

The  
British Academy of Fencing



**SABRE  
PROFICIENCY AWARDS**

This syllabus belongs to:

Name .....

Master/Coach.....

Club/School .....

Address .....

.....

.....

**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?**

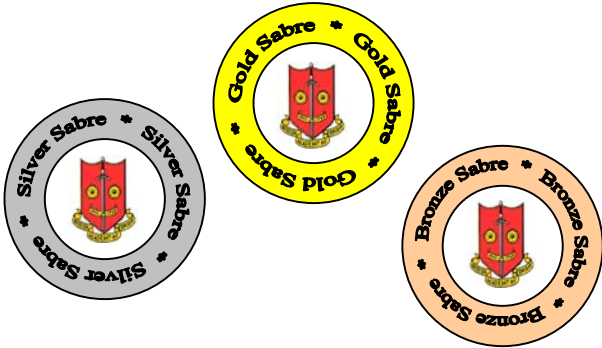
*No – you can miss a level, see your fencing master/coach for advise*

**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

~o~



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)

## SABRE - BRONZE

### Practical

#### *The On-Guard Position*

- Stance
- On-guard in tierce
- On-guard in quarte
- Stepping forwards and backwards

#### *The Hit, both cut and point, executed as;*

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

#### *Simple Attacks using both cut and point*

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

#### *Single Parries*

- lateral parry of quarte from tierce
- lateral parry of tierce from quarte
- parry of quinte from quarte

#### *Counter-riposte using cuts*

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

### Theory

- Name the parts of the sabre
- 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 sabre

#### *What is the penalty for:*

- turning
- corps-a-corps
- crossing the legs going forwards

## SABRE - SILVER

### Practical

#### *The On-Guard Position*

- Stance
- On guard in seconde
- On guard in an offensive-defensive position
- Stepping forwards and backwards at various speeds

#### *Preparations*

- Simple attack preceded by
  - a step forward
  - an attack on the blade ( a beat)

#### *Semi-Circular Parries*

- from tierce to seconde and vice versa
- from seconde to quinte and vice versa

#### *Diagonal Parries*

- from seconde to prime and visa versa

#### *Stop-Cut - Parry riposte*

- simple stop-cut, simple parry and simple riposte
- simple stop-cut, simple parry, simple riposte, simple parry and simple counter riposte

#### *Compound attacks - two time*

- head - flank
- chest - flank
- feint with the point - cut to flank

#### *Counter Riposte*

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

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

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

- a counter attack (stop-hit)
- a first counter riposte
- a compound attack

#### *What is the time limit for a bout of*

- 5 hits
- 10 hits
- 15 hits

## SABRE - GOLD

### Practical

#### *Footwork*

- appel
- ballestra

#### *Simple attack into / on*

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

#### *Compound Attacks - progressive*

- head - flank
- flank - chest - flank
- feint with the point - cut to flank

#### *Successive parries*

- quarte - tierce
- quinte - seconde

#### *Stop-Cut - Parry riposte*

- stop-cut, renew, single parry and simple riposte
- stop-cut, renew, single parry, riposte, renew, single parry and simple counter-riposte

#### *Counter Riposte*

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

#### *Dérobement*

- Simple
- 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 dérobement
  - 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
  - straightening the blade on the piste