



Frequently asked questions (FAQ)

Parafencing program

- **What is parafencing?**

Parafencing is an Olympic/Paralympic sport that offers competitive opportunities for men and women participants in three disciplines, Foil, Epee and Saber.
- **How does it work?**

Athletes with mobility impairments can compete in seated position on stationary chairs using arm speed and core flexibility to outmaneuver their opponents and score the touch points. Parafencers may train with fencers of all abilities while in seated position and learn to compete in fencing with others who have similar physical challenges.
- **Do you have to be a wheelchair user to participate?**

No. Although the fencing happens while you are seated in a fixed wheelchair, many parafencers are ambulatory. People meeting the criteria listed in the next question may participate.
- **What are the qualifying criteria?**

Parafencing is designated for people with a clinical diagnosis of impaired muscle power, involuntary writhing (athetosis), impaired passive range of movement, muscle over activity (hypertonia), limb deficiency, impaired coordination (ataxia), and leg length difference. The individual's degree of mobility varies.
- **Is there a cost involved?**

No. The Kern Athletic Fencing Foundation (KAFF) will cover costs, so the program is free to enrolled participants.
- **Are there any limitations for participants?**

Every candidate for the program will be evaluated to ensure they meet the safety criteria of the program. An outline of the minimum physical requirements for safety and participation is available on our website: www.KernAFF.org.
- **What is the schedule for classes?**

Classes and private lessons are set up to meet the participant's schedule.
- **Where are the classes held?**

Bakersfield Woman's Club located at 2030 18th Street 93301, and/or the KAFF Fencing studio located upstairs at the same building. Other venues may be added.
- **Is equipment provided?**

Yes, all the equipment is provided.

- **How do I get started?**

Call Liz Geyer, membership coordinator at KAFF (661)332-0250 to set up an appointment for a studio visit and free consultation.

- **Additional info can be found on www.KernAFF.org**