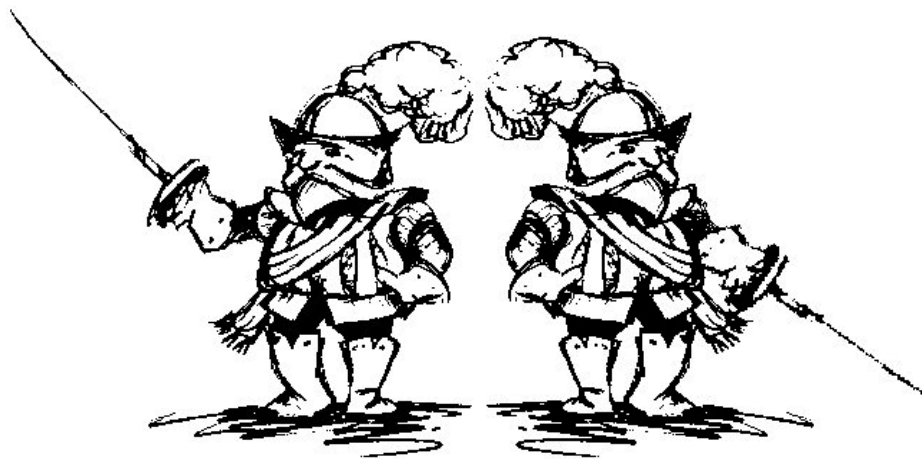


ECU Cavaliers School of Fencing



Award Scheme

FOIL

Level One - FOIL

Practical Exam

You will need to demonstrate the following to the examiner during the practical exam component of this level

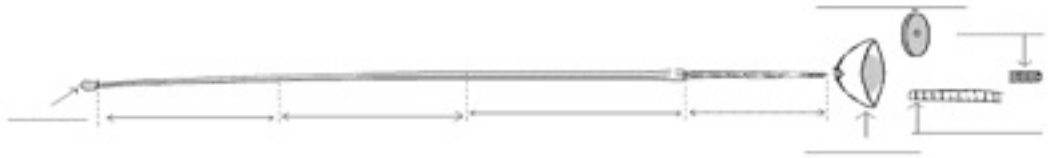
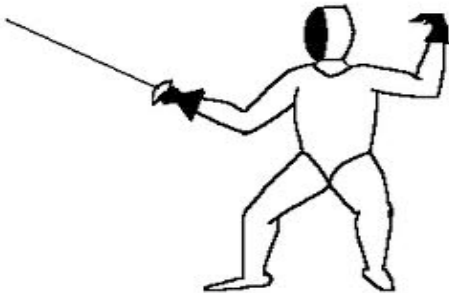
<i>The On-Guard Position</i>	Stance: <ul style="list-style-type: none">○ On-guard in sixte○ Stepping forwards and backwards	
<i>The Hit executed as:</i>	an attack using a: <ul style="list-style-type: none">○ step○ lunge○ step lunge	
<i>Simple Attacks:</i>	Straight Thrust (direct attack) Disengage Counter-disengage	
<i>Single Parries & Simple Ripostes:</i>	lateral parry of quarte from sixte lateral parry of sixte from quarte circular parry of sixte circular parry of quarte	
<i>Counter Riposte:</i>	First counter riposte - final action direct Second counter riposte - final action direct	

Level One - FOIL

Theory Exam

Students Name: _____ **Group:** _____

Date: _____

Name the parts of the foil		
Define the target area by colouring in the correct areas of the fencing figure		
Explain the meaning of the 'right of way'		
<i>Explain/define the following movements:</i>	an attack	
	a riposte	
Explain the safety requirements for the:	mask	
	jacket	
	under-plastron	
	glove	
	breeches	
	foil	
<i>What is the penalty for:</i>	covering with the un-armed hand/arm	
	turning	
	corps-a-corps	

	Failing to salute	
	Disobeying a referee	

Level Two - FOIL

Practical Exam

You will need to demonstrate the following to the examiner during the practical exam component of this level

<i>The On-Guard Position</i>	Stance: <ul style="list-style-type: none"> ○ On guard in octave ○ On guard in septime ○ Stepping forwards and backwards at various speeds 	
<i>Preparations</i>	Simple attack preceded by: <ul style="list-style-type: none"> ○ a step forward ○ an attack on the blade (a beat) ○ an engagement <i>from absence of blade</i> ○ engage in sixte ○ engage in quarte 	
<i>Indirect Attacks</i>	feint direct - disengage disengage - disengage feint direct - counter disengage	
<i>Semi-Circular Parries</i>	from sixte to octave and vice versa from quarte to septime and vice versa	
<i>Counter Riposte</i>	First counter riposte - final action indirect Second counter riposte - final action indirect	

Level Two – FOIL

Theory Exam

Students Name: _____ **Group:** _____

Date: _____

Give the dimension of the piste:		
<i>What is the penalty for:</i>	leaving the piste during a bout	
	going off the end of the piste	
	going off the side of the piste	
	removing your mask during a bout	
Explain how the referee judges hits:		
Show the ability to fill in a pool sheet correctly		
<i>Explain/define the following movements</i>	counter-disengage riposte	
	first counter riposte	
	compound attack	
	Preparation	
<i>What is the time limit for a bout of</i>	5 hits	
	10 hits	
	15 hits	

Level Three - FOIL

Practical Exam

You will need to demonstrate the following to the examiner during the practical exam component of this level

<i>Footwork</i>	Fleche ballestra cross-over step	
<i>Simple attack into / on</i>	an opening line an opponent's recovery an opponent's preparation	
<i>Compound Attacks - progressive</i>	feint direct – counter-disengage doublé (disengage - counter-disengage) one-two (disengage - disengage)	
<i>Successive parries</i>	quarte - sixte quarte - counter quarte sixte - counter sixte circular sixte - octave	
<i>Counter Riposte</i>	First counter riposte - final action compound Second counter riposte - final action compound	
<i>Fighting</i>	Demonstrate the ability to execute some of the Actions listed above under fighting conditions	

Level Three - FOIL

Theory Exam

Students Name: _____ **Group:** _____

Date: _____

<i>Explain/define the following movements:</i>	Successive parries	
	a second counter riposte	
	a doublé	
Explain how fencers with equal victories are promoted in the pool system		
Show the ability to correctly fill in a direct elimination sheet		
<i>What is the penalty for:</i>	leaving the piste to avoid being hit	
	not appearing at the first call of the referee	
	unjustified appeal by a competitor	
	appearing on the piste with faulty equipment	
	placing/pressing the point or straightening the blade on the piste	