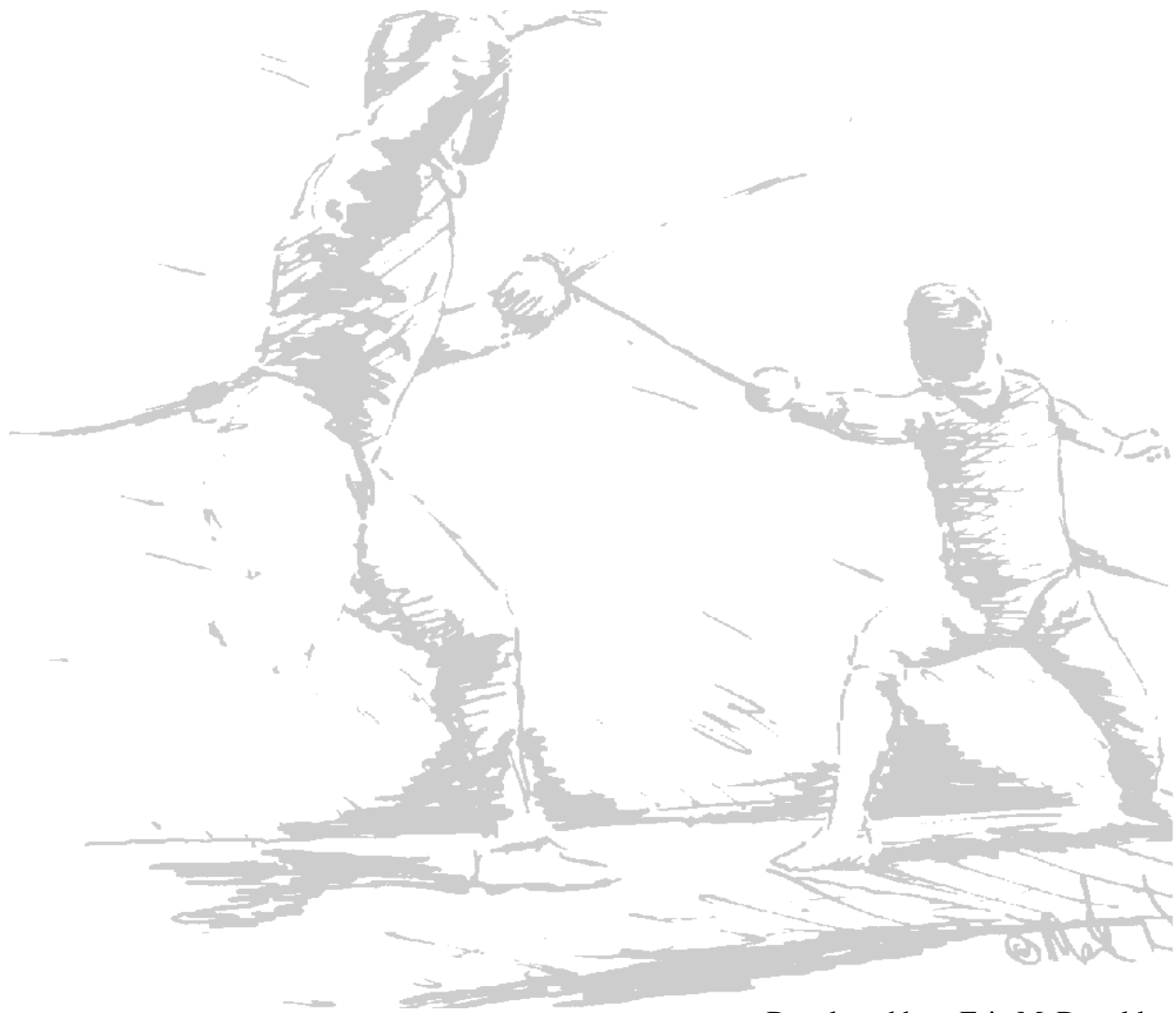


MASTERING FENCING

Achievement Levels At A Glance



Developed by Eric McDonald
USFCA, USFA
10/17/05

Mastering Fencing - At A Glance

Mastering Fencing is a comprehensive system for developing junior and senior fencers. Each weapon is broken down into five achievement levels.

Level I – Yellow Band

- At this stage, fencers are assumed to have little or no skills for beginning foil. However, beginning epee and saber will assume that the student has had training in beginning foil.
- All technique and tactical concepts are kept very simple. Attacks and defenses will typically be kept to the high lines (with the exception of Epee).
- Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
- Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
- Students will learn right of way (foil & saber) and the general rules of the game.
- Students are introduced to bouting and competing with the standard weapon.
- Students will learn the basics of standard weapon and protective gear maintenance.
- Students are expected to achieve only a basic level in each of the skills.
- Timeline: 3 months.

Level II – Red Band

- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
- Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
- Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
- Students are introduced to modern competitive fencing.
- Students will learn the basics of refereeing bouts.
- Students will learn the basics of electrical weapon gear maintenance.
- Students are expected to achieve a moderate level of proficiency in each of the skills.
- Timeline: 3 - 6 months.

Level III – Green Band

- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
- Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
- Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
- Students are expected to consistently place in the top 25% at local competitions.
- Students will learn how to referee at local and collegiate competitions.
- Students will be able to assemble and repair weapons and scoring apparatus.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Mastering Fencing - At A Glance

Level IV – Blue Band

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
- Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
- Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
- Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
- Students will be able to referee pool bouts at any local or regional USFA competition.
- Students will be able to troubleshoot weapons and scoring apparatus on the strip.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Level V – Black Band

- At this stage, fencers are assumed to be able to attack around an opponent's central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
- Technique and tactical concepts are centered around direct control over the opponent's blade, disarmament, close distance fighting.
- Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
- Students will also be able to sense the opponents change of tactics and to respond accordingly.
- Students will also be expected coach teammates on the strip and to instruct developing fencers.
- Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
- Students will be able to referee the finals at any local or regional USFA competition.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Mastering Fencing - At A Glance

Foil Level I – Yellow Band

Guiding Principles:

- At this stage, fencers are assumed to have little or no skills.
 - All technique and tactical concepts are kept very simple. Attacks and defenses will typically be kept to the high lines.
 - Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
 - All attacks and defenses will be limited to the high lines.
 - Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
 - Students will learn right of way and the general rules of the game.
 - Students are introduced to bouting and competing with the standard weapon.
 - Students will learn the basics of standard weapon and protective gear maintenance.
 - Students are expected to achieve only a basic level in each of the skills.
 - Timeline: 3 months.
-

Footwork:

Initial position
On guard
Half advance
Advance
Half retreat
Retreat
Lunge – backward recovery
Lunge – forward recovery
Double (multiple) advance
Double (multiple) retreat
Advance lunge

Rules & Officiating:

Right of way
Bout protocol
Strip dimensions
Minor (group I) bout offenses for standard foil
Judging
Sportsmanship

Armoring:

Cleaning and care of basic fencing gear
Identify components of the standard foil

Bladework:

Grip
Salute
Sixth guard
Fourth guard
Eighth guard
Seventh guard
Engagement
Press
Beat
Simple attack
Lateral parries
Semi-circular parries
Circular parries
Diagonal parries
Riposte (direct & indirect)
Feint deceive (high lines)

Competition:

Compete in competition with a minimum of four fencers

Tactical:

Distance control (close, medium, long)
Hand tempo attack
Foot tempo attack (patterning, half-steps)
Distance parry

Mastering Fencing - At A Glance

Foil Level II – Red Band

Guiding Principles:

- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
 - Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
 - Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
 - Students are introduced to modern competitive fencing.
 - Students will learn the basics of refereeing bouts.
 - Students will learn the basics of electrical weapon gear maintenance.
 - Students are expected to achieve a moderate level of proficiency in each of the skills.
 - Timeline: 3 - 6 months.
-

Footwork:

Accelerated lunge
Pattanando (accelerated advance lunge)
Inverse advance lunge
Appel
Fleche
Crossover retreat

Rules & Officiating:

General and weapon specific rules and regulations
Group I & II offenses
Demonstrate referee hand signals
Referee two bouts for critique

Bladework:

Attack w/ blade preparation
- engagement, change engagement
- beat, change beat
- press, change press
Beat (spanking) parries
Multi-parry defense combinations
- lateral combinations
- semi-circular combinations
- lateral/semi-circular combinations
- lateral/circular combinations
- circular/semi-circular combinations
Feint deceive (low - high lines)
Feint coupe
Feint 1-2 attack
Riposte with disengage
Riposte with double disengage
Riposte with coupe
Stop thrust

Armoring:

Assist at an armoring session
Diagram the electric foil body cord

Competition:

Place top half of any pool of 6 fencers
Compete in any tournament outside of club

Tactical:

Foot tempo attack (false recovery)
Accelerated tempo attack
Take-over tempo attack (passive)
Probing
Early vs. late parries
Simple tactical wheel

Mastering Fencing - At A Glance

Foil Level III – Green Band

Guiding Principles:

- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
 - Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
 - Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
 - Students are expected to consistently place in the top 25% at local competitions.
 - Students will learn how to referee at local and collegiate competitions.
 - Students will be able to assemble and repair weapons and scoring apparatus.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Redoublement
Jump (forward & backward)
Balestra
Saved tempo lunge
Destructive lunge
Slide
Check steps

Bladework:

Feint low-high attack
Feint doublet attack
Feint coupe deceive attack
Feint deceive coupe attack
Feint double coupe
Riposte with coupe deceive
Riposte with double coupe
Tactical remise/reprise (w/ redoublement)
Angulated attack (“dig”)
Invitation
Sweeping preparation
Searching parries
False counter attack combinations
 False counter attack – parry riposte
 False counter attack – attack
 False counter attack – counter attack
 False counter attack – get away go

Tactical:

Take-over tempo attack (active)
Deceptions and second intention:
 Offensive (false attack)
 Defensive (false parry, false counter attack)
Drawing the counter attack
 Finish vs. counter-time
 Slow vs. quick beginning
 Searching (false blade take)
 Removal of tip
Major tactical wheel

Rules & Officiating:

- Minimum score of 70% on both the General and Foil sections of the Fencing Official’s Exam
- Referee two bouts for critique
- Referee a pool of fencers in a competitive setting

Armoring:

Diagram the tip assembly of an electric foil
Diagram the components of the scoring system
Wire and assemble an electric foil
Assist at an armoring session

Competition:

Obtain an E rating in any USFA sanctioned competition
OR
Place in the top 25% of any three USFA or intercollegiate competitions (*previous competition placements are acceptable*).

Mastering Fencing - At A Glance

Foil Level IV – Blue Band

Guiding Principles:

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
 - Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
 - Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
 - Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
 - Students will be able to referee pool bouts at any local or regional USFA competition.
 - Students will be able to troubleshoot weapons and scoring apparatus on the strip.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Running attack (attack on the march)
Ducking
Inquartata
Passata Sotto

Bladework:

Point in line
 Straight & with deceive
 With riposte
 As attack prep
 Derobement
Thrown touches (chest, shoulder, flank)
Secondary parries:
 Prime parry
 Second parry
 Third parry
 Fifth (foil) parry
 Fifth (saber) parry
 High seventh parry
Doubling/simultaneous actions
 Double (simultaneous attack)
 Double – parry riposte
 Double through a line
 Double – get away go
 Double – counter attack
Pris de Fer actions:
 Opposition (all lines)
 - Glide thrust
 - From riposte
 - Time thrust

Tactical:

Complex tactical wheel
Gaming strategies:
 Fencing at the rear of the strip
 Left handed fencers
 Stalling
 Beating the clock

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 80% on both the General and Foil sections of the Fencing Official's Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or recognized intercollegiate tournament.

Armoring:

Troubleshooting equipment malfunction on strip
Rebuild and inspect a scoring reel
Assist at an armoring session

Competition:

Obtain a D rating in any USFA sanctioned competition,
OR
Place in the top 4 of at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)

Mastering Fencing - At A Glance

Foil Level V – Black Band

Guiding Principles:

- At this stage, fencers are assumed to be able to attack around an opponent's central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
 - Technique and tactical concepts are centered around direct control over the opponent's blade, disarmament, close distance fighting.
 - Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
 - Students will also be able to sense the opponents change of tactics and to respond accordingly.
 - Students will also be expected coach teammates on the strip and to instruct developing fencers.
 - Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
 - Students will be able to referee the finals at any local or regional USFA competition.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Bounce
Drumming
Explosive lunge

Bladework:

Pris de Fer actions: (cont'd)
Croise
Bind
Enveloppement
Yielding or "ceding" parries
Entrapment
In-fighting techniques:
Angular thrusts
Prime
Coupe-prime
Over the shoulder
Disarmament techniques:
Change beat
Froissement
Enveloppement

Coaching

- Coach teammates during direct elimination rounds
- Devise and deliver a group fencing lesson for critique
- Develop a one-month training regimen.

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 90% on both the General and Foil sections of the Fencing Official's Exam and referee two bouts for critique
- Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:

Give a armoring seminar
Assist at an armoring session

Competition:

Obtain a C rating in any USFA sanctioned competition,
OR
Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)

Mastering Fencing - At A Glance

Epee Level I – Yellow Band

Guiding Principles:

- At this stage, fencers are assumed to have had Level 1 Foil training.
 - All new technique and tactical concepts are kept very simple.
 - All attacks and defenses will be limited to the hand, arm, chest and leg.
 - Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
 - Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
 - Students will learn basic principles of Epee and the general rules of the game.
 - Students are introduced to bouting and competing with the electric weapon.
 - Students will learn the basics of the electric weapon and protective gear maintenance.
 - Students are expected to achieve only a basic level in each of the skills.
 - Timeline: 3 months.
-

Footwork:

On guard
Inverse advance
Inverse retreat
Half / full lunge with extended arm recovery
Advance lunge (two target attack)

Rules & Officiating:

Bout protocol
Minor (group I) bout offenses for Epee

Armoring:

Identify components of the electric Epee
Assist at an armoring session

Bladework:

Sixth guard (passive & active)
Fourth guard (passive and active)
Eighth guard
Seventh guard
Simple hand attacks
Simple attack to arm and leg
Beat attack
Lateral parries
Circular parries
Semi-circular parries
Diagonal parries
Riposte with 6 opposition
Feint deceive:
 Hand to hand
 Hand to arm
 Hand to leg
 Leg to hand
Counterattack to hand (pick and fade)

Competition:

Compete in competition with a minimum of four fencers

Tactical:

Distance control (close, medium, long)
Hand tempo attack
Foot tempo attack (patterning, half-steps)
Distance parry

Mastering Fencing - At A Glance

Epee Level II – Red Band

Guiding Principles:

- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
 - Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
 - Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
 - Students are introduced to modern competitive fencing.
 - Students will learn the basics of refereeing bouts.
 - Students will learn the basics of electrical weapon gear maintenance.
 - Students are expected to achieve a moderate level of proficiency in each of the skills.
 - Timeline: 3 - 6 months.
-

Footwork:

Appel
Accelerated lunge
Pattanando (accelerated advance lunge)
Inverse advance lunge
Fleche
Redoublement
Crossover retreat

Bladework:

Hand parries (low, high, outside, inside)
Attack w/ blade preparation
Engagement – glide thrust
Press – disengage attack
Beat – disengage attack
Riposte with opposition (all lines)
Feint deceive
with advance lunge
with blade preparations
Multi-parry defense combinations
(4 – 6 combination)
(6 – 8 combination)
(4 – circle 4 combination)
(circle 6 – 8 combination)
Feint 1-2 attack
Stop thrust with parry riposte

Tactical:

Foot tempo attack (false recovery)
Accelerated tempo attack
Take-over tempo attack (passive)
Probing
Early vs. late parries
Simple tactical wheel

Rules & Officiating:

General and weapon specific rules and regulations
Group I & II offenses
Demonstrate referee hand signals
Referee two bouts for critique

Armoring:

Assist at an armoring session
Diagram the electric epee body cord

Competition:

Place top half of any pool of 6 fencers
Compete in any tournament outside of club

Mastering Fencing - At A Glance

Epee Level III – Green Band

Guiding Principles:

- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
 - Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
 - Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
 - Students are expected to consistently place in the top 25% at local competitions.
 - Students will learn how to referee at local and collegiate competitions.
 - Students will be able to assemble and repair weapons and scoring apparatus.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Redoublement
Jump (forward & backward)
Balestra
Slide
Check steps

Bladework:

Invitation
Angulated thrusts (& hand evasions)
Attack to foot, mask
Beat (spanking) parries
Searching parries
Riposte with disengage
Riposte with double disengage
Tactical remise/reprise (w/ redoublement)
Feint low-high attack
Feint doublet attack
Time thrusts (closeouts)
Prime and ceding parries
False counter attack combinations
 False counter attack – parry riposte
 False counter attack – attack
 False counter attack – counter attack
 False counter attack – get away go

Tactical:

Take-over tempo attack (active)
Deceptions and second intention:
 Offensive (false attack)
 Defensive (false parry, false counter attack)
 Other false vs. real strategies
Drawing the counter attack
 Finish vs. counter-time
 Slow vs. quick beginning
 Sweeping preparation (false blade take)
 Removal of tip
Major tactical wheel

Rules & Officiating:

- Minimum score of 70% on both the General and Epee sections of the Fencing Official's Exam
- Referee two bouts for critique
- Referee a pool of fencers in a competitive setting

Armoring:

Diagram the tip assembly of an electric Epee
Diagram the components of the scoring system
Wire and assemble an electric Epee
Assist at an armoring session

Competition:

Obtain an E rating in any USFA sanctioned competition
OR
Place in the top 25% of any three USFA or intercollegiate competitions (*previous competition placements are acceptable*).

Mastering Fencing - At A Glance

Epee Level IV – Blue Band

Guiding Principles:

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
 - Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
 - Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
 - Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
 - Students will be able to referee pool bouts at any local or regional USFA competition.
 - Students will be able to troubleshoot weapons and scoring apparatus on the strip.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Ducking
Inquartata
Passata Sotto
Saved tempo lunge
Destructive lunge

Bladework:

Point in line
 Straight & with deceive
 With riposte
 As attack prep
 Derobement
Secondary parries:
 Second parry
 Third parry
 Fifth (Epee) parry
 High seventh parry
Pris de Fer actions:
 Croise
 Bind
 Enveloppement

Tactical:

Gaming strategies:
 Fencing at the rear of the strip
 Left handed fencers
 Stalling
 Beating the clock

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 80% on both the General and Epee sections of the Fencing Official's Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or recognized intercollegiate tournament.

Armoring:

Troubleshooting equipment malfunction on strip
Rebuild and inspect a scoring reel
Assist at an armoring session

Competition:

Obtain a D rating in any USFA sanctioned competition,
OR
Place in the top 4 of at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)

Mastering Fencing - At A Glance

Epee Level V – Black Band

Guiding Principles:

- At this stage, fencers are assumed to be able to attack around an opponent's central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
 - Technique and tactical concepts are centered around direct control over the opponent's blade, disarmament, close distance fighting.
 - Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
 - Students will also be able to sense the opponents change of tactics and to respond accordingly.
 - Students will also be expected coach teammates on the strip and to instruct developing fencers.
 - Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
 - Students will be able to referee the finals at any local or regional USFA competition.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Bounce
Drumming
Explosive lunge

Bladework:

Thrown touches (hand, shoulder, leg, foot)
Entrapment
In-fighting techniques:
 Angular thrusts
 Prime
 Coupe-prime
 Over the shoulder
Disarmament techniques:
 Change beat
 Froissement
 Enveloppement

Coaching

- Coach teammates during direct elimination rounds
- Devise and deliver a group fencing lesson for critique
- Develop a one-month training regimen.

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 90% on both the General and Epee sections of the Fencing Official's Exam and referee two bouts for critique
- Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:

Give a armoring seminar
Assist at an armoring session

Competition:

Obtain a C rating in any USFA sanctioned competition,
OR
Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)

Mastering Fencing - At A Glance

Saber Level I – Yellow Band

Guiding Principles:

- At this stage, fencers are assumed to have had Level 1 Foil training.
 - All new technique and tactical concepts are kept very simple. Attacks and defenses should be kept to the high lines.
 - Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
 - Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
 - Students will learn the nuances of saber right of way and the general rules of the game.
 - Students are introduced to bouting and competing with the standard weapon.
 - Students will learn the basics of standard weapon and protective gear maintenance.
 - Students are expected to achieve only a basic level in each of the skills.
 - Timeline: 3 months.
-

Footwork:

On guard
Half / full lunge
Advance lunge

Rules & Officiating:

Right of way
Bout protocol
Minor (group I) bout offenses for standard Saber
Judging

Bladework:

Grip
Salute
Third guard
Fourth guard
Fifth guard
Simple cut attacks
 Head
 Chest
 Flank
Lateral parries
Vertical parries (3 – 5, 4 – 5)
Riposte (direct & indirect)
Feint coupe (high lines)

Armoring:

Cleaning and care of basic fencing gear
Identify components of the standard Saber

Competition:

Compete in competition with a minimum of four fencers

Tactical:

Distance control (close, medium, long)
Hand tempo attack
Foot tempo attack (patterning, half-steps)
Distance parry

Mastering Fencing - At A Glance

Saber Level II – Red Band

Guiding Principles:

- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
 - Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
 - Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
 - Students are introduced to modern competitive fencing.
 - Students will learn the basics of refereeing bouts.
 - Students will learn the basics of electrical weapon gear maintenance.
 - Students are expected to achieve a moderate level of proficiency in each of the skills.
 - Timeline: 3 - 6 months.
-

Footwork:

Accelerated lunge
Pattanando (accelerated advance lunge)
Inverse advance lunge
Appel

Bladework:

Beat attack
 Fourth beat
 Change beat
 Back beat
Draw cuts (chest, belly)
Beat (spanking) parries
Riposte with feint coupe
Riposte with disengage
Feint deceive cut
Feint double coupe attack
Multi-parry defense combinations
 (4 – 3 combination)
 (3 – 5 combination)
 (4 – 5 combination)
Stop cut (head, hand)

Tactical:

Foot tempo attack (false recovery)
Accelerated tempo attack
Take-over tempo attack (passive)
Probing
Early vs. late parries
Simple tactical wheel

Rules & Officiating:

General and weapon specific rules and regulations
Group I & II offenses
Demonstrate referee hand signals
Referee two bouts for critique

Armoring:

Assist at an armoring session
Diagram the electric saber body cord

Competition:

Place top half of any pool of 6 fencers
Compete in any tournament outside of club

Mastering Fencing - At A Glance

Saber Level III – Green Band

Guiding Principles:

- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
 - Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
 - Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
 - Students are expected to consistently place in the top 25% at local competitions.
 - Students will learn how to referee at local and collegiate competitions.
 - Students will be able to assemble and repair weapons and scoring apparatus.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Redoublement
Jump (forward & backward)
Balestra
Saved tempo lunge
Destructive lunge
Slide
Check steps
Crossover retreat

Bladework:

Angulated cuts to low wrist & flank
Cheek cut
Thrust with point
Second parry
Circular parries
Feint deceive thrust attack
Feint low-high attack
Feint coupe deceive attack
Feint deceive coupe attack
Riposte with coupe deceive
Riposte with double coupe
Riposte with 1-2 attack
Tactical remise/reprise (w/ redoublement)
Invitation
Sweeping preparation
Searching parries
False counter attack combinations

- False counter attack – parry riposte
- False counter attack – attack
- False counter attack – counter attack
- False counter attack – get away go

Tactical:

Take-over tempo attack (active)
Deceptions and second intention:

- Offensive (false attack)
- Defensive (false parry, false counter attack)

Drawing the counter attack
Finish vs. counter-time
Slow vs. quick beginning
Searching (false blade take)
Removal of tip
Major tactical wheel

Rules & Officiating:

- Minimum score of 70% on both the General and Saber sections of the Fencing Official's Exam
- Referee two bouts for critique
- Referee a pool of fencers in a competitive setting

Armoring:

Diagram the tip assembly of an electric Saber
Diagram the components of the scoring system
Wire and assemble an electric Saber
Assist at an armoring session

Competition:

Obtain an E rating in any USFA sanctioned competition
OR
Place in the top 25% of any three USFA or intercollegiate competitions (*previous competition placements are acceptable*).

Mastering Fencing - At A Glance

Saber Level IV – Blue Band

Guiding Principles:

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
 - Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
 - Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
 - Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
 - Students will be able to referee pool bouts at any local or regional USFA competition.
 - Students will be able to troubleshoot weapons and scoring apparatus on the strip.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Ducking
Inquartata
Passata Sotto
Flunge

Bladework:

Point in line
Straight & with deceive
With riposte
As attack prep
Derobement

Secondary parries:

Prime parry
Sixth parry

Moulinet

Doubling/simultaneous actions

Double (simultaneous attack)
Double – parry riposte
Double through a line
Double – get away go
Double – counter attack

Tactical:

Complex tactical wheel

Gaming strategies:

Fencing at the rear of the strip
Left handed fencers
Stalling
Beating the clock

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 80% on both the General and Saber sections of the Fencing Official's Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or recognized intercollegiate tournament.

Armoring:

Troubleshooting equipment malfunction on strip
Rebuild and inspect a scoring reel
Assist at an armoring session

Competition:

Obtain a D rating in any USFA sanctioned competition,
OR
Place in the top 4 of at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)

Mastering Fencing - At A Glance

Saber Level V – Black Band

Guiding Principles:

- At this stage, fencers are assumed to be able to attack around an opponent's central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
 - Technique and tactical concepts are centered around direct control over the opponent's blade, disarmament, close distance fighting.
 - Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
 - Students will also be able to sense the opponents change of tactics and to respond accordingly.
 - Students will also be expected coach teammates on the strip and to instruct developing fencers.
 - Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
 - Students will be able to referee the finals at any local or regional USFA competition.
 - Students are expected to achieve a high level of proficiency in each of the skills.
 - Timeline: 6 – 9 months.
-

Footwork:

Bounce
Drumming
Explosive lunge

Bladework:

Time cut
Yielding or "ceding" parries
Entrapment
Infighting
Disarmament techniques:
 Change beat
 Froissement

Coaching

- Coach teammates during direct elimination rounds
- Devise and deliver a group fencing lesson for critique
- Develop a one-month training regimen.

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
OR
Minimum score of 90% on both the General and Saber sections of the Fencing Official's Exam and referee two bouts for critique
- Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:

Give a armoring seminar
Assist at an armoring session

Competition:

Obtain a C rating in any USFA sanctioned competition,
OR
Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (*previous competition placements are acceptable.*)