

Achievement Awards 12+

Foil syllabus grades 1-9

Grade 1

Demonstrate

- The en garde position
- Correct grip
- Salute
- En garde in Sixte
- En garde in Quarte
- Advancing and retreating
- Lunge, direct hit, and recovery

Explain

- The valid target area
 - Basic fencing safety rules
 - The meaning of "right of way" (priority) in foil
 - Proper fencing etiquette and sportsmanship
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Grade 2

Demonstrate

While following your partner's movement forwards and backwards

- Maintain correct fencing line
- Maintain the correct distance for:
 - Riposte
 - Lunge
 - Step-lunge
- Execute a direct lunge attack whenever your partner pauses
- Execute a disengage lunge attack whenever your partner pauses and applies pressure to your blade

From a stationary position

- Guards of Septime and Octave
- Engagements in Sixte, Quarte, Septime, and Octave
- Changes of engagement
- Pressure on the blade
- Disengage attack with a lunge against an attempted engagement in:
 - Sixte
 - Quarte
- Circular parry:
 - Sixte with direct riposte
 - Quarte with direct riposte

Explain

- The parts of the foil
 - Dimensions of the piste
 - Bout timings for pools and direct elimination
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Grade 3 – Bronze Foil

Demonstrate

While following your partner's movement

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

From a stationary position

- Two types of lunge:
 - Accelerating
 - Explosive
- Balestra
- Beat and hit to the body in Sixte, Quarte, Septime, and Octave
- Semi-circular parries with direct ripostes
- One-two attack with an accelerating lunge when your partner:
 - Engages in Quarte, then parries Sixte
 - Engages in Sixte, then parries Quarte

Explain

- Simple attacks and ripostes
 - The difference between simple and compound actions
 - Duties of the referee and judges
 - Competition timekeeping
 - Piste boundary rules
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Grade 4

Demonstrate

While following your partner's movement

- Continuously change engagements between high and low lines
- Maintain lunging distance and execute a one-two attack with a lunge when your partner pauses
- When your partner attacks with a lunge, parry using:
 - Circular Sixte with direct and indirect ripostes
 - Circular Quarte with direct and indirect ripostes

- From lunging distance, execute a feint direct followed by a disengage lunge when your partner:
 - Parries Sixte
 - Parries Quarte

From a stationary position

- Compound attacks with an accelerating lunge
- Beat and change-beat attacks, both direct and disengage, with an explosive lunge
- Successive parries in both high and low lines

Explain

- How to score a pool sheet, including first and second indicators
- Electric foil and épée scoring apparatus
- Fencers' electrical equipment
- Equipment testing before a bout

Grade 5

Demonstrate

While following your partner's movement

- Maintain step-lunge distance and, on one of your partner's advances, attack with:
 - Beat direct with an explosive lunge
 - Beat disengage with an explosive lunge
- Evade your partner's lunge with a retreat, then immediately counterattack with a step-lunge as they recover
- Parry with circular Sixte and riposte with disengage
 - If the circular parry is deceived, parry Quarte and riposte direct
- At the start of your partner's attack or preparation:
 - Beat parry Quarte with direct riposte
 - Beat parry Septime with direct riposte
- When your partner attempts to engage in Quarte and then parries Sixte, execute a one-two step-lunge

From a stationary position

- Diagonal parries (explain and demonstrate)
- Direct attack with fleche
- Advance while engaging in Sixte, Quarte, Octave, and Septime
- Remise
- Redoublement
- Reprise

Explain

- Rules and penalties concerning:
 - Incorrect use of the non-sword arm
 - Corps-à-corps
 - Turning

- Hard hitting and dangerous fencing
 - Electrical apparatus faults, including:
 - A valid hit producing a white light
 - A continuously flashing white light
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Grade 6 – Silver Foil

Demonstrate

While following your partner's movement

- Maintain step-lunge distance and, when your partner pauses, engage with a step forward in:
 - Sixte, then attack with a double disengage and accelerating lunge
 - Quarte, then attack with a double disengage and accelerating lunge
- Execute a direct beat fleche as your partner begins to advance
- Execute a disengage attack with an explosive lunge as your partner attempts to engage in Sixte or Quarte
- When attacked in low line:
 - Parry Octave
 - Riposte to high line
 - If parried, parry Quarte and deliver a direct second counter-riposte

From a stationary position

- Cutover attacks with a lunge from pressure in Sixte, Quarte, Septime, and Octave
- Compound ripostes and counter-ripostes
- Counter-attacks in Sixte, Quarte, and Octave with a step forward

Explain

- Preparatory actions and their tactical use
 - Counter-offensive actions
 - Fencing time
 - Taking the initiative and its importance
 - Reasons for a referee to call "Halt"
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Grade 7

Demonstrate

While following your partner's movement

- Maintain step-lunge distance and:
 - Attack with a direct lunge as your partner advances
 - If your partner attacks during your advance, parry Quarte and riposte direct
- Attack with a feint direct using a balestra when your partner pauses
- At the start of your partner's attack or preparation:
 - Beat parry Quarte with direct riposte

- Beat parry Septime with direct riposte
- When your partner engages in Quarte and then parries Sixte, execute a one-two step-lunge

From a stationary position

- Parries finishing in Prime and Seconde
- Remise, redoublement, and reprise
- Maintain line
- Simple and compound derobements

Explain

- Second-intention actions
- Referee hand signals
- Piste rules, including side and rear boundaries
- Correct en garde distance

Grade 8

Demonstrate

While following your partner's movement

- Maintain step-lunge distance and choose the correct moment to attack using a variety of lunges and step-lunges:
 - Take the blade in Quarte and attack direct
 - Take the blade in Sixte and attack by disengage
 - Feint direct and finish with a one-two
- At lunging distance, maintain line and:
 - Execute a simple derobement against an attempted engagement in Sixte or Quarte
 - Execute a compound derobement against an attempted engagement followed by a parry

From a stationary position

- From step-lunge distance and low hand position, feint with a step forward and:
 - Attack direct if your partner does not react
 - Disengage if your partner parries Quarte or circular Sixte
- Bind
- Envelopment

Explain

- Distance, timing, and speed
- Counter-time
- Opposition parries
- Contact with the conductive piste in foil and épée
- Elimination from competition

Grade 9 – Gold Foil

Demonstrate

While following your partner's movement

- Maintain step-lunge distance and, when your partner pauses, engage in Quarte with a step forward, then:
 - Execute a coul e direct lunge if your partner does not react
 - Disengage if your partner changes engagement or closes the line
 - Execute a crois e if your partner avoids your engagement with an extended arm
- At lunging distance, when your partner attacks:
 - Parry Prime with a step forward
 - Riposte at close quarters
- On one of your partner's advances, execute a beat direct and:
 - Finish if no parry is made
 - Remise if your partner parries and advances with an indirect feint
 - Reprise disengage with fleche if your partner parries with a retreat and delays the riposte

From a stationary position

- At lunging distance, execute feint direct-disengage with short, medium, and long lunges, according to whether your partner parries Prime while:
 - Advancing
 - Stationary
 - Retreating
- From step-lunge distance, engage in Sixte with a step forward, then:
 - Cutover if your partner does not react
 - Parry Quarte and riposte direct if your partner attacks high line
 - Beat direct lunge if your partner deceives your blade with an extended arm

Explain

- Non-combativity
- Procedures for injury or cramp during competition
- Offences and penalties: yellow, red, and black cards
- Discipline and conduct on the piste

Coaching Demonstration

- Deliver a short warm-up lesson to a partner, including:
 - Mobility exercises
 - Direct and indirect attacks
 - Single parries
 - Direct ripostes
 - Counter-ripostes