



Fencing

Fencing has evolved into a sport in the 18th century, with electrical scoring introduced around the mid-20th century. It improves body coordination, agility, balance, strength and cardiovascular endurance. It requires also strategic thinking and excellent focus.



Lame jackets, designed to be electrically conductive and protective (mechanical resistance 800N/cm² min), are made using stainless steel fine wire. They are extremely durable and machine washable.

Picture courtesy of Blue Gauntlet Fencing.



Protective and conductive FIE compliant fencing masks are made of stainless steel wire mesh. They must pass a 1600 N punch without failing.

Picture courtesy of Leon Paul.