



## Achievement Awards for Children U12

### FOIL SYLLABUS

Grades 1 - 6

1st Grade: bronze star	4th Grade: silver star
2nd Grade: bronze star	5th Grade: silver star
3rd Grade: Bronze Foil badge	6th Grade: Silver Foil badge

### GRADE 1

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- Maintain the lunge distance for hitting to body and make a direct Attack with a lunge each time your partner pauses
- Maintain the lunge distance for hitting to body with a Lunge - Beat each time your partner pauses (in Quarte / Sixte)

From a stationary position:

- The On-Guard position
- The Grip
- The Salute
- On-Guard in Sixte or 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'

### GRADE 2

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- Maintain the lunge distance and hit to body with a Lunge-Disengage each time your partner pauses and pressures on the blade
- Maintain correct distance with coach – Simple Parry Quarte/Sixte direct Riposte
- Maintain correct distance with coach - Simple Parry Quarte/ Sixte with direct Riposte by Lunge

From a stationary position:

- Disengage Attack with a lunge on partner's pressure from:
  - Engagement in Sixte
  - Engagement in Quarte
  - Hit to body with Ballestra

- Hit to body with a Lunge-Disengage
- Hit to body with a Beat-Lunge (in Sixte or Quarte)

**Describe:**

- Name the parts of the foil
- Fencing etiquette
- 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
- Maintain correct distance with coach, Simple Parry Septime/Octave direct Riposte
- Maintain correct distance with coach, Simple Parry Septime/Octave direct Riposte by Lunge
- Maintain correct distance with coach, Simple Parry Quarte/Sixte Riposte by Disengage
- Maintain correct distance with coach, Simple Parry Quarte/ Sixte with Riposte by Lunge-Disengage

From a stationary position:

- Circular Parry of Sixte with Direct Riposte
- Circular Parry of Quarte with Direct Riposte
- Beats and in Sixte, Quarte, Septime & Octave

## GRADE 4

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- Maintain lunging distance and when coach pauses, attack by One-Two with a Lunge
- Maintain lunging distance and when coach pauses, attack by Step forward Lunge-Disengage
- Maintain lunging distance and when coach pauses, attack by Step forward Beat-Lunge-Disengage

From a stationary position:

- A One-Two
- A One-Two attack with a Lunge
- Direct and Disengage attacks with Beat
- Press Sixte
- Press Quarte
- Press Sixte/Quarte with step forward changing engagements
- Press Sixte/Quatre – Hit straight

## GRADE 5

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- Maintain the correct distance with coach, Press Sixte/ Quarte - Lunge
- Maintain the correct distance with coach, Press Sixte/ Quarte – Lunge by Disengage
- Maintain step-lunge distance and when your partner pauses, attack with feint direct with Ballestra
- When your partner attacks into the low line, Parry Octave and Riposte into the high line
- 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

From a stationary position:

- Press Sixte/Quarte – Disengage
- Press Septime/Octave
- Press Septime/Octave – Direct hit
- Diagonal Parries

**Describe:**

- Duties of Referee
- Timekeeping during competitions
- Two types of lunge: Accelerating and Explosive

## GRADE 6 - SILVER FOIL

**Demonstrate:** (with coach or partner)

While following your partner's steps forward and backward:

- Maintain the correct distance with coach, Circular Parry Quarte/Sixte with Direct Riposte
- Maintain the correct distance with coach, Circular Parry Quarte/Sixte with Direct Riposte by Lunge
- 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
- Maintain step-lunge distance and as your partner begins a step forward, Beat attack direct, with a Fleche

From a stationary position:

- Circular Parry of:
  - Sixte with Direct Riposte
  - Sixte with Riposte by Disengage
  - Quarte with Direct Riposte
  - Quarte with Riposte by Disengage
- Remise
- Counter-ripostes (Quarte/Sixte)

**Describe:**

- What fencing weapons do you know?
- Which fencing weapon does not have an off-target area?