fall down.”

Finally, according to www.teamusa.org, U.S. Olympic Men's Sabre Fencer, Daryl Homer said, "It's aggressive, fast, and requires split-second decision making." He also said, "There are so many things you have to evaluate about your opponent while you're in movement: distance, the location of his arm, what he's trying to set up, while also keeping control of your own tactics and form." As a fencer, I agree with Daryl Homer, fencing is about making a decision in a couple of seconds, as well as noticing what your opponent does so that you get the point. When I fence, I always need to pay attention to what my opponent is doing, as well as what I am trying to do, from my experience, points take about 5 to 10 seconds sometimes longer.





Overall, I now hope that you see the unique history, gear, and rules, and comparison to other sports. As a fencer, I would love to see more kids fencing, though it may look different compared to other sports, it is a ton of fun.

