

**KEEP YOUNG AND FIT FOREVER
WITH THE OLDEST AND FASTEST OF SPORTS**

Visit the

Aldo Nadi Fencing Academy

WHERE YOU CAN BE TAUGHT THE ART AND SCIENCE OF COMBAT BY

MAESTRO ALDO NADI

"The Greatest Swordsman Who Ever Lived"

AND WHERE YOU CAN MEET AND FIGHT THE WEST'S FINEST
AND MOST POWERFUL FENCERS, MEN AND WOMEN.

319 No. La Cienega Blvd., at Beverly

Los Angeles 48

CRestview 5-9743

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Information on Fencing

Welcome to this Academy.

Fencing, **the sport of the ages for all ages**, is the best possible medium to develop perfect co-ordination between mind, hand and body. This is not difficult to understand, it being **the fastest of sports by far**. Nothing can compare with the art and science of Fencing for the evolution of mental agility and nervous strength, two of the most important attributes of mankind; also, for the acquisition of superb body-balance and control, poise and posture. In short, for the development of the human personality. (Among the athletes of all our Universities and Colleges the fencers have the highest scholastic ratings). All this, of course, apart from the sheer joy and unique excitement experienced in personal combat. As this very feeling occurs even though one has met and possibly defeated the same opponent before, there is little doubt that it is not based upon mere uncertainty of the outcome. It is an atavism, a subconscious summing up in the individual of untold centuries of racial experience.

Fencing is a wonderful builder of character and health, via an ideal, fascinating recreation. Once you start to fence it will not be easy to give it up: it will keep you young and fit forever. Renowned European doctors call Fencing "The Elixir of Long Life."

As to women and girls: few women walk well. ALL fencers walk well. "Would you like to reduce? Would you like to gain weight? Fence!" Believe it or not, this French proverb is true. If American women and girls knew the results I have seen along that line, millions of them would be fencing now. This sport **stretches and lengthens** the muscles without over-developing them, a very important difference indeed, particularly from the aesthetic viewpoint. The uplifted position of both arms when "on guard" is remarkably useful for strengthening and toning the breast muscles, and the action of attack ("lunge") is bound to reduce the waist. Show me the girl not interested in such details! Fencing is a far safer and more effective reducing agent than any dieting, steam bath or passive massage. Women under forty who feel physically slow, awkward, or heavy, and wish to improve their poise, posture and grace should rush to a qualified Fencing Master. And if you happen to be proud of your figure, you should fence regularly in order to protect it!

There is absolutely **nothing** more essential in the education of children of either sex than the study of Fencing under a competent teacher. Automatically, they will be trained in patience, relaxation, concentration, wonderful mental and body gymnastics, utter precision (order), and discipline. They will enjoy it more than possibly can be imagined, and their parents will be forever grateful to Fencing for the multilateral and extremely valuable education it has given their offspring. Let your children know of the glory, the glamour, and the dignity of the sword. Throughout recorded history no man has ever been indifferent to the word itself.

The Academy's General Rules

1. All lessons are private, that is, individual. Each lesson lasts about 15 minutes for beginners, a little less for advanced fencers. It is with such lessons that this Academy has created in a very short time the finest and most powerful male fencers of the Pacific Coast, and also the girl, five times National Champion, who has had the best individual score (Fourth) of the entire U. S. Fencing Team at the 1952 Olympics.
2. Lessons are paid by the month: \$10.00 per month for 1 lesson per week; \$15.00 per month, two lessons per week, and \$22.00 per month, three lessons per week. The Academy is in session on Mondays and Tuesdays from 8:00 p.m.; on Wednesdays from 8.30 p.m., and on Saturdays from 3:30 to 7:00 p.m. exactly. The pupils will be notified when Tuesdays are reserved for combat only, under the Master's direction and supervision. Whether you take one, two or three lessons per week, you may fence (combat only) each time the Academy is in session without additional charge.
3. The first month's fees shall be paid before your first lesson. Subsequently, pupils are requested to pay their monthly fees exactly when they are due. For example, if you had your first lesson on May 12th and paid your first month's fees on that day, your next monthly fees must be paid not later than the 12th of June, and on the same date of each succeeding month. But for exceptional circumstances, lessons lost are NOT to be made-up. In any event, they may be made-up only within the current paid-up month.
4. A single lesson, lasting a little more than half an hour, costs \$10.00.
5. In the Academy the Fencing Master's authority is absolute. No one, under any circumstances, should even remotely presume to challenge or undermine it. The Fencing Master shall be addressed by everyone without exception as "Maestro", just as every fencing teacher of even the lowest professional status is so addressed in all of Europe.
6. In keeping with the most elementary rule of common courtesy, upon entering the Academy you are requested to greet, first, the Maestro. And you shall take your leave from him when you depart.
7. A Salle d'Armes is always noisy: do not make it noisier with useless talk. If you must talk, do so sotto voce. Except for calling the touches you receive from your opponents in combat — — AND THESE MUST BE CALLED—do NOT talk under the mask. Loud talk shall not be tolerated, let alone shouting and yelling under the mask. If you cannot control yourself, baseball bleachers are suggested. It shall be clearly understood that Fencing is the sport of gentlemen (of Fencing George Bernard Shaw mentioned, in a letter to me, "its unquestioned aristocracy"), and that the fencing strip has its own ethics — which are far more important than the competitive value of **any** fencer. Any offender of such ethics shall be called to order—repeatedly, if necessary. But if the recidivist is unable to mend his or her ways, he or she shall be temporarily suspended from the Academy; or even, in cases of grave offenses, such as want of respect towards the Fencing Master, expelled altogether. It is the Fencing Master's strict moral duty towards his artistic ancestors to see to it that centuries-old traditions are respected, honored, and enforced.

MAESTRO ALDO NADI

Maestro Aldo Nadi:

ARizona 7-4615
(at noon)

Winner of 53 Italian and International Championships.

12 times Amateur and Professional Champion of Italy in all weapons. Has defeated in individual matches, and by wide margins, 14 Champions of France, 6 Champions of Europe, and 4 Olympic Champions - - the title-holders of two generations, professional and amateur, in all weapons.

Winner of 3 gold and 1 silver Olympic medals.

"No one can defeat Aldo Nadi in the next twenty years", wrote Lucien Gaudin, many times Champion of France and twice Olympic Champion, in 1924. The prediction was correct.

"The most powerful fencer in the world"

—GEORGES BUCHARD, many times Champion of France, 3 times World Champion, 3 times Runner-up in Olympic games.

"... the phenomenon of fencing ... the 'living sword' proves himself as the one who is and will remain for many years the best fencer with the foil, the epee and the sabre".

—ROGER DUCRET, Fencing Editor, "LE FIGARO", Paris. Nine times Champion of France. Winner, in Foil, 1924 Olympics. Runner-up same Olympics in epee and sabre.

"The greatest fencer of modern times . . ."

—MENKE'S AMERICAN ENCYCLOPEDIA OF SPORTS

"One of the greatest swordsmen of all time."

—BRITANNICA (under his picture)

"... the greatest fencer who ever lived".

—THE NEW YORK HERALD TRIBUNE

"... the greatest swordsman who ever lived."

—TIME MAGAZINE

"... the greatest fencer in the world . . ."

—THE NEW YORKER

"... the most spectacular fencer in the world".

—FENCING EDITOR, "L'AUTO", PARIS

Author of "ON FENCING" (300 pp., Putnam's 1943, New York, exhausted), praised, in writing, by GEORGE BERNARD SHAW.

Teacher of National Champions, of the current Pacific Coast Champions (men and women), and of Lillian Gish, Jose' Ferrer, Errol Flynn, Rex Harrison, Tyrone Power, Cornel Wilde, etc.