

## Achievement Awards (U12)



### Foil Syllabus – Grades 1–6

Grade	Award
Grade 1	- Green Star
Grade 2	- Green Star
Grade 3	- Green Foil Badge
Grade 4	- Purple Star
Grade 5	- Purple Star
Grade 6	- Purple Foil Badge

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### Grade 1 – Green Star

#### Demonstrate (Moving)

While following the coach's forward and backward movement:

- Maintain correct lunge distance and perform a direct attack with a lunge whenever the coach pauses.
- Maintain correct lunge distance and perform a beat attack with a lunge (from Sixte or Quarte) whenever the coach pauses.

#### Demonstrate (Stationary)

- Correct on-guard position.
- Correct grip.
- Salute.
- On-guard in Sixte and Quarte.
- Advance and retreat.
- Lunge, hit and recover.
- Direct attack with a lunge.

#### Knowledge & Understanding

Explain:

- The valid target area in foil.
- Basic fencing safety rules.
- The concept of right of way (priority).

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## Grade 2 – Green Star

### Demonstrate (Moving)

While following the coach's forward and backward movement:

- Maintain correct distance and perform a lunge-disengage attack when blade pressure is applied.
- Simple Parry Quarte with direct riposte.
- Simple Parry Sixte with direct riposte.
- Parry Quarte/Sixte with riposte by lunge.

### Demonstrate (Stationary)

- Disengage attack with a lunge from:
  - Engagement in Sixte.
  - Engagement in Quarte.
- Ballestra hit.
- Lunge-disengage attack.
- Beat-lunge attack from Sixte.
- Beat-lunge attack from Quarte.

### Knowledge & Understanding

Identify:

- Parts of the foil.
- Basic fencing etiquette and sportsmanship.
- Dimensions of the piste.

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## Grade 3 – Green Foil Badge

### Demonstrate (Moving)

While following the coach's forward and backward movement:

- Maintain engagements in Sixte, Quarte, Septime and Octave.
- Simple Parry Septime with direct riposte.
- Simple Parry Octave with direct riposte.
- Parry Quarte/Sixte with riposte by disengage.
- Parry Quarte/Sixte with riposte by lunge-disengage.

## **Demonstrate (Stationary)**

- Circular Parry Sixte with direct riposte.
- Circular Parry Quarte with direct riposte.
- Beat attacks from:
  - Sixte
  - Quarte
  - Septime
  - Octave

## **Knowledge & Understanding**

Explain:

- The responsibilities of the referee.
  - Reasons for calling "Halt".
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## **Grade 4 – Purple Star**

### **Demonstrate (Moving)**

While following the coach's forward and backward movement:

- Maintain lunge distance and perform a one-two attack with a lunge when the coach pauses.
- Maintain lunge distance and perform a step-lunge disengage attack.
- Maintain lunge distance and perform a step-beat-lunge-disengage attack.

### **Demonstrate (Stationary)**

- One-two attack.
- One-two attack with a lunge.
- Beat-direct attack.
- Beat-disengage attack.
- Press in Sixte.
- Press in Quarte.
- Step forward while changing engagements from Sixte to Quarte.
- Press Sixte/Quarte with a direct hit.

## **Knowledge & Understanding**

Explain:

- Equipment testing before a bout.

- Correct fencing distance at the start of a bout.
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## Grade 5 – Purple Star

### Demonstrate (Moving)

While following the coach's forward and backward movement:

- Press Sixte/Quarte followed by a lunge.
- Press Sixte/Quarte followed by disengage-lunge.
- Feint direct attack with a ballestra.
- Parry Octave and riposte to the high line against a low-line attack.
- Avoid a lunge by stepping back and immediately counter-attacking with a step-lunge as the opponent recovers.

### Demonstrate (Stationary)

- Press Sixte/Quarte with disengage.
- Press Septime/Octave.
- Press Septime/Octave with direct hit.
- Diagonal parries.

### Knowledge & Understanding

Explain:

- Duties of the referee.
  - Timekeeping during competitions.
  - Two types of lunge:
    - Accelerating lunge.
    - Explosive lunge.
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## Grade 6 – Purple Foil Badge

### Demonstrate (Moving)

While following the coach's forward and backward movement:

- Circular Parry Quarte/Sixte with direct riposte.
- Circular Parry Quarte/Sixte with riposte by lunge.
- Disengage attack with an explosive lunge as the opponent attempts an engagement in Sixte or Quarte.

- Beat attack with a fleche as the opponent begins to advance.

## **Demonstrate (Stationary)**

- Circular Parry Sixte with direct riposte.
- Circular Parry Sixte with riposte by disengage.
- Circular Parry Quarte with direct riposte.
- Circular Parry Quarte with riposte by disengage.
- Remise.
- Counter-riposte from Quarte.
- Counter-riposte from Sixte.

## **Knowledge & Understanding**

Answer:

- What are the three fencing weapons?
  - Which weapon does not have an off-target area?
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