

## MEMBERSHIP FORM

Club: Fencing

This information is being collected on behalf of the UNSW Sports Association for its active member database and may be accessed by the UNSW sporting club named at the top of this form for provision of adequate equipment. It will be used by club for newsletter distribution, communication and registration with governing bodies where applicable. It may be passed onto UNSW Sports Association sponsors if you fail to tick the box at the bottom of the form. The individual providing the information is able to gain access to the information and can amend it at any time.

### Student Number OR S/A Category

(Please Circle) UNSW Student/Staff Part Time Full Time  
Public Junior Visitor

First Name: \_\_\_\_\_

Surname: \_\_\_\_\_

Gender:  Male  Female  
Hand Dominance:  Right  Left  
Class Preference:  Wednesday PM  Saturday AM

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone (M): \_\_\_\_\_

Phone (H/W): \_\_\_\_\_

E-mail: \_\_\_\_\_

Tick this box if you are opposed to this information being used to attract S/A sponsors

## WELCOME TO FENCING

*“Fencing is the art of giving cuts without receiving them. The necessity of touching the opponent but avoiding his cuts makes the art of fencing most difficult and complicated. The eyes observe and prevent, the brain which considers and decides, the hand which carries the decision through must harmonize accuracy and speed to give the necessary life to the sword.” (Moliere)*

The origins of fencing date back to the courts of the pharaohs. One of only four sports to be included in every modern Olympic Games, since the first in 1896, fencing was also a sport in the original Olympic Games in ancient Greece. Through centuries of evolution, the sport of fencing has become one of the fastest, physically and mentally demanding sports of the modern era.

Fencing is a sport of skill, precision, timing, and technique. A thinking persons sport, age, sex, and strength have very little effect on fencing performance. Mental agility, timing and coordination of proper techniques are the key elements to successful fencing. Fitness benefits include:

- \* Building a strong and flexible physique, balance and grace.
- \* Learning a timeless sport described as “physical chess.”
- \* Honing high-speed problem-solving skills.
- \* Developing focus, patience and sportsmanship.
- \* Providing cardiovascular and strength-training elements.

Upholding over 30 years of tradition, UNSW FC members compete at all levels, ranging from novice and club level, through state and national to international levels.

The UNSW Fencing Club provides group and individual coaching for members through experienced and accredited coaches.

**For beginners, we advise you to join our Beginners Group Classes. Individual lessons can be arranged at normal club training times by private appointment with club coaches.**

## EQUIPMENT NEEDED

The club provides all the necessary safety equipment needed by beginners, so initially don't need to buy anything. You will need to wear tracksuit pants to protect your legs, a long sleeve t-shirt and trainers. A water bottle is a good idea if the weather is warm.

### Club Membership

UNSW Students/Staff  
\$50 full year

Non UNSW students/General Public  
\$175 full year

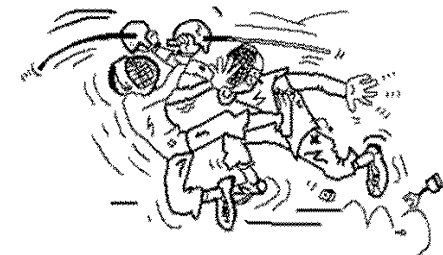
Juniors (Under 17)  
\$100 full year

Annual Visitor Fee (member of another club)  
\$80 full year

**Class instructional fees are in addition to membership and are outlined on our website (Sports Association fee is not included)**

### AUSTRALIAN UNIVERSITY CHAMPIONSHIPS

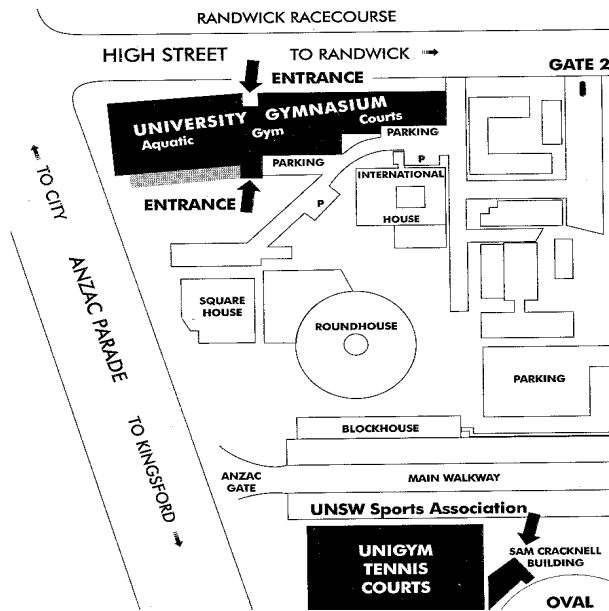
The club participates in the Eastern Conference and Australian University Championships. These are great fun!



## TRAINING TIMES & PLACES

Wednesday at Sam Cracknell Building  
Juniors (U17) Class 4pm-6pm  
Beginners Group Class 7pm-8pm  
Intermediate/Advanced 7:30-9:30pm

Saturday at UniGym Multi-Purpose Rm 2  
Cnr Anzac Pde and High St. Kensington  
Beginners Group Class 10:30am-11:30am  
Intermediate/Advanced 11:30am-3:30pm



## TOURNAMENT TIMES

Competitions are usually on Sundays as determined by the State Association.

## Get in Touche

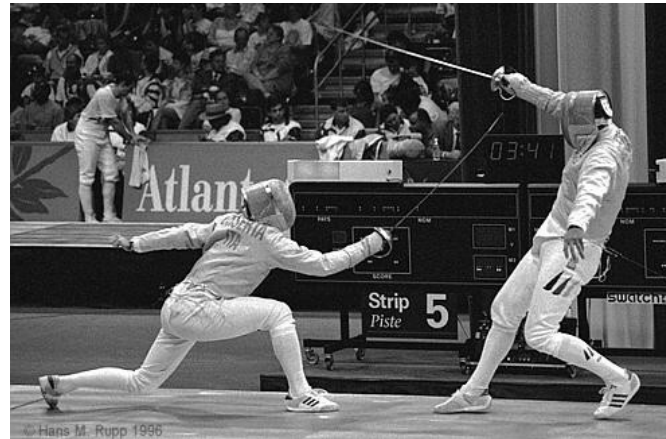
For more information contact the following club members:

David Hoffman: 0434075970

Alex Andre: 0414413405

Free feel to visit our website:

<http://www.unswfc.royalbermuda.com.au/>



# UNSW FENCING CLUB



CONTACT THE SPORTS ASSOCIATION BY  
PH: 9385 4880  
FAX: 9385 6474  
<http://www.sportsassociation.unsw.edu.au>  
[sport@unsw.edu.au](mailto:sport@unsw.edu.au)

UNSW



Sports Association