

DISCOVER TOMORROW !!!

IN THIS ISSUE

Fencing Science, Now ... a Revolution in Progress

Should you be aware?



In these times of non-stop scientific breakthrough it seems that the biggest discovery for fencing science is their athlete's own brave new brains!!!

Four years ago during a Fencing Psychology Training Session at The Republic of El Salvador, as a part of the ongoing Regional Development Program, the audience was asked to consider the possibility that a natural event or phenomena would completely halt all fencing activity not only in each one of the participant countries in that session, but rather globally. Of course no one thought this to be possible, so why bother about it? Right? As a matter of fact COVID-19 not only proved relevant the question but, as we all know, still has not finished setting global health challenges that not only fencing but the entire Olympic movement has yet to face.

This volatile environment includes the politics of human enhancement or transhumanism.

The original ideals of Pierre de Coubertain seem to be under review by science and global culture. From the fencer's perspective all of these factors must be managed professionally as they account for mental health skills, in and off the fencing court, hence in world rankings.

Great fencing athletes like [Gerek Meinhardt](#) believe that is not only important to be better fencers but also better people, and global sports personalities like [Simone Biles](#), Greatest Gymnast of All Times, and [Michael Phelps](#), most awarded Olympic Medalist in history, prior to Tokyo 2020 Opening Ceremony have made very clear the importance of all athletes' mental health. In this special issue the CPE presents its view on this relevant matter as it relates to performance in competition.



Tomorrow's Fencing Science

The CPE in The Olympic Games

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Developing Mental Strength for Top Performance

Just before the Tokyo 2020 Olympics begin, we should wonder what innovations are we going to watch as the new champions claim their gold, silver, and bronze medals. Fencing is, of course, a dynamically unfolded game consisting of a stream of situational conditions, or fencing actions, created by fencers who act or react to opposing causal forces they release on the court. This is what makes this sport hard to explain, because there is no choreography nor a quick way to explain everything that is going on a high quality fencing match, nonetheless, this is also what makes it such a beautiful art to watch, even if the neophyte's brain cannot tell what that is just happened! Like a good wine, fencing can also be an acquired taste for that newcomer.

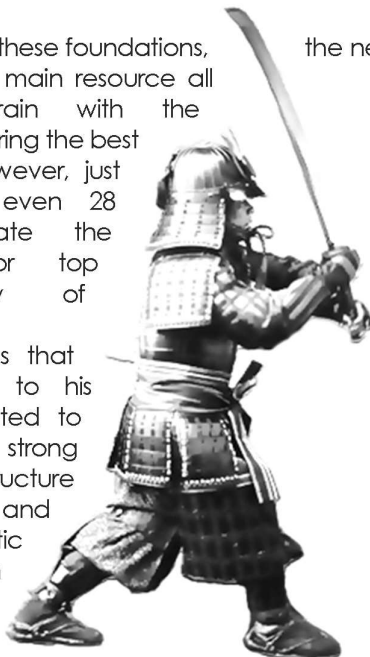
Medal demographics nowadays is one of the interesting innovations at World and Olympic events as anything can happen in this globalized world of sports and culture, making it interesting to try and find some constants across the elements used to build strategic training programs provided that any country can win. Human enhancement and [gender innovations](#) in athletes' demographics are now just like natural storms and global pandemics, sooner or later they will knock at science's or culture's doorways to fencing halls, so it is better to plan and manage.

The rise of Asian countries in global fencing rankings is steady, just like the persistence of traditional powers, that might sometimes get behind but always comeback. Some developing countries resource to spending time close to fencing power nations to train their stars, other invest in culture change. In fact, there is no universal recipe for success. However, a melting pot of different approaches or variables remain constant, let us see...

Specialized physical preparation for speed, agility, strength, resistance, flexibility and so. Technical proficiency for stance, attack, and defense. Tactical Proficiency and situational intelligence, Strategic Proficiency to endure long competitions. Personalized fencing skills development is designed by coaches always looking for strengths optimization and weaknesses minimization through functional training sessions addressing issues detected in continuous athlete-coach feedback loops.

On top of these foundations, directly to the main resource all educated brain with the naturally delivering the best adversity. However, just [reveals](#), not even 28 always obviate the not just for top for mastery of

The values that fencer brings to his frequently related to games and strong layered structure system and in a "symbiotic future stars with personality adapt to the of modern



the need to adapt to deep changes like the current global situation, leads athletes possess to face challenges, i.e., a well-

necessary mental strength performance amidst like Michael Phelps Olympic Medals can mastery of our minds performance but even everyday life's events.



each individual success are siblings' competition family support in a where the education national identity interact process" to develop a healthy able to hard requirements sports.

There are certain interfaces at the symbiotic process where we will always have the need to develop the athlete's mental strength, which is a combination of skills to stay mindful of anything that help to maintain inner peace and a strong determination to force the outcome of the game in our own favor regardless of adversity. Naturally, this is easier said than done and so we consider the Living Culture of the Japanese Bushido where they have defined the Seven

Virtues of the Samurai Warrior which are, still, a living aspect of modern Japanese way of life, not only in sports, but even in business and national identity. Modern behavioral science is served in this approach because all sports psychology sessions will one way or the other narrow down to use tools and techniques from cognitive behavioral therapies or positive psychology or a dialectical combination as the expert see fit for each case with the purpose of releasing individual creativity at levels of expression so unique that sports can become truly unique artistic expressions of the most pure and virtuous human attributes, which is exactly the same outcome we can expect from a virtuous Modern Samurai Warrior or Olympic Fencer. The goal is creative artistic expression.

THE SEVEN VIRTUES OF BUHSIDO

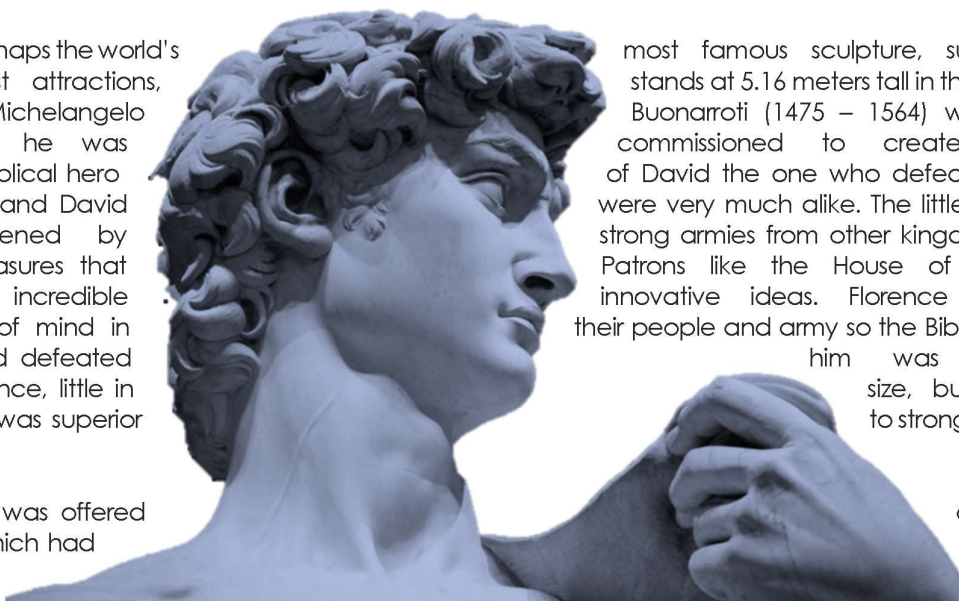


The more experienced the fencer, the easier he or she would grasp the relevance of Integrity, Respect, Heroic Courage, Honor, Compassion, Honesty and Sincerity, Duty and Loyalty in his or her fencing practice. Each of these virtues for mental strength and top performance. Eventually, the wiser competitor will realize that mental strength is the natural outcome of applying any combination of these virtues when things are hard, in life and in the fencing court, and we face the option to honor our own word and not changing our minds about who we choose to be amidst adversity. Personal values and Bushido Virtues will be a diamond to be perfected with each fencing bout and each time we cease and desist to be lazy or simply not the best we can be at all times, which is perfectly in line with [Gerek Meinhardt's approach to be not just a good athlete but also good people](#), certainly Mr. Meinhardt is truly a gentleman and modern Virtuous Bushido Warrior.

Now, the process of becoming a virtuous human being and hence a top performance fencer can be illustrated, for the purpose of better clarity, through the marvelous story of how one of the most beautiful works of art throughout history, Michelangelo's David came to be.

The David, perhaps the world's Florence's greatest attractions, Gallery. Michelangelo years old when he was representing the biblical hero Goliath. Florence and David constantly threatened by take over the treasures that developed with incredible develop strength of mind in faced a giant and defeated metaphor for Florence, little in intelligence David was superior adversaries.

Michelangelo was offered block of marble which had previously worked artists, Agostino di 1464) and Antonio Rossellino (in 1475). Both artists had abandoned their work after noticing imperfections in the marble's



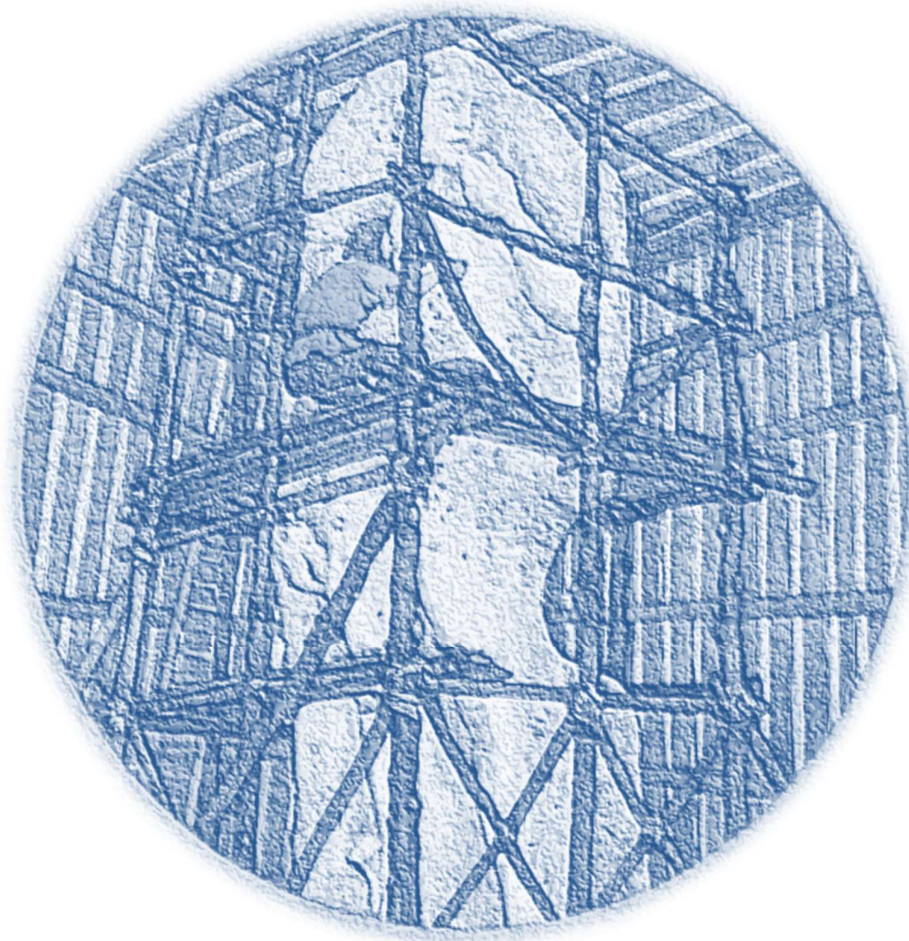
most famous sculpture, surely one of stands at 5.16 meters tall in the Accademia Buonarroti (1475 – 1564) was twenty six commissioned to create a statue of David the one who defeated the giant were very much alike. The little republic was strong armies from other kingdoms willing to Patrons like the House of Medici had innovative ideas. Florence needed to their people and army so the Biblical Hero who him was a perfect size, but a giant in to stronger and bigger

a colossal been by two other Duccio (in

grain, but despite these flaws, Michelangelo took up the monumental challenge of carving the figure of David, for the artist saw David inside that giant stone that no one else wanted. Just like the fencing coach must be able to see the Olympic Champion in every dreamer willing to yield and cooperate with the coach to build the vision together.

Michelangelo's interpretation of the David is different from earlier versions by Florentine Renaissance artists, such as Verrocchio, Ghiberti, and Donatello, who delivered a triumphant version of the young hero, standing victorious over Goliath's severed head. Michelangelo chose to represent David before the battle: vigilant, confident, and ready for combat, just like a fencer should look before an Olympic Final bout.

You can hardly see the slingshot David carries over his shoulder, implying that David's victory was due totally to his cleverness rather than to his sheer force. David's Integrity, Respect, Heroic Courage, Honor, Compassion, Honesty and Sincerity, Duty and Loyalty, naturally translate into self-confidence and concentration, both values that were highly regarded in the Renaissance, which strived toward the Virtuous ideal of the "thinking man" perhaps the most important of all the renaissance innovations. And so, Florence had served its people and the whole world throughout history if we are just willing to remember the value of Virtue, whether if it comes from Japanese Bushido, complexity science telling us that the earth system and climate change and global health can be fixed by human cooperation towards global sustainability or just ... by plain commons sense.



Top Performance and the Virtuous Relationship Athlete - Coach

Parallels between Medicine and Fencing Coaching

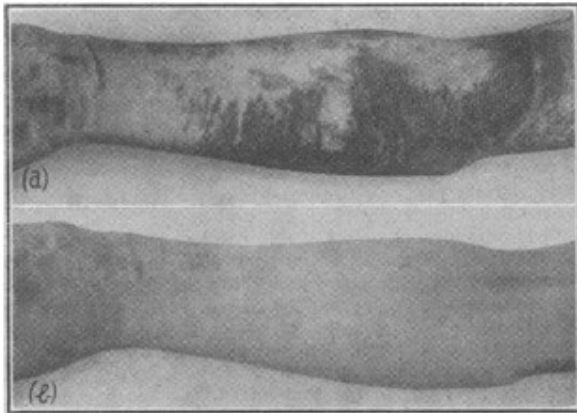


FIG. 1.—Right arm (a) before treatment; (b) eight days after treatment was begun, showing complete regression of ichthyosiform skin. (Left arm shows exactly the same picture.)



FIG. 2.—Legs seen from right (a) before treatment; (b) four weeks after treatment, showing complete regression of ichthyosiform skin in some areas and improvement in others. (The left sides of the legs show the same picture.)

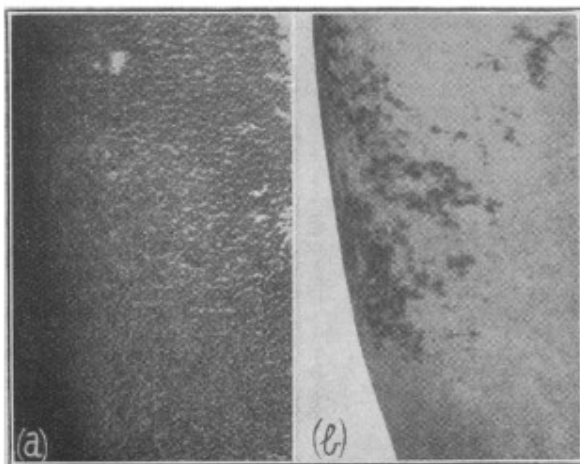


FIG. 3.—Skin of right thigh (a) before treatment; (b) one month after treatment was begun.

In 1951, Dr. Albert Mason was a young anesthesiologist at Queen Victoria Hospital in East Grinstead West Sussex, dedicated to treat wounded war survivors, who in his previous practice often used hypnotism to treat pain and cure common ailments like warts. Against all odds and peers' skepticism, a chance occurrence led to a medical and professional breakthrough: by hypnotizing a fourteen year old boy whom he believed was covered in hard, black warts, Dr. Mason brought relief – and clear skin – to the child. Yet, as Mason very quickly discovered, the boy did not suffer from warts but ichthyosiform erithrodermia of Brocq, a mortal congenital condition that prevents the development of sweat and sebaceous glands on the skin, see figures 1, 2 and 3, and by all medical accounts, should not have responded to hypnotism. This amazing success was documented in the British Medical Journal and immediately brought Dr. Mason's career to mainstream media and Time's Magazine cover, with many new patients.

However, Dr. Mason was never able to repeat this successful therapy with any of his new patients, leading him to a change of career now focused on psychiatry and a new residence in the United States.

In 2004 Dr. Mason was interviewed by the Discovery Channel and asked about the reasons hypnosis did not work again to treat congenital ichthyosiform erithrodermia of Brocq. He candidly answered that as he did not know the exception patient had other condition but warts, he was convinced he would be able to help him as it happened, and it did not work with other patients because he already knew the real diagnostic and that *it was incurable*.

At fourteen years old, the original patient was already used to hear that nobody could help him, therefore, when the young Dr. Mason appeared in his life, he was the first authoritative figure with a positive and radically benevolent offering for him to be cured, which started to happen after a 30 minute hypnosis exploration session focused only in one arm set to heal in just one week. The trust loop Patient – Medic is the real treasure of this phenomena, so powerful, that the mind was able to create new sweat and sebaceous glands all over the boy's body.

A fencing coach creating Olympic Champions and a Living National Culture of success in Fencing

Sungryul Kim, the Korean Coach that changed the course of history of South Korea in Fencing. He obtained his Sports



SUNGRYUL KIM - The Korean Coach that changed everything for Korea
 Sports Psychology Master's Degree in Germany
 INSEP (institute national of sports and physical education) in France
 National fencing team coach for 1988 Seoul Olympics

Psychology Master's Degree in Germany INSEP (institute national of sports and physical education) in France and then Korea offered him the position as National Fencing team coach for the 1988 Seoul Olympics starting a history that so far has won 11 Olympic medals for his country and counting.

Kim was kind enough to share his work strategy which he condensed in the following goals:

He tried to find positive aspects in each athlete and then he did many experiments to improve strengths and minimize weaknesses and then we got excellent outcomes ever since the 1988 Seoul Olympics.

He established close communications with the sports scientific research center and developed various training methods by applying general sports scientific knowledge to fencing specific needs.

He then tested the new training methods obtaining feedback from a martial arts coach and then he developed strategy and tactics skills using Korean's traditional culture.

Finally, Kim set two basic rules for fencing: 'train seriously and keep promises'. As a coach, Kim is also continually improving himself for his students while honoring the commitments or promises he made to reach relevant goals and for his own soul, "I wanted to share our souls by teaching fencing to my students." If I really have to say about the differences between other coaches and myself, this would be it.

This sharing of souls is the same trust – loop Coach - Athlete shared by Dr, Mason, and his outstanding patient. Perhaps the most powerful resource, countries and coaches have, to develop world class champions.

A simple but powerful insight that could help countries win Olympic gold medals and even to recover lost glories just by acknowledging that the best coach ever is the one who trust at the deepest soul levels in his or her athletes. Reciprocal and necessarily, the best athlete will always be the one who at the deepest soul levels trust in his coach.

Diana Veshneva, a Russian ballet dancer who performs as a principal dancer with the Mariinsky Ballet (formerly the Kirov Ballet) has been quoted to say: "My teachers are sacred". This is the virtuous Athlete – Coach relationship. So powerful that is ready to change gene expression at molecular cell levels, for healing or to express the deepest of lunge attacks ever.

