



Iron in the blood, Steel in the Soul!

October 2025



Art by Nikolay Akatov

October is hiding just around the corner! Let's see what the spookiest month of the year has in store for us...

October Events at En Garde Fencing

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 - 10/9: Target Archery
 - 10/11: Board Game Night
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 - 10/19: Irish Stick Seminar
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 - 11/1: EGF Fun Night
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A Letter to All Friends of EGF

Dear Friends,

Now that we've settled into our Fall schedule, I hope you have enough free time to enjoy your myriad activities throughout the month. There is always much to do, but learning to pace yourself and set aside some time to have a little fun is not just a good idea, it's vital for your health!

As I often tell students at the club, if you want to improve your memory and handle stress better, doing something to get sweaty and get your heart rate

up for 20-30 minutes as often as you can during the week is the key to that outcome. The same is true for anyone, adults and kids alike.

We've got lots of classes and activities planned for October, so I hope that each of you can pop in at some point. As for our events this month, we've got a lot of Halloween festivities planned.

First up, I'd like to get a little bad news out of the way. I must regretfully announce that we are going to have to raise the membership rates for EGF beginning in October. I have tried to make our community as accessible as possible for everyone, but after many years of holding the membership cost steady I am left with little choice. You can check the details below for more info.

Now on to happier news! Once the votes have been tallied on October 1st, we'll know who the winners of our first ever T-shirt Art contest will be. It's very exciting, and I hope that you have cast your votes before the deadline of September 30th. It's very close!

In addition, our ever-popular monthly Foam Weapon Builder Workshop will be on Tuesday the 7th. This time we will be doing something special, THREE item builds! The Scutum, the Buckler shield and the Messer. Details below!

We're also going to be welcoming a new instructor, Adam Tweed, who will be teaching an Doyle Irish Stick Fighting seminar on the 19th. I'm really looking forward to seeing that!

Of course, it wouldn't be October if we didn't have a booth at the ever-popular Halloween at Howarth Park event! As always, we need your help. It's always fun to have students from the club there (in costume) to help run the activity booth. I hope lots of you can make it.

Now, onward En Garde Fencing! Let's make this a great month for each other and create a season of great memories as we ready ourselves for all the challenges we have coming up.

Iron in the Blood, Steel in the Soul!

Coach Jim

EGF T-shirt Art Contest

This is the finalé of our first ever EGF T-shirt Art contest! We've never done this before, but it's always a great time to start a new tradition at En Garde Fencing.

Now that we have an online store for all your EGF merch needs, we're going to have some fun with that. We have so many talented folks here at EGF, and we're looking for your creativity and fun artwork so that we can proudly display our community spirit.

You create the art, you pick your favorite!

Contest timetable:

9/30: Voting deadline (ONLY ONE DAY LEFT!)

Once the winner has been chosen and announced, the art will be processed and submitted. Shortly after that, the new shirt will be available for purchase at the EGF Store. The winner will receive a free shirt with their design from EGF!

Class Spotlight: Warbow!

Days and Times: Thursdays, 6-7PM and Saturdays, 1-2PM

Ages: 7+

Instructor: Jim Liebich

For those of you not familiar with the sport, Warbow can be described as something akin to Dodgeball, but with bows and foam-tipped arrows. While target archery can be precise and meditative, Warbow is fast-paced, energetic and wild. Players train their agility and discover tactics that work well for their team. Traditional archery skills are developed in a dynamic and aerobic class.

In fact, Warbow is an umbrella term for a myriad of games. There are as many ways to play Warbow as there are Dodgeball games. Bows and Minnows, Medic, Fortbow and more, we create new games all the time.

Check out one of our sessions and bring a friend, it's always more fun when there are more folks to join in!

EGF Merch Store!

We have an online [EGF Merch Store!](#)

I'm really excited to share all the cool stuff we have, ready for you to check out. Hoodies, t-shirts, sweat pants, shorts and so much more. I think the variety of colors helps make things more individual to your tastes as well.

This is just the start for us, I'm anticipating new designs in the future for all kinds of unique shirts and other gear. So check it out today and keep an eye out for new gear in the coming months.

Membership Cost Increase in October

For over 5 years, we have made an effort to hold the membership costs for EGF steady. Regretfully, costs have risen annually for rent and everything else, and we are forced at last to make an adjustment.

Starting in October, we will be raising the membership costs in each category by \$10. The new rates will be:

Unlimited Membership: \$110

Limited Membership: \$90

HEMA Membership: \$90

Family Membership: \$60

Drop-in rate: \$25

If you have any questions or concerns, please speak with Coach Jim about the new rates. Thank you for being a member of En Garde Fencing. It is a great pleasure to see you all at the club each week and I hope to see even more of you in the years to come.

Armored Combat Monthly Workshop with Kyle Lazzarevich

Date and Time: Saturday, 10/4, 4-6PM

Cost: \$25 drop-in, free to EGF Members

Instructor: Kyle Lazzarevich

Have you ever wondered what life was like behind the visor of a medieval Knight in Shining Armor? Come and join us for EGF's monthly 2-hour workshop on armored combat to find out.

Each workshop's topic may vary from month to month, ranging from:

- Techniques to use in armored combat with the sword, spear, poleaxe, dagger, or even unarmed
- Exploration of different types and styles of armor from different geographical locations and different periods of time
- Maintenance, upkeep, and even crafting of armor
- Combat conditioning, and the difference between wearing armor and using armor effectively.

Please contact Coach Kyle or Coach Jim for more details if you have any questions. This class is meant for students who have passed the Beginner Longsword Class.

Monthly Foam Weapon Builder Workshop

Date: 1st Tuesday of each month (10/7)

Time: 6-8PM

Ages: 7+

Cost: \$40 per family, plus material cost, or free if you build something for the club.

Sign up: [here!](#)

Our Foam Weapon Builder Workshops have been so popular, we decided to do them every month! We have one on the first Tuesday of every month, and each month will have a theme. This time we will be doing something special, THREE item builds! First up, we'll be making what we did last month, a type of large Roman-style shield called a "Scutum." Secondly, we'll be building a buckler shield (which our intermediate HEMA students have recently been studying intently). Finally, we'll be building a Messer. You get to pick which one you want to create when you come to the workshop.

At EGF, we love our Family HEMA class. With our armory of foam weapons, we build our skills, train together and play tons of fun games.

The Foam Weapon Builder Workshop is for everyone who wants to learn how to imagine, build and maintain the weapons we use on a weekly basis. We will learn about the materials used to build the weapons and shields, discuss designs and how to assemble them, and see where weapons fail and how to maintain them.

This is meant to be an event that parents can attend as well, which is why the cost is listed as **\$40 per family**. As a reminder; **If you build a weapon or shield for the club, you can attend for free!** At the end of the event, everyone who wants to should be able to build something to take home, or be well on the way to making their very own weapon or shield. The only other cost will be for the materials used to create your very own item.

We look forward to seeing all our weaponsmiths attend in October!

Target Archery Classes

Dates: 2nd and Last Thursday of the month (10/9, 10/30)

Time: 6-7PM

Ages: 7+

Join us for our target archery classes on the **second and last** Thursday (10/9, 10/30) of the month.

As always, we use traditional bows and develop our shooting skills, practicing with real sharp arrows to improve discipline and respect for this serious, yet fun, sport.

Don't miss out on this fun and thoroughly enjoyable class. Archers to the line! Clear to shoot!

Board Game Night

Date: Saturday, 10/11

Time: 6-11PM

Ages: 18+

Location: En Garde Fencing

Cost: Free to EGF Members

Welcome to the Board Game Night! Prepare yourself for an evening of fun with games new and old. It's a great way to meet up, socialize and play games for hours with friends.

This is an event that is meant for adults only. We will have food and you are encouraged to bring your own drinks, snacks and board games as you see fit. It's nice to find an excuse to get together and have a good time, even if we aren't trying to stab each other with swords.

We hope you can join us!

EGF is Open on Indigenous People's Day

In case you were wondering, EGF will be open on Indigenous People's Day, Monday, October 13th. Classes will be held as usual, so we look forward to seeing you then!

Doyle Irish Stick (Bataireacht) Seminar

Date and Time: Sunday, 10/19: 11AM-1PM

Cost: \$40

Location: En Garde Fencing

Instructor: Adam Tweed

Signup: [HERE](#)

EGF is pleased to announce a special seminar for Irish Stick enthusiasts! We are inviting our instructor, Adam Tweed, for an exploratory seminar to gauge interest at EGF for a regular Irish Stick class. Let's give him a warm welcome and introduce Adam to our fun community of martial arts instruction.

Doyle Irish Stick Fighting (nicknamed Rince an Bata Uisce Bheatha, or "Dance of the Whiskey Stick") is a devastatingly effective two-handed combative system developed well over 200 years ago by the Doyle family in Ireland. The 18th century saw Bataireacht become increasingly associated with Irish gangs called "factions". Irish faction fights involved large groups of men (and sometimes women) who engaged in melees at county fairs, weddings, funerals, or any other convenient gathering. This system was brought to Canada in the early 1800s via a Doyle ancestor who settled in the rough and tumble landscape of the Atlantic's Newfoundland coast.

The modern practice of Bataireacht has arisen amongst some practitioners from a desire to maintain or reinstate Irish family traditions, while for others a combination of historical and cultural interest has led to their interest. Bataireacht has also gained popularity amongst non-Irish people, especially in North America, as a form of self-defense, as a cane or walking stick can be easily carried in modern society.

Coach Adam Tweed has over 30 years of martial arts experience and is excited to present the Doyle Family system in Santa Rosa! This seminar will cover a brief history about Irish Stick Fighting and the use/symbolism of the Shillelagh, as well as diving into the unique fighting style of Doyle Irish Stick fighters.

Ages 15+ of all abilities are welcome and encouraged to attend!

More info can be found <[HERE](#)>

Halloween at Howarth Park

Date: Saturday, 10/25

Time: 11:30AM-3PM

Cost: Our volunteers can hang out for free. City charges for trick or treaters.

More info: [SR City Events](#)

We are so excited to be attending the Halloween at Howarth Park community event, sponsored by the City of Santa Rosa Recreation and Parks Department.

This year is sure to be a great time for everyone. EGF will be running an activity booth, which means we get to dress up and share what we love to do with our friends and neighbors in Santa Rosa. We'll have demonstrations and lessons, and **we'll need help with it all!** The more of us that show up for the fun, the better it will be. It will be a Halloween party for our club that everyone is invited to. To sweeten the deal, we'll even have candy, since this event is also for trick or treaters.

Please Note: We will have classes as normal that day.

The event sells out very quickly, so please get today if you wish to trick or treat. Just keep in mind, our club members who help with the booth get to hang out for free, and we'll have treats for our folks too! Check out the link below for more info from the City, and get your costume ready for the big event!

[Halloween at Howarth Park](#)

EGF Closed on Halloween

EGF will be **closed on Friday, October 31st** in celebration of Halloween. Enjoy your evening of tricks and treats! We'll see you again on Friday, November 1st for our regular classes.

Armored Combat Monthly Workshop with Kyle Lazzarevich

Date and Time: Saturday, 11/1, 4-6PM

Cost: \$25 drop-in, free to EGF Members

Instructor: Kyle Lazzarevich

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- Combat conditioning, and the difference between wearing armor and using armor effectively.

Please contact Coach Kyle or Coach Jim for more details if you have any questions. This class is meant for students who have passed the Beginner Longsword Class.

EGF Halloween Weekend Fun Night!

Date: 11/1

Time: 5-9PM

Cost: \$45

Ages: 7-17

Location: 917 Piner Rd., Ste. D, En Garde Fencing

Signup: <[HERE](#)>

Are you ready for the most spine-tingling EGF Fun Night of the year?!

The EGF Halloween Weekend Fun Night is a pizza party, movie night, nerf battle and treat-a-palooza! Of course, it's also a **night off for the parents...**

We'll build forts, eat pizza and candy, watch movies, play fun games and battle the night away. As always, friends and family of our students are welcome to attend and participate. The more, the merrier!

Please feel free to talk with Jim if you have questions about this special event, we're really looking forward to it and we hope you can make it!

Monthly Foam Weapon Builder Workshop

Date: 1st Tuesday of each month (11/4)

Time: 6-8PM

Ages: 7+

Cost: \$40 per family, plus material cost, or free if you build something for the club.

Sign up: [here](#)!

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This is meant to be an event that parents can attend as well, which is why the cost is listed as **\$40 per family**. As a reminder; **If you build a weapon or shield for the club, you can attend for free!** At the end of the event, everyone who wants to should be able to build something to take home, or be well on the way to making their very own weapon or shield. The only other cost will be for the materials used to create your very own item.

We look forward to seeing all our weaponsmiths attend in November!

Video Classes at EGF

The following is a list of our scheduled video classes during the week. Please feel free to check them out, and invite folks that you think might need a little activity to help them get through their day. All EGF Zoom classes are free the first time to your friends and family who might be interested in trying out what we do. Affiliated instructors (Shayna Overly) have their own signups and special deals for new students. If you enjoy our classes and would like to contribute to the club to help keep things going, check out our Patreon Page at:

<https://www.patreon.com/EGFencing>

Saturday:

Chinese Internal Martial Arts with Coach Fred: 9-10AM (class alternates from in-person to Zoom each week.)

Great for early risers! Focused on the Chinese Internal Martial Art of Bagua Zhong, this class is excellent for beginners and is akin to Tai Chi in its movements and style.

Join URL: <https://us02web.zoom.us/j/88693281072>

Cutting Edge Fitness (Indian Clubs) with Coach Fred: 10-11AM (class alternates from in-person to Zoom each week.)

Join URL: <https://us02web.zoom.us/j/88372611383>

This is a great exercise class using very light weights (1lb. Indian Clubs), staffs and very lightweight wooden dumbbells. If you want to strengthen your shoulders, legs and back while stretching your body, this is the class for you! Excellent for anyone who is trying to rehabilitate from an injury or who is looking for a good class to build up their strength and fitness before joining a class. Even if you just have a goal as simple as improving personal health, I can't recommend it enough!

In-person Classes at EGF

During the week we have in-person classes at EGF. Here is the current schedule of classes. These days and times are subject to change as circumstances require (some classes may be canceled due to weather, holidays or other factors), so be sure to check your email or the announcement board at the front of the club for up to date information or call Coach Jim to double-check.

Sunday:

Sunday WARRIOR Strength™ & WARRIOR Combat™ alternating, 9:30am with Shayna

(Bring water, a yoga mat, and optional dumbbells)

Register online by visiting www.shaynasgrouppit.com and going to the "En Garde Fencing" hyperlink on the Sunday schedule.

WARRIOR Strength™ Cardio + Lifting, WARRIOR Strength is functional fitness for every level and everyone who wants to sweat and feel their muscles burn! WARRIOR Strength has two 30-minute sections that focus on HIIT and weight training. This format delivers playlists that rock, and engaging formulas for a total endorphin rush!

WARRIOR Combat™ is boxing inspired, powerful, and fierce. It is for everybody and every BODY. WARRIOR Combat has two 30-minute sections. These sections are distinguished by timed intervals and moves synchronized to music. Both include boxing combinations, HIIT training, total body strength and aerobic

conditioning. Have a set of dumbbells handy and get ready to feel like a confident rockstar!

Also on Sunday:

Japanese Sword with Eric Zmarzly: 1-2PM

Monday:

Youth Fencing: 5-6PM

Saber Fencing: 6-7PM

Teen and Adult Foil and Epee Fencing: 7-9PM

Tuesday:

Family Historical European Martial Arts (HEMA): 5-6PM

Rapier Class: 6-7PM

Under-Represented Genders (URG) Longsword: 6-8PM

Broadsword Class: 7-8PM

Open Sparring: 8-9PM

Wednesday:

Youth Fencing: 5-6PM

Teen and Adult Foil and Epee Fencing: 7-9PM

Thursday:

Family HEMA: 5-6PM

Archery and Warbow Training Class: 6-7PM

HEMA Sparring: 7-9PM

Friday:

Youth Fencing: 5-6PM

Youth Intermediate HEMA 6-7PM

Teen and Adult Foil and Epee Fencing: 7-9PM

Saturday:

Chinese Internal Martial Arts with Coach Fred (class alternates from in-person to Zoom each week.): 9-10AM

Cutting Edge Fitness (Indian Clubs) with Coach Fred (class alternates from in-person to Zoom each week.): 10-11AM

Longsword Training: 10:30AM-12PM
Youth Fencing: 11AM-12PM
Longsword Beginner Class: 12:30-2PM
Warbow Class: 1-2PM
Family LED Saber: 2-3PM
Family HEMA: 3-4PM

Become a Patron of EGF

<https://www.patreon.com/EGFencing>

EGF has a Patreon page for accessing archives of our training videos and classes. Many thanks to those of you who have already joined. What we are trying to do with Patreon is provide a way for folks who have a limited budget to contribute to the success of the club, or give those who are not able to attend a chance to participate whenever they like as well as support us.

When you sign up as a Patreon for EGF, Patreon charges you on a monthly basis at whichever tier you sign up for. The first tier gives you access to all of our archived video classes for \$3 per month, and the second tier gives folks access to both the archives and the live classes for \$5 per month. You may also contribute a greater amount per month if you wish.

So if you have been thinking of checking out Fred's Indian club class, but you don't want to wake up at 10AM on a Saturday to do it, you can become a Patreon for \$3 per month and take his class at your convenience. It's a fantastic deal that supports EGF and helps keep a place like ours open in Sonoma County.

Check out our Patreon Page at <https://www.patreon.com/EGFencing> for more details. If you have any further questions, please let Coach Jim know!

Special Events Calendar

The following is a list of events and activities as they are currently scheduled, to help you plan ahead. Our calendar is always accessible on our website at:

<https://www.egfencing.com/fencing-classes-calendar>

9/30: T-shirt Art Contest voting deadline
10/4: Armor Clinic with Kyle Lazzarevich
10/7: Foam Weapon Builder's Workshop
10/9: Target Archery
10/11: Board Game Night
10/13: Indigenous People's Day, EGF Open
10/19: Doyle Irish Stick Seminar
10/30: Target Archery
10/31: Halloween, EGF Closed
11/1: Armor Clinic with Kyle Lazzarevich
11/1: EGF Fun Night
11/4: Foam Weapon Builder's Workshop
11/11: Veterans Day - EGF Open
11/27-11/29: EGF Closed for Thanksgiving Weekend
12/2: Foam Weapon Builder's Workshop
12/6: Armor Clinic with Kyle Lazzarevich
12/7: Bay Area Rapier Tournament (BART) 2
12/24-1/1: EGF Closed for Christmas and New Year's Holidays
12/29-1/2 (no camp 1/1): EGF Sword and Archery Adventure Camp
1/3: Armor Clinic with Kyle Lazzarevich
1/24-25: Tim Anderson Knife and Tomahawk Clinic

At En Garde Fencing, we believe in bringing a sense of adventure into your life. The finest traditions of discipline, respect, and honor are melded with the fast-paced athletic sports of today to create a fun and dynamic yet structured environment. Founded in 2008, En Garde Fencing provides high-quality fencing, archery, HEMA instruction and more to Santa Rosa and Sonoma County. For more information visit www.egfencing.com or Facebook.com/EnGardeFencing. Be sure to visit our [store](#) for a variety of En Garde Fencing hoodies, t-shirts, and more!

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