



**What weapons can be assessed?**

*Foil, Sabre and Epee*

**How many levels are there?**

*3 – Bronze, Silver and Gold*

**What do you have to do?**

*Pass both the practical and theory sections of the level being studied*

**Do I have to start at the Bronze level?**

*No – you can miss a level, see your fencing master/coach for advice*

**What do you get when you pass?**

A certificate and a metal lapel badge.

Ask your fencing master/coach to see the certificate, lapel badge and cloth badge

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**The British Academy of Fencing**



**EPEE PROFICIENCY AWARDS**

This syllabus belongs to:

Name .....

Master/Coach.....

Club/School .....

Address.....

.....

.....

The fencing master/coach should tick each box and sign below when the fencer has achieved the required standard for the award being assessed.

Date Completed .....BRONZE

Date Completed .....SILVER

Date Completed .....GOLD

Fencing Master/Coach .....

Signature .....

When you have completed one level, you should ask your fencing master/coach to start the next level or, alternatively, introduce you to another weapon

**For Further Details**

Email: [awards@baf-fencing.org](mailto:awards@baf-fencing.org)

Web: [www.baf-fencing.org](http://www.baf-fencing.org)

## EPEE - BRONZE

### Practical

#### *The On-Guard Position*

- Stance
- On-guard in sixte
- On-guard in quarte
- On-guard in octave
- Stepping forwards and backwards

#### *The Hit executed as:*

- a riposte
- an attack using a:
  - step
  - lunge
  - step-lunge

#### *Simple Attacks*

- Straight Thrust (direct attack)
- Disengage
- Counter-disengage

#### *Single Parries*

- Lateral parry of quarte from sixte
- Semi-circular parry - sixte to octave and vice versa
- Circular parry of sixte

#### *Continuity Hitting*

- parry, riposte, redouble, redouble
- simple attack, redouble, redouble

### Theory

- Name the parts of the épée
- Define the target area
- Explain what constitutes a double hit
- Explain/define the following movements:*
  - an attack
  - a riposte
- Explain the safety requirements for:*
  - a mask
  - a jacket
  - an under-plastron
  - a glove
  - an épée
- What is the penalty for:*
  - turning
  - corps-a-corps

## EPEE - SILVER

### Practical

#### *Preparations*

##### *Simple attack preceded by*

- a step forward
- an attack on the blade (a beat)
  - an engagement - from absence of blade*
  - engage in sixte
  - engage in quarte
  - engage in octave

##### *Compound attacks - two time*

- feint direct - disengage
- disengage - disengage
- counter disengage - disengage

#### *Counter Attack*

- direct
- disengage
- counter disengage

#### *Continuity Hitting*

- parry, riposte, reprise, redouble
- simple attack, reprise, redouble
- stop-hit, redouble, redouble

#### *Counter Riposte*

- First counter riposte - *final action direct*
- Second counter riposte - *final action direct*

### Theory

- Give the dimensions of the piste
- What is the penalty for:*
  - leaving the piste during a bout
  - going off the end of the piste
  - going off the side of the piste
  - removing your mask during a bout
- Explain way a hit may be annulled
- Show the ability to correctly fill in a pool sheet
- Explain/define the following movements:*
  - a redoublement
  - a counter disengage riposte
  - a first counter riposte
  - a compound attack
- What is the time limit for a bout of
  - 5 hits
  - 10 hits
  - 15 hits

## EPEE - GOLD

### Practical

#### *Footwork*

- appel
- ballestra
- cross over-step

#### *Simple attack into / on*

- an opening line
- an opponent's recovery
- an opponent's preparation

#### *Continuity Hitting*

- parry, riposte, remise, redouble, reprise
- attack, remise, redouble, reprise
- counter attack, remise, redouble, reprise

#### *Successive parries*

- quarte - sixte
- circular sixte - octave
- sixte - counter sixte
- octave - sixte

#### *Prise de fer*

- Coulé
- Bind

#### *Ceding and Opposition Parries*

- Oppose to sixte - against an attack by coulé
- Oppose to octave - against an attack by bind
- Cede to quarte - against an attack by bind

#### *Fighting*

- Demonstrate the ability to execute some of the actions listed above under fighting conditions

### Theory

#### *Explain/define the following movements:*

- successive parries
- a reprise
- a remise
- Explain how fencers with equal victories are promoted in the pool system
- Show the ability to correctly fill in a direct elimination sheet
- What is the penalty for:*
  - leaving the piste to avoid being hit
  - not appearing at the first call of the referee at the start of the competition
  - unjustified appeal by a competitor
  - appearing on the piste with faulty equipment
  - placing/pressing the point or straightening the blade on the piste