

The British Academy of Fencing



FOIL PROFICIENCY AWARDS

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

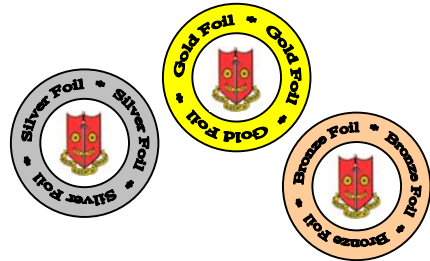
Do I have to start at the Bronze level?

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

Date CompletedBRONZE

Date CompletedSILVER

Date CompletedGOLD

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

Web: www.baf-fencing.org

This syllabus belongs to:

Name

Master/Coach.....

Club/School.....

Address.....

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FOIL - BRONZE

Practical

The On-Guard Position

- Stance
- On-guard in sixte
- On-guard in quarte
- 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
- Cut-over

Single Parries & Simple Ripostes

- lateral parry of quarte from sixte
- lateral parry of sixte from quarte
- circular parry of sixte
- circular parry of quarte

Counter Riposte

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

Theory

- Name the parts of the foil
- Define the target area
- Explain the meaning of the 'right of way'

Explain/define the following movements:

- an attack
- a riposte

Explain the safety requirements for:

- a mask
- a jacket
- an under-plastron
- a glove
- a foil

What is the penalty for:

- covering with the un-armed hand/arm
- turning
- corps-a-corps

FOIL - SILVER

Practical

The On-Guard Position

- Stance
- On guard in octave
- On guard in septime
- Stepping forwards and backwards at various speeds

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

Compound attacks - two time

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

Semi-Circular Parries

- from sixte to octave and vice versa
- from quarte to septime and vice versa

Counter Riposte

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

Theory

- Give the dimension 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 how the referee judges hits
- Show the ability to fill in a pool sheet correctly

Explain/define the following movements:

- a cut-over attack
- 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

FOIL - GOLD

Practical

Footwork

- appel
- ballestra
- cross-over step

Simple attack into / on

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

Compound Attacks - progressive

- feint direct - counter-disengage
- doublé (disengage - counter-disengage)
- one-two (disengage - disengage)

Successive parries

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

Counter Riposte

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

Fighting

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

Theory

Explain/define the following movements:

- successive parries
- a second counter riposte
- a doublé
- 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
- unjustified appeal by a competitor
- appearing on the piste with faulty equipment
- placing/pressing the point or straightening the blade on the piste