

## GRADE 1

### **Demonstrate: (with coach or partner)**

- 1) The Grip
- 2) The Salute
- 3) The On guard - Guards of Sixte & Quarte
- 4) Steps Forward and Backward
- 5) The Lunge - Hitting - Direct Attack
- 6) Simple Parry with Direct Riposte
- 7) Simple Parry with Direct first Counter-Riposte

### **Describe:**

- 1) How to use your foil safely
- 2) How to fence safely
- 3) The Target Area
- 4) The Principles of Fencing with the foil
- 5) Fencing Etiquette

## GRADE 2

### **Demonstrate: (with coach or partner) - While following your partner's steps forward and backward**

- 1) Maintain fencing line
- 2) Maintain correct distances for hitting with - Riposte - Lunge - Step forward lunge
- 3) Maintain lunging distance and make a direct Attack with a lunge each time your partner pauses

### **From a stationary position:**

- 4) Guards of Septime and Octave
- 5) Engagements in Sixte, Quarte, Septime and Octave - Changes of Engagements - Pressures
- 6) Disengage Attack with a lunge on partner's pressure from
  - a, Engagement in Sixte
  - b, Engagement in Quarte
- 7) Circular Parry of -
  - a, Sixte with Direct Riposte
  - b, Quarte with Direct Riposte

### **Describe:**

- 1) Courteous and respectful behaviour and fencers "Pledges of Honour" (cf. t.114, t.116, t.120)
- 2) Parts of the Foil
- 3) Dimensions of the Piste

## GRADE 3

### **Demonstrate: (with coach or partner) -While following your partner's steps forward and backward:**

- 1) Maintain engagements in Sixte, Quarte, Septime & Octave
- 2) Disengage Attack with a lunge from Sixte each time your partner pauses and attempts to engage blades in:-
  - a, Sixte from a low line guard
  - b, Quarte from a low line guard

### **From a stationary position:**

3) Two types of lunge:

*a, accelerating*

*b, explosive*

4) Balestra - Balestra step forward - Balestra lunge

5) Beats and change Beats in Sixte, Quarte, Septime & Octave

5) Semi-circular Parries with Direct Ripostes

7) A One-two Attack with an accelerating lunge when your partner attempts to:-

*a, Engage blades in quarte then parries into Sixte*

*b, Engage blades in Sixte then parries into Quarte*

**Describe:**

1) Simple Attacks and Ripostes, and name three types of Parries

2) Difference between Simple and Compound actions

3) Duties of Referee and Judges

4) Timekeeping during competitions

5) Rules regarding the boundaries of the Piste

## **GRADE 4**

**Demonstrate: (with coach or partner) -While following your partner's steps forward and backward:**

1) Continuously change engagements in high line and low line guards

2) Maintain lunging distance with blades engaged and when your partner pauses, attack by One-two with a lunge

3) When your partner attacks with a lunge, Parry with:

*a, Circular Parry of Sixte with Direct and Indirect Ripostes*

*b, Circular Parry of Quarte with Direct and Indirect Ripostes*

4) Maintain lunging distance and when your partner pauses and lowers his/her foil point, make a feint Direct and

Disengage with a lunge, when your partner:

*a, Parries into Sixte*

*b, Parries into Quarte*

**From a stationary position:**

5) Double, Low-High and High-Low compound attacks, with an accelerating lunge

6) Direct and Disengage attacks with Beats and Change-beats, with an explosive lunge

7) Successive Parries

**Describe:**

1) Scoring on a pool sheet; first and second indicators

2) *a, Electric foil recording apparatus*

*b, Fencers electrical equipment*

*c, Testing the equipment before the start of a fight*

*d, A foil test weight and how it is used*

3) The correct responses of a judge, and demonstrate your ability to judge in a pool

## **GRADE 5**

**Demonstrate:(with coach or partner).While following your partner's steps forward and backward:**

1) Maintain step-lunge distance and on one of your partner's steps forward, attack with:

*a, Beat Direct with an explosive lunge*

*b, Beat Disengage with an explosive lunge*

2) As your partner attacks with a lunge, step back to avoid the attack and attack with a step lunge as your partner returns guard

3) Parry your partner's attack with a Circular Parry of Sixte and hit with a Disengage Riposte - if your Circular Parry is deceived, then Parry Quarte with a Direct Riposte

**From a Stationary Position:**

4) Engage your partner's blade in:

*a, Sixte, and attack with Coule direct and Coule Disengage and accelerating lunge*

*b, Quarte, and attack with Coule Direct and Coule Disengage and accelerating lunge*

5) Diagonal Parries

6) Direct Attack, with Fleche

7) Engage your partner's blade in Sixte, Quarte, Octave and Septime, with a step forward

**Describe:**

1) Successive Parries and the reasons for them

2) Rules and penalties regarding:

*a, Illegal use of back arm*

*b, Corps a corps*

*c, Turning*

*d, Hard hitting and dangerous fencing*

3) Faults in the foil electrical recording apparatus when fencers are correctly connected and when:

*a, One fencers is hit correctly on target and white light appears*

*b, A white light continually flashes on one side*