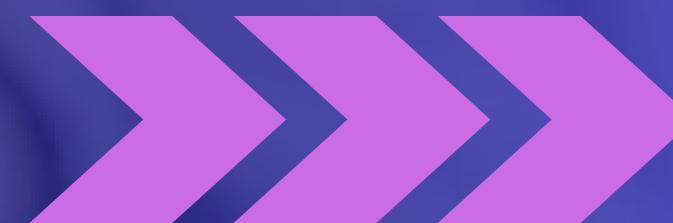




Co-funded by  
the European Union



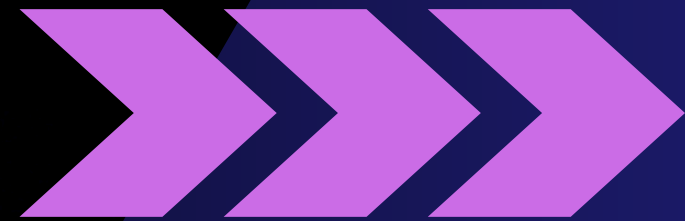
# FENCING

A sport for everyone.

[DISCOVER IT](#)



The opinions and viewpoints expressed only reflect those of the author(s) and do not necessarily represent those of the European Union or the Education, Audiovisual and Culture Executive Agency (EACEA). Neither the European Union nor the EACEA can be held responsible for them.



# INDEX



- 1. DEFINITION
- 2. ORIGIN
- 3. OLYMPIC FENCING
- 4. FENCING TODAY
- 5. WHEELCHAIR FENCING
- 6. STAGE FENCING
- 7. THE WEAPONS
- 8. MATERIALS AND EQUIPMENT
- 9. BASIC CONCEPTS
- 10. INDIVIDUAL COMPETITION
- 11. TEAM COMPETITION
- 12. BASIC RULES
- THE PISTE
- THE REFEREE'S COMMANDS
- THE SANCTIONS
- 14. GET TO KNOW FENCING



# 1. DEFINITION



Fencing is an Olympic combat sport in which two opponents armed with a sword, sabre, or foil face each other. The fencers, protected by a mask and special suit, use their weapon to attack the opponent's valid target areas and defend their own, following a series of rules and conventions. This discipline combines art, technique, and strategy in the handling of edged weapons, requiring great agility, precision, and speed from the fencers.

## 2. ORIGIN

01

The origins of fencing date back to antiquity, when humans began using weapons like swords and sabres for personal and military defense. In classical Greece, Homer describes in the Iliad individual combat with edged weapons between warriors.

02

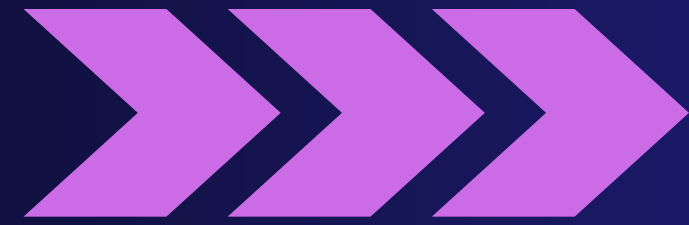
It was not until the Renaissance that fencing began to be codified as a martial art, with the first treatises laying the technical foundations for handling various weapons. In the 15th century, Spain was a pioneer with works like "La verdadera esgrima" (1472) by J. Pons.

03

Subsequently, fencing spread throughout Europe, with the techniques, weapons, and equipment evolving until it became the modern sport we know today.



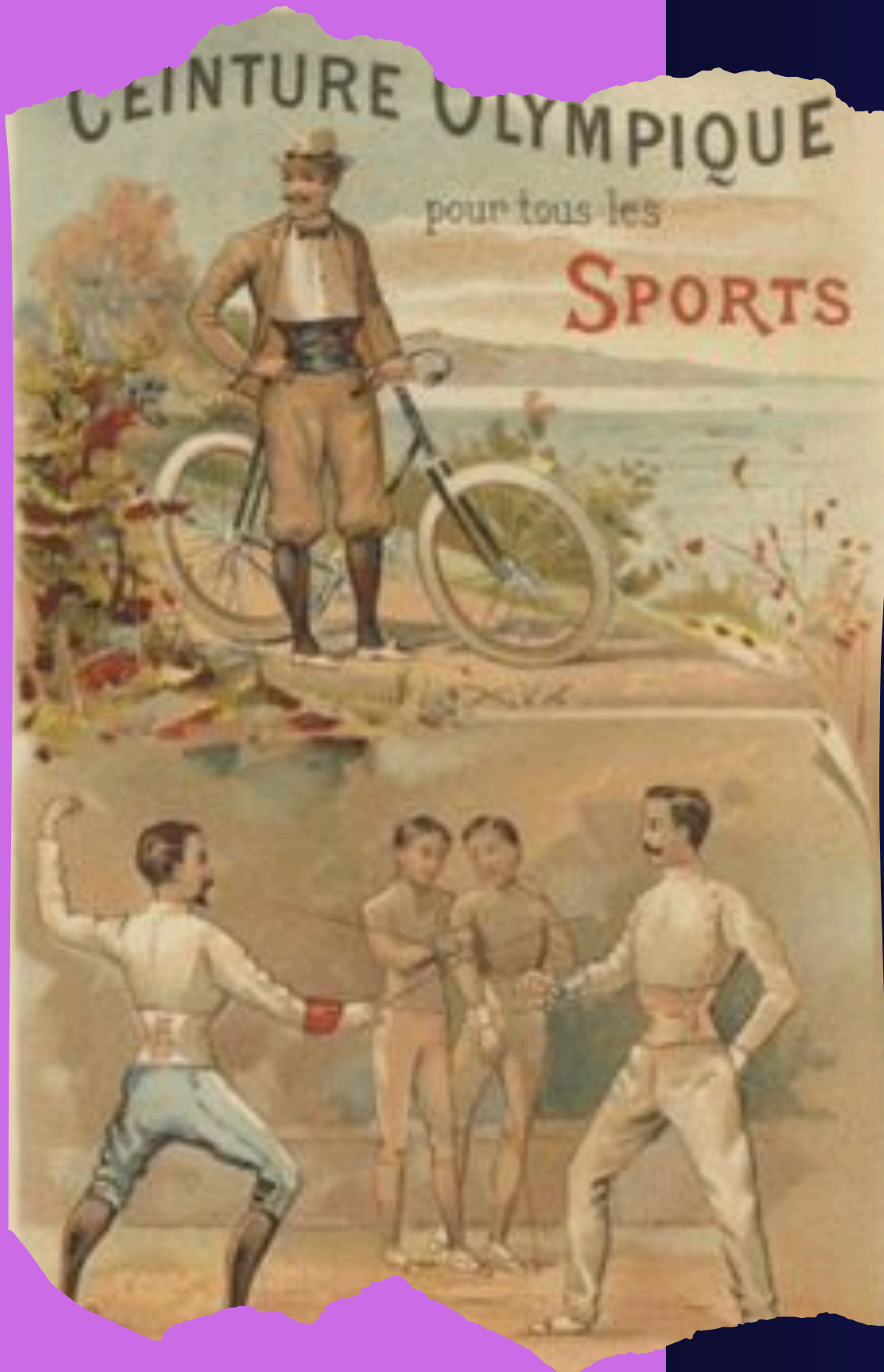
# EVOLUTION

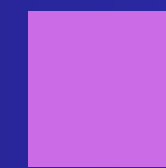
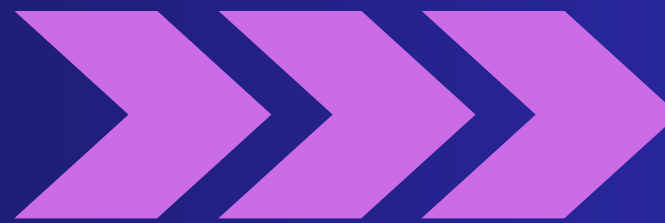


# OLYMPIC FENCING

Fencing is one of the five sports that has been present in every edition of the Modern Olympic Games since Athens 1896. In that first edition, only the men's foil and sabre events were contested.

The epee was introduced in Paris 1900, and team competitions were added in London 1908. In 1913, the International Fencing Federation (FIE) was founded to regulate the sport worldwide, with the World Championships being held since 1937. The women's category did not debut in the Olympic program until Rome 1960.





Spanish fencing has had moments of glory in the Olympic and Paralympic Games, etching its name in history through two outstanding figures: José Luis Abajo and Paqui Bazalo.

Paqui won the gold medal in wheelchair fencing, in the epee category at the 1992 Barcelona Paralympics.

José Luis Abajo earned the bronze medal in the men's individual epee event at the 2008 Beijing Olympics.

# FENCING TODAY

Modern fencing is the direct heir of the ancient fencing practiced in duels and as military training. Today, it has become a regulated competitive sport that retains the spirit of those confrontations, but is stripped of its violent nature. There are three weapons, each with its specific techniques and rules: epee, foil, and sabre; each in both men's and women's categories.

This sport is characterized by promoting traditional values such as honor, respect, discipline, and elegance. Physically, it requires great speed, reflexes, coordination, agility, and precision from the fencers.





# WHEELCHAIR FENCING

## ORIGINS

Wheelchair fencing originated in 1953 as a rehabilitation method for people with physical disabilities. The person who initiated the creation of this sport was the founder of the Paralympic Games, Sir Ludwig Guttmann, in Stoke Mandeville (England), where British soldiers wounded in World War II were rehabilitated. Since the 1960 Rome Paralympic Games, it has been part of the competition program.



## rules

The fencers compete while seated in chairs fixed to the ground, which allows for greater mobility with their arms. Connected to a scoring apparatus, they must score five valid touches before their opponent to win the bout.



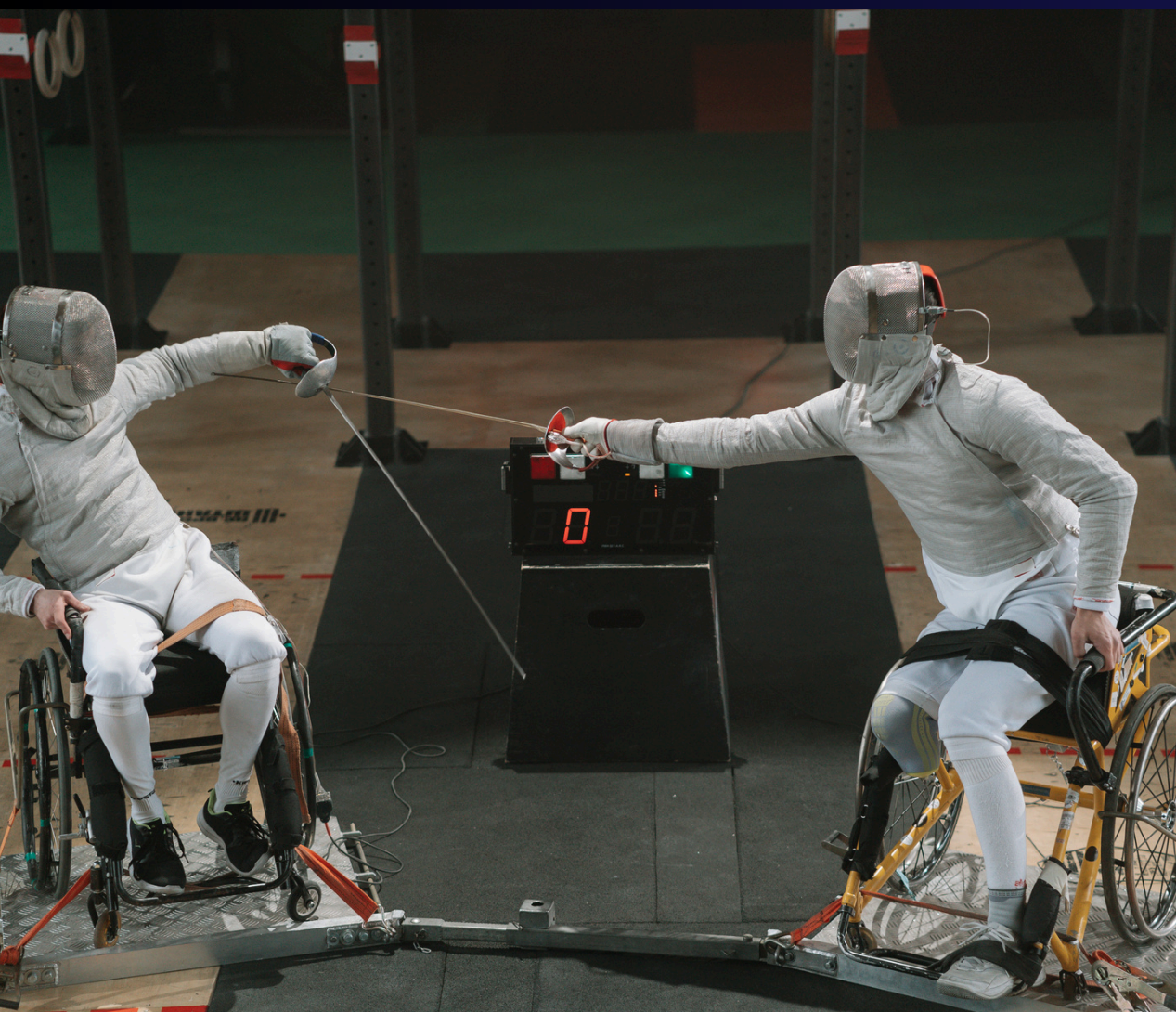
## Categories

There are three categories based on the degree of disability: A (amputees or individuals with cerebral palsy) B (spinal cord injuries at the dorsal or lumbar level) C (tetraplegics with upper limb involvement)

The rules are the same as in conventional fencing, with some minor modifications.

## Modalities

Athletes compete in epee, foil, and sabre in both men's and women's categories. The rules are the same as conventional fencing, with slight adjustments for wheelchair fencing.



# STAGE FENCING

This modality focuses on the aesthetic, expressive, and choreographic aspects of combat with edged weapons, beyond technical effectiveness or achieving touches. Artistic fencing has its origins in the ancient weapon masters who prepared fight scenes for theater productions and operas. Today, it remains essential in the entertainment world to recreate duels and battles in films, television series, theater performances, and more.





# THE WEAPONS

EPEE



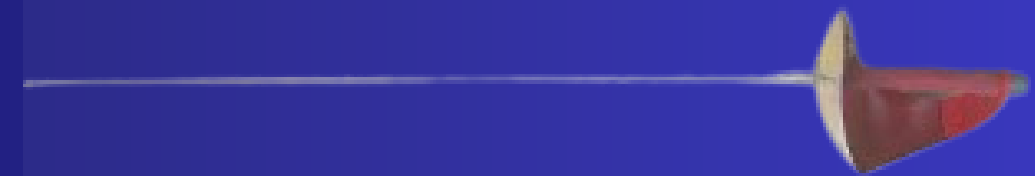
- Its maximum weight is 770 grams, and its maximum length is 110 cm.
- It is a thrusting weapon, and the touch is made with the tip.
- The valid target area is the entire body, including the mask.
- It is the heaviest and most commonly practiced weapon.

FOIL



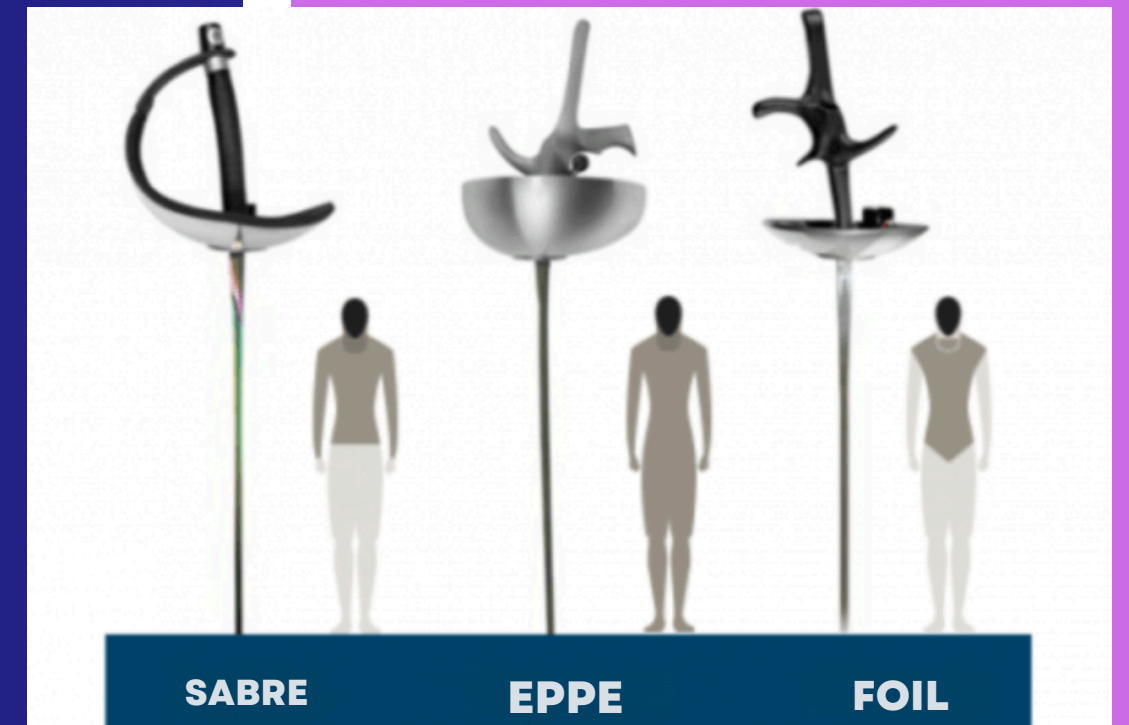
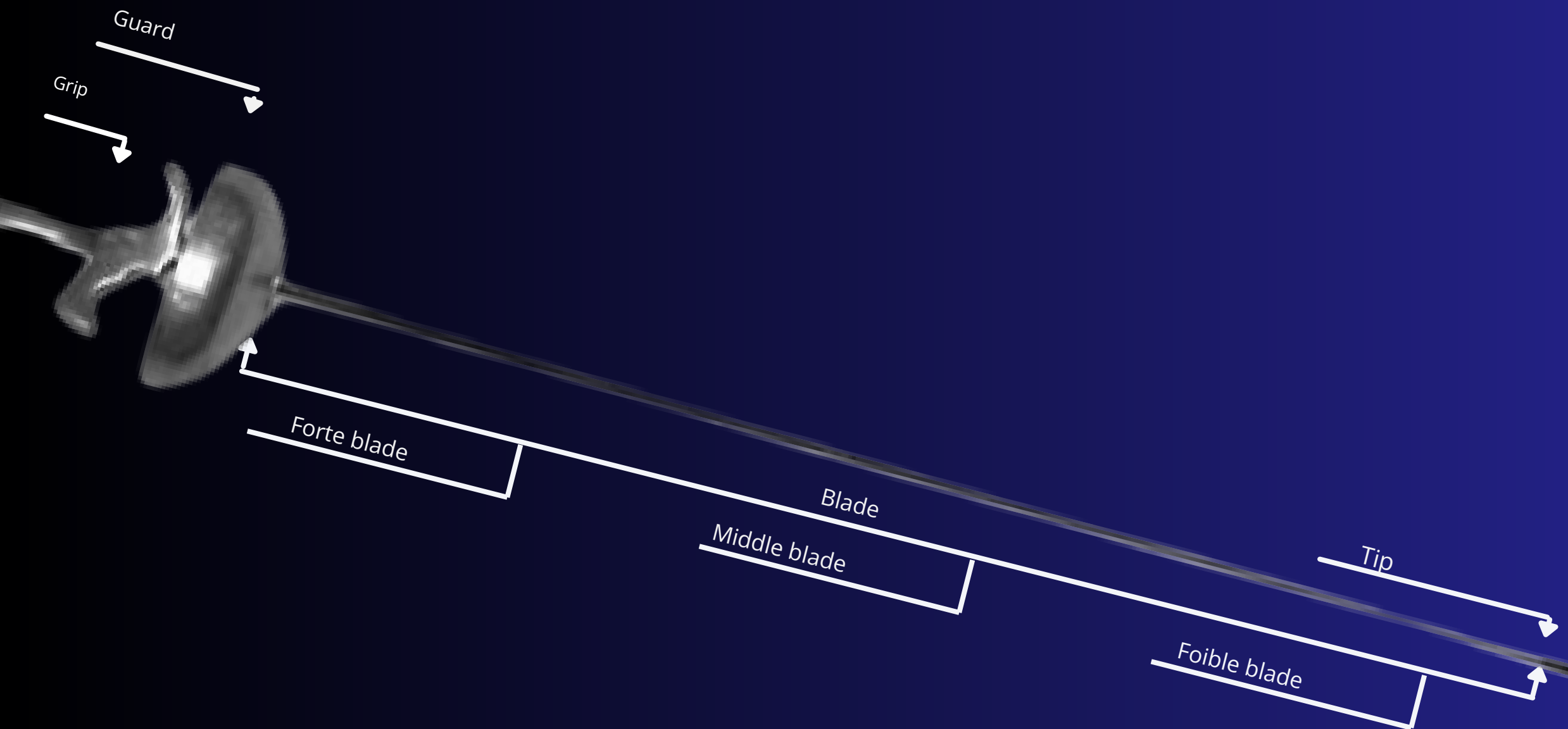
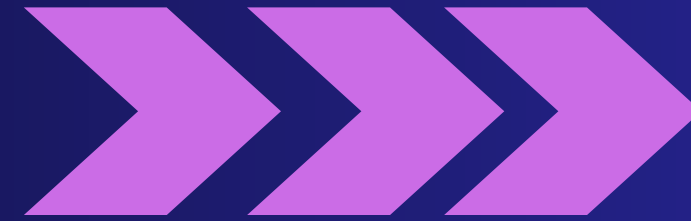
- Its weight is under 500 grams, and its maximum length is 110 cm.
- Considered the basic weapon, it is taught to all new fencers.
- It is a convention weapon (with predefined rules), and the touch is made by thrusting, meaning only with the tip.
- The valid target area is solely the torso.

SABRE



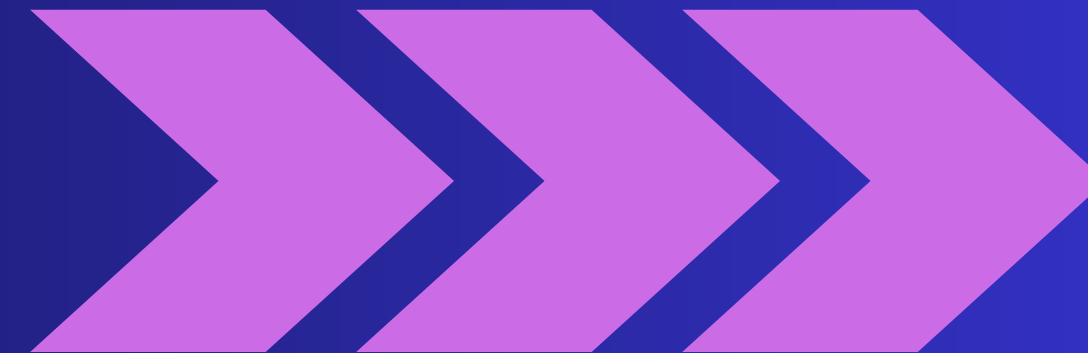
- A weapon of both thrust and cut, touches are valid with the tip as well as with the blade. Its maximum length is 105 cm, and its weight is under 500 grams.
- It is derived from the weapon used by cavalry soldiers in the past.
- The touch is made with the edge, counter-edge, and tip.

# PARTS OF THE WEAPON





# EQUIPMENT



**JACKET**



**GLOVE**



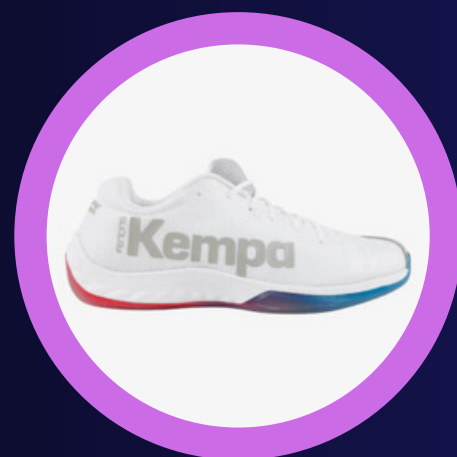
**PANTS**



**MASK**



**SOCKS**



**SHOES**



**UNDERLAYER**



**BODY CORD**

# BASIC CONCEPTS

In fencing, there are a series of fundamental actions:



## **MATCH**

A bout between two fencers, either friendly or in competition.



## **TOUCH**

A valid strike on the opponent's target area that earns a point.



## **ATTACK**

A direct offensive action aimed at landing a touch on the opponent's valid target area.





## **PARRY**

oA defensive action used to block or deflect an opponent's attack.



## **RIPOSTE**

counteroffensive action executed immediately after successfully parrying an attack



## **COUNTERATTACK**

An offensive action made in response to the opponent's attack, often used to disrupt the opponent's timing.



# INDIVIDUAL COMPETITION



In the initial phase, the bouts are up to a maximum of 5 touches or 3 minutes in duration. The fencer who first scores 5 touches or has more touches when the time expires wins the bout.



In the subsequent phases, the bouts are up to a maximum of 15 touches or 9 minutes, divided into 3 periods of 3 minutes with 1 minute of rest between them. The fencer who first reaches 15 touches or has more touches at the end of the allotted time wins the bout.



Touches are signaled with an electronic apparatus that lights up and sounds when the weapon makes contact with the opponent's valid target area. Fencers are eliminated in direct elimination bouts until the top 8 remain. These finalists then compete in the quarterfinals, semifinals, and final, always to 15 touches.

# TEAM COMPETITION



The teams are composed of three main fencers and one substitute. The match is played to a total of 45 touches, with each team member rotating every 3 minutes. Each fencer from a team faces the three fencers of the opposing team in 3-minute bouts, with the touches accumulated throughout.



The team that first reaches 45 touches or has more at the end of the 9 bouts wins. Teams are eliminated in rounds until the top 4 remain, who then compete in the semifinals and the matches for gold and bronze.

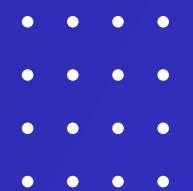
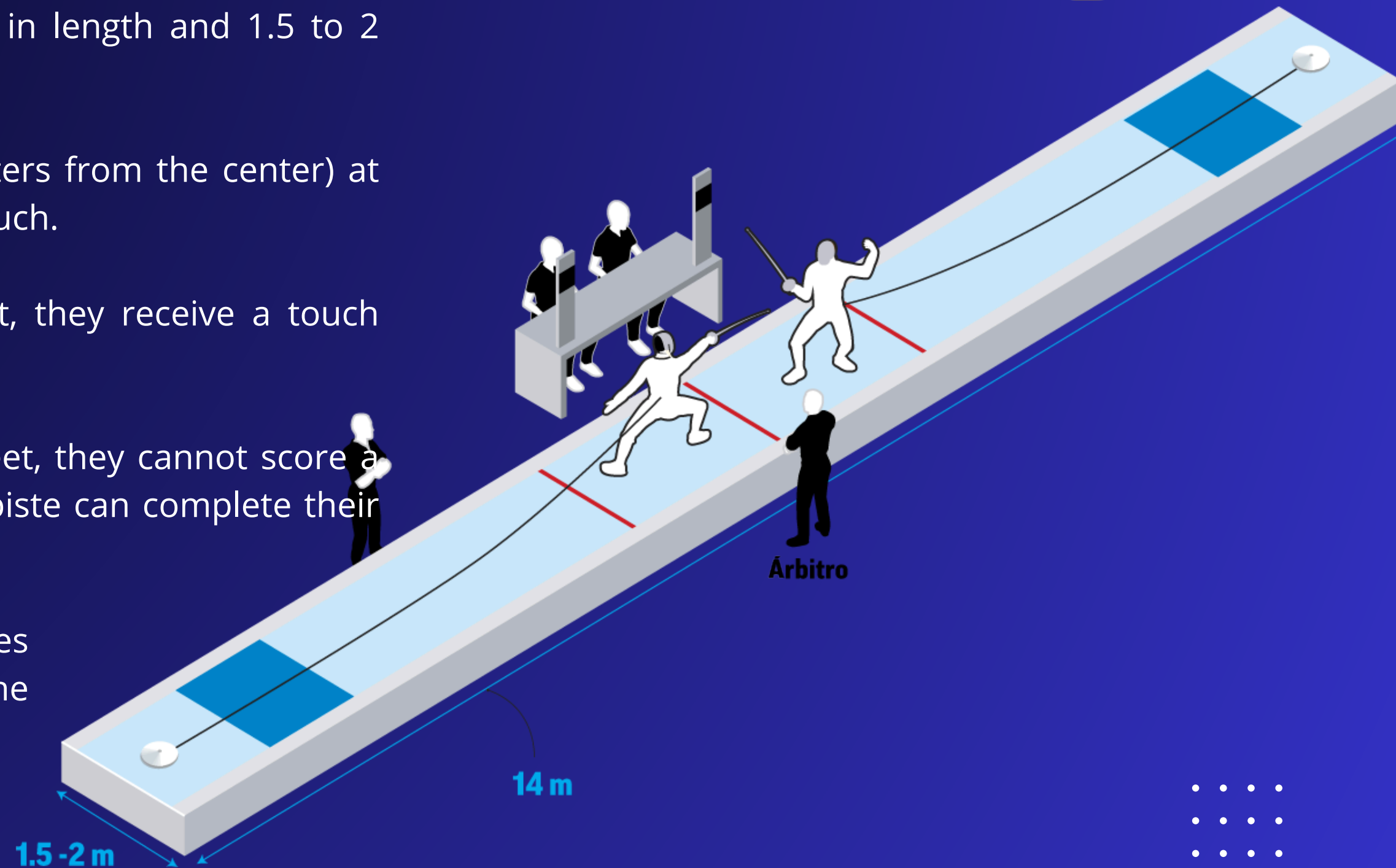


# BASIC RULES



## PISTE:

- The piste is rectangular, measuring 14 meters in length and 1.5 to 2 meters in width.
- Fencers start behind the "on-guard line" (2 meters from the center) at the beginning of the bout and after each valid touch.
- If a fencer crosses the end line with both feet, they receive a touch against them.
- If the fencer steps off the side line with both feet, they cannot score a point. Only the fencer who remains inside the piste can complete their action and score
- Danger Zone: If a fencer crosses the side lines within one meter of their own end line, the opponent receives a touch.





## The Referee's Commands

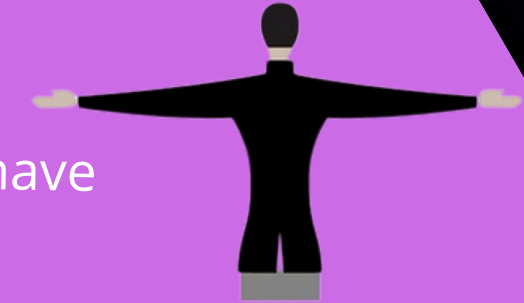
**On Guard:** To signal the fencers to assume the on-guard position.



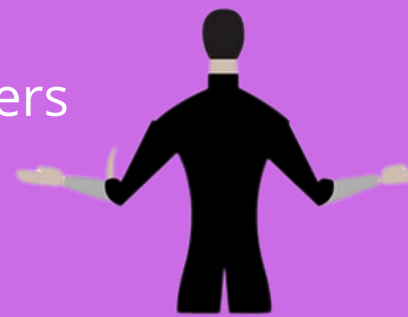
**Halt:** To stop the bout.



**Touches:** Both fencers have touched.



**Ready:** To confirm if the fencers are prepared.



**Touch:** The fencer to the left of the referee is considered touched.



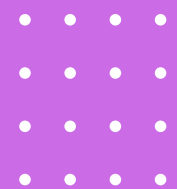
**Yellow Card:** Warning.  
**Red Card:** One touch awarded to the opponent.  
**Black Card:** Disqualification



**Go:** To start or resume the bout.

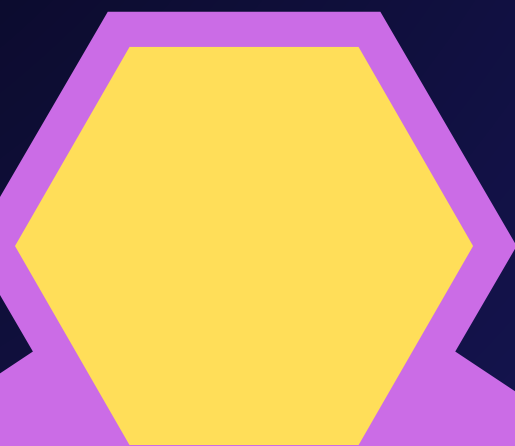


**Point:** One point for the fencer on the referee's right.





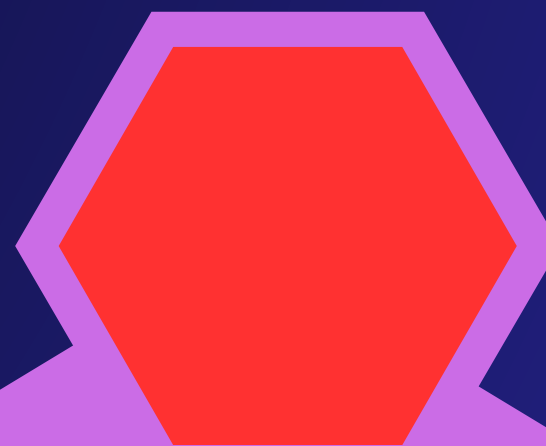
# THE SANCTIONS



## YELLOW CARD

### WARNING

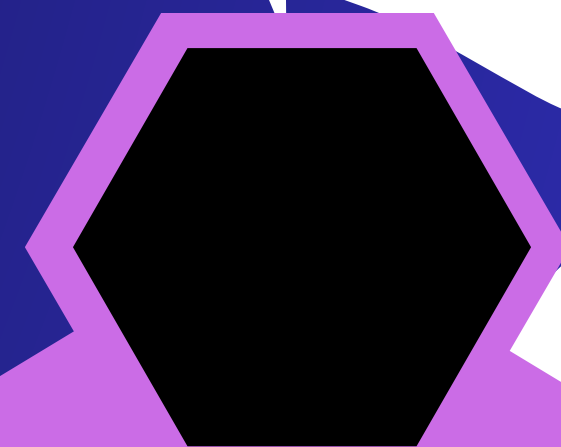
- Turning your back to the opponent.
- Touching the electrical equipment.
- Dragging the weapon on the piste.



## RED CARD

### ONE TOUCH AWARDED TO THE OPPONENT.

- Using the unarmed arm.
- Dangerous or retaliatory act.
- Disrupting the order on the piste.



## BLACK CARD

### DISQUALIFICATION

- Refusing the salute.
- Intentional brutality.
- Violently throwing the equipment on the ground.

# GET TO KNOW FENCING



Link: <https://youtu.be/8hDZgMrF2PU>

Link: <https://youtu.be/IExjnGXZGt8>

