



Mal-sun S. Marletto
Moniteur D'Esgrime, USFCA
Farmington Valley Fencing Academy

110A West Dudley Town Rd.
Bloomfield, CT 06002
(860) 305-3594

Dear Prospective Fencer:

Welcome to the Farmington Valley Fencing Academy! I am very excited to have the chance of making this wonderful and fascinating sport more accessible to you and I hope that you will be able to join me soon.

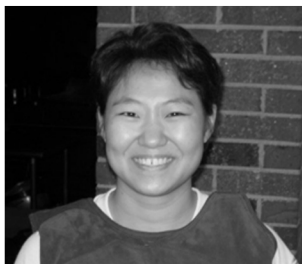
Please carefully review the enclosed material and do not hesitate to call me with any questions that you may have. For up-to-date class schedule information, please visit the website at www.FVFA.com.

To sign up for the classes, simply return the completed membership form, signed liability waiver and code of conduct with the appropriate payment. Should you decide that you are unable to join at this time, I would greatly appreciate it if you could pass on the information to someone else you know who may be interested.

Sincerely,

Mal-sun

*The
Coach*



Mal-sun Marletto, *USFCA Moniteur d'Escrime in Foil and Epee*, started fencing in Belgium at the Cercle Royal d'Escrime de Bruxelles (the Royal Fencing Club of Brussels) at 10 years of age. While in Europe, she competed in many international competitions in Belgium, Germany, France and the Netherlands. She then moved to the United States in 1992.

In 1995 she began fencing for the Hartford Fencing Club in Hartford, Conn., and gained extensive regional, national and international tournament experience. She even competed in a World Cup! She has since received the titles of Connecticut Women's Foil Champion in 2000, 2002 through 2004, and Connecticut Women's Epee Champion in 2003.

Mal-sun became a USFCA-certified Moniteur (an internationally recognized certification) in foil and epee in 2004 and a USFA-rated referee in 2005. She continues to attend regional and national fencing clinics and conferences, as well as fencing tournaments of all levels.

Mal-sun hopes to instill the passion for the sport in her students by giving them the adequate environment to accomplish even greater results than hers.

Mal-sun also coaches the Simsbury High School Fencing Team and gives lessons at the Pioneer Valley Fencing Academy on Thursday evenings. She has a BA in Art/Graphic Design and speaks fluently Italian and French and understands Spanish.



Farmington Valley Fencing Academy

110A West Dudley Town Road

Bloomfield, CT 06002

(Near Day Hill Road Business area)

860-305-3594

**FARMINGTON VALLEY
FENCING ACADEMY**

The sport of *fencing* is a uniquely classic sport. It has **HISTORY**, drama, romance, *style*, art, plus all the advantages of an active physically demanding sport. Mentally it is mind consuming, allowing not a moment's break.

Fencing is also **FAST** and athletic, a far cry from the choreographed bouts you see on film or on the stage. Instead of *swinging* from a chandelier or leaping from balconies, you will see two fencers performing an intense dance on a six foot-by-40 foot strip. The movement is so fast the touches are scored electrically - more like Star Wars than Errol Flynn.

The **Farmington Valley Fencing Academy** offers programs for children and adults of all levels. Beginner and intermediate group classes are available in foil; private lessons available in foil, epee, and saber.

Beginner 1 Session: An 8-class course for beginner students without any previous fencing experience. Material covered includes basic stances, footwork, the three fencing weapons, protective equipment used in fencing, simple offensive and defensive moves, and basic fencing strategy. Beginner fencing equipment available for rental.

Beginner 2 Session: This session starts out with a mock beginner tournament with prizes for first place, the fencer with the best form and technique, and the fencer who tried the hardest but did not take first place. This session is usually between 10 and 14 classes long, depending on class progress. It is suitable for students who complete the Beginner 1 session and would like to learn more about fencing. Material covered includes more advanced offensive and defensive moves, challenging fencing strategy and tactics, and more complex footwork.

Intermediate Group Classes: Suitable for students who have completed the beginner sessions. Emphasis on conditioning and mobility, paired drills combining offensive and defensive moves, tactics review, technique refinement, and actions used in bouts. Students who wish to start competing in local and regional tournaments may do so at some point during this period, with coach's guidance, as well as explore the other two weapons: epee and saber. Private lessons are encouraged for the serious intermediate student who wishes to progress at a faster rate.

Private Lessons: Private lessons are scheduled directly with the coach on, ideally, a weekly (or more frequent) basis. Simply put, if you wish steady improvement, you need private lessons.



Class schedules and more information available at www.FVFA.com



FARMINGTON VALLEY FENCING ACADEMY

Classes held at:

110A West Dudley Town Road
Bloomfield, CT 06002

www.FVFA.com

CLASS and MEMBERSHIP PRICING

Beginner Sessions: *

Beginner 1: **\$175.00** (includes 8 classes and equipment rental)

Beginner 2: **\$220.00** (includes 11 classes and equipment rental)

Beginner 1 & 2: **\$355.00** (includes 19 classes and equipment rental)

* Prices all inclusive—no additional membership fees required.

3-Month Memberships:

Open Floor Membership: **\$150.00** (no group classes included)

Half Membership: **\$270.00** (1 group class per week)

Full Membership: **\$360.00** (unlimited group classes per week)

Membership includes:

- ~ Unlimited open floor fencing at designated times
- ~ Fencing gear and equipment at discounted prices
- ~ FVFA Member privileges

Other Fees and Discounts:

Private Lessons (~20 min.): **\$200 for 8 lessons** (members only)

Equipment rental fee: **\$75.00 for 3 months** (no discounts on equipment rental)

Daily Floor Fee: **\$10.00** (for non-members only)

Monthly payment option: **\$10.00/month** additional fee

Credit card option: **3%** fee (credit card transactions online through PayPal)

20% Discount for second family members (valid only with full and half memberships)

Miscellaneous Info:

- ~ Beginner classes limited to a max of 10 students
- ~ Children 9 and under with instructor's permission only
- ~ REQUIRED ITEMS: workout/gym attire with full-leg pants required (warm-ups, leggings, sweatpants, etc. *NO jeans or cargo pants*), a designated pair of sneakers for *indoor use only* to put on AT the facility, water bottle.
- ~ If your child needs help putting on the equipment (i.e., getting dressed/undressed), then a responsible adult must be available during class to assist him/her.
- ~ **All safety rules strictly enforced. Non-compliance with instructor's orders will result in immediate dismissal without refunds.**

For more information, please contact:

Mal-sun S. Marletto

USFCA Moniteur D'Escrime, Foil & Épée

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BEGINNER MEMBERSHIP FORM

Please complete in its entirety

- NEW RENEWAL *(please update information if necessary)*

Fencer's First Name: _____ Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: ____/____/____ Age: _____

Does the Fencer have any medical conditions or learning disabilities that the instructor should be aware of? _____

Emergency Contact Information:

Name: _____ Relationship: _____

Home Phone: _____ Alt. Phone: _____

E-Mail: _____

(Please check preferred method of communication)

Check One:

Tuesday or Saturday

Beginner 1 Session (\$175.00) _____

Beginner 1 & 2 Sessions (\$355.00—*save 10%!*) _____

(Prices above include equipment rental fees of \$25 per session)

Check Both if applicable:

I would like to purchase my own set
(Please fill out order form attached and enter total here) _____

I have my own equipment and do NOT need
to rent equipment (*\$25 credit per session*) _____

TOTAL DUE: _____

Please make checks out to: FVFA
Mail to: Mal-sun S. Marletto
Farmington Valley Fencing Academy
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FARMINGTON VALLEY FENCING ACADEMY

www.FVFA.com

EQUIPMENT ORDER FORM

Fencer's First Name: _____ Last Name: _____

Shipping Address: _____

City: _____ State: _____ Zip: _____

(Circle one) Gender: **Male** / **Female** **Right** or **Left** Handed

Height: _____ Weight: _____ Age: _____

<u>Code</u>	<u>Item Description</u>	<u>Size/ Color</u>	<u>Price</u> <i>(includes club discount)</i>	<u>Amount</u>
S-PF004	Beginner Set <i>(includes):</i>		\$191.95	\$191.95
	Practice Foil			
	Jacket (Stretch Front-zip)			
	Glove			
	Mask			
	Bag <i>(Choice of Blue, Green, Red, Black)</i>			
23001	Underarm Protector <i>(XS-XL)</i>		\$15.30	
23004	Chest Protector <i>(Females only)</i>		\$22.50	
Recommended Additional Items:				
21024	Pants (Stretch)		\$38.00	
			Shipping & Handling:	\$5.00
			Subtotal:	
			CT Sales Tax (6%)	
			TOTAL :	

Size Chart *(take measurements in inches):*

Jacket: Take chest measurement (largest part) and **add 4"** *(even sizes only)*

Mask: Measure from the top of the head, around the chin and over the ears in a circle

Glove: Take palm measurement in a circle excluding the thumb and **add .5"**

Pants: Take waist measurement *(even sizes only)*

If you have questions, please contact:

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USFCA Moniteur D'Esgrime

Foil & Épée

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FARMINGTON VALLEY FENCING ACADEMY

CODE OF CONDUCT

In order to ensure a safe, productive and sportsmanlike atmosphere everyone, **members** (those individuals affiliated in any way with the Farmington Valley Fencing Academy (FVFA)) **must adhere to our code of conduct (the “Code”)**, and are expected to hold one another to these standards. **By using our facilities, you agree to abide by this code and be subject to its disciplinary provisions.**

We expect you to show respect for our fencers, coaches, visitors, staff, facility, and the rules of the game. We expect you to be of good will with one another when differences arise and be generous and flexible as we strive to meet the needs of all our fencers.

1. Fencers must behave in a sportsmanlike manner at all times. Behavior that would get you a warning or yellow card at a competition will get you a warning or yellow card at the club. This includes, but is not limited to the following specific prohibitions:

- + *Using profane or obscene language*
- + *Name calling or negative talk*
- + *Throwing equipment*
- + *Maliciously hitting or kicking the floor or walls*
- + *Yelling* (unless you just scored a touch - or thought you did)
- + *Misuse of equipment* (including unhooking from the middle of the strip and letting go of the reel cable)

Fencers who continue to violate these guidelines after being told to stop may be required to stop fencing for the evening.

2. When differences of opinions arise, fencers are expected to resolve such differences quickly, quietly, and with an eye towards finding a solution that satisfies both parties. Be of good will.

3. Fencers are allowed to fence only during open fencing hours, as established and approved by the manager, instructor, coach, assistant, or other designated person in charge, and to follow other rules for use of the facility. **OPEN FLOOR FENCING IS A PRIVILEGE AND IS ONLY ALLOWED UNDER PROPER SUPERVISION AT DESIGNATED TIMES.**

4. If your behavior would get you a black card at a competition, it will get you a black card at the club. **SUCH BEHAVIOR WILL RESULT IN YOUR BEING REQUIRED TO LEAVE THE FACILITY IMMEDIATELY AND INCLUDES, BUT IS NOT LIMITED TO, THE FOLLOWING SPECIFIC PROHIBITIONS:**

- + *Dangerously throwing equipment*
- + *Willful damage to club property*
- + *Dangerous or vindictive fencing*
- + *Fencing without proper protective equipment*
- + *Shouting matches*
- + *Fighting*
- + *Threats*
- + *Extreme unsportsmanlike conduct*
- + *Failure to follow the directives of the manager, coach, assistant, or other designated person in charge*

Fencers who are black-carded more than once or whose behavior is particularly egregious are subject to suspension from FVFA and will be prohibited from the use of the facilities.

I agree to abide the *Farmington Valley Fencing Academy* Code of Conduct, and be subject to the Code’s disciplinary provisions.

Signature of Member

(or parent/guardian if member under 18)

Date

Printed Name



FARMINGTON VALLEY FENCING ACADEMY
ACKNOWLEDGEMENT WAIVER AND RELEASE FROM LIABILITY

1. **Identification of Risks.** I understand that participation in any activity, including but not limited to, preparation for, participation in, and coaching of activities in recreational activities, competitions and clinics, involves risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.

2. **Assumption of the Risk.** I agree that I am responsible for my safety while participating in activities associated with the Farmington Valley Fencing Academy (FVFA), and that such responsibility includes participation only a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with responsibility for any injury or loss connected with my participation.

3. **Waiver.** Aware of the risks and willing to assume them, I hereby release and agree to hold harmless the FVFA, its officers, directors, agents, coaches, trainers, volunteers, affiliates, event organizers, sponsors, officials, owners of property used by me (Released Parties) from loss, injury, or death to myself or to any other person, or other damage to person or property resulting from my participation in events and competition and any related activities including, without limitation activities in connection with sponsorship, organization or execution of any event and travel to and from such event, whether I may participate as an athlete, coach, volunteer, spectator, or in any other manner associated with FVFA. This release is intended as a waiver of any claim I may have whether based upon negligence, breach of warranty, contract or other legal theory, against any of the above Released Parties, accepting myself the full responsibility for any such loss, injury, death or damage which may result. I intend for this release to also apply to my relatives, personal representatives, heirs, beneficiaries, next of kin, and assigns. If any part of this agreement is determined to be unenforceable, all other parts shall be given full force and effect.

I hereby affirm that I am **18 years of age or older**, and that I have read this document and understand its contents.

Signature of Member

Date

Printed Name

I am **under 18 years of age** and my parent or legal guardian has read this document and understands its contents.

Signature of Parent/Guardian

Date

Printed Name



What Is Fencing?

The sport of fencing is fast and athletic, a far cry from the choreographed bouts you see on film or on the stage. Instead of swinging from a chandelier or leaping from balconies, you will see two fencers performing an intense dance on a six-foot-by-40-foot strip. The movement is so fast the touches are scored electrically - more like Star Wars than Errol Flynn.

The Weapons

Foil, épée and sabre are the three weapons used in the sport of fencing. While it is not unusual for fencers to compete in all three events, they generally choose to develop their skills in one weapon. Until recently, women were permitted to compete only in foil, but now the USFA & FIE offer national competitions for women in épée and sabre. Women's épée was added to the World Championships in 1989 and was held for the first time at the Olympic Games in 1996.

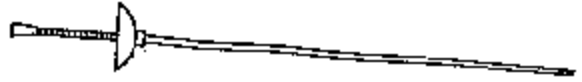
Foil and épée are point-thrusting weapons. Sabre is a point-thrusting as well as a cutting weapon. The target areas differ for the three weapons, though all three are scored electrically.

Object

Individual fencing "fights" are called "bouts." They are conducted on a "strip" about 46' x 6'. Most all Tournaments are scored with the aid of electrical equipment to detect the contact. Fencers usually need at least 2 "electric" Foils and Body Cords to compete in such tournaments. "Dry" is the term used when not using electrical equipment. But no one describes "with electric" as "Wet." Go figure...

The main object of a fencing bout is to effectively score 5 points (in preliminary pool play) or 15 points (in direct elimination play) on your opponent before he scores that number on you. Each time a fencer scores a touch, she receives a point. Direct elimination matches consist of 3 three-minute periods. At today's tournament we only have one type of weapon:
Foil.

Foil



The foil has a flexible rectangular blade, approximately 35 inches in length, weighing less than one pound. 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 the torso, from the shoulders to the groin, front and back. It does



not include the arms, neck, head and legs. The foil fencer's uniform includes a metallic vest (called a lamé) which covers the valid target area, so that a valid touch will register on the scoring machine. A small, spring-

loaded tip is attached to the point of the foil and is connected to a wire inside the blade. The fencer wears a body cord inside his uniform which connects the foil to a reel wire, connected to the scoring machine.

There are two scoring lights on the machine. One shows a green light when a fencer is hit, and one shows a red light when her opponent is hit. A touch landing outside the valid target area (that which is not covered by the lamé) is indicated by a white light. These "off target" hits do not count in the scoring, but they do stop the fencing action temporarily.

Épée

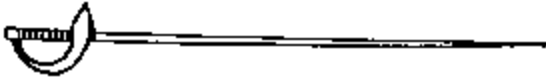


The épée (pronounced "EPP-pay"), the descendant of the dueling sword, is similar in length to the foil, but is heavier, weighing approximately 27 ounces, with a larger guard (to protect the hand from a valid hit) and a much stiffer blade. Touches are scored only with the point of the blade. The entire body is the valid target area.



The blade is wired with a spring-loaded tip at the end that completes an electrical circuit when it is depressed beyond a pressure of 750 grams. This causes the colored bulb on the scoring machine to light. Because the entire body is a valid target area, the épée fencer's uniform does not include a lamé. Off-target hits do not register on the machine.

Sabre



The sabre is the modern version of the slashing cavalry sword, and is similar in length and weight to the foil. The major difference is that the sabre is a thrusting weapon as well as a cutting weapon (use of the blade). The target area is from the bend of the hips (both front and back), to the top of the head, simulating the cavalry rider on a horse. The sabre fencer's uniform includes a metallic jacket (lamé), which covers the



target area to register a valid touch on the scoring machine. The mask is different from foil and épée, with a metallic covering since the head is valid target area.

Just as in foil, there are two scoring lights on the machine. One shows a green light when a fencer is hit, and one shows a red light when the opponent has hit. Off-target hits do not register on the machine.

Right-Of-Way

One of the most difficult concepts to visualize in foil and sabre fencing is the rule of right-of-way. This rule was established to eliminate apparently simultaneous attacks by two fencers.

In essence, right-of-way is the differentiation of offense and defense, made by the referee. The difference is important only when both the red and green lights go on at the same time in foil and sabre. When this happens, the winner of the point is the one who the referee determined was on offense at the time the lights went on.

Épée does not use the right-of-way in keeping with its dueling origin - he who first gains the touch earns the point. Or, if both fencers hit within 1/25th of a second of each other, both earn a point. However, it is equally important to have a sound defense for épée, since the entire body must be protected from a touch.

How to Follow the Action

For those new to fencing, it is difficult to follow the lightning speed of the fencers' actions. To become more comfortable in watching a fencing bout, focus on one fencer. The fencer being attacked defends himself by use of a *parry*, a motion used to deflect the opponent's blade, after which the defender can make a *riposte*, an answering attack. Thus, the two adversaries keep changing between offense and defense. Whenever a hit is made, the referee will stop the bout, describe the actions, and decide whether or not to award a touch.

Fencers seek to maintain a safe distance from each other, that is, out of range of the other's attack. Then, one will try to break this distance to gain the advantage for an attack. At times, a fencer will make a false attack to gauge the types of reactions by the opponent that can be deceived in the real attack.

As you become accustomed to the speed of the game, the tactics and strategies become more apparent, and you will gain a better understanding for the finesse and fascination of fencing!

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