

Bexley Fencing Club
Crook Log Leisure Centre
Bexleyheath, Kent, DA7 4HH
Erith Leisure Centre
Erith, Kent, DA8 3AT



Your First Fencing Kit.

Notes about buying your first fencing kit.

Mask. Minimum CEN1 (350N) The mask needs to fit snugly so that it doesn't move when you move your head. Leon Paul have a 'comfort-fit' range which are adjustable over a wide range. There is a CEN2 (1600N) option that gives more protection but is heavier and more expensive.

Jacket. Minimum CEN1 (350N) left or right handed to suit. There is also a CEN2 (800N) jacket plus jackets with wicking linings and so on, these can be quite a bit more expensive than the standard jacket.

Plastron. We suggest Minimum CEN2 (800N) left or right handed to suit. There is a CEN1 (350N) plastron but the price difference is quite small and the 800N plastron is the minimum requirement for electrics and competition.

Breeches. Minimum CEN1 (350N) left or right handed to suit. These are required to fence electric.

Glove. It should fit snugly. The standard Leon Paul gloves have quite short fingers but there are other ranges that fit better.

Socks. Fencing socks have a padded shin for added protection but white football socks are quite satisfactory for the purpose.

Chest Protector. This is mandatory for women and optional for men. Most men don't wear them. The standard women's chest protector is fitted with straps although there is an option that uses a crop-top with a 'pocket' for the chest protector.

Shoes. Fencing shoes are quite expensive and are not necessary.

General. Try everything on at the same time. It's the way you will be wearing the kit normally. Try moving around, stretching out with lunges and so on, make sure that it is all still comfortable. Officially the kit doesn't shrink when washed, experience says that it has been known to the first couple of times ~ wash it as cool as you can, 40 degrees maximum! Most of the kit is available as a '**beginners kit**' but it doesn't cover everything. This is usually the most cost effective way to buy you first kit, upgrading individual items as needed.

Weapons. This is going to depend on what sort of weapon you want to use. The club is predominantly epee with some foil and a little sabre. In general you will want electric weapons and the standard ones are quite effective. For foil and sabre, electric lames are required in addition to the weapon itself. **A bodywire** is also required to connect to the weapon, the epee one is different to the one used for foil and sabre.

Bag. Somewhere to put everything. The chances are that you will want to get a few extra bits and pieces as you go along so don't get the smallest one. Leon Paul's 'backpack' bag can be awkward to wear. The 'wheelie' bags carry lots of stuff and move easily but are heavy and take up lots of room.

You can find us at: www.bexleyfencingclub.com
Or contact us at: bexleyfencing@hotmail.co.uk

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Electrics. Fencing 'electric' (wired up to a scoring box) is the norm although all weapons can also be fenced 'steam' (without electrics.) The electric gear is different for each weapon:

Epee. For electric epee you will need an electric epee and an epee bodywire. In epee the whole body is target so the scoring box registers if the weapon hits something with sufficient force.

Foil. In foil the body is the target area and so a lame (a metallic 'vest') is worn and the scoring box only registers a hit if the foil hits the lame. For electric foil you will need an electric foil, a foil/sabre bodywire and a foil lame. Note that foil and sabre bodywires come with two different connections, either bayonet or two pin, make sure that your weapon and bodywire match.

Sabre. Is similar to foil in that a lame is worn but it covers a different area, the upper body, arms and head. As in foil the scoring box only registers a hit if the sabre hits the lame. For electric sabre you will need an electric sabre, a foil/sabre bodywire, a sabre lame, a sabre mask, a sabre mask wire and a sabre glove or cuff overlay. Note that foil and sabre bodywires come with two different connections, either bayonet or two pin, make sure that your weapon and bodywire match.

