

## FENCING FEES

**Fees allow you to drill, train, and fence at Black Diamond.**

**Annual Membership Fee \$ 40**

**Daily Self-Training Fee \$ 10**

**Monthly Course Fee \$ 50**

**Private Lessons (20min) \$ 18**

### **Membership benefits include:**

Junior & Senior Teams (Men & Women)  
Club Equipment available.  
Equipment Discounts Available.  
Members active in Foil, Epee, & Sabre.  
Electrical strips available for boutng.  
Armoring and Directing Clinics.

## **STAFF**

**Edward Kane, Jr. Head Coach**

15-year fencing veteran.  
10 years coaching experience.  
Trained at Penn State.  
US Fencing Certified Coach  
US Fencing Coaches Member.  
National competitor - foil, epee, sabre.  
Nationally certified referee.

**Johnny Zook Assistant Coach**  
US Fencing Assoc. Certified Coach

**Evelyn Springhetti**  
Manager/Assistant Coach

## LOCATION

### **From North (Scranton):**

Follow I-81 South to Exit 69 Progress Ave. Turn LEFT at bottom of ramp at stop light. Proceed STRAIGHT through next stoplight up the hill passing Your Place Restaurant on left. At top of hill, turn LEFT at stoplight onto Paxton Church Road. Turn LEFT again into parking lot. BDF is located on the lower level at the intersection of the arms of the building.

### **From Northwest (State College):**

Follow Rt 322 East to I-81 North. Take Exit 69 Progress Ave Then follow directions as above.

### **From West (Carlisle, Pittsburgh):**

Follow I-81 North to Exit 69 Progress Ave. Then follow directions as above.

### **From South (York, Baltimore):**

Follow I-83 North to I-81 Split. Follow I-81 South (Harrisburg/Carlisle). Take Exit 69 Progress Ave. Then follow directions as above.

### **From Southeast (Lancaster)**

Take Rt. 283 North to I-83 North to I-81 South. Take Exit 69 Progress Ave. Follow as above.

CHECK US OUT ON THE  
INTERNET:  
[www.paonline.com/bdiamond](http://www.paonline.com/bdiamond)

# BLACK DIAMOND



## **Black Diamond Fencing Center**

2243 Paxton Church Road  
Harrisburg, PA 17110

**Mon -Thurs 6:00 – 9:30 p.m.**

**(717) 541-0449**

**[bdiamond@paonline.com](mailto:bdiamond@paonline.com)**

*Central Pennsylvania's  
Premier Fencing Program*

## What sports comprise fencing?

The Olympic sport of fencing is comprised of three weapons: foil, epee, and sabre. All are fenced on a long rectangular strip, and electronic scoring aids are normally used to assist in the detection of touches.

**Foil:** Descended from the 18th century small sword, the foil has a thin, flexible blade with a square cross-section and a small bell guard. Touches are scored with the point on the torso of the opponent, including the groin and back. Foil technique emphasizes **strong defense** and the killing **attack to the body**.

**Epee:** Similar to the dueling swords of the mid-19th century, epees have stiff blades with a triangular cross section, and large bell guards. Touches are scored with the point, anywhere on the opponent's body. Unlike foil and sabre, there are no rules of right-of-way to decide which attacks have precedence, and double hits are possible. Epee technique emphasizes **timing, point control**, and a good **counter-attack**.

**Sabre:** Descended from dueling sabres of the late 19th century, which were in turn descended from naval and cavalry swords, sabres have a light, flat blade and a knuckle guard. Touches can be scored with either the point or the edge of the blade, anywhere above the opponent's waist. Sabre technique emphasizes **speed, feints**, and **strong offense**.

## What qualities make a good fencer?

There are many.

On the athletic side, speed and endurance must rank foremost. Other traits that can be exploited are strength (for explosive speed, not heavy handedness), precision, and flexibility. **Quick reaction time** is extremely important.

On the intellectual side, a good mind for **strategy** and **tactics** is essential. The ability to quickly size up your opponent and adapt your style accordingly is essential.

Psychologically, a fencer must be able to maintain **focus, concentration**, and **emotional level-headedness** under intense conditions of combat. **Stress management, visualization**, and **relaxation** techniques are all helpful to putting in winning performances.

As far as body type goes, it is always possible to adapt your style to take advantage of your natural traits. Even so, height seems to be useful in epee, but not necessarily in sabre. Small or thin people are harder to hit in foil. A long reach helps in epee, and long legs are an asset in foil.

It should be noted that left-handers usually enjoy a slight advantage, especially against inexperienced fencers. This may account for the fact that lefties make up 15% of novice fencers, but half of FIE world champions.

Interested in learning more about **Fencing**? Black Diamond invites you to stop by for a personal introduction. Enjoyed by both young and old alike worldwide, a lifetime of challenges and excitement await you as a fencer. Fencing develops concentration, endurance, flexibility, and self-confidence. A sport of skill and honor from an age not long gone, fencing provides a great way to get in shape, rid yourself of stress, and have fun for the entire family.

## HISTORY

Black Diamond Fencing was founded in 1996 for the purpose of creating a year-round competitive fencing environment in which fencers of all levels can receive professional fencing instruction and training in all weapons. Black Diamond emphasizes the development of young fencers through school programs, local mall demonstrations, and the organization of a scholastic fencing league featuring teams from around the state. By bringing competitive coaches and fencers together, Black Diamond provides an environment conducive to the success of the fencers.

**Stop by during club hours anytime or call:**

**Black Diamond** (717) 541-0449  
Edward Kane, Coach (717) 805-2610

Ask about our Junior Competitive Development Program for teenagers.