# Annual Report for Solution Riposte

# 2025-26

The fiscal year of 2026 represented the first year of the Solution Riposte program in Britain. We successfully started the first Solution Riposte class at the Edinburgh Fencing Club in June 2025 with the generous startup funds provided by Scottish Fencing to Edinburgh Fencing Club. The EFC program was able to increase the number of participants with a grant from the Post Code Lottery Fund to Edinburgh Fencing Club.

Daniel Baker of Scottish Fencing has supported the coach education efforts of Solution Riposte. Coach education materials were developed, and individual training sessions were delivered in Edinburgh, Glasgow, and Elgin. Coach education was also delivered at the coach education weekend in Perth. The Irish Fencing Federation heard about the success of Solution Riposte in Britain and invited Dr Brent Myers to Trinity College Dublin to train the Irish coaches. 22 British coaches and 8 Irish coaches have now been trained to deliver the Solution Riposte class.

Coaches at Glasgow, Elgin, and Perth expressed interest in starting Solution Riposte at their clubs. Scottish Fencing provided startup equipment. Bellahouston Fencing Club in Glasgow and Salle Ossian in Perth are ready to teach Solution Riposte classes. Elgin Duelist Club is expected to have a venue to deliver the class in the fall of 2026.

The Solution Riposte charity will endeavor to provide funds to support the growth of the three new Solution Riposte clubs. Solution Riposte will provide coach education to any fencing coach who wishes to start a fencing after breast cancer program. The charity will also assist individual clubs in grant applications to grow their Solution Riposte classes.

Brent M. Myers
President, Solution Riposte

# Testimonials from Solution Riposte Participants

I decided to come to my first Solution Riposte session, because I was very excited to learn how fencing could help my recovery after breast cancer.
I always wanted to try fencing, and when I found out about Dr Brent's class I joined immediately to see how it could help me with getting fit again with the added bonus of learning a new skill.

What I enjoy about the sessions is the sense of community that the ladies bring. The fact that everyone has been through a similar experience, which we can share with each other is comforting, and being able to learn a new skill with an excellent teacher is amazing.

The sessions have helped me physically to get stronger with the warm up exercises that we do, and also, using the arm where I had surgery, to actually fence has helped regain all the movement in that arm.

Mentally it has also helped, as I have been able to take out some of the frustration of the last 4 years of treatment in a safe and fun environment with people going through the same thing.

To anybody considering taking part in Solution Riposte, I would say don't think about, just do it! It is a safe, and fun environment where you can get fit, learn a new skill and connect with people in a similar situation.

Having a great teacher who is passionate about Solution Riposte is also a big bonus.
Thank you Dr Brent Myers for this program.
**Nazma**

Why did you decide to come to your first Solution Riposte session?
Because I needed to start some exercise class to help with my recovery from breast cancer.

What do you enjoy about the sessions?
I can improve my fitness and build on a skill in a sport that I enjoy. I can also speak to and meet others going through their breast cancer journey.

How have the sessions helped you physically or mentally?
Physically, my stamina and fitness has improved from when I started. Mentally, it gives me something to focus on and improves my mood.

What would you say to others considering taking part?
Try it, it's fun, helps with rehabilitation and the company gives you a barrel of laughs.
**Mandy**

Why did you decide to come to your first Solution Riposte session?
This programme was recommended by Maggie's. I was looking to get back to my martial arts training (kendo) but wasn't fully confident. I felt that by joining Solution Riposte session I would understand more about how to look after my body & carry on practicing kendo as well

What do you enjoy about the sessions?
There is no pressure of winning or losing, everyone is so welcoming, the coach is super patient and precise about the right technique.

How have the sessions helped you physically or mentally?
Yes, both. Very much.

What would you say to others considering taking part?
I would highly recommend others, as I never thought I would enjoy coming to every session so much. It's so lovely to enjoy fencing with others who have gone through breast cancer treatment and we understand everyone is different - I feel like there is no need to hesitate sharing our feelings.
**Yui**

1. I wanted to join the scheme to increase my exercise, also to work on coordination and balance, all in a supportive environment. I'd been intrigued by fencing in the past and wanted to give it a try, especially without the obligation to buy expensive equipment.
2. The class has met these expectations. I enjoy the exercise and social aspects, and the unexpected mental exercise of learning to work with my non-dominant hand!
3. Come and try!
**Jenny**