



Achievement Awards for over-12s

FOIL SYLLABUS Grades 1 - 9

<i>1st Grade:</i> bronze star	<i>4th Grade:</i> silver star	<i>7th Grade:</i> gold star
<i>2nd Grade:</i> bronze star	<i>5th Grade:</i> silver star	<i>8th Grade:</i> gold star
<i>3rd Grade:</i> Bronze Foil badge	<i>6th Grade:</i> Silver Foil badge	<i>9th Grade:</i> Gold Foil badge

GRADE 1

Demonstrate: (with coach or partner)

- The On-Guard position
- The Grip
- The Salute
- On-Guard in Sixte
- On-Guard in Quarte
- Stepping forwards and backwards
- The Lunge – Hitting – Direct Attack and Recovery

Describe:

- The Target area
- Explain the safety of fencing
- Explain the meaning the 'right of way'
- Fencing etiquette

GRADE 2

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain fencing line
- Maintain the correct distances for hitting with:
 - riposte
 - lunge
 - step forward lunge
- Maintain lunging distance and make a direct Attack with a lunge each time your partner pauses.
- Maintain the lunge distance for hitting to body with a Lunge-Disengage each time your partner pauses and pressures on the blade

From a stationary position:

- Guards of Septime and Octave
- Engagements in Sixte, Quarte, Septime and Octave - changes of Engagements - pressures
- Disengage Attack with a lunge on partner's pressure from:
 - Engagement in Sixte
 - Engagement in Quarte
- Circular parry of:
 - Sixte with Direct Riposte
 - Quarte with Direct Riposte

Describe:

- Name the parts of the foil
- Dimensions of the Piste

GRADE 3 - BRONZE FOIL

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain engagements in Sixte, Quarte, Septime & Octave
- Attack with a lunge in Sixte each time your partner pauses and attempts to engage blades in:
 - Sixte from a low line guard
 - Quarte from a low line guard

From a stationary position:

- Two types of lunge: Accelerating and Explosive
- Ballestra
- Beats in Sixte, Quarte, Septime and Octave
- Semi-circular Parries with Direct Ripostes
- A One-two Attack with an accelerating lunge when your partner attempts to:
 - Engage blades in Quarte then parries into Sixte
 - Engage blades in Sixte then parries into Quarte

Describe:

- Simple Attacks and Ripostes
- Difference between Simple and Compound actions
- Duties of Referee and Judges
- Timekeeping during competitions
- Rules regarding the boundaries of the Piste

GRADE 4

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Continuously change engagements in high line and low line guards
- Maintain lunging distance with blades engaged and when your partner pauses, attack by One-two with a lunge
- When your partner attacks with a lunge, Parry with:
 - Circular Parry of Sixte with Direct and Indirect Ripostes
 - Circular Parry of Quarte with Direct and Indirect Ripostes
- Maintain lunging distance and when your partner pauses and lowers his/her foil point, make a feint Direct and Disengage with a lunge, when your partner:
 - Parries into Sixte
 - Parries into Quarte

From a stationary position:

- Compound attacks, with an Accelerating lunge
- Direct and Disengage attacks with Beats and Change-beats, with an Explosive lunge
- Successive Parries

Describe:

- Scoring on a pool sheet; first and second indicators
- Electric foil recording apparatus
- Fencers' electric equipment
- Testing of equipment before the start of a bout

GRADE 5

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain step-lunge distance and on one of your partner's steps forward, attack with:
 - Beat Direct with an Explosive lunge
 - Beat Disengage with an Explosive lunge
- As your partner attacks with a lunge, step back to avoid the attack and attack with a step lunge as your partner returns on guard
- Parry your partner's attack with a Circular Parry of Sixte and hit with a Disengage Riposte. If your Circular Parry is deceived, then Parry Quarte with a Direct Riposte.
- Maintain lunging distance and at the start of your partner's attack or step forward preparation:
 - Beat Parry into Quarte with a Direct Riposte
 - Beat Parry into Septime with a Direct Riposte
- Maintain step-lunge distance as your partner pauses and attempts to engage blades in Quarte and then Parries Sixte, attack by One-two with a step lunge

From a stationary position:

- Diagonal Parries
- Direct Attack, with a Flèche

- Engage your partner's blade in Sixte, Quarte, Octave and Septime
- Remise, Redoublement, Reprise

Describe:

- Rules and penalties regarding:
 - Illegal use of back arm
 - Corps à corps
 - Turning
 - Hard hitting and dangerous fencing
- Faults in the foil electric recording apparatus when fencers are correctly connected and when:
 - One fencer is hit correctly on target and white light appears
 - A white light continually flashes on one side

GRADE 6 - SILVER FOIL

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain step-lunge distance and when your partner pauses, engage blades with a step forward in:
 - Sixte, and attack with a Double and an Accelerating lunge
 - Quarte, and attack with a Double and an Accelerating lunge
- Maintain step-lunge distance and as your partner begins a step forward, Beat attack direct, with a Flèche
- Maintain step-lunge distance and Disengage Attack with an Explosive lunge as your partner steps forward to engage your blade in Sixte and in Quarte
- When your partner attacks into the low line, Parry Octave and Riposte in the high line. If your Riposte is parried, then Parry into Quarte and hit with a Direct second Counter-Riposte.

From a stationary position:

- Cutover Attacks with a lunge, on partner's pressure from Sixte, Quarte, Septime and Octave
- Compound Ripostes and Counter-ripostes
- Counter-attacks in Sixte, Quarte and Octave with a step forward

Describe:

- Preparatory actions and their tactical use
- Counter-offensive actions
- Fencing time
- What is meant by 'taking the initiative' and why is this important in a fight?

GRADE 7

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain step-lunge distance and attack direct with a lunge as your partner steps forward, or, if your partner attacks on your step forward, Parry Quarte with a Direct Riposte.
- Maintain step-lunge distance and when your partner pauses, attack with a Feint Direct with Ballestra
- Maintain lunging distance and at the start of your partner's attack or step-forward preparation:
 - Beat Parry into Quarte with a Direct Riposte
 - Beat Parry into Septime with a Direct Riposte
- Maintain step-lunge distance and as your partner pauses and attempts to engage in Quarte and then Parries Sixte, attack by One-two with a step lunge.

From a stationary position:

- Parries ending in guards of Prime and Seconde
- Remise, Redoublement, Reprise
- Maintaining line, Simple and Compound Derobements

Describe:

- Second-intention actions
- Duties of Arm Judge

GRADE 8

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain step-lunge distance and choose the moment to attack your partner using a mixture of lunges and step-lunges:
 - Take the blade into Quarte and direct attack
 - Take the blade into Sixte and disengage attack
 - Feint direct and attack with one-two
- At lunging distance, maintain line and
 - Hit with Simple Derobement as your partner steps forward and attempts to engage blades in Sixte or Quarte
 - Hit with Compound Derobement as your partner steps forward and attempts to engage blades and parries in Sixte or Quarte

From a stationary position:

- From step-lunge distance and low hand position, make a feint with a step forward and:
 - Attack direct if your partner does not react
 - Attack by disengage if your partner takes a parry of Quarte or Circular Sixte
- Bind, Croise, Enveloppement

Describe:

- Your understanding of distance, timing and speed in fencing
- Counter-time
- Ceding and Opposition Parries

GRADE 9 - GOLD FOIL

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward:

- Maintain step-lunge distance and when your partner pauses, engage your partner's blade into Quarte with step forward and:
 - Attack by Coule direct with a lunge if your partner does not react
 - Attack by Disengage if your partner changes the engagement or closes the line
 - Attack by Croise if your partner deceives your attempt to engage with an extended sword arm
- Maintain lunging distance and when your partner attacks, parry Prime with a step forward and riposte at close quarters
- Maintain step-lunge distance and on one of your partner's steps forward, attack with a Beat direct and:
 - Hit if your partner fails to parry
 - Remise if your partner parries and steps forward with an indirect feint
 - Reprise Disengage with Flèche if your partner parries with a step back and delays the riposte

From a stationary position:

- At lunging distance, attack with feint direct and disengage with various sizes of lunges (short, medium, and long) depending on whether your partner parries Prime with a step forward, standing still, or a step backwards.
- From step-lunge distance, engage your partner's blade in Octave with a step forward and:
 - Attack by Cutover if your partner does not react
 - Parry Quarte and direct riposte if your partner attacks into your high line with a lunge
- Attack by Beat direct lunge if your partner deceives your blade with an extended sword arm

Demonstrate your ability to:

- Preside a fight for 5 hits
- Give your partner a short "warm-up" lesson with mobility, involving direct and indirect attacks, single parries and direct ripostes and counter-ripostes.