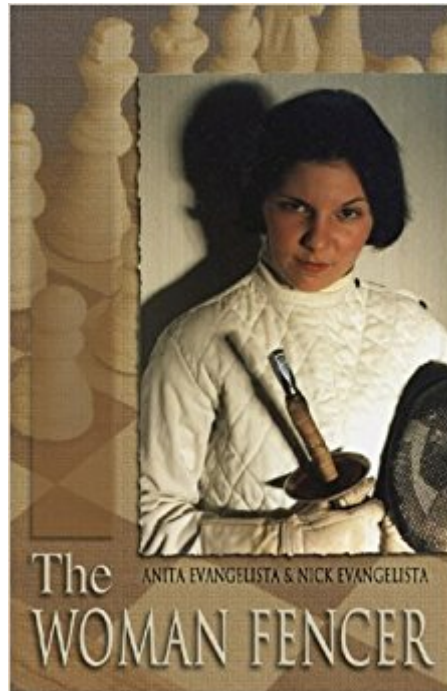




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# **The Woman Fencer**



## Synopsis

While fencing was once the prerogative of men alone - by tradition and by choice - fencing has involved into a sport that is no longer gender exclusive. It is a game that may be mastered by anyone. Today, women play an important and equal role in fencing, and yet, there has never been a volume specifically addressing the issue of women as fencing entities.

## Book Information

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## Customer Reviews

Fencing, in general for men and more particularly for women, is not a subject that one finds books about in many libraries. Happily, this book by the Evangelistas, each of whom has nearly three decades of fencing experience, goes a long way toward changing that. Their book addresses the subject from A to Z, considering such things as the history of women in fencing, women's health issues in this sport, and a section of biographies of notable female fencers. Of particular note are the chapters dealing with how to begin in this sport and a section on fencing not only for girls but for the mature woman. Section 4 deals with the basic concepts of fencing and the three basic weapons the foil, the épée, and the sabre; a thorough glossary of fencing terms is also included. This reviewer knew little about the sport before reading this book but has gained a basic understanding of fencing and how it has become a viable sport for women. Recommended for public and school libraries where there is a demand. William Scheeren, Hempfield Area H.S. Lib., Greensburg, PA Copyright 2001 Reed Business Information, Inc.

Nick Evangelista is a fencing master with over thirty years experience. His specialty is the classical

French school of fencing. Besides this present volume, he has written four other fencing-related books: *The Encyclopedia of the Sword* (Greenwood Press, 1995), *The Art and Science of Fencing* (Masters Press, 1996), *Fighting with Sticks* (Loompanics Unlimited, 1998), and *The Inner Game of Fencing* (Contemporary Books, 2000). He is also the editor-in-chief of *Fencers Quarterly Magazine*, and the fencing editor for *Encyclopedia Britannica*. The former assistant of fencing master Ralph Faulkner, he now teaches fencing in Peace Valley, Missouri, West Plains, Missouri, St. Louis Missouri, and Springfield, Missouri. Anita Evangelista has been fencing on and off for almost twenty-eight years (she likes epee much more than foil). Outside fencing, Anita is Registered Nurse (RN, BSN), an EMT, a hypnotist, and college student on her way towards a Masters Degree in Psychology. She is the very capable managing editor of *Fencers Quarterly Magazine*. Anita is also a photographer and artist. She has been Nick Evangelista's companion/wife for twenty-seven years, and has two children (both now adults), one of whom fences.

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Nick Evangelista writes the best books on fencing, from the historical perspective, the origins of the weaponry, to the theory, practise and mindset. They are a wealth of reference for fencers and for historical writers alike. Frankly, there is a dearth of good fencing books out there and Evangelista has done a marvellous job of bringing the subject into the modern age. Fencing is a one of the few sports, like shooting and equestrian challenges, where women and men compete on an equal footing. In fencing, more especially, a trained female fencer may have the advantage of smaller size and quicker movements. However, there is very little written to address the females in the sport. The Evangelistas, with three decades of teaching behind them finally deliver a book for the female fencer to help hone that advantage (Hey, Fellas, you might want to pick up a copy to know what to expect the next time you face a lady behind the mask!!). Tired of exercise classes, ladies, fencing tones you, give you grace and elan...it's one great workout with "teeth" to it. It's NEVER boring. So check out this book. It will give you the basics and MORE. As with all books from Evangelista, it's well written, informative and will give you a clearer understanding of the sport and how, though women are "newbies" to the centuries male dominated sport, they are clearly here to stay! Writers, again, this is a super reference to make sure your fencing aspects as as sharp as your foil!!

Excellent book for all fencers. Very nice to have a book for women. Nick Evangelista is a living legend.

I thought it would deal with the physical differences between men and women fencers. Instead it deals with reasons as to why women should fence.

As in many other sports, women are often marginalized in the fencing world. To one degree or another, women fencers are second-class athletes -- when compared to male fencers. Consider the fact that women have been fencing actively since the nineteenth century, but "THE WOMAN FENCER" is the first fencing book aimed directly at women. This is a very good book. It not only has an easy to read "how-to" section, but it also covers many issues particular to women that could have a direct influence on their fencing. The book is authored by Maestro Nick Evangelista, which speaks for itself. The maestro had the good judgement, however, to turn over the "women" part of the book to his wife who is an R.N., a fencer, and a talented writer. There is also an interesting historical section, and some inspiring biographies of exceptional women fencers, including the great Helene Mayer. This creates a book that fits together into one, neat, complete package. The reader will also find the "foreword" by women's 1949 U.S. foil champion Polly Craus August, and the "afterword" by fencer and actress Roberta Brown, of particular interest. Any adult woman, or young girl, who is contemplating taking up fencing should buy this book. It is both instructional and inspirational. Also, recommended are Nick Evangelista's "ART AND SCIENCE OF FENCING," and his "THE INNER GAME OF FENCING." These three books are all any woman fencer will ever need.

Collaboratively written by Anita and Nick Evangelista, The Woman Fencer is a superbly presented athletic guide written specifically for women who dare to pick up the foil, epee, or saber and join one of the most exciting and physically intense sports available. From physical condition and mental strategies, to using protective gear tailored to protect a woman's breasts, to biographies of champion female fencers, The Women Fencer is packed with useful and fascinating information for beginning and advanced fencers alike. A strongly recommended addition to physical education department and community library reference collections, The Woman Fencer employs black-and-white photographs to illustrate an informative, accessible, and helpful text.

Dieses Buch der Evangelistas ist eine wohltuende Ergänzung zur Fechtliteratur. Es ist gut geschrieben und sehr informativ. Ein Sternchen fehlt bei mir dennoch zur vollen Zahl. Bewerte ich nun das Buch, oder bewerte ich meinen persönlichen Geschmack? Offen gestanden habe ich mich selbst mit dem Thema befasst. Ich vermisse daher einen kleinen Überblick über das

historische Frauenfechten. Wer waren die ersten Meisterinnen, wann haben sie gewirkt, wo befanden sich ihre Schulen und wie groß war ihr Einfluss auf das Fechten? Ich hoffe, diese Fragen werden in einem anderen Werk beantwortet werden.

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