

Level 1 Fencing Review Sheet

Use this sheet to review the concepts that we have covered during the course of the class. If you wish to be tested for the Yellow Band, or Level 1 completion, for the Cal Poly Fencing Club, you will want to know all the information contained in these pages.

We encourage you to pursue Level 1 completion. Completing the Level 1 requirements will secure for you a firm foundation in regards to your fencing knowledge. It will also enable you to pursue the next level of instruction, the Red Band, which will expand your knowledge, skill and appreciation for the sport.

Included with the review information is an explanation of the requirements for completion of the yellow band.

Good Luck!

Duncan MacLeod
Mary Walker

Review Outline for Level 1 Fencing

- A. Technical Skills
 - Salute - Before fencing and after a bout
 - Footwork
 - a) En Garde Stance
 - b) Advance
 - c) Retreat
 - d) Lunge (Attack)
 - e) Recovery
 - (1) Backward
 - (2) Forward
 - f) Advance Lunge (Attack)
 - g) Redoublement (Attack)
 - Bladework
 - a) Extension
 - b) Blocking Parries 4,6,7,8
 - c) Circular Parries 4,6,7,8
 - d) Basic Attacks
 - (1) Direct
 - (2) Indirect
 - (a) Disengage
 - (b) Coupe
 - e) Ripostes
 - (1) Direct
 - (2) Indirect
 - f) Feint-Deceive Attacks

- (1) Singular (Feint-Disengage)
- (2) One-Two (Double Disengage)
- (3) Feint-Coupe

B. Tactical Skills

- Distance & Tempo
- Feints
 - a) w/ hand
 - b) w/ body

C. Rules

- Sportsmanship
- Right of Way
 - a) Extending weapon arm
 - b) Tip threatening valid target
 - c) Within attack distance (advance-lunge)
 - d) Before opponent has established right of way
- Target Area
 - a) Torso minus head, arms and back
- Bout Protocol
 - a) Salute opponent, judges, director, and audience before bout
 - b) After bout, salute as above, shake hands with opponent
- Directing Standard Foil
 - a) Director (1.5 votes)
 - b) 4 Judges (1 vote each)
 - (1) Proper responses:
 - (a) Yes
 - (b) Yes, but off target
 - (c) No
 - (d) Abstain
 - c) Events that would cause the director to halt fencers
 - (1) Touch (on or off target)
 - (2) corps-a-corps (bodily contact)
 - (3) violation of rules
 - (4) passing
 - (5) dangerous action
 - (6) at fencer request
 - (7) can't follow phrase (right of way)
- Minor Bout Warnings
 - a) Standard and Electric Fencing
 - (1) non-conforming equipment
 - (2) raising mask without permission
 - (3) using non-weapon hand
 - (4) covering target
 - (5) delaying bout
 - (6) turning back towards opponent
 - (7) reversing shoulders
 - (8) leaving strip without permission
 - (9) corps-a-corps (body contact)
 - (10) jostling
 - (11) falling
 - (12) exiting strip to avoid touch
 - (13) voluntary touch not on opponent
 - (14) disobedience
 - b) Electric Fencing Only

- (1) placing point on strip
- (2) grounding weapon
- (3) touching electrical equipment
- Strip Dimensions
 - a) 1.5-2meters wide x 14 meters long
 - b) From center line:
 - (1) 2m to En Garde line
 - (2) 5m to warning line
 - (3) 7m to back of strip
 - c) 2meter safety zone on both ends of the strip

Notes for the outline -

In the Technical Skills section:

Direct vs. Indirect

Direct attacks or ripostes attack one of the four target areas which we know, 4, 6, 7, or 8. They involve no evasive movements of the blade. Indirect attacks or ripostes evade the opponents parry during extension of the arm, scoring in a different line than the one in which the attack originally began (i.e. disengage 4-6).

Feint- Deceive vs. Indirect

The difference between an indirect attack, such as a disengage or coupe, and a feint-deceive attack is one of tempo. Indirect attacks (disengage or coupe) are performed in one tempo, or fencing time. They anticipate the open line. Feint-deceive attacks are executed in 2 or more tempos. They create the open line through means of a feint, or false attack, which draws a parry response from the opponent. Both Feint-Deceive and Indirect attacks arrive in different lines than they begin in.

In the Tactical Skills section:

Distance & Tempo

Distance refers to the tactical considerations given to the distance between yourself and an opponent. The use of tactical footwork combinations can create an opportunity to attack. In general, we want to develop our attacks in advance-lunge distance, and should try and maintain that distance while fencing.

Tempo has two meanings in fencing. In a technical way, tempo refers to a fencing time, or the time it takes to execute a singular fencing move. A simple attack, or disengage attack can both occur in the extension of the arm, and so are one-tempo moves. A feint-deceive attack takes two tempos to develop, the first tempo being the feint, the deception of the blade taking place in the second tempo.

Tempo also refers to the speed or rhythm of movements. Change of tempo is used tactically to trick an opponent into misreading the speed or development of an attack. A simple example could be a slow advance followed by a fast lunge, or a slow parry followed by a fast riposte.

Feints w/ hand and body

Using the hand and body to provoke a reaction from the opponent. Feints are intended to simulate attacking motions. To be effective, they must be convincing. Initial use is to gauge how reactive an opponent is- later they can be used to set up an attack. Combine hand and body feints with blade feints for maximum effectiveness.

In the Rules section:

Sportsmanship includes behavior beyond the letter of the rules. Fence fairly, acknowledge touches readily, never lose your temper, accept questionable calls, question instead of argue - in general, be an edifying addition to the overall fencing experience.

Right of Way

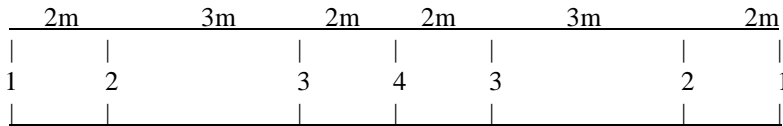
Foil fencing is governed by the convention of right of way, which is the right to attack. A legitimate attack must be defended or evaded before a counter-attack can be launched. There are 4 primary elements to foil right of way:

1. Extending weapon arm
2. Tip threatening valid target
3. Within attack distance (advance-lunge)
4. Before opponent has established right of way

Target Area

Foil target area is the torso, including all of the back and the jacket collar. Head, arms and legs, mask and bib are all excluded.

Strip Dimensions



The strip is 1.5-2m wide. The strip consists of a back line (1), a warning line (2), an en garde line (3) and a center line (4). The strip is 14 meters in total length.

Yellow Band Evaluation

There are four sections of evaluation for Level 1 completion: Technical, Tactical, Application, and Rules. All four must be completed in order to achieve the yellow band. If any section is failed, the other sections do not have to be re-tested.

Technical: The technical section requires a demonstration of the footwork and bladework skills learned during the beginning course. All the moves listed in the review outline will be covered.

Tactical: The tactical section requires a demonstration of the tactical concepts discussed during the beginning course. All concepts listed in the review outline will be covered.

Application: The application section requires that the fencer applies their knowledge of technical and tactical maneuvers in a competitive setting. Participation in a competition of a minimum of four fencers is required. There is no requisite for placement. Participation in the Turkey Tourney, November 20, 1999 will fulfill this requirement.

Rules: The rules section is evaluated through a written exam. The exam will cover all rules covered in the beginning course, which can be found in the review outline.