



# International Fencing Coaches Association

AN ORGANISATION FOR THE CO-OPERATION OF FENCING COACHES ACROSS THE WORLD FOR THE  
IMPROVEMENT OF THE TEACHING AND COACHING OF FENCING

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## IFCA FENCING ACHIEVEMENT SCHEME

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Bronze Award for Épée

Please note that this study guide is designed for use in conjunction with fencing instruction carried out by a qualified fencing coach. It is intended as supplement to qualified instruction and not as a self-directed beginners' course in the sport.

Anyone wishing to learn fencing should do so only under proper supervision.

Note: The exercises listed in this book are designed for the same-handed fencers. For right to left (and vice-versa) handed fencers, the hitting action should be executed as written with preceding actions being amended accordingly. If in doubt, consult your coach.

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Cover photo by John Collins

## **IFCA BRONZE AWARD FOR ÉPÉE**

**Student's Name**

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**Club**

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**Coach**

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**Date Started**

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**Date Completed**

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## Introduction

The IFCA Achievement Scheme is designed to provide a basic course of study for the aspiring fencer. The fencer should be working under the supervision of a qualified coach who is aware of all the safety requirements of fencing and any rules, in that respect, imposed by their national governing body.

All fencers participate in this scheme at their own risk, and the IFCA accepts no responsibility for any injury that may be incurred by fencers using this material.

These exercises are offered as a guide for developing the basic technical skills of fencing and the IFCA Achievement awards are given in recognition of skills developed in this way. The supervising coach is free to omit or add exercises from the course, as long as the skills are developed to the necessary standard for the relevant award.

Coaches may photocopy portions of this document for use in classes, but should first obtain the consent of the IFCA.

Questions and feedback concerning the IFCA Achievement awards should be directed to Prof. Isobel Bruce Combes at [iacombes@btinternet.com](mailto:iacombes@btinternet.com)

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# 1. Simple Attacks

## Direct Attacks

### Direct Attack with a Step 1.01

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** Attack direct to upper-arm with a step

Signed \_\_\_\_\_

### Direct Attack with a Step 1.02

Lunging distance **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** Attack direct to upper-arm with a step

Signed \_\_\_\_\_

### Direct Attack with a Step 1.03

Lunging distance **Fencer A on guard in sixte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** Attack direct to upper-arm with a step

Signed \_\_\_\_\_

### Direct Attack with a Step 1.04

Lunging distance . **Fencer A on guard in quarte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** Attack direct to upper-arm with a step

Signed \_\_\_\_\_

### Direct Attack with a Step 1.05

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** Attack direct to upper-arm with a step

Signed \_\_\_\_\_

**Direct Attack with a Step** 1.06

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.07

Step-lunge distance. **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.08

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.09

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.10

Step-lunge distance **Fencer A on guard in quarte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.11

- Step-Lunge distance    **Fencer A on guard in quarte**, Fencer B on guard in sixte
- 1 Fencer B Step forward (no blade movement)
  - 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

**Direct Attack with a Lunge** 1.12

- Step-lunge distance, **Fencer A on guard in quarte**, Fencer B on guard in quarte
- 1 Fencer B Step forward (no blade movement)
  - 2 **Fencer A** **Attack direct to upper-arm with a lunge**

Signed \_\_\_\_\_

## Disengage Attacks

### Disengage Attack with a Step      2.01

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward and attempt to engage in sixte
- 2 **Fencer A** Attack by disengage to upper-arm with a step

Signed \_\_\_\_\_

### Disengage Attack with a Step      2.02

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward and attempt to engage in quarte
- 2 **Fencer A** Attack by disengage to upper-arm with a step

Signed \_\_\_\_\_

### Disengage Attack with a Step      2.03

- 1 Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave
- 2 Fencer B Step forward and engage the blade in sixte
- 3 **Fencer A** Allow engagement, then attack by disengage to upper-arm with a step

Signed \_\_\_\_\_

### Disengage Attack with a Step      2.04

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward and engage in quarte
- 2 **Fencer A** Allow engagement, then attack by disengage to upper-arm with a step

Signed \_\_\_\_\_

### Disengage Attack with a Step      2.05

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer B** Step forward and engage in octave
- 2 **Fencer A** Allow engagement, then attack by disengage to upper-arm with a step

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.06

Lunging distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and attempt to engage in sixte
- 2 **Fencer A Attack by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.07

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and attempt to engage in quarte
- 2 **Fencer A Attack by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.08

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and engage the blade in sixte
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.09

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and engage in quarte
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.10

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer B False step forward and engage in octave
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.11

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A Step forward and engage the blade in sixte**
- 2 Fencer B Close the line of sixte
- 3 **Fencer A Attack by disengage to upper-arm with a step**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge** 2.12

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A Step forward and engage the blade in quarte**
- 2 Fencer B Close the line of quarte
- 3 **Fencer A Attack by disengage to upper-arm with a step**

Signed \_\_\_\_\_

## Counter-Disengage Attacks

### Counter-Disengage Attack with a Step

3.01

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in octave

- 1 Fencer B Step forward and attempt to engage in octave
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

### Counter-Disengage Attack with a Step

3.02

Lunging distance **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 Fencer B Step forward and attempt to engage in sixte
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

### Counter-Disengage Attack with a Step

3.03

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in quarte

- 1 Fencer B Step forward and attempt to engage in quarte
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

### Counter-Disengage Attack with a Lunge

3.04

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in octave

- 1 Fencer B False step forward and attempt to engage in octave
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

### Counter-Disengage Attack with a Lunge

3.05

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 Fencer B False step forward and attempt to engage in sixte
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.06

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in quarte

- 1 Fencer B False step forward and attempt to engage in quarte
- 2 **Fencer A** **Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Step** 3.07

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** **Step forward and engage in quarte**
- 2 Fencer B Change the engagement to sixte
- 3 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Step** 3.08

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** **Step forward and engage in sixte**
- 2 Fencer B Change the engagement to quarte
- 3 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Step** 3.09

Lunging distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** **Step forward and engage in quarte**
- 2 Fencer B Change the engagement to sixte
- 3 **Fencer A** **Attack by counter-disengage to upper-arm with a step**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Step** 3.10

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** Step forward and engage in sixte
- 2 Fencer B Change the engagement to quarte
- 3 **Fencer A** Attack by counter-disengage to upper-arm with a step

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.11

Lunging distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** False step forward and engage in quarte
- 2 Fencer B Change the engagement to sixte
- 3 **Fencer A** Attack - counter-disengage to upper-arm with a lunge

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.12

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** False step forward and engage in sixte
- 2 Fencer B Change the engagement to quarte
- 3 **Fencer A** Attack by counter-disengage to upper-arm with a lunge

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.13

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A** False step forward and engage in quarte
- 2 Fencer B Change the engagement to sixte
- 3 **Fencer A** Attack by counter-disengage to upper-arm with a lunge

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.14

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in quarte

- 1 Fencer A False step forward and engage in sixte**
- 2 Fencer B Change the engagement to quarte**
- 3 Fencer A Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.15

Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A Step forward and engage in quarte**
- 2 Fencer B Change the engagement to sixte**
- 3 Fencer A Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Counter-Disengage Attack with a Lunge** 3.16

Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A Step forward and engage in sixte**
- 2 Fencer B Change the engagement to quarte**
- 3 Fencer A Attack by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

## 2. Parries and Ripostes

**Provоке an attack - parry quarte and riposte direct** 2.01

Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack to wrist with a lunge**
- 3 Fencer A Parry quarte and riposte direct to upper-arm**

Signed \_\_\_\_\_

**Provоке an attack - parry quarte and riposte by disengage** 2.02

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack direct to wrist with a lunge**
- 3 Fencer A Parry quarte**
- 4 Fencer B When parried, close the line of quarte**
- 5 Fencer A Riposte by disengage to upper-arm**

Signed \_\_\_\_\_

**Provоке an attack - parry quarte and riposte by disengage** 2.03

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack direct to wrist with a lunge**
- 3 Fencer A Parry quarte**
- 4 Fencer B When parried, recover back to the **on guard** position, closing line of quarte**
- 5 Fencer A Riposte by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Provok an attack - parry quarte and riposte by counter-disengage 2.04**Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack direct to wrist with a lunge**
- 3 Fencer A Parry counter-quarte**
- 4 Fencer B When parried, change the engagement to sixte**
- 5 Fencer A Riposte by counter-disengage to upper-arm**

Signed \_\_\_\_\_

**Provok an attack - parry quarte and riposte by counter-disengage 2.05**Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack direct to wrist with a lunge**
- 3 Fencer A Parry quarte**
- 4 Fencer B When parried, recover back to on guard position, changing engagement to sixte**
- 5 Fencer A Riposte by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Provok an attack - parry quarte and riposte direct 2.06**Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A Short step forward into quarte**
- 2 Fencer B Attack to wrist with a lunge**
- 3 Fencer A Parry quarte and riposte to upper-arm**

Signed \_\_\_\_\_

**Provok an attack - parry quarte and riposte by disengage 2.07**Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A Short step forward into quarte**
- 2 Fencer B Attack to upper-arm with a lunge**
- 3 Fencer A Parry sixte**
- 4 Fencer B When parried, close the line of sixte**
- 5 Fencer A Riposte by disengage to upper-arm**

Signed \_\_\_\_\_

**Provoke an attack - parry quarte and riposte by disengage 2.08**Step-lunge distance    **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A** **Short step forward into quarte**
- 2 Fencer B** Attack to upper-arm with a lunge
- 3 Fencer A** **Parry sixte**
- 4 Fencer B** When parried, return to the **on guard** position, closing the line of sixte
- 5 Fencer A** **Riposte by disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Provoke an attack - parry quarte and riposte by counter-disengage 2.09**Step-lunge distance    **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A** **Short step forward into quarte**
- 2 Fencer B** Attack to wrist with a lunge
- 3 Fencer A** **Parry sixte**
- 4 Fencer B** When parried, change the engagement to quarte
- 5 Fencer A** **Riposte by counter-disengage to upper-arm**

Signed \_\_\_\_\_

**Provoke an attack - parry quarte and riposte by counter-disengage 2.10**Step-lunge distance    **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B** Attack to wrist with a lunge
- 3 Fencer A** **Parry sixte**
- 4 Fencer B** When parried, recover back to **on guard** position, changing engagement to quarte
- 5 Fencer A** **Riposte by counter-disengage to upper-arm with a lunge**

Signed \_\_\_\_\_

**Provoke an attack - Parry Octave and riposte by disengage 2.11**Step-lunge distance    **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer A** **Short step forward and attempt to engage in sixte**
- 2 Fencer B** Attack by disengage to wrist with a lunge
- 3 Fencer A** **Parry octave and riposte to upper-arm**

Signed \_\_\_\_\_

**Provoké an attack - parry counter sixte - riposte direct** 2.12

Step-lunge distance, Fencer A on guard in octave, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward and attempt to engage in sixte
- 2 Fencer B Attack by disengage to wrist with a lunge
- 3 **Fencer A** Parry counter-sixte and riposte to upper-arm

Signed \_\_\_\_\_

**Provoké an attack - parry counter sixte - riposte by disengage** 2.13

Step-lunge distance Fencer A on guard in octave, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward and attempt to engage in sixte
- 2 Fencer B Attack by disengage to upper-arm with a lunge
- 3 **Fencer A** Parry circular (counter) sixte
- 4 Fencer B On being parried, close the line of sixte
- 5 **Fencer A** Riposte by disengage to upper-arm

Signed \_\_\_\_\_

**Provoké an attack - parry counter sixte - riposte by disengage** 2.14

Step-lunge distance Fencer A on guard in octave, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward and attempt to engage in sixte
- 2 Fencer B Attack by disengage to upper-arm with a lunge
- 3 **Fencer A** Parry circular (counter) sixte
- 4 Fencer B When parried, return to the **on guard** position closing the line of sixte
- 5 **Fencer A** Riposte by disengage to upper-arm with a lunge

Signed \_\_\_\_\_

**Provoké an attack - parry counter-sixte - riposte by counter-disengage** 2.15

Step-lunge distance Fencer A on guard in octave, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward and attempt to engage in sixte
- 2 Fencer B Attack by disengage to wrist with a lunge
- 3 **Fencer A** Parry counter-sixte
- 4 Fencer B When parried change the engagement to quarte
- 5 **Fencer A** Riposte by counter-disengage to upper-arm

Signed \_\_\_\_\_

### 3. Renewals

#### 3.1 The Redouble

##### **Direct Attack with a Step, Redouble** 3.1.01

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

##### **Direct Attack with a Step, Redouble** 3.1.02

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry quarte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

##### **Direct Attack with a Step, Redouble** 3.1.03

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry counter-sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Step, Redouble,** 3.1.04

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry counter-octave
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Step, Redouble** 3.1.05

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Step, Redouble** 3.1.06

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a step**
- 3 Fencer B Parry counter-sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.07

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**
- 3 Fencer B Parry sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.08

Step-lunge distance **Fencer A on guard in quarte**, Fencer B on guard in octave

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**
- 3 Fencer B Parry sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.09

Lunging distance, **Fencer A on guard in quarte**, Fencer B on guard in sixte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**
- 3 Fencer B Parry counter-sixte
- 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.10

Step-lunge distance **Fencer A on guard in quarte**, Fencer B on guard in quarte

- 1 Fencer B Step forward (no blade movement)
- 2 **Fencer A** **Attack direct to upper-arm with a lunge**
- 3 Fencer B Parry sixte
- 4 **Fencer A** **Redouble by disengage to arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.11

Step-lunge distance, Fencer **A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** **Step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry sixte
- 5 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.12

- Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte
- 1 **Fencer A** **Step forward (no blade movement)**
  - 2 Fencer B False step forward (no blade movement)
  - 3 **Fencer A** **Attack direct to upper-arm with a lunge**
  - 4 Fencer B Parry counter-sixte
  - 5 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Redouble** 3.1.13

- Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in quarte
- 1 **Fencer A** **Step forward (no blade movement)**
  - 2 Fencer B False step forward (no blade movement)
  - 3 **Fencer A** **Attack direct to upper-arm with a lunge**
  - 4 Fencer B Parry sixte
  - 5 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge, Redouble** 3.1.14

- Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave
- 1 Fencer B False step forward and attempt to engage in sixte
  - 2 **Fencer A** **Attack by disengage to upper-arm with a lunge**
  - 3 Fencer B Parry counter-sixte
  - 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge, Redouble** 3.1.15

- Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave
- 1 Fencer B False step forward and attempt to engage in quarte
  - 2 **Fencer A** **Attack by disengage to upper-arm with a lunge**
  - 3 Fencer B Parry sixte
  - 4 **Fencer A** **Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge, Redouble** 3.1.16

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and engage the blade in sixte
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with lunge**
- 3 Fencer B Parry counter-sixte
- 4 **Fencer A Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge, Redouble** 3.1.17

Lunging distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 Fencer B False step forward and engage in quarte
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with lunge**
- 3 Fencer B Parry sixte
- 4 **Fencer A Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Disengage Attack with a Lunge, Redouble** 3.1.18

Lunging distance, **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 Fencer B False step forward and engage in octave
- 2 **Fencer A Allow engagement, then attack by disengage to upper-arm with lunge**
- 3 Fencer B Parry sixte
- 4 **Fencer A Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Parry Quarte and Riposte Direct, Redouble** 3.1.19

Step-lunge distance **Fencer A on guard in octave**, Fencer B on guard in sixte

- 1 **Fencer A Short step forward (no blade movement)**
- 2 Fencer B Attack direct to wrist with a lunge
- 3 **Fencer A Parry quarte riposte direct to upper-arm**
- 4 Fencer B Parry counter-sixte
- 5 **Fencer A Redouble by disengage to upper-arm or body**

Signed \_\_\_\_\_

**Parry sixte and Riposte Direct, Redouble** 3.1.20

**Step-lunge distance, Fencer A on guard in octave, Fencer B on guard in sixte**

- 1 **Fencer A** Short step forward into quarte
- 2 Fencer B Attack by disengage to wrist with a lunge
- 3 **Fencer A** Parry quarte and riposte to upper-arm
- 4 Fencer B Parry sixte
- 5 **Fencer A** Redouble by disengage to upper-arm or body

Signed \_\_\_\_\_

**Parry Octave and Riposte by Disengage, Redouble** 3.1.21

**Step-lunge distance, Fencer A on guard in octave, Fencer B on guard in sixte**

- 1 **Fencer A** Short step forward into sixte
- 2 Fencer B Attack by disengage to wrist with a lunge
- 3 **Fencer A** Parry octave and riposte to upper arm
- 4 Fencer B Parry sixte
- 5 **Fencer B** Redouble by disengage to upper-arm or body

Signed \_\_\_\_\_

**3.2 The Remise****Direct Attack with a Lunge, Remise into an Opening Line** 3.2.01

**Step-lunge distance, Fencer A on guard in sixte, Fencer B on guard in octave**

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Parry sixte, then return to octave
- 5 **Fencer A** Remise (no blade movement) to upper-arm

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Remise into an Opening Line** 3.2.02

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry quarte – return to octave
- 5 **Fencer A** **Remise (no blade movement) to upper-arm**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Remise into an Opening Line** 3.2.03

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry counter-sixte – move to octave
- 5 **Fencer A** **Remise (no blade movement) to upper-arm**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Remise into a Riposte** 3.2.04

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry sixte – riposte to thigh
- 5 **Fencer A** **Remise (no blade movement) to upper-arm**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Remise into a Riposte** 3.2.05

Step-lunge distance **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry quarte – riposte to thigh
- 5 **Fencer A** **Remise (no blade movement) to upper-arm**

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Remise into a Riposte** 3.2.06

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Parry counter-sixte – riposte to thigh
- 5 **Fencer A** **Remise (no blade movement) to upper-arm**

Signed \_\_\_\_\_

**3.3 The Reprise****Direct Attack with a Lunge and Reprise Direct on an Opening Line** 3.3.01

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** **Attack direct to upper-arm with a lunge**
- 4 Fencer B Step back parrying sixte, then return to octave
- 5 **Fencer A** **Recover forward (arm straight) and lunge (no blade movement) to body**

Signed \_\_\_\_\_

**Direct Attack with a Lunge and Reprise Direct on an Opening Line** 3.3.02

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying sixte, then return to octave
- 5 **Fencer A** Recover forward (arm straight) and lunge (no blade movement) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge and Reprise Direct on an Opening Line** 3.3.03

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack (lunge) direct to upper-arm
- 4 Fencer B Step back parrying counter-sixte, then move to octave
- 5 **Fencer A** Recover forward (arm straight) and lunge (no blade movement) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge and Reprise Direct on an Opening Line** 3.3.04

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Parry sixte, then return to octave
- 5 **Fencer A** Recover back (arm straight) and lunge (no blade movement) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge and Reprise Direct on an Opening Line** 3.3.05

Step-lunge distance, Fencer A on guard in sixte, Fencer B on guard in octave

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack (lunge)direct to upper-arm
- 4 Fencer B Step back parrying sixte, then return to octave
- 5 **Fencer A** Recover back (arm straight) and lunge (no blade movement) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge- Reprise (on an opening line)** 3.3.06

Step-lunge distance Fencer A on guard in sixte, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying counter-sixte, then move to octave
- 5 **Fencer A** Recover back (arm straight) and lunge (no blade movement) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Reprise by disengage** 3.3.07

Step-lunge distance, Fencer A on guard in sixte, Fencer B on guard in octave

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying sixte
- 5 **Fencer A** Recover forward (arm straight) and lunge (disengage) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge- Reprise by disengage** 3.3.08

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in octave

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying sixte
- 5 **Fencer A** Recover forward (arm straight) and lunge (disengage) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Reprise by disengage** 3.3.09

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying counter-sixte
- 5 **Fencer A** Recover forward (arm straight) – step (disengage) to body

Signed \_\_\_\_\_

**Direct Attack with a Lunge, Reprise by disengage** 3.3.10

Step-lunge distance, **Fencer A on guard in sixte**, Fencer B on guard in sixte

- 1 **Fencer A** Short step forward (no blade movement)
- 2 Fencer B False step forward (no blade movement)
- 3 **Fencer A** Attack direct to upper-arm with a lunge
- 4 Fencer B Step back parrying counter-sixte
- 5 **Fencer A** Recover forward (arm straight) and lunge (disengage) to body

Signed \_\_\_\_\_

# Assessment Exercises

Once all the exercises in this book have been completed to the coach's satisfaction, the following may be used as a final assessment of the skills achieved so far.

## **Exercise A**

Both fencers at step-lunge distance

**Fencer A on guard in sixte, Fencer B on guard in octave**

**Fencer A      Short step forward (no blade movement)**

Fencer B      False step forward (no blade movement)

**Fencer A      Attack (lunge) – direct to upper-arm**

Fencer B      Parry sixte

**Fencer A      Stay on the lunge - redouble by disengage to body**

Fencer B      Parry octave

**Fencer A      Stay on the lunge - redouble by disengage to body**

**Both Fencers recover, then**

Fencer B      False step forward (no blade movement)

**Fencer A      Attack (lunge) – direct to upper-arm**

Fencer B      Parry sixte

**Fencer A      Stay on the lunge - redouble by disengage to body**

Fencer B      Parry counter-sixte - move to octave

**Fencer A      Stay on the lunge - remise to body**

**Both Fencers recover then,**

**Fencer A      Short step forward (no blade movement)**

Fencer B      False step forward (no blade movement)

**Fencer A      Attack (lunge) – direct to upper-arm**

Fencer B      Parry sixte

**Fencer A      Stay on the lunge - redouble by disengage to body**

Fencer B      Step back parry counter-sixte

**Fencer A      Recover forward (keep the arm straight) - lunge (disengage) to body**

Signed \_\_\_\_\_

## Exercise B

Both fencers at step-lunge distance

**Fencer A – on guard in octave, Fencer B on guard in sixte**

**Part 1      Fencer A    Step forwards into sixte**

Fencer B    Attack direct with a lunge

**Fencer A    Parry quarte and riposte direct to arm, renew by disengage to body**

Fencer B    Be hit then step back to an on guard position of sixte

**Fencer A    Step back to an on guard position of octave**

**Part 2      Fencer A    Step forwards into sixte**

Fencer B    Attack direct with a lunge

**Fencer A    Parry quarte**

Fencer B    On being parried, close the line to quarte

**Fencer A    Riposte by disengage to body**

Fencer B    Be hit then step back to an on guard position of sixte

**Fencer A    Step back to an on guard position of octave**

**Part 3      Fencer A    Step forwards into sixte**

Fencer B    Attack direct with a lunge

**Fencer A    Parry quarte**

Fencer B    On being parried, change the engagement to sixte

**Fencer A    Riposte by counter-disengage to body**

Fencer B    Be hit

Signed \_\_\_\_\_

## Exercise C

Both fencers at step-lunge distance

**Fencer A on guard in octave, Fencer B on guard in octave**

**Part 1      Fencer A    Step forwards into sixte**

Fencer B    No reaction

**Fencer A    Attack direct with a lunge**

Fencer B    Parry quarte and riposte direct

**Fencer A    Stay on the lunge and redouble by disengage**

Fencer B    Be hit then step back to an on guard position of octave

**Fencer A    Step backward to an on guard position of octave**

**Part 2      Fencer A    Step forwards into sixte**

Fencer B    Attack direct with a lunge

**Fencer A    Parry quarte and riposte direct**

Fencer B    Stay on the lunge and parry quarte

**Fencer A    Redouble by disengage**

Fencer B    Be hit

Signed \_\_\_\_\_

## Exercise D

Both fencers at step-lunge distance

**Fencer A on guard in octave, Fencer B on guard in octave**

**Part 1      Fencer A    Short step forwards (no blade movement)**

Fencer B    No reaction

**Fencer A    Attack direct with a lunge**

Fencer B    Parry sixte

**Fencer A    Stay on the lunge and redouble by disengage**

Fencer B    Be hit, then step back to an on guard position of octave

**Fencer A    Step backward to an on guard position of octave**

**Part 2      Fencer A    Short step forwards (no blade movement)**

Fencer B    Attack direct with a lunge

**Fencer A    Parry sixte and riposte direct**

Fencer B    Stay on the lunge and parry sixte

**Fencer A    Redouble by disengage**

Fencer B    Be hit

Signed \_\_\_\_\_

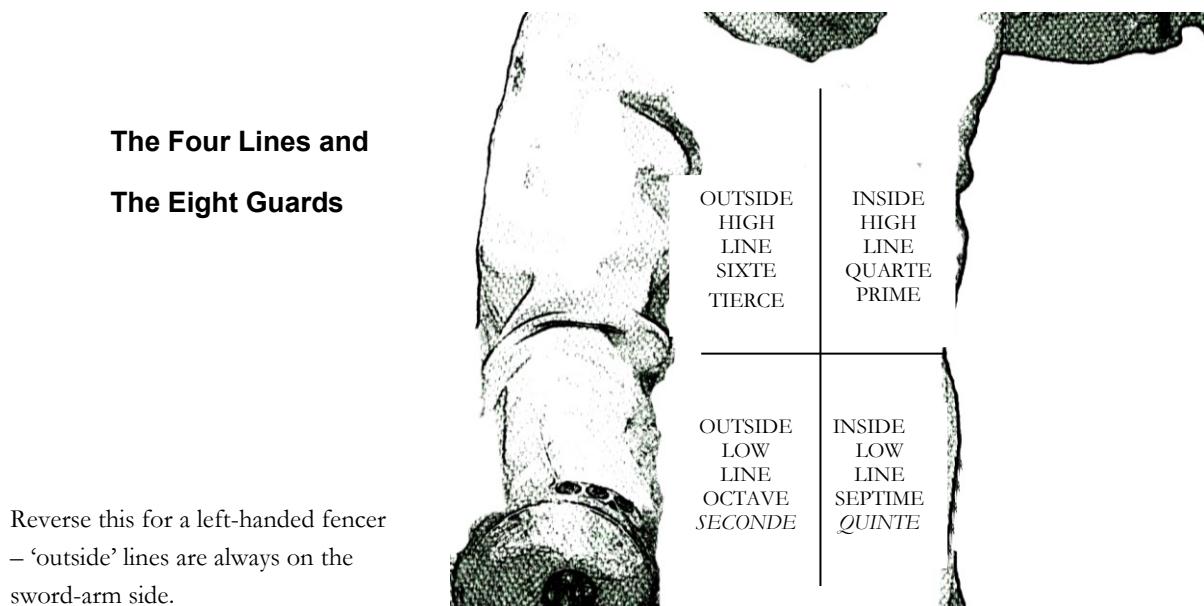
## 4. Theory of Fencing

### Basic Épée Principles

In épée the target includes the whole of the fencer's body including clothing and equipment. The first to hit is normally awarded the point, but hits arriving inside 1/25th of a second are both scored. In a poule fight, if both fencers get to 5 hits at the same time, the score is reset to 4 all until a single light is scored or time elapses, in which case priority is established at random and an additional minute is fought.

### The Stance<sup>1</sup> and the On Guard Position

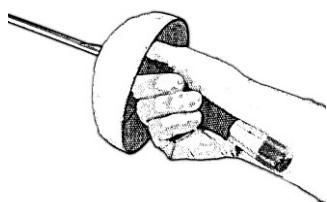
The On Guard Position is probably the first thing your coach will teach you. This is the position of the whole body (and sword) that you stand in at the beginning of a bout (fight). A good On Guard position means that you are ready to attack or defend yourself as soon as you need to. An On Guard position is defined by the line it covers (protects) and to start off with, you should be learning how to be On Guard in Sixte and On Guard in Quarte.



<sup>1</sup> The Stance

The *stance* is the position in which your feet should be placed when in the *on-guard* position. Their correct placing ensures balance and mobility:

- feet, approximately 18" (50cm) apart (the exact distance will vary from fencer to fencer)
- feet, at right angles to each other with heels in line
- leading foot pointing towards the opponent.

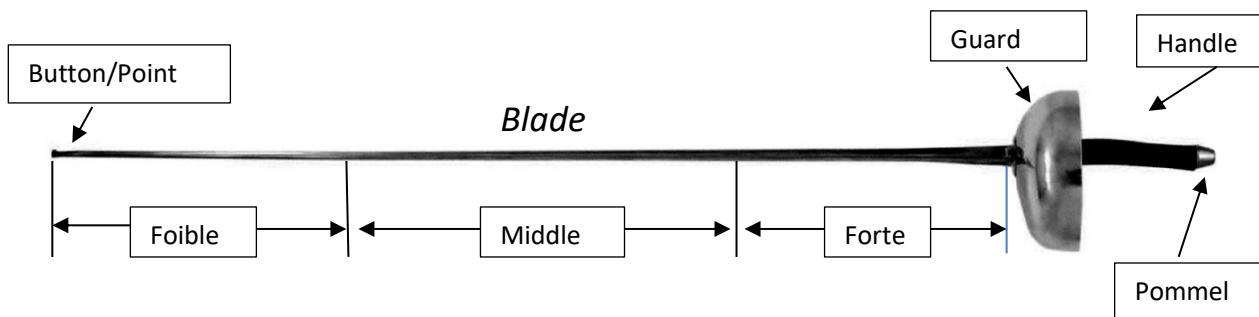


### The French Grip

It is traditional to start fencing using a French Grip. Using this kind of grip will help you to develop your skill in holding the sword and in using your fingers to control the point.

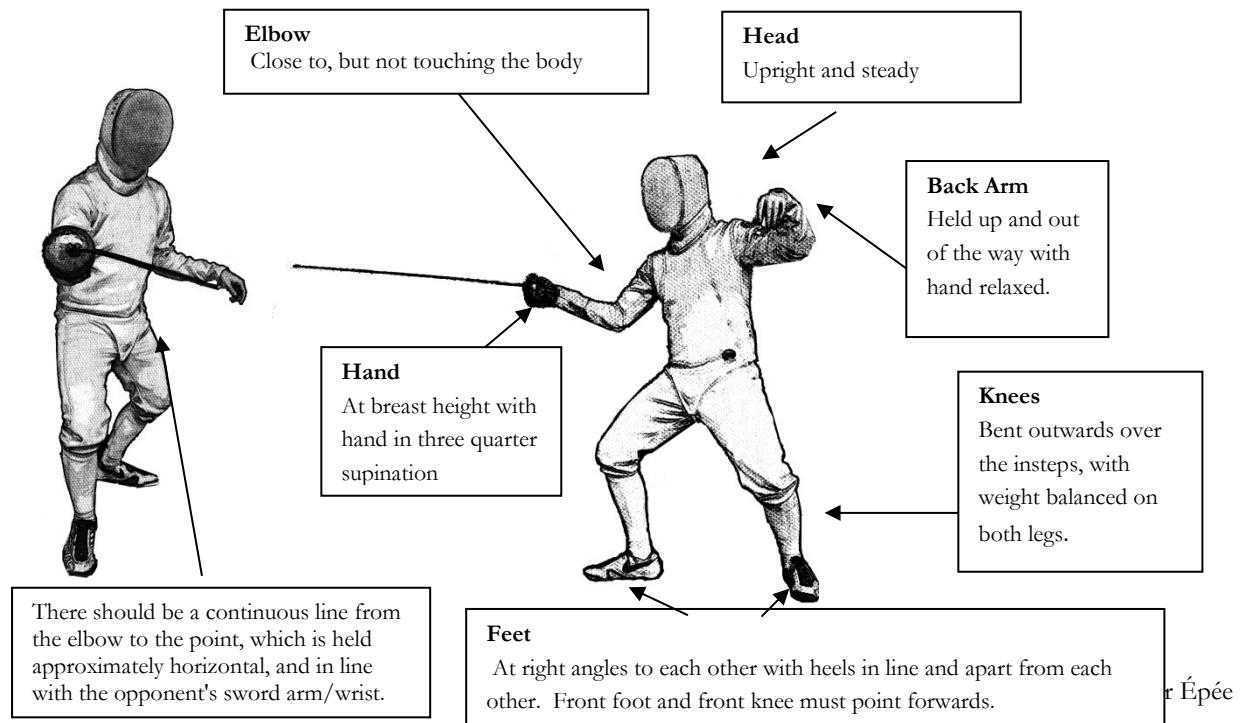
It is important to hold your sword correctly as that will give you the best chance of being able to score hits. It will also help your hand not to get tired and sore during practice. Your thumb should lie along the top of the handle and the pommel should touch your wrist. Your first finger then goes on the other side of the grip, opposite the thumb. Both your thumb and first finger should just touch the pad of the guard. It is important to hold the handle gently with your hand relaxed.

### Parts of the Épée



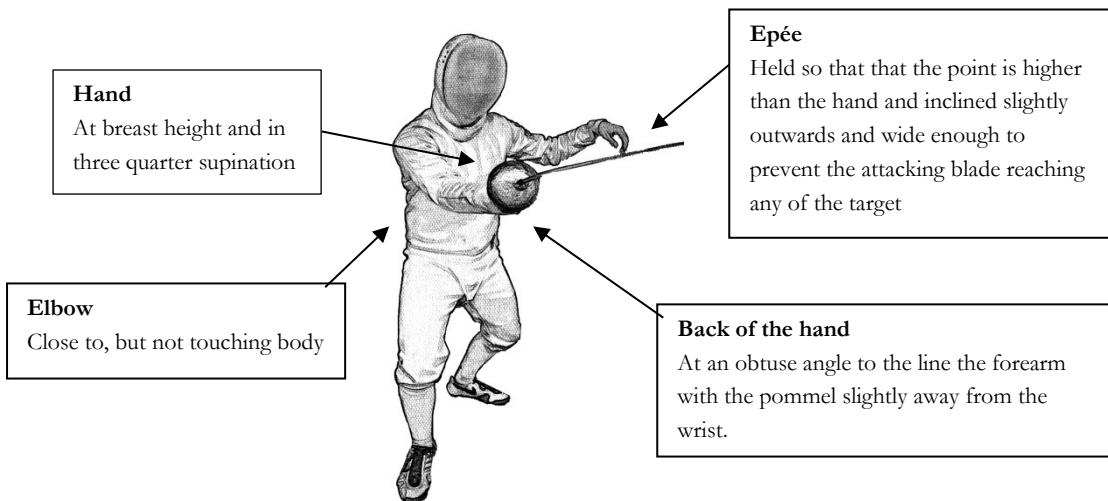
### On Guard in Sixte

This is the first position you will usually learn and it is mainly used to guard against hits to the upper outside line (see the diagram).



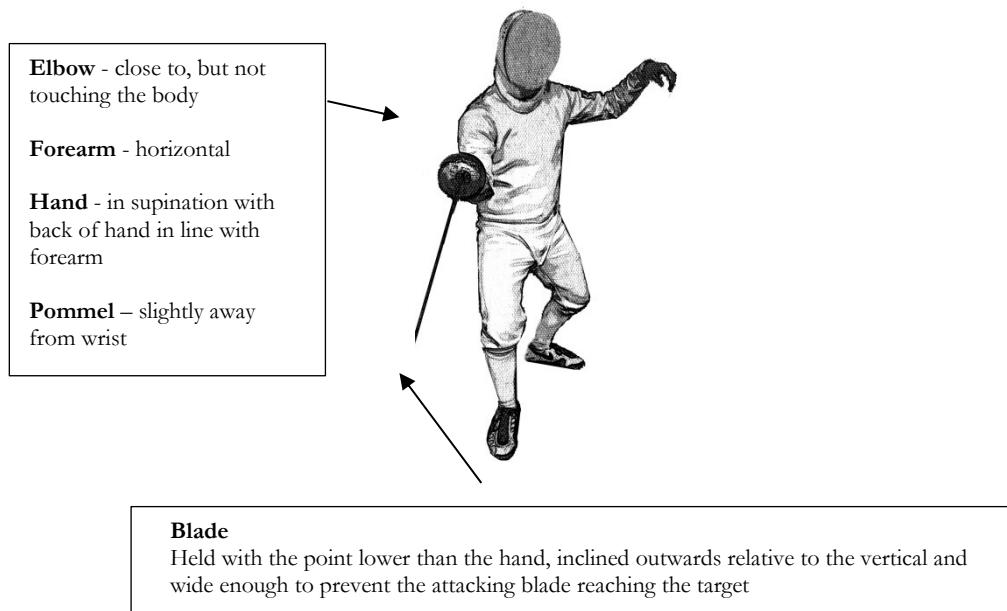
## On Guard in Quarte

This position is mainly used to guard against hits to the upper outside line (see the diagram).



## On Guard in Octave

Normally used to deflect an attacking blade wide of the outside-low-line:



## **Basic Footwork**

### Stepping Forwards (Advancing)

Front foot - lifted and placed down, heel first, about 6" (15cm) in advance of its original position.

Rear foot - lifted and placed down, toe first, at an equal distance to that moved by the front foot.

### Stepping Backwards (Retreating)

This is the reverse of stepping forward.

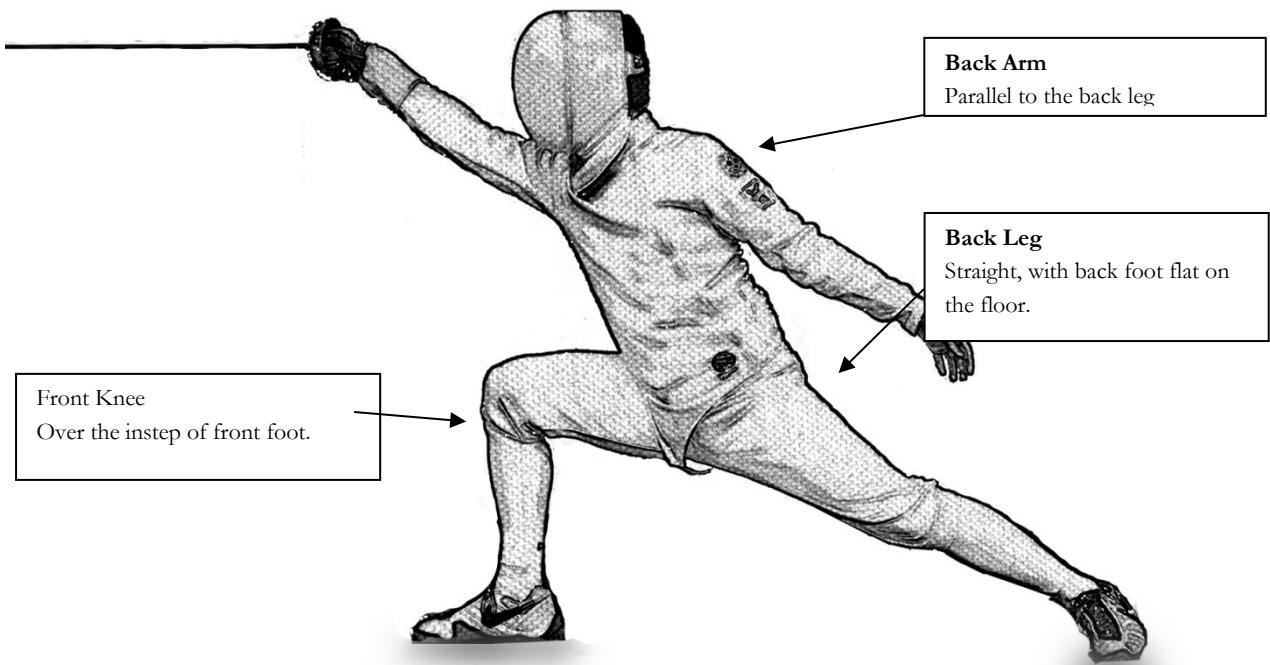
Rear foot - lifted and placed down, toe first, about 6" (15cm) behind its original position.

Front foot - lifted and placed down, at an equal distance to that moved by the rear foot.

After stepping forwards or backwards, the distance between the feet should not have changed and the **on guard** position should be balanced. The heels should be in line. The feet should stay close to the ground while moving and all footwork should be executed smoothly and not appear mechanical.

### The Lunge

In the lunge, the front foot is raised from the heel (toe first) and advanced forwards, whilst at the same time the rear leg is straightened, the rear foot is kept flat on the ground, so that the whole body is thrust forward.



Returning to the **on guard** position from a lunge may be done either backwards or forwards.

Backwards:

- lift the front toe and push back from the heel, bending the rear leg
- time the lifting of the front foot to coincide with the acquisition of momentum
- place the foot down, heel first, in the correct stance position
- maintain a bent knee position

Forwards:

- lift the back foot and position it in the correct stance – placing the toes down first
- maintain a bent knee position

## Simple Attacks

### Direct Attack or Straight Thrust

A direct attack is a simple offensive action made without changing the line.

### Disengage Attack

A disengage attack is a simple offensive action made in one motion by passing the point into a different line - under the opponent's point in the high line or over the opponent's point in the low line.

### Counter-disengage Attack

A counter-disengage attack is a simple offensive action, which deceives the opponent's attempt to change the engagement.

## Parries

### Parry Quarte

This is a parry where the sword moves to the position of quarte to intercept the opponent's attack. It is named according to the path it takes to reach this point.

- Lateral parry of quarte: Starts from a sixte position and moves across to quarte
- Counter (circular) quarte parry: Starts from the quarte position and moves in a circle back to the same position
- Diagonal parry of quarte: Starts from the octave position and moves in a diagonal line to quarte
- Semi-circular parry of quarte: Starts from the septime position and moves in a semi-circular path to quarte.

### Parry Sixte

This is a parry where the sword moves to the position of sixte to intercept the opponent's attack. It is named according to the path it takes to reach this point.

- Lateral parry of sixte: Starts from a quarte position and moves across to sixte
- Counter (circular) sixte parry: Starts from the sixte position and moves in a circle back to the same position
- Diagonal parry of sixte: Starts from the septime position and moves in a diagonal line to sixte
- Semi-circular parry of quarte: Starts from the octave position and moves in a semi-circular path to sixte.

## Renewed Actions

Because there is no convention of 'Right of Way' in Epée, it often useful make more than one attempt to hit. If your initial attack is parried, you may find it more effective to make another attempt to hit, either in the same line, or by going round your opponent's blade or by moving forwards. If you renew your attack in the same line with no additional movement of your hand, arm or feet, then that action is called a **REMISE**. If you renew your attack by moving the blade but not by moving your feet, then that action is called a **REDOUBLLEMENT**. If you renew your attack by moving forward (step, lunge or fleche), then that action is called a **REPRISE**

### **Clothing and Equipment**

When fencing, please be aware of and follow the relevant rules issued by your national governing body and/or those of the FIE.

**For British Fencers**, see BFA Rules for Competition,

BFA Clothing Guidelines (2014) state that the following equipment must be used

- Those fencing with size 2 or smaller blades, electric or non-electric
  - Jacket 350 Newtons, CEN 1
  - Plastron 350 Newtons, CEN 1
  - Trousers/breeches
  - Masks (350Newton bib)CEN 1
  - Glove
- Those fencing with size 5 electric and non electric weapons
  - Jacket 350 Newtons, CEN 1
  - Plastron 800 Newtons, CEN 1
  - Breeches 350 Newtons, CEN 1
  - Masks (350 Newton bib) CEN 1
  - Glove
- All masks must be fitted with safety back straps.
- Transparent visor masks are not allowed.

**Also note that:**

- **Glove** – must cover half of the forearm
- **Jacket** – this must overlap the breeches by 10cm when the fencer is in the 'on guard' position.
- **Breeches** –Breeches must be fastened below the knees and long socks worn to completely cover the legs up to the breeches
- **Underplastron** – must always be worn when fencing.

- **Mask** – this must fit the fencer properly and be in good condition. It should have a back strap and be free from dents and rust and the bib should be securely attached and free from tears.
- **Epée** – must conform to the specifications laid down in the rules) and must not have any sharp edges.

### General Safety

- never leave equipment where it could be picked up and used by non-fencers, who do not know of the normal safety precautions.
- never fence with a broken blade.
- never fence without qualified supervision.
- Whenever the épée is not being used for fencing or practising the point should be kept in front of you, pointing toward the ground

## Penalties

### Turning

From FIE Rules for Competitions (t.27.2):

- First offence – warning, yellow card (annul any hit scored by the fencer at fault)
- Second and subsequent offences- red card (i.e. increase the opponent's score by one hit and annul any hit scored by the fencer at fault)

### Corps-à-Corps

Corps-à-corps is said to exist when the two competitors come into physical contact.

From BFA Rules for Competitions (t.26):

- First offence – warning, yellow card (annul any hit scored by the fencer at fault)
- Second and subsequent offences- red card (i.e. increase the opponent's score by one hit and annul any hit scored by the fencer at fault)

## Skill Assessment Form

This Form may be useful to coaches in assessing candidates for proficiency awards. It is not a compulsory part of the assessment.

### **Practical Assessment – Bronze Épée**

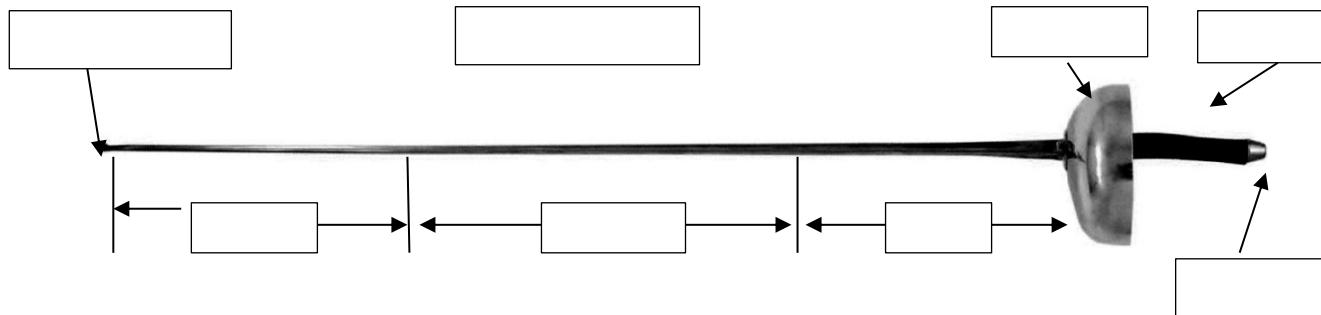
<b>EPEE – BRONZE</b>		
	<b>Mark</b>	<b>Examiner's Comments</b>
<b>The On guard Position</b> - stance - <b>on guard</b> in sixte - <b>on guard</b> in quarte - <b>on guard</b> in octave		
Stepping forwards and backwards		
<b>The Hit executed as:</b> a riposte		
<b>An attack using a:</b> - step - lunge - step lunge		
<b>Simple Attacks</b> - Straight Thrust (direct attack) - Disengage - Counter-disengage		
<b>Single Parries &amp; Simple Ripostes</b> - lateral parry of quarte from sixte - semi-circular parry of sixte to octave and vice-versa - circular parry of sixte		
<b>Continuity Hitting</b> - parry, riposte, redouble, redouble - simple attack, redouble, redouble		

## Competition Record

The coach may choose to include this in the assessment of the fencer. It may also be used as an optional record of the fencer's achievements so far.

## Theory Test for Bronze Épée

Identify the parts of the Epée



1. What is the target area for Epée?

- a) Torso
- b) The whole of the fencer's body including his clothing and equipment.
- c) Just the fencer's body
- d) Just the arms and legs

Answer \_\_\_\_\_

2. What is the a 'Double Hit'?

- a) When you hit your opponent twice within 1/25 of a second and get double points
- b) An event when both fencers hit each other simultaneously (within 1/25 of a second).
- c) It means you have to get out of the way of a fencer who is attacking
- d) It is the way the Referee determines who gets the point when both fencers are hit

Answer\_\_\_\_\_

3. What is the definition of an attack?

- a) Lunging first
- b) Any time you hit someone
- c) The first offensive action made in a phrase

Answer\_\_\_\_\_

4. What is the definition of a riposte?

- a) Something you do to stop someone hitting you
- b) The offensive action made after the successful parry of an attack
- c) The end of a fight

Answer\_\_\_\_\_

5. What are the minimum strength requirements for (circle the correct answer):
- a) a mask = (350 Newtons) (1000 Newtons) (350 Watts)
  - b) a jacket = (350 Newtons) (1000 Newtons) (1600 Newtons)
  - c) an under-plastron = (350 Newtons) (800 Newtons) (350 Watts)
  - d) a glove = (350 Newtons) (1000 Newtons) (none but must cover at least half of the lower arm)

Answer\_\_\_\_\_

6. What is the penalty for turning?

- a) Yellow card then red card if you do it again
- b) Red card
- c) Yellow card then Yellow card if you do it again

Answer\_\_\_\_\_

7. What is the penalty for Corps a Corps?

- a) Yellow card then red card if you do it again
- b) Red card
- c) None unless it is done deliberately.

Answer\_\_\_\_\_

# Application for IFCA Certificate

## Achievement at Bronze Level for Épée

Coaches who are members of the IFCA may obtain a certificate and badge for their pupil on completion of this course. This option is only available to IFCA members. To obtain IFCA membership contact Maître d' Escrime Andrew Wong at aw@fencing.org.hk

I confirm that \_\_\_\_\_  
fencer's name

- has completed the exercises in this book to my satisfaction
- has passed the practical assessment
- has passed the theory test
- has conducted him/herself in a satisfactory manner during training sessions and has shown due respect to the traditions of fencing and its rules

I recommend this fencer for an IFCA Bronze Award.

If the fencer has shown outstanding achievement in passing the award you may recommend him/her for extra honours by circling one of the options below

Merit/ Distinction

Signed (coach)

Date

Position

School/ Club

Delivery address for award

Email Address:

Would you prefer to receive the certificate via an emailed pdf? Y/N

# The International Fencing Coaches Association

The International Fencing Coaches Association (IFCA) was established in 2014 as a worldwide collaboration of fencing coaches for the advancement of coaching skills in this sport. The IFCA seeks to support all coaches by providing a system of coach education and certification, collaborating on the production of teaching resources for coaches and hosting training workshops and conferences.

The IFCA welcomes the input of any coach who wishes to share their knowledge of the sport and is happy to receive contributions of teaching material for publication through the IFCA.

This proficiency scheme is intended to assist coaches in running clubs. Coaches are free to use it as a teaching resource to plan their classes and to tailor the content and assessment levels to their needs.

In the interests of creating a truly international resource, the IFCA welcomes the assistance of any coach who can volunteer to produce translations of this material into their own language.