

## Achievement Awards for children U12



### Foil syllabus grades 1-6

1<sup>st</sup> Grade – green star

2<sup>nd</sup> Grade – green star

3<sup>rd</sup> Grade – **Green Foil badge**

4<sup>th</sup> Grade – purple star

5<sup>th</sup> Grade – purple star

6<sup>th</sup> Grade – **Purple Foil badge**

### Grade 1

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

- Maintain the lunge distance for hitting to body and make a direct Attack with a lunge each time your partner pauses
- Maintain the lunge distance for hitting to body with a Lunge - Beat each time your partner pauses (in Quatre/ Sixte)

**From a stationary position:**

- The On-Guard position
- The Grip
- The Salute
- On-Guard in Sixte/ Quarte
- Stepping forwards and backwards
- The Lunge – Hitting – Direct Attack and Recovery

**Describe:**

- The Target area
- Explain the safety of fencing
- Explain the meaning the `right of way` or rules of priority in foil fencing

## Grade 2

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

- Maintain the lunge distance and hit to body with a Lunge-Disengage each time your partner pauses and pressures on the blade
- Maintain correct distance with coach make Simple Parry Quarte/Sixte direct Riposte
- Maintain correct distance with coach - Simple Parry Quarte/ Sixte with direct Riposte by Lunge

**From a stationary position:**

- Disengage Attack with a lunge on partner's pressure from:
  - Engagement in Sixte
  - Engagement in Quarte
- Hit to body with Ballestra
- Hit to body with a Lunge-Disengage
- Hit to body with a Beat- Lunge (in Sixte/ in Quatre)

**Describe:**

- Name the parts of the foil
- Fencing etiquette
- Dimensions of the Piste

## Grade 3– Green Foil

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

- Maintain engagements in Sixte, Quarte, Septime & Octave
- Maintain correct distance with coach – Simple Parry Septime/ Octave direct Riposte
- Maintain correct distance with coach – Simple Parry Septime/ Octave direct Riposte by Lunge
- Maintain correct distance with coach – Simple Parry Quarte/Sixte Riposte by Disengage
- Maintain correct distance with coach - Simple Parry Quarte/ Sixte with Riposte by Lunge-Disengage

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

- Circular Parry of:
  - Sixte with Direct Riposte
  - Quarte with Direct Riposte
- Beats and in Sixte, Quarte, Septime & Octave

## **Grade 4**

**Demonstrate:** - While following your partner's steps forward and backward:

- Maintain lunging distance and when coach pauses attack by One-Two with a Lunge
- Maintain lunging distance and when coach pauses attack by Step forward Lunge - Disengage
- Maintain lunging distance and when coach pauses attack by Step forward Beat - Lunge - Disengage

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

- A One-Two
- A One-Two attack with a Lunge
- Direct and Disengage attacks with Beat
- Press Sixte
- Press Quarte
- Press Sixte/Quarte with step forward changing engagements
- Press Sixte/Quatre – Hit straight

## **Grade 5**

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

- Maintain the correct distance with coach, Press Sixte/ Quarte - Lunge
- Maintain the correct distance with coach, Press Sixte/ Quarte – Lunge by Disengage
- Maintain step-lunge distance and when your partner pauses, attack with feint direct with Balestra
- When your partner attacks into the low line, Parry Octave and Riposte into the high line
- As your partner attacks with a lunge, step back to avoid the attack and attack with a step lunge as your partner returns guard

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

- Press Sixte/Quarte – Disengage
- Press Septime/Octave
- Press Septime/Octave – Direct hit
- Diagonal Parries

**Describe:**

- Duties of Referee
- Timekeeping during competitions
- Two types of lunge:
  - Accelerating
  - Explosive

## Grade 6 – Purple Foil

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

- Maintain the correct distance with coach, Circular Parry of Quarte/Sixte with Direct Riposte
- Maintain the correct distance with coach, Circular Parry of Quarte /Sixte with Direct Riposte by Lunge
- Maintain step-lunge distance and Disengage Attack with an explosive lunge as your partner steps forward to engage your blade in Sixte and in Quarte
- Maintain step-lunge distance and as your partner begins a step forward, Beat attack direct, with a Fleche

**From a stationary position:**

- Circular Parry of:
  - Sixte with Direct Riposte
  - Sixte with Riposte by Disengage
  - Quarte with Direct Riposte
  - Quarte with Riposte by Disengage
- Remise
- Counter-ripostes (Quarte/Sixte)

**Describe:**

- What fencing weapons do you know?
- Which fencing weapon does not have an off-target area?