



## Iron in the blood, Steel in the Soul!

December 2025

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Statuette by [Leonard Smith](#)

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Happy Holidays, En Garde Fencers! Here's our calendar for the next month. Please take note of the important dates. I hope you stay warm and cozy this December!

## December Events at En Garde Fencing

- A Letter to All Friends of EGF
  - **Class Spotlight:** Coach Fred Kaye's Kung Fu and Indian Club Classes
  - [EGF Merch Store](#)
  - 12/2: Foam Weapon Builder's Workshop
  - 12/7: Bay Area Rapier Tournament (BART) 2
  - 12/11 & 12/18: Target Archery **Holiday Schedule Change!**
  - 12/13: Armor Clinic with Kyle Lazzarevich
  - 12/20: Board Game Night!
  - 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
  - 12/27, 12/29 & 12/30: Winter Break Cleanup and Organization
  - 1/3: Armor Clinic with Kyle Lazzarevich
  - Video Class Weekly Schedule at EGF
  - In-person Classes Weekly Schedule at EGF
  - Become a Patreon of EGF
  - Special Events Extended Calendar
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## A Letter to All Friends of EGF

Dear Friends,

Here we are together as another year draws to a close. Each December I think back with gratitude to everyone who gave freely of their time and effort to make EGF the welcoming, fun and caring community that we see today.

Our coaches and volunteers put so much effort and care into what they do for us, and though at times it can be daunting, we always push on and overcome our obstacles. I am so grateful to all of you. Together we have

accomplished far more than I could ever do on my own, and I look forward to welcoming the New Year with all of you.

We have a few events this December, such as our next Board Game Night and Coach Kyle's Monthly Armored Combat Workshop. Don't forget to take into account our special holiday schedule for the Target Archery class. For the kids we have fencing, HEMA and archery camps during the winter break. So don't miss out and sign up for that today! Also, I hope that some of you will be able to come by and help out with cleaning and organizing when EGF is closed for the Holidays. It would be really great to see you all at the club one last time before the New Year.

Thank you all for your support and your love of the sports we practice at EGF. It shines through in everything we do each week and makes me excited to come back for more every month.

**Please take note** that we will be deviating from our usual schedule for our Target Archery Class this month. Our second class of the month will be on the 3rd Thursday instead of the last, due to EGF being closed for the week between Christmas Eve and New Year's Day.

As always I wish you all the very best this Holiday Season, along with fun new adventures in the year to come. As we usher out days gone by and prepare for the coming of the New Year, remember that at EGF we have **Iron in the Blood, Steel in the Soul!**

Coach Jim

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## **Class Spotlight: Coach Fred Kaye's Kung Fu and Indian Club Classes**

**Day:** Saturdays

**Times:** 9-10AM and 10-11AM

**Ages:** Mature kids and adults

**Instructor:** Coach Fred Kaye

Each week Fred alternates between Zoom and in person classes. However, whenever there is a Zoom class we always have the computer and big screen TV set up at the club where everyone can meet and train under Coach Fred's supervision. Feel free to come in and join us, beginners are always welcome.

### **Bagua Zhong (Kung Fu)**

Coach Fred is an instructor of the Chinese internal martial art of Ba Gua Zhong. He has studied for years in this fascinating martial art and now shares it with students every Saturday morning from 9-10AM. Ba Gua Zhong shares some similarities with Tai Chi and Chi Gong, and is excellent for developing strength, flexibility, balance and mental nimbleness. Highly recommended for anyone with an interest in Chinese martial arts.

### **Cutting Edge Fitness with Indian Clubs**

Looking for something a little different than the usual weight-training or yoga class? This class is for fitness, with a unique martial arts emphasis using Indian clubs, staffs and wooden dumbbells.

Coach **Fred Kaye** trains both mental and physical attributes for kids and adults ages 7 and up. **This class is accessible friendly!** Ideal for anyone seeking **conditioning, strength and flexibility**, it is especially useful for adults who would benefit from no-impact movement, slow, smooth motions and low weights. Trying to get back into shape or recovering from an injury? This class is for you.

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## **EGF Merch Store!**

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

I'm really excited to share all the cool stuff we have; 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.

Our t-shirt art contest winner shirts are now up on the store!

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## Monthly Foam Weapon Builder Workshop

**Date:** 1st Tuesday of each month (12/2)

**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 two item builds! First up, we'll be making spears. These are popular weapons in the class due to their reach and difficult to avoid thrusting ability. Next on the list is something called a "Meteor Hammer", an unusual and difficult weapon to use. This weapon is Chinese in origin, but many of the students are quite enamored of it lately. 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 December!

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# Bay Area Rapier Tournament (BART) 2

**Date:** 12/7

**Time:** Check-in: 11-11:30AM, Pools begin: 11:30AM

**Ages:** 15+

**Cost:** \$35 (Spectators free)

**Sign up:** [here!](#)

**You are cordially invited to the Second Bay Area Rapier Tournament!**

EGF welcomes rapier aficionados from far and wide for the second Bay Area Rapier Tournament (BART) 2. We are pleased to be hosting this second event in the series and are looking forward to seeing competitors from all over the Bay Area join us in sport.

Our outstanding rapier fencers saw a need for more competitions in the Bay Area and decided to do something about it! The result is this promising event (and play on words), the Bay Area Rapier Tournaments (BART) event.

Chick-in is from 11-11:30AM, and pools begin at 11:30AM for the Single Rapier event. We hope you can join us to either compete or cheer on our brave competitors.

Iron in the Blood, Steel in the Soul!

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## Target Archery Classes (Schedule change!)

**Dates:** Second and **Third Thursday of December** (12/11, 12/18)

**Time:** 6-7PM

**Ages:** 7+

Join us for our target archery classes on the **second and third Thursday** (12/11, 12/18) of December. Due to the Holidays, we must shift this month's class to the third Thursday, December 18th.

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!

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## Armored Combat Monthly Workshop with Kyle Lazzarevich

**Date and Time:** Saturday, 12/13, 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.

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# Board Game Night!

**Date:** 12/20

**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!

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## EGF will be closed for the Holidays (12/24 - 1/1)

**Important:** EGF Winter Break Schedule

**Dates:** Wednesday, 12/24 through Thursday, 1/1

EGF will be closed for the week between Christmas Eve and New Year's Day. We traditionally close the club for some time off to celebrate the holidays with family and friends, and to have some time to do a little cleaning and some projects at the club. Please contact Coach Jim if you would like to help with the cleaning and organizing projects! (Info below.)

The Winter Break is a time to rest and replenish in preparation for a fresh start. We'll look forward to seeing you all back again in the New Year!

EGF will be open again on Friday, January 2nd.

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## Winter Break Fencing, HEMA and Archery Camps

**Days:** 12/30 - 1/3, No camp on 1/1

**Morning Session:** 9AM-12PM

**Afternoon Session:** 1-4PM

**Cost:** \$180-\$190 per session

**Ages:** 7-12

**Registration Link:** [Santa Rosa Rec & Parks](#)

Our winter break fencing camps are tons of fun, sign up now! Our camps are broken up into two sessions, one in the morning from 9AM-12PM for Olympic-style fencing and the other in the afternoon from 1-4PM for HEMA and Archery.

This year we are going to have a 4-day camp starting after Christmas, skipping New Year's Day and ending on the 3rd. Each day will be packed with activities, as we study Olympic-style fencing in the morning and Warbow and HEMA in the afternoon. This is a great time for the kids as they learn about fencing and archery and practice important life skills.

You can sign up through the Santa Rosa Recreation and Parks Department today! Students should bring plenty of snacks and a lunch if they are staying for both camps. Everyone should dress for athletic activities.

Follow this [LINK](#) to sign up. Just scroll down until you see our Fencing and Archery Camp listing. See you soon!

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# Winter Break Cleanup and Organization Projects

**Days:** Saturday (12/27), Monday (12/29), Tuesday (12/30)

**Times:** Saturday 2-6PM, Monday and Tuesday 5-8PM

Every year between Christmas and New Year's Day EGF is closed for regular classes. Instead we take time to rest and do some cleanup, maintenance and organization at the club.

This year is no different. EGF needs dusting, mopping, organizing and repair! If you have some time to spare, and a talent for spackling, painting, sewing or organizing, we could really use some help. The more the merrier! Food will be provided.

Please let Jim know if you are available, we hope to see you during the break.

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## Monthly Foam Weapon Builder Workshop

**Date:** 1st Tuesday of each month (1/6)

**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. We haven't decided the theme for January just yet, but we'll let you know as soon as we have it nailed down.

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 January!

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## 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!

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## 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.shaynasgroupfit.com](http://www.shaynasgroupfit.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:**

Traditional Japanese Jiu Jitsu: 11AM-1PM  
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  
Doyle Irish Stick: 6-7PM  
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

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## 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!

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## 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>

12/2: Foam Weapon Builder's Workshop  
12/7: Bay Area Rapier Tournament (BART) 2  
12/11: Target Archery  
12/13: Armor Clinic with Kyle Lazzarevich  
12/18: Target Archery **Holiday Schedule Change!**  
12/20: Board Game Night!  
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  
12/28-12/30: Winter Break Fixit Event  
1/3: Armor Clinic with Kyle Lazzarevich  
1/24-25: Tim Anderson Knife and Tomahawk Clinic

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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](http://www.egfencing.com) or [Facebook.com/EnGardeFencing](https://www.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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