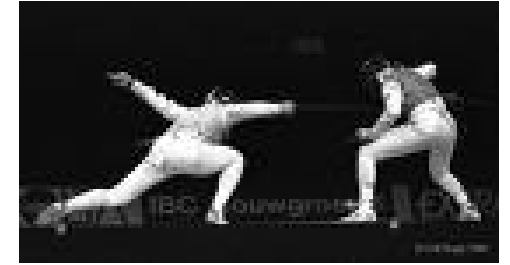


## Intermediate Foil

Name: \_\_\_\_\_



### Things to Practice

Dates Practiced

Tested

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.