



Iron in the blood, Steel in the Soul!

September 2026



So much to do in September, En Garde Fencers! Have a look at our calendar for the next month and save some dates.

September Events at En Garde Martial Arts Foundation

- A Letter to All Friends of EGMAF
- **Class Spotlight:** Intermediate Youth HEMA
- [EGMAF Merch Store](#)
- T-shirt Art Contest Winner shirts are up in the store!
- 9/5: Armor Clinic with Coach Kyle
- 9/7: Labor Day, EGMAF Closed
- 9/12: Board Game Night
- 9/20: HEMA Team Practice
- 9/26: Windsor Day Parade
- 9/26: EGMAF Fun Night
- 10/3: Armor Clinic with Coach Kyle
- 10/4: Bay Area Rapier Tournament (BART) 5
- Video Class Weekly Schedule at EGMAF
- In-person Classes Weekly Schedule at EGMAF
- Become a Patreon of EGMAF
- Special Events Extended Calendar

A Letter to All Friends of EGMAF

Dear Friends,

What a Summer it has been! I'm amazed at how quickly it seems to have passed, and here we are at the beginning of a new school year with Fall right around the corner. Let's dive right in!

EGMAF will be closed on Labor Day, Monday, September 7th. I hope you have a fun 3-day weekend, and that you can fit in a little time at EGMAF for our Saturday and Sunday classes.

The month begins with our Armor Clinic with Coach Kyle, not to be missed if you are a fan of all things armor. Please take note! This month we'll be back at EGMAF.

Now that our T-shirt Art Contest winners have been chosen, and the shirts are available at the store, you can get one for yourself. We even have a few new items up on the store, so don't forget to check it out!

Our next HEMA Team Practice is on the 27th. If you're one of our competitive HEMA fencers, I encourage you to give it a try. I think Coach Joel has some really great training ready to go for you!

Once again, we will be attending the Windsor Day Parade near the end of the month. This year the theme is, "Fly me to the Moon." I hope you can all march with us and make it a fantastic turnout for this fun community event.

Now, onward En Garde Fencers! 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 in store.

Iron in the Blood, Steel in the Soul!

Coach Jim

Class Spotlight: Family HEMA Class!

Days & Times: Tuesdays and Thursdays 5-6PM, Saturdays 3-4PM

Ages: 7+ (parents welcome)

Instructors: Coach Gavin, Coach Keith

Historical European Martial Arts (HEMA) is about the study of the sword using the surviving manuals and materials available to us in the modern day. It is a fast-growing discipline and tons of fun for all ages. There is little more exciting than taking sword in hand and learning the skills of the swordfighter from days long past. We use foam recreations of the real weapons and test our skills against one another in each class.

These classes are a great way to familiarize yourself with HEMA. We teach basic skills, play games that improve balance and coordination, and have a great time doing it!

Feel free to drop in to one of our classes any time we hold one. If you have a friend you'd like to introduce to the sport, there's no time like the present. We welcome beginners and all levels of skill.

Check it out today!

EGMAF Merch Store

We have an online [EGMAF 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, we'll have 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 first t-shirt art contest winners are in the store, and we have already changed the designs around for the new winner. So check it out!

EGMAF T-shirt Art Contest Winners

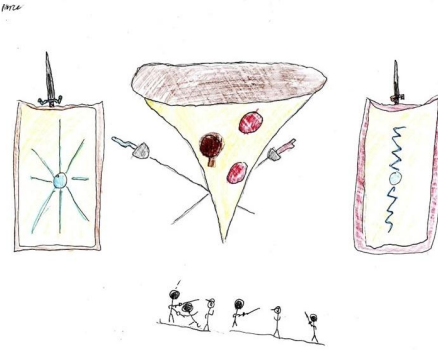
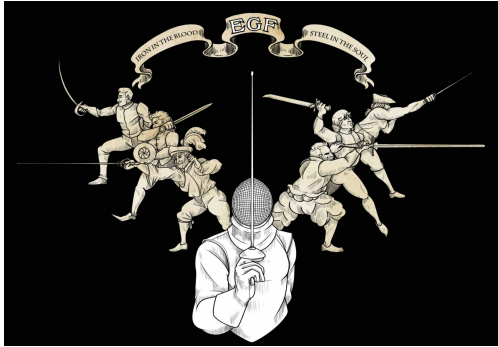
The votes have been tallied and the results are in! Now we know the winners of the first ever EGMAF t-shirt art contest.

Congratulations go out to Jordan and Pierce for their outstanding artwork. It was a hotly contested vote, but in the end their designs pulled ahead and won the day.

The new shirts are now [in the store](#)! Make sure to grab your favorite today.

We will be having another art contest sometime early next year. At that time, I hope to see lots of great works of art from the creative and talented folks at EGMAF.

Until then, here are the winners from the t-shirt contest!



Armored Combat Monthly Workshop with Coach Kyle

Date and Time: Saturday 9/5, 4-6PM

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

Location: En Garde Martial Arts Foundation

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 EGMAF'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 curriculum.

EGMAF Closed on Labor Day

Please note that **EGMAF will be closed on Monday, 9/7**, for the Labor Day Holiday. Enjoy your weekend; we'll see you on **Tuesday, 9/8!**

Board Game Night!

Date: Saturday 9/12

Time: 6-10:30PM

Ages: 18+

Location: En Garde Martial Arts Foundation

Cost: Free to EGMAF 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!

HEMA Team Practice

Day: Sunday 9/20

Time: 2-4PM

Prerequisites: 1 year of experience and 1 tournament

HEMA Team Practice is a brand new idea conceived by our coaches and the dedicated tournament HEMA fencers of EGMAF.

The idea is to create a regular time and space each month for those of us who wish to compete and push ourselves to a higher level. Most importantly, it's meant as a way for people to support each other in the highly competitive environments of HEMA tournaments. Our amazing community is our greatest strength, let's work together in our pursuit of excellence!

Feel free to ask Coach Joel about this class for details.

Windsor Day Parade

Date: 9/26

Time: 8AM at EGMAF, 9AM at Windsor High School

Location: En Garde Martial Arts Foundation, Windsor High School

The Windsor Day Parade is back! March with the En Garde Martial Arts Foundation at the Windsor Day Parade, sponsored by the Windsor Kiwanis Club.

We love a parade! Represent the En Garde Martial Arts Foundation and participate in a great local event. Parades are lots of fun and help us to get the word out that fencing, HEMA, archery and all our favorite activities are great for all ages. Show your skills, have a great time and help out EGMAF! **Please note: our Saturday morning fencing and HEMA Classes will be canceled on September 26th, but Warbow, LED Saber and Youth HEMA will occur as usual starting at 1PM.** Please let us know if you will be able to march in this parade.

Remember: Families are encouraged to join us. We need volunteers to carry water and equipment, and we need help handing out info to the crowd. We will be meeting at the club between 8-8:30AM to gear up and then drive over to the

parade staging grounds at Windsor High School. Please join us, we'd love to see you!

EGMAF Fun Night!

Date: Saturday 9/26

Time: 5-9PM

Cost: \$45

Ages: 7-17

Location: En Garde Martial Arts Foundation

Signup: <[HERE](#)>

Are you ready for our next EGMAF Fun Night?!

The EGMAF Fun Night is a pizza party, movie, nerf battle and more. Of course, it's also a **night off for the parents!** We'll build forts, 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 any questions about this special event. We're really looking forward to it and we hope you can make it!

Armored Combat Monthly Workshop with Coach Kyle

Date and Time: Saturday 10/3, 4-6PM

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

Location: En Garde Martial Arts Foundation

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 EGMAF'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 curriculum.

Bay Area Rapier Tournament (BART) 5

Date: 10/4

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

Ages: 15+

Cost: \$35 (Spectators free)

Location: 917 Piner Rd., Ste. D, En Garde Martial Arts Foundation

Signup: <[HERE](#)>

Weapon: Rapier and dagger

You are cordially invited to the fifth Bay Area Rapier Tournament!

EGMAF welcomes rapier aficionados from far and wide for the Bay Area Rapier Tournament (BART) 5. We are pleased to be hosting this fourth event in the series and are looking forward to seeing competitors from all over the Bay Area join us in friendly competition.

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.

Check-in is from 11-11:30AM, and pools begin at 11:30AM for the Rapier and

dagger event. We hope you can join us to either compete or cheer on our brave fencers.

Iron in the Blood, Steel in the Soul!

Video Classes at EGMAF

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 EGMAF 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 EGMAF

During the week we have in-person classes at EGMAF. 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 [Ignite Fitness](#) and going to the "Book a class" tab at the top menu bar.

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 Jujitsu: 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, Saber and Smallsword 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 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 EGMAF

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

EGMAF 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 EGMAF, 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 EGMAF 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>

9/5: Armor Clinic with Coach Kyle
9/7: Labor Day, EGMAF Closed
9/20: HEMA Team Practice
9/23: National Dogs in Politics Day
9/26: Windsor Day Parade
9/26: EGMAF Fun Night
9/30: International Podcast Day
10/3: Armor Clinic with Coach Kyle
10/4: Bay Area Rapier Tournament (BART) 5
10/24: Halloween at Howarth Park

10/31: Halloween, EGMAF Closed

11/26-28: Thanksgiving Weekend, EGMAF Closed

12/12: Christmas Party and Board Game Night

12/12-13: Tim Anderson Seminar

12/24-1/1: Christmas and New Year's Break, EGMAF Closed

At En Garde Martial Arts Foundation, 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. The En Garde Martial Arts Foundation 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](https://www.facebook.com/EnGardeFencing). Be sure to visit our [store](#) for a variety of En Garde Martial Arts Foundation hoodies, t-shirts, and more!

© En Garde Martial Arts Foundation, En Garde Fencing, 2026

917 Piner Rd., Suite D, Santa Rosa, CA 95403 - 707-596-3626 - <https://www.egfencing.com/>