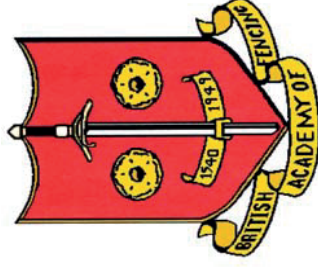


The British Academy of Fencing



SABRE PROFICIENCY AWARDS

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~

This syllabus belongs to:

Name

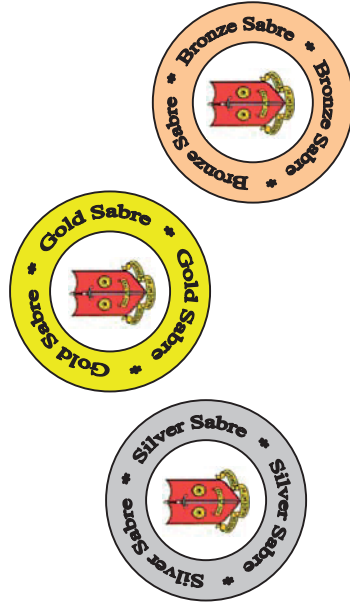
Master/Coach.....

Club/School.....

Address.....

.....

.....



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

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 quarte 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 quarte 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
- ballestria
- 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
- quarte - 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