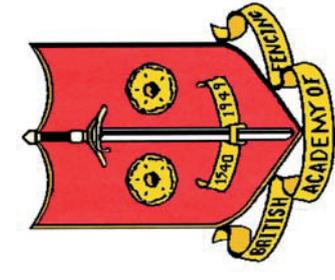


The British Academy of Fencing



What weapons can be assessed?
Foil, Sabre and Epee

How many levels are there?
3 – Bronze, Silver and Gold

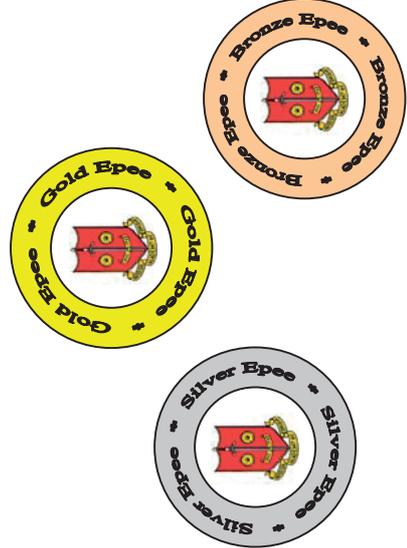
What do you have to do?
Pass both the practical and theory sections of the level being studied

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

~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

EPEE PROFICIENCY AWARDS

This syllabus belongs to:

Name
 Master/Coach.....
 Club/School.....
 Address.....

**For more information email
proficiencyawards@baf-fencing.com**

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 why 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