



CENTRAL LONDON FENCING CLUB

INFORMATION FOR RECENT BEGINNERS

COMPLETING THE BEGINNER COURSE

Congratulations on completing the beginner course, and we hope you enjoyed your time with us! Below is some information about the club, which we hope is helpful.

CLUB WEBSITE

The club's website is full of lots of information about the club - www.centrallondonfencingclub.com.

Do take a look, and let us know if you have any questions. We also have a club Facebook group.

JOINING THE CLUB

To join the club, you just need to complete some paperwork, and set up a monthly standing order* (more on fees further down).

Good news - there are NO joining fees!

Membership of the club entitles you to attend the sessions on Monday and Wednesday evenings, and to attend the intermediate classes if you wish. All fencers are entitled to take part in 'free fencing' (i.e. electric fencing on the pistes) throughout the sessions.

*All available to download from the 'Documents' section of the website (at the very bottom of the screen)

- Club Rules Sheet
- Adult Membership Joining Form (basic contact details)

HOW THE CLUB WORKS

Club sessions are held on Monday and Wednesday evenings. The evening starts at 7pm for the group warm-up and footwork session.

Once this is completed, the beginner and intermediate fencers start their respective classes. There is 'free fencing' (i.e. electric fencing on the piste) throughout the evening, once the warm-up and footwork session is finished.

At the end of the evening, you are asked to vacate the gym hall by 9.20pm. All fencers are expected to help set up and put away the fencing equipment in the storage cupboard downstairs. Please ask the other fencers to show you what to do if you are unsure!

As many of you are aware, there are changing rooms and showers downstairs available for use. We have to vacate the building (including changing/shower areas) by 9.30pm sharp!

We socialise in 'The White Swan' pub on Vauxhall Bridge Road after fencing sessions, and you are certainly encouraged to join us! (just let us know if you don't know where this is).

INTERMEDIATE CLASSES

The intermediate class is run purely on a 'drop in' basis, and takes place most sessions. The class lasts 30 minutes and is self-contained. There are no set dates, as with the beginner class. The coach teaching the intermediate class will simply 'shout out' verbally that the class is due to start, usually 5 mins after the warm-up and footwork sessions. You are welcome to attend as many or as few intermediate classes as you wish. Please make sure that you are changed and ready.

The structure of each intermediate class is similar to the beginner class, but will focus on more complex bladework and footwork exercises. Many recent beginners find it very useful to attend this class as it helps to improve technique, confidence, and to develop a better understanding of the tactics of fencing. It also helps to nip bad habits in the bud!

INDIVIDUAL LESSONS

Individual lessons are available to book during club sessions, and cost £10. These last 15-20 minutes (subject to the coach's discretion) and these are bookable online. Website bookings take priority at all times, so visit the 'individual lessons' page to find out more.

FEE STRUCTURE

Fees are payable to the club on a monthly basis by standing order, payable on 3rd of each month. You choose the fee level you want:

- *£45 – REGULAR CLUB MEMBERSHIP*
- *£60- REGULAR CLUB MEMBERSHIP, WITH 2 INDIVIDUAL LESSONS INCLUDED MONTHLY*
- *£65 – REGULAR CLUB MEMBERSHIP, WITH 1 INDIVIDUAL LESSON INCLUDED WEEKLY*

Alternatively, you can pay the guest fee of £10 per fencing session (payable in cash to Ray on the door) – for up to a maximum of 25 sessions per calendar year. After this time, you are not considered to be a guest and must join the club. This is an ideal option if you're not yet sure if you'd like to join the club. You can come to a few more sessions and see how you feel.

CLUB BANK DETAILS FOR STANDING ORDERS

MEMBERSHIP FEES ARE DUE ON A MONTHLY BASIS ON THE 3RD OF EACH MONTH, BY STANDING ORDER. PLEASE NOTE THAT PAYMENT OF FEES IS CHECKED EVERY MONTH.

BANK DETAILS: *HSBC BANK PLC*

ACCOUNT NAME: *CENTRAL LONDON FENCING CLUB*

ACCOUNT NUMBER: *21521896*

SORT CODE: *40-06-03*

IT IS ESSENTIAL THAT YOU GIVE YOUR FULL NAME AS A REFERENCE (i.e. "JOHN SMITH")

BUYING YOUR KIT

Within 1-2 months of fencing at the club (or sooner, if you are keen and able to do so), you will be expected to purchase your own clothing and fencing equipment. A list of what you will need to purchase is listed below. Please ask for advice from us or other fencers before buying your kit. You may well be able to buy some items second-hand on eBay, or similar websites. On average, you can expect to pay something like £300 for your kit, although you can of course buy this gradually.

<u>Within the first month:</u>	<u>Within the first three months:</u>
<ul style="list-style-type: none">• Lamé (jacket for electric fencing)• Under jacket (800 Newton minimum)• Body wire• Foil• Breeches (350 Newton minimum)	<ul style="list-style-type: none">• Glove• Mask• Jacket (350 Newton minimum)• Long white fencing socks• Breast plate (for women especially)

In due course you may wish to buy some proper fencing shoes, although normal trainers are fine. You may also wish to buy a fencing bag to carry your stuff!

FENCING SUPPLIERS

Some common fencing supplies and their details:

Leon Paul www.leonpaul.com

Duellist www.duellist.com

2020 Alpha www.2020alpha.co.uk

Allstar-Uhlmann www.allstar-fencing.co.uk

LOOKING AFTER YOUR KIT

We have a Club Armourer. His name is Mark Hamilton, and his details are listed below. If you have any problems with your equipment, he charges a small amount for repairs. Details of his rates are displayed on the club notice board, and are available in the 'Documents' section of the club website. Just speak to him at the club and arrange any repairs with him directly. He may also be able to offer advice on how to look after your kit.

Club Armourer Mark Hamilton

Email: hammypost@hotmail.com

Mobile: 07968 214 020

Once you have purchased your kit, we strongly recommend that you get some name labels and sew them inside. It's very easy for fencing kit to end up in mysterious places and, if it's not labelled, it can be quite hard to find again! We can recommend the following label suppliers: www.wovenlabelsuk.com. A permanent black marker pen will also help!

SOCIAL EVENTS

We offer a variety of social events throughout the year. It's a really fun way to meet people and attendance is usually good. Details of social events are posted on the club notice board and are posted on the club website.

Alex Palmer and KT O'Malley arrange the club social events. Payment for social events is made in cash (in advance) to Alex and KT. No refunds are given if you don't show up.

Recent social events included 10-pin bowling in September, clay pigeon shooting in October, a pub crawl in November, the club Christmas party in December, ice-skating at Somerset House in January, and a Ceilidh in February. Our next social will be a karaoke night in March (details TBC).

As we've already mentioned, we also encourage you to join us for a drink after the training sessions on Mondays and Wednesdays. We drink at 'The White Swan' pub on Vauxhall Bridge Road. It's a great way to get involved with the club and to meet people!

ANY QUESTIONS?

If you have any further questions, please don't hesitate to ask either of the Club Managers.

Alex Palmer & Jean-Christophe Guibert info@centrallondonfencingclub.com

We hope you've enjoyed your introduction to fencing!