



International Fencing Coaches Association

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

IFCA FENCING ACHIEVEMENT SCHEME

Silver Award for Foil

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 listed exercises 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.

Thank you to William Gallimore Tallen and Grace Hough for their permission to use their images in this book.

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IFCA SILVER AWARD

Student's Name

Club

Coach

Date Started

Date Completed

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

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1.Beat Attacks

Beat Direct Attack (with a lunge) 1.01

Step-lunge 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 No response**
- 3 Fencer A Beat attack direct with a lunge**

Signed_____

Change-beat Direct Attack (with a lunge) 1.02

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

- 1 Fencer A Step forward and engage the blade in quarte - beat in quarte**
- 2 Fencer B In response to the beat, change the engagement to sixte**
- 3 Fencer A Change-beat direct attack with a lunge**

Signed_____

Beat-disengage Attack (with a lunge) 1.03

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

- 1 Fencer A Step forward and engage the blade in quarte - beat in quarte**
- 2 Fencer B In response to the beat, close the line of quarte**
- 3 Fencer A Disengage attack with a lunge**

Signed_____

Beat- counter-disengage Attack (with a lunge) 1.04

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

- 1 Fencer A Step forward and engage the blade in quarte - beat in quarte**
- 2 Fencer B In response to the beat, change the engagement to sixte**
- 3 Fencer A Counter-disengage attack with a lunge**

Signed_____

Beat Direct Attack (with a lunge)) 1.05

Step-lunge 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 No response**
- 3 Fencer A Beat attack direct attack with a lunge**

Signed _____

Beat Direct Attack (with a lunge) 1.06

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, beat in sixte**
- 3 Fencer A Beat attack direct with a lunge**

Signed _____

Change-beat Direct Attack (with a lunge)) 1.07

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, change the engagement to quarte**
- 3 Fencer A Change-beat attack with a lunge**

Signed _____

Beat-disengage Attack (with a lunge) 1.08

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, close the line of sixte**
- 3 Fencer A Disengage attack with a lunge**

Signed _____

Beat- counter-disengage Attack (with a lunge) 1.09

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, attempt to change the engagement to quarte**
- 3 Fencer A Counter-disengage attack with a lunge**

Signed _____

Beat-disengage Attack (with a lunge) 1.10

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, close the line of sixte**
- 3 Fencer A Disengage attack with a lunge**

Signed _____

Beat- counter-disengage Attack (with a lunge) 1.11

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B In response to the beat, attempt to change the engagement to quarte**
- 3 Fencer A Counter-disengage attack with a lunge**

Signed _____

Beat-disengage Attack (with a lunge) 1.12

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

- 1 Fencer A Step forward and engage the blade in octave then beat in octave**
- 2 Fencer B No response**
- 3 Fencer A Disengage attack with a lunge**

Signed _____

Beat- counter-disengage Attack (with a lunge) 1.13

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

- 1 Fencer A Step forward and engage the blade in octave then beat in octave**
- 2 Fencer B In response to the beat, attempt to change the engagement to septime**
- 3 Fencer A Counter-disengage attack with a lunge**

Signed _____

Beat Direct Attack (with a lunge) 1.14

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

- 1 Fencer A Step forward and engage the blade in quarte**
- 2 Fencer B No response**
- 3 Fencer A Beat attack direct with a lunge**

Signed _____

Beat Direct Attack (with a lunge) 1.15

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

- 1 Fencer A Step forward and engage the blade in quarte then beat in quarte**
- 2 Fencer B In response to the beat, beat in quarte**
- 3 Fencer A Beat direct attack with a lunge**

Signed _____

Change-beat direct Attack (with a lunge) 1.16

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

- 1 Fencer A Step forward and engage the blade in quarte then beat in quarte**
- 2 Fencer B In response to the beat, attempt to change the engagement to sixte**
- 3 Fencer A Change-beat attack with a lunge**

Signed _____

Beat-disengage Attack (with a lunge) 1.17

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

- 1 Fencer A Step forward and engage the blade in quarte then beat in quarte**
- 2 Fencer B In response to the beat, close the line of quarte**
- 3 Fencer A Disengage attack with a lunge**

Signed _____

Beat- counter-disengage Attack (with a lunge) 1.18

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

- 1 Fencer A Step forward and engage the blade in quarte then beat in quarte**
- 2 Fencer B In response to the beat, attempt to change the engagement to sixte**
- 3 Fencer A Beat counter-disengage attack with a lunge**

Signed _____

Beat Direct Attack (with a lunge) 1.19

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

- 1 Fencer A Step forward and engage the blade in sixte then beat in sixte**
- 2 Fencer B No response**
- 3 Fencer A Direct attack with a lunge**

Signed _____

2. Two Time Compound Attacks

Compound Attack (two-time) - feint-direct - disengage 2.01

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 Feint direct with a step forward**
- ³ Fencer B Step back with a parry of quarte
- ⁴ **Fencer A Complete the compound attack - disengage with a lunge**

Signed _____

Compound Attack (two-time) - feint-direct – disengage 2.02

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 Feint direct with a step forward**
- ³ Fencer B Step back with a parry of sixte
- ⁴ **Fencer A Complete the compound attack - disengage with a lunge**

Signed _____

Compound Attack (two-time) - disengage - disengage 2.03

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

- ¹ Fencer B Step forward into quarte
- ² **Fencer A Feint of a disengage - with a step forward**
- ³ Fencer B Step back with a parry of sixte
- ⁴ **Fencer A Complete the compound attack - disengage with a lunge**

Signed _____

Compound Attack (two-time) - disengage - disengage 2.04

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

- ¹ Fencer B False step forward into quarte
- ² **Fencer A Feint of a disengage - with a step forward**
- ³ Fencer B Step back with a parry of sixte
- ⁴ **Fencer A Complete the compound attack - disengage with a lunge**

Signed _____

Compound Attack (two-time) - feint-direct - counter-disengage 2.05Step-lunge distance Fencer A on guard in sixte, **fencer B on guard in octave**

- Fencer A** Step forward into quarte
- Fencer B** Feint direct with a step forward
- Fencer A** Step back with a parry of counter-quarte
- Fencer B** Complete the compound attack - counter-disengage with a lunge

Signed _____

Compound Attack (two-time) - feint-direct - counter-disengage 2.06Step-lunge distance **Fencer A on guard in octave**, fencer B on guard in sixte

- Fencer B** Step forward (no blade movement)
- Fencer A** Feint direct with a step forward
- Fencer B** Step back with a parry of counter-sixte
- Fencer A** Complete the compound attack - counter-disengage with a lunge

Signed _____

Compound Attack (two-time) - feint-direct - counter-disengage 2.07Step-lunge distance **Fencer A on guard in sixte**, fencer B on guard in octave

- Fencer B** Step forward (no blade movement)
- Fencer A** Feint direct with a step forward
- Fencer B** Step back with a parry of counter-octave
- Fencer A** Complete the compound attack - counter-disengage with a lunge

Signed _____

Compound Attack (two-time) - disengage - counter-disengage 2.08Step-lunge distance **Fencer A on guard in sixte**, fencer B on guard in octave

- Fencer B** Step forward into quarte
- Fencer A** Feint of a disengage with a step forward
- Fencer B** Step back with a parry of counter-quarte
- Fencer A** Complete the compound attack - counter-disengage with a lunge

Signed _____

Compound Attack (two-time) - disengage - counter-disengage 2.09

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

- ¹ Fencer B Step forward (no blade movement)
- ² **Fencer A Feint of a disengage with a step forward**
- ³ Fencer B Step back with a parry of counter-sixte
- ⁴ **Fencer A Complete the compound attack - counter-disengage with a lunge**

Signed_____

Compound Attack (two-time) - disengage - counter-disengage 2.10

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 Feint of a disengage with a step forward**
- ³ Fencer B Step back with a parry of counter-octave
- ⁴ **Fencer A Complete the compound attack - counter-disengage with a lunge**

Signed_____

3. Semi Circular Parries of Septime and Octave

Provok an Attack - Parry septime and riposte direct 3.01

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

- 1 **Fencer A** **Short step forward attempting to engage in quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed_____

Provok an Attack - Parry octave and riposte by disengage 3.02

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

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

Signed_____

Provok an Attack - Parry octave and riposte by disengage 3.03

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

- 1 **Fencer A** **Short step forward lifting the point into sixte (no engagement)**
- 2 Fencer B Attack direct with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed_____

Provok an Attack - Parry septime and riposte direct 3.04

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

- 1 **Fencer A** **Short step forward into quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed_____

Provok an Attack - Parry octave and riposte by disengage 3.05Step-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 with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed _____

Provok an Attack - Parry septime and riposte direct 3.06Step-lunge distance **Fencer A on guard in quarte**, fencer B on guard in octave

- 1 **Fencer A** **Short step forward (no blade movement)**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

Provok an Attack - Parry octave and riposte by disengage 3.07Step-lunge distance **Fencer A on guard in octave**, fencer B on guard in quarte

- 1 **Fencer A** **Short step forward into sixte (semi-circular action)**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed _____

Provok an Attack - Parry septime and riposte direct 3.08Step-lunge distance **Fencer A on guard in octave**, fencer B on guard in quarte

- 1 **Fencer A** **Short step forward into quarte (semi-circular action)**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

Provok an Attack - Parry octave and riposte by disengage 3.09Step-lunge distance **Fencer A on guard in quarte**, fencer B on guard in octave

- 1 **Fencer A** **Short step forward into sixte (lateral action)**
- 2 Fencer B Attack direct with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed _____

Provok an Attack - Parry septime and riposte direct 3.10

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

- 1 **Fencer A** **Short step forward with a circular blade action in quarte**
- 2 Fencer B Attack - counter-disengage - with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

Provok an Attack - Parry octave and riposte by disengage 3.11

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

- 1 **Fencer A** **Short step forward lifting the point into sixte**
- 2 Fencer B Attack direct with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed _____

Provok an Attack - Parry septime and riposte direct 3.12

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

- 1 **Fencer A** **Short step forward, attempting to engage in quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

Provok an Attack - Parry octave and riposte by disengage

3.13

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

- 1 **Fencer A** **Short step forward, attempting to engage in sixte**
- 2 Fencer B Attack - counter-disengage - with a lunge
- 3 **Fencer A** **Parry octave and riposte by disengage**

Signed _____

Provok an Attack - Parry octave and riposte by disengage 3.14Step-lunge distance **Fencer A on guard in quarte**, fencer B on guard in sixte

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

Signed _____

Provok an Attack - Parry septime and riposte direct 3.15Step-lunge distance **Fencer A on guard in quarte**, fencer B on guard in sixte

- 1 **Fencer A** **Short step forward, attempting to change the engagement quarte**
- 2 Fencer B Attack - counter-disengage - with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

Provok an Attack - Parry septime and riposte direct 3.16Step-lunge distance **Fencer A on guard in sixte**, fencer B on guard in quarte

- 1 **Fencer A** **Short step forward, attempting to close the line of quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 **Fencer A** **Parry septime and riposte direct**

Signed _____

4. First Counter Ripostes

1st Counter-Riposte by disengage 4.1

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 – with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.2

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 with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.3

Step-lunge 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 with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.4

Step-lunge 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 with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.5

Step-lunge 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 with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.6

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

- 1 Fencer B Step forward, engage the blade in sixte, the change the engagement quarte
- 2 **Fencer A Attack by counter-disengage with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.7

Step-lunge 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 cut-over with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.8

Step-lunge 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 cut-over with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage**

Signed_____

1st Counter-Riposte by disengage 4.9

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 with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte by disengage 4.10

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 with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, step back and close the line of quarte
- 6 **Fencer A Riposte by disengage with a lunge**

Signed_____

1st Counter-Riposte by disengage 4.11

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 with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte by disengage 4.12

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 with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, step back and close the line of sixte
- 6 **Fencer A Riposte by disengage with a lunge**

Signed_____

1st Counter-Riposte by disengage 4.13

Step-lunge 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 with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte by disengage 4.14

Step-lunge 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 with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, step back and close the line of quarte
- 6 **Fencer A Riposte by disengage with a lunge**

Signed_____

1st Counter-Riposte by disengage 4.15

Step-lunge 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 with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte by disengage 4.16

Step-lunge 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 with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, step back and close the line of sixte
- 6 **Fencer A Riposte by disengage with a lunge**

Signed_____

1st Counter-Riposte by disengage 4.17

Step-lunge 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 cut-over with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, close the line of quarte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte by disengage 4.18

Step-lunge 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 cut-over with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, step back and close the line of quarte
- 6 **Fencer A Riposte by disengage with a lunge**

Signed_____

1st Counter-Riposte by disengage 4.19

Step-lunge 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 cut-over with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, close the line of sixte
- 6 **Fencer A Riposte by disengage (no footwork)**

Signed_____

1st Counter-Riposte - by counter-disengage 4.20

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 with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, change the engagement to sixte
- 6 **Fencer A Riposte by counter-disengage**

Signed_____

1st Counter-Riposte - by counter-disengage 4.21

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 with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, change the engagement to quarte
- 6 **Fencer A Riposte by counter-disengage**

Signed_____

1st Counter-Riposte - by counter-disengage 4.22

Step-lunge 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 with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, change the engagement to sixte
- 6 **Fencer A Riposte by counter-disengage**

Signed_____

1st Counter-Riposte - by counter-disengage 4.23

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

- 1 Fencer B Step forward and attempt to engage in quarte
- 2 **Fencer A Attack by disengage with a lunge and stay on the lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Parry sixte**
- 5 Fencer B On being parried, change the engagement to quarte
- 6 **Fencer A Riposte by counter-disengage**

Signed_____

1st Counter-Riposte - by counter-disengage 4.24

Step-lunge 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 with a lunge and stay on the lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Parry quarte**
- 5 Fencer B On being parried, change the engagement to sixte
- 6 **Fencer A Riposte by counter-disengage**

Signed_____

1st Counter-Riposte - by counter-disengage 4.25

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 with a lunge**
- 3 Fencer B Parry sixte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry sixte**
- 5 Fencer B On being parried, step back, changing engagement to quarte
- 6 **Fencer A Riposte by counter-disengage with a lunge**

Signed_____

1st Counter-Riposte - by counter-disengage 4.26

Step-lunge 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 with a lunge**
- 3 Fencer B Parry quarte and riposte direct
- 4 **Fencer A Recover forward to the on guard position and parry quarte**
- 5 Fencer B On being parried, change the engagement to sixte
- 6 **Fencer A Riposte by counter-disengage (no footwork)**

Signed_____

5. Second Counter Ripostes

Quarte-direct - quarte-disengage 5.01

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 direct with a lunge**
- 3 Fencer A Parry quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, close the line of quarte**
- 7 Fencer A Riposte by disengage**

Signed _____

Quarte-direct - quarte-disengage 5.02

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 with a lunge**
- 3 Fencer A Parry quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position closing line of quarte**
- 7 Fencer A Riposte by disengage with a lunge**

Signed _____

Counter-quarte-direct - quarte-disengage 5.03

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 quarte**
- 2 Fencer B Attack by disengage with a lunge**
- 3 Fencer A Parry counter-quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, close the line of quarte**
- 7 Fencer A Riposte by disengage**

Signed _____

Counter-quarte-direct - quarte-disengage 5.04Step-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 quarte**
- 2 Fencer B Attack by disengage with a lunge**
- 3 Fencer A Parry counter-quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position, closing line of quarte**
- 7 Fencer A Riposte by disengage with a lunge**

Signed _____

Quarte-direct - sixte-disengage 5.05Step-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 with a lunge**
- 3 Fencer A Parry quarte and riposte direct**
- 4 Fencer B Parry quarte**
- 5 Fencer A On being parried, close the line of quarte**
- 6 Fencer B Riposte by disengage**
- 7 Fencer A Parry sixte**
- 8 Fencer B On being parried, close the line of sixte**
- 9 Fencer A Riposte by disengage**

Signed _____

Quarte-direct - sixte-disengage 5.06Step-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 with a lunge**
- 3 Fencer A Parry quarte and riposte direct**
- 4 Fencer B Parry quarte**
- 5 Fencer A On being parried, close the line of quarte**
- 6 Fencer B Riposte by disengage**
- 7 Fencer A Parry sixte**
- 8 Fencer B On being parried, recover back to on guard position closing line of sixte**
- 9 Fencer A Riposte by disengage with a lunge**

Signed _____

Counter-quarte-direct - sixte-disengage 5.07Step-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 quarte
- 2 Fencer B** Attack by disengage with a lunge
- 3 Fencer A** Parry counter-quarte and riposte direct
- 4 Fencer B** Parry quarte
- 5 Fencer A** On being parried, close the line of quarte
- 6 Fencer B** Riposte by disengage
- 7 Fencer A** Parry sixte
- 8 Fencer B** On being parried, close the line of sixte
- 9 Fencer A** Riposte by disengage

Signed _____

Counter-quarte-direct - sixte-disengage 5.08Step-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 quarte
- 2 Fencer B** Attack by disengage with a lunge
- 3 Fencer A** Parry counter-quarte and riposte direct
- 4 Fencer B** Parry quarte
- 5 Fencer A** On being parried, close the line of quarte
- 6 Fencer B** Riposte by disengage
- 7 Fencer A** Parry sixte
- 8 Fencer B** On being parried, recover back to on guard position, closing line of sixte
- 9 Fencer A** Riposte by disengage with a lunge

Signed _____

Sixte-direct - quarte-disengage 5.09Step-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 quarte
- 2 Fencer B** Attack by disengage with a lunge
- 3 Fencer A** Parry sixte and riposte direct
- 4 Fencer B** Parry counter-quarte and riposte direct
- 5 Fencer A** Parry quarte
- 6 Fencer B** On being parried, close the line of quarte
- 7 Fencer A** Riposte by disengage

Signed _____

Sixte-direct - quarte-disengage 5.10

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

- 1 Fencer A Short step forward and attempt to engage in quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 Fencer A Parry sixte and riposte direct**
- 4 Fencer B Parry counter-quarte and riposte direct
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position, closing line of quarte
- 7 Fencer A Riposte by disengage with a lunge**

Signed _____

Sixte-direct - counter-quarte – disengage 5.11

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 quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 Fencer A Parry sixte and riposte direct**
- 4 Fencer B Parry counter-quarte
- 5 Fencer A On being parried, close the line of quarte**
- 6 Fencer B Riposte by disengage
- 7 Fencer A Parry counter-quarte**
- 8 Fencer B On being parried, close the line of quarte
- 9 Fencer A Riposte by disengage**

Signed _____

Counter-sixte-direct - quarte-disengage 5.12

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 with a lunge
- 3 Fencer A Parry counter-sixte and riposte direct**
- 4 Fencer B Parry counter-quarte and riposte direct
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position, closing line of quarte
- 7 Fencer A Riposte by disengage with a lunge**

Signed _____

Sixte-direct - sixte-disengage 5.13Step-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 quarte**
- 2 Fencer B** Attack by disengage with a lunge
- 3 Fencer A** **Parry sixte and riposte direct**
- 4 Fencer B** Parry sixte and riposte direct
- 5 Fencer A** **Parry sixte**
- 6 Fencer B** On being parried, close the line of sixte
- 7 Fencer A** **Riposte by disengage**

Signed _____

Sixte-direct - sixte-disengage 5.14Step-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 quarte**
- 2 Fencer B** Attack by disengage with a lunge
- 3 Fencer A** **Parry sixte and riposte direct**
- 4 Fencer B** Parry sixte and riposte direct
- 5 Fencer A** **Parry sixte**
- 6 Fencer B** On being parried, recover back to the on guard position, closing line of sixte
- 7 Fencer A** **Riposte by disengage with a lunge**

Signed _____

Quarte-direct - quarte-counter-disengage 5.15Step-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** Attack direct with a lunge
- 3 Fencer A** Parry quarte and riposte direct
- 4 Fencer B** Parry quarte and riposte direct
- 5 Fencer A** Parry **quarte**
- 6 Fencer B** On being parried, change the engagement to sixte
- 7 Fencer A** **Riposte by counter-disengage**

Signed _____

Quarte-direct - quarte-counter-disengage 5.16

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 with a lunge**
- 3 Fencer A Parry quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position, changing engagement to sixte**
- 7 Fencer A Riposte by counter-disengage with a lunge**

Signed _____

Counter-quarte-direct - quarte-counter-disengage 5.17

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 quarte**
- 2 Fencer B Attack by disengage with a lunge**
- 3 Fencer A Parry counter-quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, change the engagement to sixte**
- 7 Fencer A Riposte by counter-disengage**

Signed _____

Counter-quarte-direct - quarte-counter-disengage 5.18

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 quarte**
- 2 Fencer B Attack by disengage with a lunge**
- 3 Fencer A Parry counter-quarte and riposte direct**
- 4 Fencer B Parry quarte and riposte direct**
- 5 Fencer A Parry quarte**
- 6 Fencer B On being parried, recover back to on guard position, changing engagement to sixte**
- 7 Fencer A Riposte by counter-disengage with a lunge**

Signed _____

Counter-sixte-disengage - quarte-disengage 5.19

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 with a lunge
- 3 Fencer A** **Parry counter-sixte**
- 4 Fencer B** On being parried, recover back to the on guard position and close the line of sixte
- 5 Fencer A** **Riposte by disengage with a lunge and stay on the lunge**
- 6 Fencer B** Parry quarte-riposte direct
- 7 Fencer A** **Parry quarte**
- 8 Fencer B** On being parried, close the line of quarte
- 9 Fencer A** **Riposte by disengage**

Signed _____

Octave-disengage - quarte-disengage 5.20

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 with a lunge
- 3 Fencer A** **Parry octave**
- 4 Fencer B** On being parried, recover to on guard position, covering sixte
- 5 Fencer A** **Riposte by disengage with a lunge and stay in the lunge**
- 6 Fencer B** Parry quarte and riposte direct
- 7 Fencer A** **Recover forward and parry quarte**
- 8 Fencer B** On being parried, step back, closing line of quarte
- 9 Fencer A** **Riposte by disengage with a lunge**

Signed _____

Octave-disengage - sixte-disengage 5.21

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 with a lunge
- 3 Fencer A** **Parry octave**
- 4 Fencer B** On being parried, recover to on guard position, covering sixte
- 5 Fencer A** **Riposte by disengage with a lunge and stay in the lunge**
- 6 Fencer B** Parry counter-sixte-riposte direct
- 7 Fencer A** **Recover forward and parry sixte**
- 8 Fencer B** On being parried, step back closing line of sixte
- 9 Fencer A** **Riposte by disengage with a lunge**

Signed _____

Counter-quarte-disengage - quarte-counter-disengage 5.22Step-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 quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 Fencer A Parry counter-quarte**
- 4 Fencer B On being parried, close the line of quarte
- 5 Fencer A Riposte by disengage**
- 6 Fencer B Parry counter-quarte and riposte direct
- 7 Fencer A Parry quarte**
- 8 Fencer B On being parried, change engagement to sixte
- 9 Fencer A Riposte by counter-disengage**

Signed _____

Counter-quarte-disengage - quarte-counter-disengage 5.23Step-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 quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 Fencer A Parry counter-quarte**
- 4 Fencer B On being parried, close the line of quarte
- 5 Fencer A Riposte by disengage**
- 6 Fencer B Parry counter-quarte and riposte direct
- 7 Fencer A Parry quarte**
- 8 Fencer B On being parried, recover back to on guard position, changing engagement to sixte
- 9 Fencer A Riposte by counter-disengage with a lunge**

Signed _____

Counter-quarte-disengage - quarte-counter-disengage 5.24Step-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 quarte**
- 2 Fencer B Attack by disengage with a lunge
- 3 Fencer A Parry counter-quarte**
- 4 Fencer B On being parried, recover back to on guard position, closing line of quarte
- 5 Fencer A Riposte by disengage with a lunge and stay on the lunge**
- 6 Fencer B Parry counter-quarte and riposte direct
- 7 Fencer A Parry quarte**
- 8 Fencer B On being parried, change the engagement to sixte
- 9 Fencer A Riposte by counter-disengage**

Signed _____

7. Assessment Exercises

Compound Attack (two-time)

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 Feint of a disengage - with a step forward**
- ³ Fencer B Step back with a parry of counter-octave
- ⁴ **Fencer A Complete the compound attack - counter-disengage with a lunge**

Signed _____

Optional Credit – the pupil should explain and demonstrate the tactical reason for using a compound attack in this exercise rather than a simple attack.

First Counter-Riposte

Step-lunge 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 cut-over with a lunge**
- ³ Fencer B Parry quarte and riposte direct
- ⁴ **Fencer A Recover forward to the on guard position and parry quarte**
- ⁵ Fencer B On being parried, step back and close the line of quarte
- ⁶ **Fencer A Riposte by disengage with a lunge**

Signed _____

Optional Credit – the pupil shown explain and demonstrate at least two tactical reasons for recovering forward to parry in this exercise.

Second Counter - Riposte 5.24

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 quarte**
- ² Fencer B Attack by disengage with a lunge
- ³ **Fencer A Parry counter-quarte**
- ⁴ Fencer B On being parried, recover back to on guard position, closing line of quarte
- ⁵ **Fencer A Riposte by disengage with a lunge and stay on the lunge**
- ⁶ Fencer B Parry counter-quarte and riposte direct
- ⁷ **Fencer A Parry quarte**
- ⁸ Fencer B On being parried, change the engagement to sixte
- ⁹ **Fencer A Riposte by counter-disengage**

Signed _____

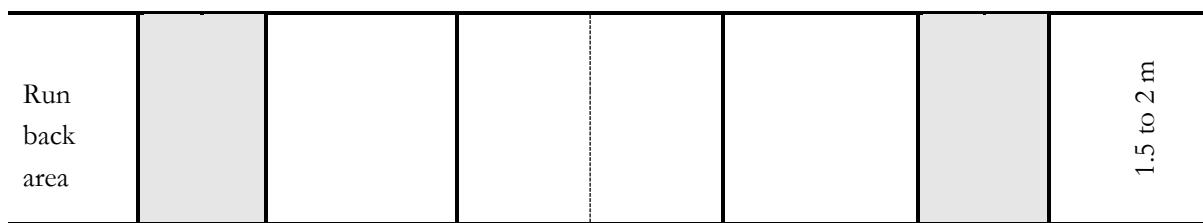
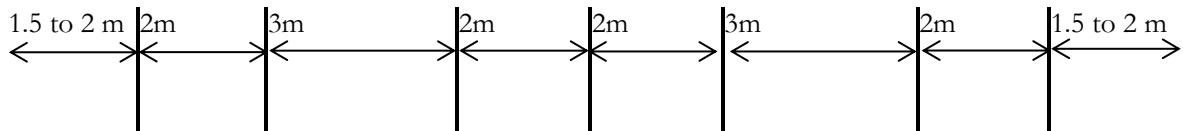
Optional Credit – the pupil should explain at least one tactical reason for using a planned (pre-meditated) second counter riposte.

6. Theory of Fencing

Rules

Dimensions of the piste

FIE Rules for Competition, Book 1 (t.16 to t19)



End of Piste (rear limit)	Start of 2m signal area	On-guard line	Centre line	On-guard line	Start of 2m signal area	End of Piste (rear limit)
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t.11.

The **field of play** should have an even surface. It should give neither advantage nor disadvantage to either of the two fencers concerned, especially as regards light.

t.12.

That portion of the field of play which is used for fencing is called the **piste**.

Competitions **at all three weapons** are fenced on the same pistes.

t.13.

The piste is from 1.50 metres to 2 metres **wide**.

The piste is 14 metres **long**, so that each competitor, being placed at 2 metres from the centre line, has at his disposal for retreating a total distance of 5 metres without it being necessary for him to cross the rear limit of the piste with both feet.

t.14.

Five lines should be drawn very clearly on the piste at right angles to its length, as follows:

one centre line which must be drawn as a broken line across the whole width of the piste;

two on-guard lines at 2 metres on each side of the centre line. These must be drawn across the whole width of the piste;

two lines at the rear limits of the piste, which must be drawn across the whole width of the piste, at a distance of 7 metres from the centre line.

In addition, **the last 2 metres** of the piste before these rear limit lines must be clearly distinguished — if possible by a different colour of piste — to make it easy for the fencers to be aware of their position on the piste

Penalties

Crossing the lateral limits of the piste with both feet

From FIE Rules for Competition, Book 1 (t.35)

“A competitor who crosses one of the lateral boundaries of the piste with one or both feet is penalised.

When the competitors are replaced on guard, the opponent of the competitor who has crossed the lateral boundary will step forward one metre from the position he occupied when his opponent left the piste; the competitor who is penalised must retire in order to resume the correct fencing distance.

If the exercise of this penalty places a competitor with both feet beyond the rear limit of the piste, that competitor is considered as having been hit.”

Note: If one of the competitors crosses the lateral boundaries of the piste with one foot only, he is not penalised but the Referee must immediately call ‘Halt’ and replace the competitors on guard on the piste. A competitor who crosses one of the boundaries of the piste as the result of an accidental cause (such as a collision or jostling) incurs no penalty whatever.

Going off the end of the piste (with both feet)

From FIE Rules for Competition, Book 1 (t.34):

Should a competitor cross the rear limit of the piste completely – i.e. with both feet – a hit will be scored against him.

Leaving the piste during a bout without permission or to avoid being hit

From FIE Rules for Competition, Book 1 (t.170, 1.1):

- first offence – warning, yellow card
- second and subsequent offences- red card (i.e. increase the opponent’s score by one hit)

Removing mask before the referee has called “halt”

From FIE Rules for Competition, Book 1 (t.170, 1.15):

- first offence – warning, yellow card
- second and subsequent offences- red card (i.e. increase the opponent’s score by one hit)

A fencer, whether on or off the piste, must keep his mask on until the Referee calls halt. The fencer may under no circumstances address the Referee until the Referee has made his/her decision.

Time-limit for a bout

Time limits and number of hits for younger fencers may vary – consult the rules used in your own country.

In the UK:

From BFA Rules for Competition, Book 1 (t.38, t.40):

5 hits – maximum of 3 minutes

10 hits – 3 periods of 2 minutes for British Youth Championships

15 hits – 3 periods of 3 minutes, with a break of one minute between any two periods

Passivity/Non Combativity

At the time of writing, the rules for passivity/non combativity have been recently changed and are still under general scrutiny. They are not implemented at all competitions or in all countries, so the student is urged to consult their coach as to the rules which are currently applicable to them.

Definitions

Renewals

All offensive actions may be renewed. A renewal can generally be categorised as a remise, a redoublement or a reprise:

Remise: the renewal of an offensive action in which the blade remains in the line in which it was parried (or missed) and is then replaced on the target or it is left in line for the opponent to advance onto.

Redoublement: the renewal of an offensive action, into the same or a different line from that in which the blade was parried, by an additional movement (or movements) of the blade, arm or body. The feet do not move.

Reprise: the renewal of an offensive action that involves additional foot movement(s). This usually involves a return to the on-guard position either forwards or backwards.

Change Beat

A sudden crisp beat on the opponent's blade in the opposite line to that of the engagement.

Compound Attacks

A compound attack is an attack that includes one or more feints.

The objective of the feint is to provoke the opponent into parrying. This parry is then deceived, and the final movement of the attack delivered into an opening line. The feint is generally used to gain time and distance when too far away for a successful simple attack.

Counter Ripostes

A **first counter-riposte** is an offensive action made after successfully parrying a riposte.

A **second counter-riposte** is an offensive action made after successfully parrying a first counter-riposte. Counter-ripostes are numbered - such that the attacker makes all the odd numbered counter-ripostes and the defender makes all the even numbered counter-ripostes.

Counter ripostes may include actions that are direct, indirect and compound

Cut-over (or *Coupe*) Attack

The *cut-over* is a simple offensive action made in one motion by passing the point into a different line - over the opponent's point in the high line or under the opponent's point in the low line. It is most effectively employed on an opponent, with a low point, who is attempting to close a line.

These forms may be useful to coaches in assessing candidates for proficiency awards.

Practical Assessment – Silver Foil

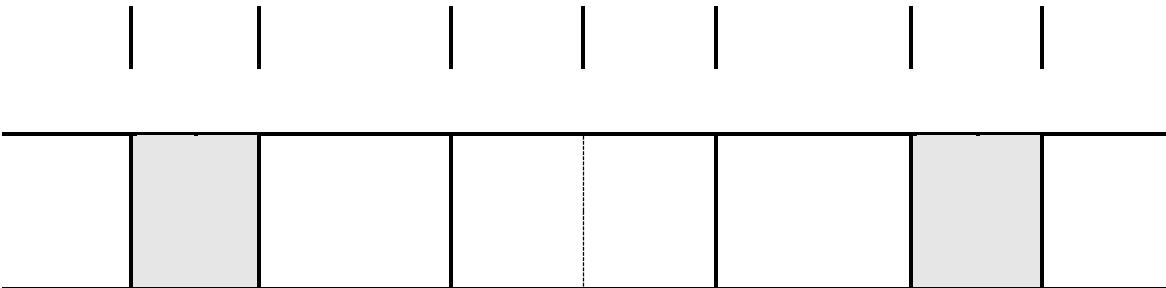
FOIL – SILVER		
	Mark	Examiner's Comments
Preparations - Simple attack preceded by - an attack on the blade (a beat)		
Preparations - an engagement - from absence of blade - engage in sixte - engage in quarte - engage in octave		
Compound attacks - two time - feint direct - disengage - disengage - disengage - counter disengage - disengage		
Parries - parry octave and riposte - parry septime and riposte		
Counter Ripostes - First counter riposte - final action - Second counter riposte - final		

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 Silver Foil

1. What are the dimension of the piste?



2. 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 _____

3. Judging hits

- If an attack and a counter attack both result in a hit, who gets the point?

- If a renewal of an attack and an immediate riposte both result in a hit, who gets the point?

- If both fencers attack at the same time and both get hit, who gets the point?

- If the attack results in an off target hit and the counter attack results in an on target hit, who gets the point?

- If the renewal of an attack and the renewal of a riposte both result in a hit, who gets the point?

f. If a stop hit lands before the start of the final action of a compound attack, is it in time?

g. If a stop hit lands after the start of the final action of a compound attack, is it in time?

4. Explain/define the following movements:

a. A redoublement _____

b. a cut-over attack _____

c. a first counter riposte _____

d. a compound attack _____

e. a change-beat _____

5. What is the time limit for a bout of

a. 5 hits _____

b. 10 hits _____

c. 15 hits _____

Fencer	1	2	3	4	5	6	7	8	HS	HR	Ind
1	X										
2		X									
3			X								
4				X							
5					X						
6						X					
7							X				
8								X			
Pool of 4	Pool of 5	Pool of 6 fencers	Pool of 7 fencers				Pool of 8 fencers				
1-4 2-3 1-3 2-4 3-4 1-2	1-2 3-4 5-1 2-3 5-4 1-3	1-2 4-2 4-5 3-6 2-3 5-1 5-6 3-4 3-1 6-2 6-4	1-4 5-7 4-5 2-5 3-1 3-6 4-6 7-1 7-1 5-4 3-5 2-3 1-6				2-3 8-3 4-8 1-5 6-7 2-6 7-4 4-2 3-5 6-8 8-1 1-7 1-2 7-5 4-6 3-4 3-6 8-5				
		2-5 4-1 3-5 4-2		6-7 2-4 5-1 7-3 4-3 6-5 6-2 1-2			5-6 2-8 7-2 8-7 5-4 1-3 4-1 6-1 5-2 3-7				

I confirm that the candidate can fill in a pool sheet correctly

Examiner's signature _____

Application for IFCA Certificate

Achievement at Silver Level for Foil

Awards for the completion of this book may be given by the fencer's coach, club or national Academy. Alternatively, the coach or fencer may apply for an IFCA certificate and badge, using the form below

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 Silver 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 (examiner) _____

Date _____

Position _____

School/ Club _____

Delivery address for award _____

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.