

"Every sport possesses its own intrinsic nature. Fencing is no exception, offering unique challenges to all who participate. Instruction relates directly to techniques of relaxation, control of energy and mental disposition, hand-eye coordination, physical movement, fighting psychology and mind-body harmony. There is no physical prerequisite for skilled fencing other than a healthy body, which may be acquired in the process of learning to fence. Fencing demands only that individuals discover their own best assets and learn to use them constructively."

- Charles A. Selberg

NDfencing.org

The North Dakota Fencing Association is a group of North Dakota fencing coaches who want to help fencing grow in North Dakota.

The mission of the North Dakota Fencing Association is to support and promote the art and sport of fencing in North Dakota.

Articles in this newsletter do not necessarily reflect the ideas or opinions of the North Dakota Fencing Association organization.

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«AddressBlock»

Fargo, ND 58104

North Dakota Fencing Association 4330 47th Street South Unit K

NORTH DAKOTA FENCING ASSOCIATION

President Clay Willoughby clay.willoughby@yahoo.com

> Treasurer John Garness jlgarness@gmail.com

Secretary Jason Schoenack jaschoen@microsoft.com

Member at Large Matt Kramer Matthew.Kramer@my.ndsu.edu

> Member at Large Chris Boney tekcorp02@yahoo.com

> > Newsletter Jason Schoenack 701-306-0815



NORTH DAKOTA FENCING ASSOCIATION

FORTE

ISSUE 1 FALL 2012

Fencing In North Dakota

By Jason Schoenack

Early in the 21st century, fencing is small but growing in North Dakota.

But fencing wasn't always small in North Dakota. In the 1960s, spurred by the activity of the



Selberg Fencing Academy in Fargo, the North Dakota division grew to be the 4th-largest fencing division in the country, with

North Dakota fencers winning Midwest Championships, a Chicagoland Open Championship, and finishing in the Top 10 at U.S. National Championships multiple times. The Selberg Fencing Academy, North Dakota's first fencing school (founded in Fargo in 1960), was run from 1960 to 1966 by North Dakota native, Maestro Charles A. Selberg.

Since the mid 1960s, fencing popularity in North Dakota has ebbed and flowed.

Fencing in North Dakota was driven during the 1980s and 1990s mainly by USFA-certified fencing coaches Kris Robert in Bismarck, and Mike Anson in Grand Forks. During this time, fencers from across the state started to meet and socialize and compete with each other in the month of July at the annual Prairie Rose State Games, held in alternating cities in North Dakota between the years 1986 and 2011.

With the final Prairie Rose State Games happening in July of 2011, a few fencing coaches from across the state got together and agreed that it would be a good idea for fencers and coaches in ND to continue to have ongoing opportunities to meet and compete. Later that Fall they formed the North Dakota Fencing Association (NDFA), to support and promote the art and

sport of fencing in North Dakota. The NDFA focused its initial efforts on organizing and conducting four annual, non-USFA electric fencing tournaments in centrally-located Carrington, ND. The first tournament was the 2011 Lewis and Clark Open, held on October 22, 2011.

For the past several years, fencing has been growing in North Dakota. There are currently active fencing groups in Bismarck, Minot, Grand Forks, and Fargo.

The Fargo-Moorhead area even has three fencing groups of its own, working on a volunteer basis, to provide opportunities for the community to learn about and experience fencing.

The Fargo-Moorhead Fencing Club (FMFC) meets at Grace Lutheran School in Fargo several nights per week, and is operated primarily by fencing master Enrique Alvarez and Dr. Robert Bianco.

The Minnesota State University Moorhead Fencing Club (MSUMFC) has been active for several years, and has held many three-weapon, USFA-sanctioned fencing tournaments on their campus. The faculty advisor to the MSUMFC group is fencing coach Dr. Dellas Herbal.

The Fargo Park District fencing program is run by Matt Kramer and Jason Schoenack, on Tuesday and Thursday evenings for beginning and advanced fencers.

With so many active fencing groups across the state, the future of fencing looks bright for North Dakota.

ANNOUNCEMENTS

- The next North Dakota
 Fencing Association
 tournament is the 2013
 Roughrider Open, set
 for Saturday January 19,
 2013 in Carrington,
 ND. For more information about the event,
 see the NDFA web site
 at ndfencing.org.
- The Fargo Park District is sponsoring a free, non -USFA fencing tournament coming up on Saturday November 17, starting at 10:00am. The 2012 Fargo Park District Open will be held at the Southwest Youth Ice Arena in Fargo. Medals will be awarded to the top 4 finalists. This free fencing event is meant to bring fencers together for a fun introduction to competitive, electric foil fencing. No membership of any kind is required to participate in this event, and it is open to everyone. More details are on the tournament registration page on askfred.net.

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Fencing at the University of North Dakota

By Clay Willoughby

Earlier this year, I became curious as to the beginnings of fencing here at UND. Searching through the index of the school's newspaper, The Dakota Student, I found several articles mentioning "fencing." The first article was dated March 3, 1924, with "Sergeant R. A. Rollison announces that there will be a meeting at the armory ... who are interested in the formation of a Fencing Club", marking the beginning of fencing at UND.

The next article listed was 38 years and 5 days later, March 16, 1962, titled "Fencing Lessons To Be Offered at U By Fargo Instructor". That instructor was Charles A. Selberg. Two years prior, he had started the Selberg Fencing Academy in Fargo. Charles was a Grand Forks native, artist, author, and Fencing Master. He passed away on March 9, 2012 in Ashland, Oregon.

Currently, there are ten fencers that attend on a regular basis to fence with the club. After fencing at the ROTC Armory for more than 30 years, we lost our floor space and have been unable to secure a place on campus to meet.

Luckily, one of our members teaches at the Emerado school, and worked with the school's administrators to secure floor space for us to utilize. This has put a damper on our membership levels with many students unable to take the extra time to travel out to Emerado. However, we are still working on finding a place on campus for the club to meet.

Mike Anson has been the primary coach at UNDFC since the mid 1980's, teaching primarily foil, however, saber, epee, rapier, kendo and other weapons have been covered over the years too. I have been assisting Mike with teaching for several years, and received my Moniteur de Fleuret from the United States Fencing Coaches Association (USFCA) last year. I also took over teaching the UND Beginning Fencing class, from Mike, two years ago. In 2009, UND once again offered fencing as a credited class, after an absence of many years.

If you're ever planning to be in Grand Forks on a Monday or Wednesday night, let us know, and stop by the club and visit us.

Capitol Fencing Alliance in Bismarck, ND

By John Garness

Capitol Fencing Alliance is the local fencing club in Bismarck. They provide fencing classes for both beginning and advanced fencers, with opportunities to demonstrate their fencing skills to the community in various demonstrations, such as the recent Capitol Shakespeare event, in addition to tournaments throughout the region. CFA seeks to promote fencing in the Bismarck-Mandan area and currently has about 10 active members. CFA was led by Kris Roberts for many years, who continues to provide advice and assistance whenever possible. Kris has worked for many years with the club to provide fencing in the Bismarck area.

CFA is part of the Bismarck Parks and Recreation District and has been around for many years. John Garness has been the coach for about four years and is a certified USFA fencing coach. He has fenced for almost 10 years and has been to numerous tournaments.

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Fargo-Moorhead Fencing Club

By Jason Schoenack

The Fargo-Moorhead Fencing Club (FMFC) operates in Fargo, ND.

The FMFC is run primarily by USFCA fencing master Enrique Alvarez, and by USFCA and USFA-certified fencing coach Dr. Robert Bianco.

From the FMFC web site, "All our coaches are required to be certified in order to teach, either by the United States Fencing Association (Governing body for fencing in the USA) and \or the United States Fencing Coaches Association (Accreditation board for professional fencing coaches)".

The FMFC currently offers several programs, including a Musketeer Program for ages 7-12, an All-School Program for ages 12-18, and an Adult Program for ages 18 and up. Instruction in both foil and epee fencing is available through the FMFC.

Other assistant coaches listed on the FMFC web site include, Dr. Dellas Herbel, Aron Velde, and Jen Neuteboom.

All of this and more can be found on the FMFC web site at http://fmfencing.com.

Fargo Park District Fencing

By Jason Schoenack

The Fargo Park District fencing program is run by Matt Kramer and Jason Schoenack, on take the advanced class repeatedly, improving Tuesday and Thursday evenings for beginning and advanced fencers.

Both Matt and Jason are certified fencing coaches who value and emphasize a classical foundation for beginning fencers. Both the beginner classes and the advanced classes are eight-week sessions that meet two evenings each week. In the beginner classes, students systematically learn and practice the fundamentals of classical fencing technique. In the advanced class, students are introduced to more modern, electric sport fencing, and learn about advanced fencing concepts and

about competition. Many students continue to on their skills each session.

The Fargo Park District sponsors free electric fencing tournaments that are open to all fencers and spectators, in order to promote the sport of fencing, and to bring fencers of all skill levels together for fun, electric fencing competitions.

Future plans for the Fargo Park District fencing program include conducting free fencing clinics for fencers and enthusiasts, covering various fencing topics such as rules, armory, tactics and problem solving, refereeing, and fencing history.