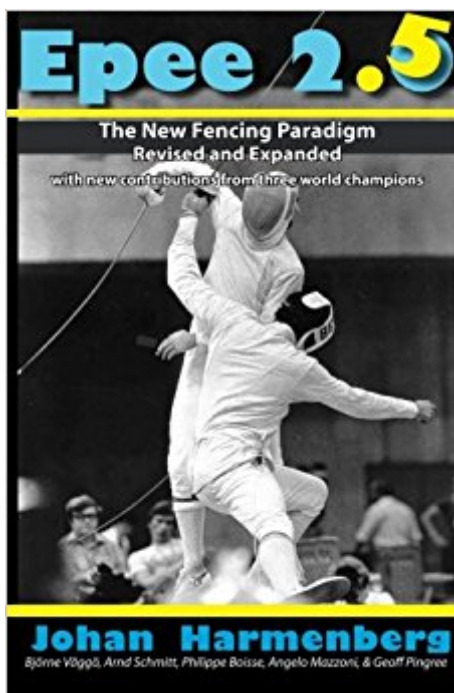


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# Epee 2.5: The New Paradigm Revised And Augmented



## Synopsis

Johan Harmenberg revolutionized epee fencing when he pioneered the New Fencing Paradigm that lets a fencer neutralize his opponent's superior technique. In this new, expanded edition of Epee 2.0, he hears comments from top competitors and gives his responses. The result is a book that covers the development of epee fencing from the 1970s to the present. Johan had given up on serious fencing because he thought he lacked the talent to fence classically. He left his native Sweden to pursue his education at MIT. Here he met Eric Sollee, an innovative coach. Together, they mapped out the "New Fencing Paradigm, scribbling Eric's Three Conjectures on a bar napkin. Johan put the New Paradigm into effect " with a vengeance. Despite being snubbed by the Swedish authorities for his new style, he won the World Championship in Men's Individual Epee in 1977 and the Olympic Gold Medal in 1980. In this ground-breaking book, Johan tells his inspiring story and reveals the theory behind his style. Also, Bjørne Væggø, NCAA epee champion and Olympic Silver Medalist, explains his own take on the New Paradigm, Geoff Pingree, IFA epee champion, tells how the paradigm developed at MIT, In this new edition, new voices join the conversation: world and Olympic individual champions Arndt Schmitt (Germany) and Philippe Boisse (France) plus Swiss national coach and world team champion Angelo Mazzoni. They share their winning methods, their insights, and their comments on Johan's theories, and he replies to their comments. He has also added new chapters, including a scientific paper on a study that put his ideas to the test.

## Book Information

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## Customer Reviews

You have already developed some technique in fencing. You have already visited tournaments and

have a rough idea where you stand. It's not at the top, as you are unsurprised to find out. How do those at the top approaching fencing? This book gives one answer to this question of strategy in modern fencing. It is written by the erstwhile *World Champion* and Olympic gold medal winner Johan Harmenberg, who was one of the athletes of the 1980ies to revolutionize fencing. Harmenberg recounts how he, as a technically inferior fencer, had the good luck to get into an environment at MIT where his coach Eric Sollee experimented with ways to beat the then still prevalent paradigm of fencing as a 'conversation' where the technically superior fencer would win. In the 1970s Sollee asked and then, with Harmenberg and the other fencers at the MIT, answered the following three questions:

1. Is it possible for the fencer with the lower technical fencing ability to decide the technical level of a bout? Yes it is, by identifying the technically superior fencer's favourite technique and denying him the required prerequisites.
2. Can the fencer with the shorter fencing distance control the distance in a bout? Yes he can, by closing below the longer-ranged fencer's favourite distance.
3. Is it possible to force your opponent into your own area of greatest strength? Yes it is, by denying him all other avenues and refusing to play the opponent's game.

Harmenberg goes on to recount how these "conjectures" were worked into a strategic approach, gives examples on how he translated them into tactics and how they led him to the Gold medal at the Olympic games in Moscow, 1980.

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