

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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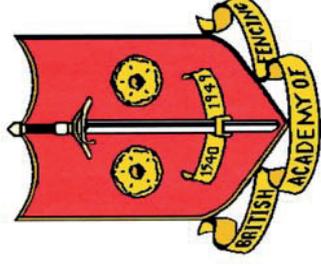


The fencing master/coach should tick each box and sign below when the fencer has achieved the required standard for the award being assessed.

Date 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

The British Academy of Fencing



FOIL PROFICIENCY AWARDS

This syllabus belongs to:

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

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

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