

## UC Extension presents fencing courses

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Want to try a sport that provides a good way to get and stay in shape, is great for figure control, develops poise and balance, and is fun for the entire family?

Try fencing.

Classes in Elementary Fencing, and Fencing and Figure Control, are being offered to the public by the University of California, San Diego during the winter quarter through the UCSD Extension Division. The classes begin at 7:15 p.m. Wednesday, January 14, in the UCSD Gymnasium. They will meet for two hours each Wednesday evening for nine weeks.

Fee for the entire session is \$27.00 which includes all equipment needed plus lockers and additional gymnasium privileges.

The classes will be taught by James R. White, Recreation Supervisor in the Department of Physical Education at UCSD, and coach of the UCSD varsity fencing team. White holds a master's degree in Physical Education from the University of Iowa and is currently working toward his Ph.D. at the University of Southern California. For the past five years he has served as fencing coach at UC Riverside where last year he produced the top men's and women's collegiate fencing teams in California.

The classical French style of fencing will be taught. It will include protocol, on guard, advance and retreat, attacks, parries, strategy and basic rules. Emphasis in the figure control section will be on posture, poise, grace, and agility with exercises designed to streamline the figure. A class tournament and awards will be held at the end of the sessions.

The classes are open to anyone 12-years-old and older. According to White, some of the best fencers are 50 or 60-year-old people who have never tried the sport before.

"It is a great way to keep in shape," White said. "It turns out that the exercises required for fencing remove inches from the waist and thighs and add inches where they should be."

White said he is extremely interested in getting the younger students to try fencing.

"If we can get the younger kids early enough - say around 12 to 14 years they can turn out to be the state champs by the time they are 17 or 18," he said.