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Fencing Gear Through the Ages

Jaw-dropping swordplay and charged up entertainment are not just found in the latest pirate epic on the silver screen. Fencing is a sport that offers all the thrills of swordplay from days of yore, without the macabre outcomes. The use of swords in battle goes back to the ancient eras, and by the middle ages, it had become particularly popular among the English gentry. Fencing grew out of brute swordplay into a sport, and by the middle ages, rules began to govern the sport. [fencing equipment](#) evolved along with the rules and conventions of fencing.

The Olympic governing body added an event for the foil to the roster of Olympic events in 1896. The foil is the [fencing gear](#) used most commonly in the sport, both by experienced and beginners alike. Initially a training tool for smaller swords, the foil emerged in the 1700s. The torso of the body is the typical target for one using a foil. In later year, the Olympic committed added events to the fencing competition, including the epee and the saber. The epee is not considered wildly different from a foil, though it is heavier with a three-sided, stiffer blade. Those using an epee are not only aiming for the torso, but can target other areas of the body.

The saber is a cutting and thrusting tool, and thus, the user can use the edge of the blade to earn valid touches while competing. The foil and the epee valid touches are determined by the point landing on the opponent.

Women's saber fencing was introduced in 2004, and epee prior to that in 1996. One goes back to 1924 to find the first women's foil fencing showcased as an event. Individual and team events comprise the competition. Fencing continues into the London 2012 Olympics with some slight rule changes to make the sport more viewer friendly and was broadcast live for 2008 on NBCOlympics Web site.

Fencing gear includes protective clothing that helps guard against injury. One should never fence without appropriate gear, since serious injury could otherwise occur. Gear typically used in practice and competition includes chest protector for women, gloves, jacket, mask, under-arm protector, shoes/socks, and pants.

[sport fencing](#) is an exciting competitive sport that has a long and storied past. Taking part in the sport of fencing is a unique experience, and one that gives you a taste of a history. Whether participating in the action or just being a spectator at an event, this is much to love about this fantastic sport.

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