

Achievement Awards 12+

Foil syllabus grades 1-9

Grade 1



Demonstrate:

- The On-Guard position
- The Grip
- The Salute
- On-Guard in Sixte
- On-Guard in 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 “priority” in foil fencing
- Fencing manners

Grade 2

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

- Maintain fencing line
- Maintain the correct distances with coach for hitting with
 - Riposte
 - Lunge
 - Step forward lunge
- Maintain lunging distance and make a direct Attack with a lunge each time your partner pauses
- Maintain the lunge distance and hit to body with a Lunge-Disengage each time your partner pauses and pressures on the blade

From a stationary position:

- Guards of Septime and Octave
- Engagements in Sixte, Quarte, Septime and Octave
 - Changes of Engagements
 - Pressures
- Disengage Attack with a lunge on partner's attempt to engage the blade:
 - Engagement in Sixte
 - Engagement in Quarte

- Circular Parry of:
 - Sixte with Direct Riposte
 - Quarte with Direct Riposte

Describe:

- Name the parts of the foil
- Dimensions of the Piste
- Timing of bouts, pool and DE

Grade 3 - Foil-Bronze

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

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

From a stationary position:

- Two types of lunge:
 - Accelerating
 - Explosive
- Ballestra
- Beats and hit to the body in Sixte, Quarte, Septime & Octave
- Semi-circular Parries with Direct Ripostes
- A One-two Attack with an accelerating lunge when your partner attempts to:
 - Engage blades in quarte then parries into Sixte
 - Engage blades in Sixte then parries into Quarte

Describe:

- Simple Attacks and Ripostes
- Difference between Simple and Compound actions
- Duties of Referee and Judges
- Timekeeping during competitions
- Rules regarding the boundaries of the Piste

Grade 4

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

- Continuously change engagements in high line and low line guards
- Maintain lunging distance with blades engaged and when your partner pauses, attack by

One-two with a lunge

- When your partner attacks with a lunge, Parry with:
 - Circular Parry of Sixte with Direct and Indirect Ripostes
 - Circular Parry of Quarte with Direct and Indirect Ripostes
- Maintain lunging distance and when your partner pauses and lowers his foil point, make a feint Direct and Disengage with a lunge, when your partner:
 - Parries into Sixte
 - Parries into Quarte

From a stationary position:

- Compound attacks, with an accelerating lunge
- Direct and Disengage attacks with Beats and Change-beats, with an explosive lunge
- Successive Parries in high line and low line

Describe:

- Scoring on a pool sheet; first and second indicators
- Electric foil/epee recording apparatus
- Fencers electrical equipment
- Testing the equipment before the start of a fight

Grade 5

Demonstrate: with coach while following your partner's steps forward and backward:

- Maintain step-lunge distance and on one of your partner's steps forward, attack with:
 - Beat Direct with an explosive lunge
 - Beat Disengage with an explosive lunge
- As your partner attacks with a lunge, step back to avoid the attack and attack with a step lunge as your partner returns to enguard position.
- 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
- Maintain lunging distance and at the start of your partner's attack or step forward preparation:
 - Beat Parry into Quarte with a Direct Riposte
 - Beat Parry into Septime with a Direct Riposte
- Maintain step-lunge distance and as your partner pauses and attempts to engage blades in Quarte and then Parries Sixte, attack by One-two with a step lunge

From a Stationary Position:

- Diagonal Parries (explain and execute)
- Direct Attack with Fleche
- Engage your partner's blade in Sixte, Quarte, Octave and Septime, with a step forward
- Remise
- Redoublement
- Reprise

Describe:

- Rules and penalties regarding:
 - Illegal use of back arm
 - Corps a corps
 - Turning
 - Hard hitting and dangerous fencing
- Faults in the foil electrical recording apparatus when fencers are correctly connected and when:
 - One fencer is hit correctly on target and white light appears
 - A white light continually flashes on one side

Grade 6 – Silver Foil

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

- Maintain step-lunge distance and when your partner pauses, engage blades with a step forward in:
 - Sixte, and attack with Double and an accelerating lunge
 - Quarte, and attack with Double and an accelerating lunge
- Maintain step-lunge distance and as your partner begins a step forward make Beat attack direct with a Fleche.
- 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.
- When your partner attacks into the low line, Parry Octave and Riposte into the high line
 - if your Riposte is parried, then Parry into Quarte and hit with a Direct second Counter-riposte.

From a stationary position:

- Cutover Attacks with a lunge, on partner's pressure from Sixte, Quarte, Septime and Octave
- Compound Ripostes and Counter-ripostes
- Counter-attacks in Sixte, Quarte and Octave with a step forward

Describe:

- Preparatory actions and their tactical use
- Counter offensive actions
- Fencing time
- What is meant by 'taking the initiative' and why is this important in a fight?
- Reasons for calling "halt"

Grade 7

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

- Maintain step-lunge distance and attack direct with lunge as your partner steps forward or, if your partner attacks on your step forward, Parry Quarte with a Direct Riposte
- Maintain step-lunge distance and when your partner pauses, attack with feint direct with Balestra
- Maintain lunging distance and at the start of your partner's attack or step forward preparation:
 - Beat Parry into Quarte with a Direct Riposte
 - Beat Parry into Septime with a Direct Riposte
- Maintain step-lunge distance and as your partner pauses and attempts to engage blades in Quarte and then Parries Sixte, attack by One-two with a step lunge

From a stationary position:

- Parries ending in guards of Prime, Seconde
- Remise, Redoublement, Reprise
- Maintaining line, Simple and Compound Derobements

Describe:

- Second-intention actions
- Referee hand signals
- Rules of the piste, side & rear lines. Crossing the limits of the piste.
- Bringing the fencers "On-Guard", which is correct distance between fencers

Grade 8

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

- Maintain step-lunge distance and choose the moment to attack your partner using a mixture of lunges and step-lunges:
 - Taking the blade into Quarte and direct attack
 - Taking the blade into Sixte and disengage attack
 - Feint direct and attack with one-two
- At lunging distance, maintain line and:
 - Hit with Simple Derobement as your partner steps forward and attempts to engage blades in Sixte or Quarte
 - Hit with Compound Derobement as your partner steps forward and attempts to engage blades and parries in Sixte or Quarte

From a stationary position:

- From step-lunge distance and low hand position, make a feint with a step forward and:
 - Attack direct if your partner does not react
 - Attack by disengage if your partner takes a parry of Quarte or Circular Sixte
- Bind
- Envelopment

Describe:

- Your understanding of distance, timing and speed in fencing
- Counter-Time
- Opposition Parries
- Contact with the conductive piste is allowed or forbidden at foil and épée?
- Elimination from the competition

Grade 9 – Gold Foil

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

- Maintain step-lunge distance and when your partner pauses, engage your partner's blade into Quarte with step forward and:
 - attack by Coule direct with a lunge if your partner does not react
 - Attack by Disengage if your partner changes the engagement or closes the line
 - Attack by Croise if your partner deceives your attempt to engage with an extended sword arm
- Maintain lunging distance and when your partner attacks, parry Prime with a step forward and riposte at close quarters

- Maintain step-lunge distance and on one of your partner's steps forward, attack with a Beat direct and:
 - Hit if your partner fails to parry
 - Remise if your partner parries and steps forward with an indirect feint
 - Reprise Disengage with Fleche if your partner parries with a step back and delays the riposte

From a stationary position:

- At lunging distance, attack with feint direct and disengage with various sizes of lunges (short medium and long) depending on whether your partner parries Prime with a step forward, standing still or a step backward
- From step-lunge distance, engage your partner's blade in Sixte with a step forward and:
 - Attack by Cutover if your partner does not react
 - Parry Quarte and direct riposte if your partner attacks into your high line with a lunge
 - Attack by Beat direct lunge if your partner deceives your blade with an extended sword arm.

Describe:

- Explain what does it mean "Non-combativity"
- What happens if the fencer got injury or cramp during competitions
- Offences & penalties. Yellow, red & black cards. Discipline on the piste.

Demonstrate your ability to:

- Give your partner a short "warm-up" lesson with mobility, involving direct and indirect attacks, single parries and direct ripostes and counter-ripostes