

Experience Fencing for Girl Scouts

at



Front Range Fencing Club

Junior Girl Scout



Stick to the Point Badge

Experience Fencing for Girl Scouts: Stick to the Point Badge

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Stick to the Point Junior Girl Scout Badge

By Julie Kohn

1. Warm Up & Cool Down

It's important for your muscles to be prepared for a fencing bout (match) or practice. Learn 3 upper body and 3 lower body stretches and fun running routines that help your body. Practice these before and after you play.

2. Get Motivated!

Cheering your team on before, during, and after playing can impact their performance. Create a short song or 2 cheers that will motivate your teammates. Teach these to others and use them during a bout. Does it have motions to it also?

3. Practice to Improve

Find out what your 2 best skills are and 2 you need to work on. Try to improve by practicing them for at least 5 bouts. How did you do?

4. Be Safe

Part A: Fencing has a lot of equipment. Learn how at least 3 items help keep a player safe.

Part B: Create a drawing of them on a figure (worn the correct way), and explain your drawing to your family, friends, troop, group, or new fencers.

5. Three's a Charm

Learn about the 3 fencing blades – saber, foil, and épée.

Find the differences in their:

- appearance
- how to hold them
- where you can score a point
- how you can score a point

Learn from the Internet, books, or a qualified instructor. Which blade do you like the best? Why? How are they all similar?

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6. Back and Forth

The only way to learn the fencing walk is to try it. Try out:

- advancing
- retreating
- salute
- lunging
- thrusting / extending
- beat

Play games with these and other techniques and muscle builders.

7. What's a "parry?"

A parry is a block. Choose the weapon you think you will enjoy playing the most, and learn 3 parries, the number of each, how to repost them (possibly with opposition) and when to use them.

8. Speed

Create an obstacle course with your friends, your fencing club, troop, or group. Make sure you have fencing technique in it. Who can do it the fastest? With the best technique?

9. Weapon Women

Only recently could women fence saber in the Olympics! Find out how women fence in your country and 2 other countries. How is fencing in each country different and similar in:

- dress of the players
- rules
- scoring
- availability to women

10. Make it Known

Fence in a tournament. Take photos and quotes from the players. Then create a collage or brochure you can show others to teach them about this sport. Show it to friends who don't fence and tell your story.

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11. Get the timing

All the wires! This can be intimidating at first, but once you've seen how it all works, it's not that scary. Watch a bout, or tournament, and watch the judge and scorekeeper. Learn how to judge right-of-way and double touches. Keep your own score and compare it to the official one of any bout. Were there differences? Why? Or if possible, actually judge and keep score for a bout or tournament.

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Requirement #4 - Be Safe

Part B: Create a drawing of them on a figure (worn the correct way), and explain your drawing to your family, friends, troop, group, or new fencers.

Suggested Activity:

Read the information about Fencing Uniforms & Equipment on pages 13-15, then explain the fencing uniform and equipment and how it is worn to someone else. You may want to cut out the items on page 15 and layer them as they are worn by a fencer.

Requirement #5 - Three's a Charm

Learn about the 3 fencing blades – saber, foil, and épée.

Find the differences in their:

- appearance
- how to hold them
- where you can score a point
- how you can score a point

Learn from the Internet, books, or a qualified instructor. Which blade do you like the best? Why? How are they all similar?

Suggested Activity:

Learn about the 3 fencing blades by reviewing the information on page 8.

Requirement #9 - Weapon Women

Only recently could women fence saber in the Olympics! Find out how women fence in your country and 2 other countries. How is fencing in each country different and similar in:

- dress of the players
- rules
- scoring
- availability to women

Suggested Activity:

Read the information about Women and Fencing on pages 9 - 10.

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Requirement 11 - Get the timing

All the wires! This can be intimidating at first, but once you've seen how it all works, it's not that scary. Watch a bout, or tournament, and watch the judge and scorekeeper. Learn how to judge right-of-way and double touches. Keep your own score and compare it to the official one of any bout. Were there differences? Why? Or if possible, actually judge and keep score for a bout or tournament.

Suggested Activity:

Learn about team fencing events by reading pages 11 – 12, then watch (all or part of) the 2012 Olympic USA Women's Epee Team fence the Russian Team for the Bronze Medal. Keep your own score and compare it to the official score at the 2012 Olympics. You'll find information about 'right of way' of page 12, but remember, "right of way" is not used in epee fencing.

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Foil



The foil is approximately 35 inches in length and weighs less than one pound (16 ounces). Points are scored with the tip of the blade and must land within the torso of the body. The valid target area in foil is from the shoulders to the groin, front and back. The target area does not include the head, neck, arms and legs. Fencers wear a metallic vest called a lame, which covers the valid target area so that a valid touch will register on a scoring machine when fencing in competitions.



Epee



The epee is the descendent of the dueling sword. It weighs approximately 27 ounces, has a larger bell guard to protect the hand and a stiffer blade than the foil. Touches are scored only with the point of the blade; however, the entire body is the target area.



Saber



The saber is the modern version of the slashing cavalry sword and is similar in length and weight to the foil. The saber is a thrusting weapon as well as a cutting weapon; therefore, the tip and the entire blade are used. The target area is from the bend of the hips to the top of the head, front and back, simulating the cavalry rider on a horse. The saber fencer's uniform includes a metallic jacket called a lame, which covers the valid target area so that a valid touch will register on a scoring machine when fencing in competitions.



<https://fencingswords.wordpress.com/>

<http://www.atacsport.org/ATACurrent/basics2.htm>

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Women and Fencing

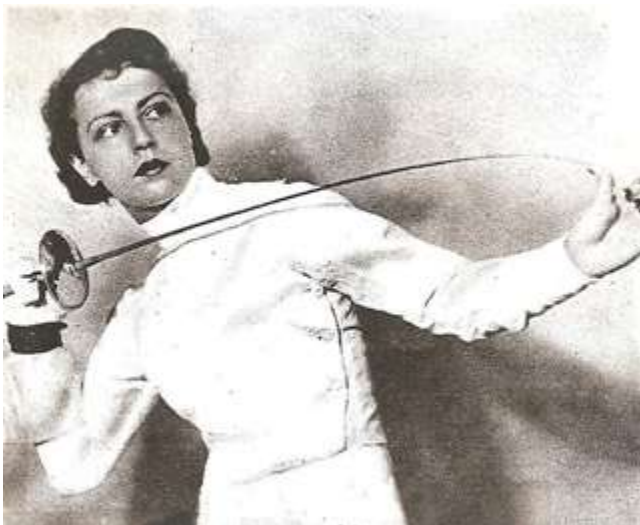
Today, in the sport of fencing, women have many opportunities and the rules for the sport of fencing have been standardized for all the countries that compete on an international level.

In 1882, efforts began to standardize the rules of fencing across all nations. In 1913, the Fédération Internationale d'Escrime was founded and the modern, internationally recognized rules of fencing were established. From 1913 to the present day, the rules, customs and standards for fencing are the same for all countries that participate in international competitions. There are really no differences for women fencers from different countries. However, since 1913, many things have changed for women fencers in all countries.

The scoring and rules for women have changed over the years. Carla-Mae Richards, a famous and accomplished fencer, remembers at one time “women could only fence foil and only for four touches, instead of five or eight touches instead of 10 because women were the ‘weaker’ sex. Fortunately our world changed, women asserted themselves throughout our culture, and pushed and prodded until they won their equality. So what men feared did happen, women ventured forth and took up epee and then the sabre and proved they could do whatever anyone else could and did it on equal footing with the men.”

Did you know that fencing was one of only four sports to be included in every modern Olympic Games? However, women were not able to fence in the Olympic Games for many years. Men’s saber and foil were part of the first Olympic Games in 1896. Men’s epee joined the fencing events in 1900. Women’s foil was finally added to the Olympics Games in 1924. Foil fencing was actually one of the very first sports in which women ever got to compete in the Olympics. However, women’s epee was not added until 1996. Finally women’s saber was added to the Olympic Games in 2004.

You’ll also notice from these photos that the uniform women wear to fence has changed over the years. The very first woman to wear fencing pants in competition was Joanna de Tuscan in the 1930s (below).



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In the early years, women were only 'allowed' to fence foil and they were required to fenced in skirts!



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2012 London Olympics - Women's Epee Team Event Bronze Medal Round: Russia vs USA

YouTube Link: https://www.youtube.com/watch?v=_PjIChEUx1Y

Viewer's Guide:

In team fencing competitions, the team consists of 3 fencers and an alternate. The alternate may be substituted in for one of the team members during the competition. All 3 fencers on one team will fence all 3 fencers on the other team. This means that there will be a total of 9 bouts during the team competition. Each bout can last for as long as 3 minutes of fencing or until one of the teams reaches a specific multiple of 5. For every bout fenced, the maximum score that can be reached is the bout number x 5. For example, in the 4th bout, when either one of the fencers reaches a total team score of 20 touches (4 bouts x 5 touches per bout = 20 touches), even if the entire 3 minutes has not passed, the bout will end. The next bout with two new fencers would be the 5th bout, and the maximum team score would be 25 (5 bouts x 5 touches per bout = 25 touches) and so on through all 9 of the bouts in the team competition. The first three-person team to score a total of 45 touches wins (9 bouts x 5 touches per bout = 45 touches); however, if the ninth and final bout between the teams ends because the 3 minute time allowed for the 9th bout has elapsed before either team reaches a total team score of 45 touches, then the team with the most touches wins.

Scoring and Rules Information:

Single or double touches may be scored in epee. A double touch is signaled when the lights for both fencers light up at the same time. This means that both fencers scored a touch on each other within 50 milliseconds of each other. To put this into perspective, 300 to 400 milliseconds is the average time it takes a human eye to blink. So the blink of an eye is 6 to 8 times slower than a double touch in fencing!

If a fencer retreats past the end of the fencing strip, a touch will be awarded to the opponent.

A fencer may not turn their back on their opponent or leave the fencing strip during fencing action. A fencer may not try to score on an opponent who has fallen.

Broadcast Scoreboard:

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The scoreboard you see on the screen is laid out in 3 sections, each section has 2 rows. The section on the left displays information about the Russian Team. The top row of this section displays the name of the team and the team score. The bottom row of this section displays the name of the fencer currently on the strip and the score accumulated by that fencer in the current bout. The section on the right displays the same information for the USA Team.

The upper box in the center section of the scoreboard displays the time remaining in the current bout between the two fencers currently on the strip. The time for the bout begins at 3 minutes and counts down to 0. The lower box in the center section lists: the current bout number (the first number) / the total bouts (9). Remember in team events, a total of 9 bouts will be fenced for a possible total of 45 points. By looking at the current bout number, you can also calculate the maximum score allowable during the current bout by multiplying the current bout number by 5 touches per bout.

Right of Way in Foil and Saber Fencing

<http://www.gmu.edu/org/fencing/About.html>

The rules governing a valid touch in foil are very difficult to understand at first, but are very simple to explain. First of all any touch scored is the result of initiating some sort of successful attack against an opponent. To be more specific any attack, successful or not, happens when a fencer threatens the opponent with forward motion of the blade. When a fencer has the attack, he or she is said to have "right-of-way". When one fencer attacks the opposition must gain right-of-way first before attempting to make a touch on the attacker; called the "riposte". This is usually done by a parry or sometimes by a body evasion. If anything, remember that foil is the battle for right-of-way then for the touch.

The rules governing saber are almost exactly the same as in foil. However, there are a few minor differences. There are also a few different techniques that can be used to gain right-of-way in saber.

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Fencing Uniform and Equipment

<https://www.fencing.ab.ca/about-us/about-fencing.aspx>

MASKS

Fencing masks are a crucial piece of protective equipment in fencing. Masks are made up of a metal wire mesh that covers the front and sides of the head. A fabric bib is attached to the bottom to protect the throat and neck. On the inside of the mask there is padding absorb the force of a hit as well as make it comfortable to wear.

GLOVE / GAUNTLET

The glove covers approximately half of the forearm. The glove is made with extra padding on the back of the hand. The glove is worn on the weapon hand, are worn on top of the jacket to prevent blades from slipping under the sleeve. A slit in the cuff of the glove that closes with Velcro allows the body cord to attach to the weapon near the fencers wrist..

JACKET

Fencing jackets are made up of either heavy cotton denim or of kevlar similar to what is used in bulletproof jackets, though not as strong. Cotton jackets are thicker and offer more padding against a strong hit, while kevlar jackets are thinner allowing less restrictive movement as well as better protection against puncturing.

UNDERARM PROTECTOR / PLASTRON

The underarm protector or plastron is a fail-safe piece of protective equipment which is worn on the fencer's weapon arm, underneath the jacket. While the jacket protects the upper body completely, a plastron doubles the protection in the armpit where the jacket has a seam.

CHEST PROTECTOR

Originally, chest protectors were only used by female fencers. More recently however, it has become more common for men to wear them as well. Chest protectors are made of durable hard plastic which prevent bruising and help spread the force of a hit across a larger area.

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KNICKERS

Knickers protect from just below the knee to several inches above the waist. They are made of either heavy cotton or kevlar. Knickers extend above the waist so that there is an overlap between them and the overlying jacket.

SOCKS

Long socks are worn to cover the legs from the knee down. The socks must be long enough to reach the knee and be tucked under the knickers. No skin may show between the top of the socks and the bottom of the knickers.

SHOES

Shoes should offer good support. Shoes with rounded edges are recommended.

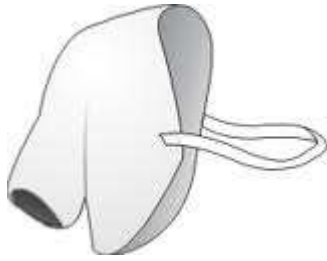
BODY WIRE

Body wires are used to connect the epee fencer's weapon to the reels and scoring equipment. The wire is worn under the fencer's jacket. The wire goes through the sleeve of the jacket and is connected to the epee near the fencer's wrist. The other end of the body cord comes out the back of the fencer's jacket and is connected to the reel cord.

EPEE

The epee is considered the original dueling sword. It was developed in the middle of the 19th century to train individuals for duels. If you've seen any movie with a lot of swordplay in it, chances are you are watching epee. The weapon's blade is somewhat triangular in shape and quite stiff to bend. Since the whole body is considered target, the guard is large and bell-shaped to protect the hand from hits. Hits are made with the point of the blade only.

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underarm protector / plastron



chest protector



Mask



jacket



knickers



Socks



shoes



glove



epee



body cord

Fencing Glossary

Website Resource: <http://www.synec-doc.be/escrime/dico/engl.htm>

Advance :

a movement forward by step, cross, or balestra.

Assault :

friendly combat between two fencers.

Attack :

the initial offensive action made by extending the sword arm and continuously threatening the valid target of the opponent.

Balestra :

a forward hop or jump, typically followed by an attack such as a lunge or fleche.

Beat :

an attempt to knock the opponent's blade aside or out of line by using one's foible or middle against the opponent's foible.

Black Card :

used to indicate the most serious offences in a fencing competition. The offending fencer is usually expelled from the event or tournament.

Bout :

an assault at which the score is kept.

Button :

the safety tip on the end of practice swords.

Counter-attack :

an attack made against the right-of-way, or in response to the opponent's attack.

Cut : Coup de

an attack made with a chopping motion of the blade, landing with the edge or point.

Disengage :

a circular movement of the blade that deceives the opponent's parry, removes the blades from engagement, or changes the line of engagement.

Double :

in epee, two attacks that arrive within 40-50 ms of each other.

Dry Fencing :

also steam; fencing without electric scoring aids.

Engagement :

when the blades are in contact with each other, eg. during a parry, attack au fer, prise de fer, or coule'.

En Garde :

also On Guard; the fencing position; the stance that fencers assume when preparing to fence.

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Epee :

a fencing weapon with triangular cross-section blade and a large bell guard; also a light duelling sword of similar design, popular in the mid-19th century.

FIE : FIE (Fédération Internationale d'Esgrime)

Federation Internationale d'Esgrime, the world governing body of fencing.

Fleche :

lit. "arrow"; an attack in which the aggressor leaps off his leading foot, attempts to make the hit, and then passes the opponent at a run.

Flick :

a cut-like action that lands with the point, often involving some whip of the foible of the blade to "throw" the point around a block or other obstruction.

Foible :

the upper, weak part of the blade.

Foil :

a fencing weapon with rectangular cross-section blade and a small bell guard; any sword that has been buttoned to render it less dangerous for practice.

Forte :

the lower, strong part of the blade.

French Grip :

a traditional hilt with a slightly curved grip and a large pommel.

Guard :

the metal cup or bow that protects the hand from being hit. Also, the defensive position assumed when not attacking.

Hilt :

the handle of a sword, consisting of guard, grip, and pommel.

Jury :

the 4 officials who watch for hits in a dry fencing bout.

Lamé :

a metallic vest/jacket used to detect valid touches in foil and sabre.

Line :

the main direction of an attack (eg., high/low, inside/outside), often equated to the parry that must be made to deflect the attack; also point in line.

Lunge :

an attack made by extending the rear leg and landing on the bent front leg.

Match :

the aggregate of bouts between two fencing teams.

Middle :

the middle third of the blade, between foible and forte.

Parry :

a block of the attack, made with the forte of one's own blade.

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Piste:

the linear strip on which a fencing bout is fought; approx. 2m wide and 14m long.

Pistol Grip:

a modern, orthopaedic grip, shaped vaguely like a small pistol; varieties are known by names such as Belgian, German, Russian, and Visconti.

Plastron:

a partial jacket worn for extra protection; typically a half-jacket worn under the main jacket on the weapon-arm side of the body.

Point:

a valid touch; the tip of the sword; an attack made with the point (ie. a thrust)

Pommel:

a fastener that attaches the grip to the blade.

Press: Presser v.

an attempt to push the opponent's blade aside or out of line; depending on the opponent's response, the press is followed by a direct or indirect attack.

Red Card:

used to indicate repeated minor rule infractions or a major rule infraction by one of the fencers; results in a point being given to the other fencer.

Redoublement:

a new action that follows an attack that missed or was parried.

Referee:

also director, president; the mediator of the fencing bout.

Retreat:

step back; opposite of advance.

Right-of-way:

rules for awarding the point in the event of a double touch in foil or sabre.

Sabre:

a fencing weapon with a flat blade and knuckle guard, used with cutting or thrusting actions; a military sword popular in the 18th to 20th centuries; any cutting sword used by cavalry.

Salle:

a fencing hall or club.

Salute:

with the weapon, a customary acknowledgement of one's opponent and referee at the start and end of the bout.

Thrust:

an attack made by moving the sword parallel to its length and landing with the point.

Whites:

fencing clothing.

Yellow Card:

also advertisement, warning

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Ordering the Stick to the Point Junior Girl Scout Badge

from

Girl Scouts of Northern New Jersey

The Stick to the Point Junior Girl Scout Badges are \$2.00 each.



Checks should be made payable to: Girl Scouts of Northern New Jersey

Send your **check** and a **self-addressed stamped* envelope** to:

Girl Scouts of Northern New Jersey
300 Forest Ave
Paramus, NJ 07652

**Be sure to add sufficient postage for the number of badges you are ordering.*

Questions?

Please contact:

Girl Scouts of Northern New Jersey Shop
(201) 967-8100 ext. 244



Experience the Olympic Sport:

Fencing



En Garde! Get ready to experience the thrill of the duel in a fun and safe environment.

Register now to learn more about this unique sport.

All fencing gear and protective equipment is provided.

Separate sessions for all scout levels.

*Troop/group discount offered for 10 or more.

Fencing is the sport of swordplay. Fencers face off against one another not for blood or honor, but for points. Instruction will be given by an enthusiastic instructor from Front Range Fencing Club. Scouts will be trained on fencing safety and fundamentals in a group lesson. Scouts will learn about the history of fencing and basic techniques of modern sword fighting (weapons have plastic blunted tips, nothing sharp) and then will spar against one another!



Cadettes, Seniors & Ambassadors

Complete requirements for the Fencing IP



Brownies

Earn the Team Tactics Try-It



Juniors

Complete requirements for the Stick to the Point Junior Fencing Badge



Daisies

Earn your Strong and Courageous Red Daisy Petal

GS Insignia (Petals, Try-Its, Badges & IPs) earned at the Scout Experience Fencing Session can be purchased from GSUSA or specific GS Councils. For Council's Own Team Tactics Try-It, Stick to the Point Badge or Fencing IP, a complete list of requirements along with information about how to purchase the awards will be provided. A Badge or IP Activity Packet covering any requirements not completed at the Experience Fencing Session will also be provided.

**Have you ever wondered what the sport of fencing is all about?
Sign up today to learn more and take part in this unique sport.**

For upcoming session dates go to:

<http://fronrangefencing.tripod.com/scout-fencing-experiences.html>

Individual Scout Registration:

<http://fronrangefencing.tripod.com/scout-fencing-experiences.html>

***For group discount pricing or to arrange a date and time for your**

Troop or group session contact:

fronrangefencingclub@comcast.net