



Epee 2.5: The New Paradigm Revised and Augmented

By Johan Harmenberg

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Johan Harmenberg revolutionized epee fencing when he pioneered the New Fencing Paradigm that lets a fencer neutralize his opponent's superior technique. In this new, expanded edition of Epee 2.0, he hears comments from top competitors and gives his responses. The result is a book that covers the development of epee fencing from the 1970s to the present. Johan had given up on serious fencing because he thought he lacked the talent to fence classically. He left his native Sweden to pursue his education at MIT. Here he met Eric Sollee, an innovative coach. Together, they mapped out the "New Fencing Paradigm, scribbling Eric's Three Conjectures on a bar napkin. Johan put the New Paradigm into effect – with a vengeance. Despite being snubbed by the Swedish authorities for his new style, he won the World Championship in Men's Individual Epee in 1977 and the Olympic Gold Medal in 1980. In this groundbreaking book, Johan tells his inspiring story and reveals the theory behind his style. Also, Björne Vaggö, NCAA epee champion and Olympic Silver Medalist, explains his own take on the New Paradigm, Geoff Pingree, IFA epee champion, tells how the paradigm developed at MIT, In this new edition, new voices join the conversation: world and Olympic individual champions Arndt Schmitt (Germany) and Philippe Boisse (France) plus Swiss national coach and world team champion Angelo Mazzoni. They share their winning methods, their insights, and their comments on Johan's theories, and he replies to their comments. He has also added new chapters, including a scientific paper on a study that put his ideas to the test.

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Epee 2.5: The New Paradigm Revised and Augmented By Johan Harmenberg Bibliography

- Rank: #323087 in Books
- Brand: Harmenberg Johan
- Published on: 2014-10-26
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .52" w x 5.25" l, .53 pounds
- Binding: Paperback
- 228 pages

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Editorial Review

About the Author

Born in Stockholm in 1954, Johan Harmenberg took up fencing at the age of 11. As a freshman at MIT, he led his foil team to the Little Iron Man trophy and a 3rd place finish in the NCAA tournament, as well as an individual 3rd place finish. He won the World Championship in individual men's epee in 1977 (his Swedish team also took first place). In 1980, he won Olympic gold in individual men's epee and finished first overall in combined World Cup results. After this, he retired from the elite international scene. In 1982, he received his doctorate in Medical Science from Stockholm's Karolinska Institut and started a career as a physician specializing in antiviral and cancer research. He has over 100 publications and abstracts and has worked with clinical development at firms such as Roche, AstraZeneca, Pharmacia-Upjohn, and Medivir. In addition, he is on the management team for Swedish fencing, involved in training, team selection, tournament cadre, and as special advisors for talented junior fencers. He lives in Stockholm with his wife, Ulrika. They have two children. His son Karl captained the Harvard fencing team and captured silver medals in the Estonian (2011) and Swedish (2014) championships.

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