

Beginners Foil

Name: _____



Tested

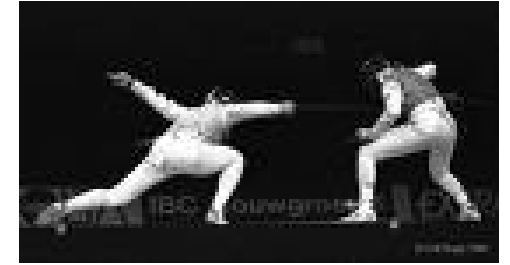
Things to Practice	Dates Practiced							
On Guard								
Foot Work-Forward and back keeping the same distance between your feet. Keeping your feet in the correct position, and your body upright not leaning forward								
To be able to do a correct lunge, with body upright and back foot on the ground.								
To be able to recover from the lunge position both forward and back.								
To be able to do a crossover forward and backwards								
To be able to do a Fleche and Balestra, and know when it is appropriate to use this footwork.								
How to hold the weapon correctly.								
<u>Five Basic Attacks</u>								
1. Straight thrust.								
2. Cutover								
3. Disengagement								
4. Counter-disengagement								
5. Glide								
<u>Four parries</u>								
1. Sixte								
2. Quarte								
3. Octave, hand in supination (Pistol grip: Seconde, hand in pronation)								
4. Septime, hand in supination (Pistol grip: Quinte, hand in pronation)								

Be proficient in sixte and quarte								
Be able to do a simple parry and riposte sequence using the five basic attacks and sixte and quarte.								

Summary test:

Intermediate Foil

Name: _____



Tested

Things to Practice

Dates Practiced

Be proficient in all four parries.									
Be able to attack in a variety of compound attacks in high line. Practicing first at straight thrust distance, then at lunge distance, then on the move.									
1. Do a simple beat attack									
2. Do a beat attack with disengagement									
3. Do a beat attack with counter disengagement.									
4. Do a feint with disengagement.									
5. Do a feint with counter disengagement.									
6. Do a beat, feint attack with counter disengagement.									
7. Do a cutover, feint with disengagement.									
8. Do a cutover, feint with counter disengagement.									
Be able to do a circular sixte parry.									
Know the basic rules and terminology of fencing. Purchase "Foil Technique and Terminology" by Jean Jaques Gillet published by the United States Fencing Coaches Association. Can be ordered from the coach.									

Summary Test: This will included using the attacks as ripostes.

Advanced Foil

Name: _____



Tested

Things to Practice

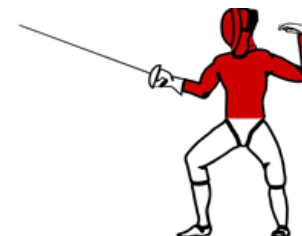
Dates Practiced

Use the attacks 1 to 8 in the intermediate stage in high line and low line.								
So beat attack would not just be a beat starting from quarte to sixte, when your opponent is on guard in sixte, but also disengaging and beating his blade from sixte to quarte.								
Be able to feint in each line, to be able to feint in high line and attack in low line, and feint in low line and attack in high line.								
Be able write out a sequence of attack, parry and riposte and practice it until perfection.								
Learn the parry of prime.								

Summery test:

Sabre

Name: _____



Tested

Things to Practice	Dates Practiced							Tested
Basic on guard and foot work. (NO Fleche)								
The line								
Simple attacks: direct cut (head); indirect cuts (belly, flank)								
Indirect means: An action directed into a line other than the original.								
Parries Tierce, Quarte, Quinte and circular Tierce								
Beat attack to forearm and body, both by direct cut and indirect cut								
Ripostes, both direct and indirect.								
Feint cut.								
Pris-de-fer attack: A "taking" of the opponent's blade in an offensive or counter-offensive action.								
1. The Bind. A taking of the opponent's blade executed by engaging the blade and moving it diagonally to the opposite quadrant of the target (i.e. from the inside high line to the outside low line, or the outside high line to the inside low line, etc)								
2. The Croise. A taking of the opponent's blade made by engaging the blade and moving it								

vertically to the opposite line.									
3. The Opposition. A taking of the opponent's blade, wherein the fencer deviates the opponent's blade by keeping contact with it and pushing it aside (covering).									
4. The Envelopment. A taking of the blade formed by engaging the opponent's foible with one's forte and executing a circular movement of the forte, bringing the opponent blade back to the starting engagement.									
Stop cut, both direct and indirect.									
Counter-time: An action made against an opponent's stop thrust or cut.									
Second-intention parry-riposte. An action made with a preconceived trap in mind, such as a false attack intend to draw the riposte.									

Summary Test:

Remise: The act of making a simple and immediate offensive action following the original attack, in the same line, without withdrawing the arm, after the opponent has parried or retreated, when the latter has quitted contact with the blade without riposting or has made a riposte which is delayed, indirect or composed.								
Redoublement: A new action, either simple or compound, made on an opponent who has parried without riposting or has merely avoid the first attack by retreating or displacing the target.								
Counter-time: An action made against an opponent's stop thrust.								
Second intention parry riposte.								
Pris-de-fer attack: A "taking" of the opponent's blade in an offensive or counter-offensive action. 1. The Bind. A taking of the opponent's blade executed by engaging the blade and moving it diagonally to the opposite quadrant of the target (i.e. from the inside high line to the outside low line, or the outside high line to the inside low line, etc)								
2. The Croise. A taking of the opponent's blade made by engaging the blade and moving it vertically to the opposite line.								
3. The Opposition. A taking of the opponent's blade, wherein the fencer deviates the opponent's blade by keeping contact with it and pushing it aside (covering).								
4. The Envelopment. A taking of the blade formed by engaging the opponent's foible with one's forte and executing a circular movement of the forte, bringing the opponent blade back to the starting engagement.								

Summary Test: