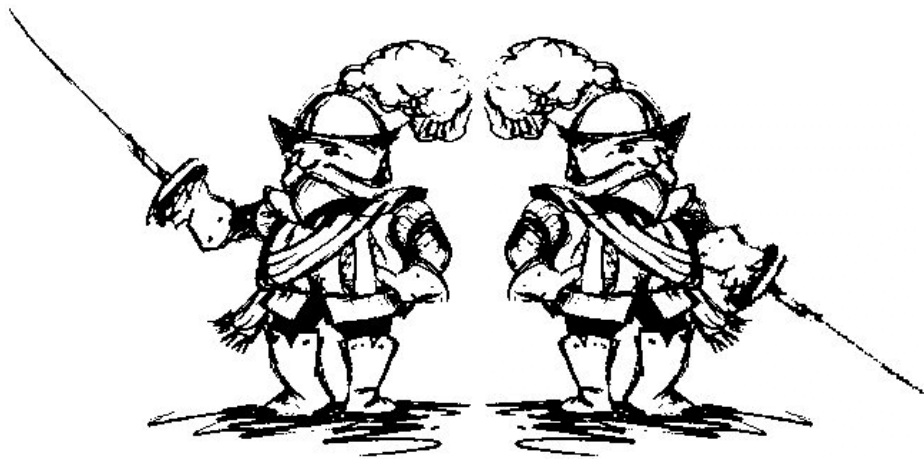


ECU Cavaliers School of Fencing



Award Scheme

SABRE

Level One - SABRE

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 tierce Stepping forwards and backwards	
<i>The Hit, both cut and point, executed as;</i>	a riposte an attack using a: <ul style="list-style-type: none">○ step○ lunge○ step-lunge	
<i>Simple Attacks using both cut and point</i>	Straight Thrust (direct attack) Disengage Counter-disengage Straight Cut (direct attack)	
<i>Single Parries</i>	lateral parry of quarte from tierce lateral parry of tierce from quarte parry of quinte from tierce	
<i>Counter-riposte using cuts</i>	First counter riposte - final action direct Second counter riposte - final action direct	


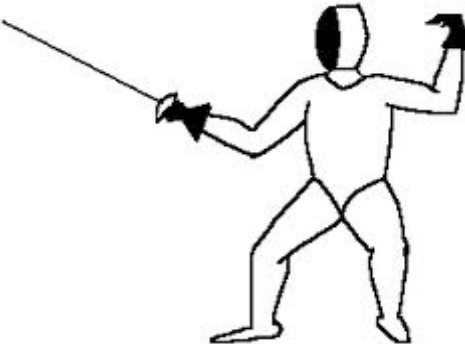
Level One - SABRE

Theory Exam

Students Name: _____

Group: _____

Date: _____

Name the parts of the sabre		
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	
<i>Explain the safety requirements for:</i>	a mask	
	a jacket	
	an under-plastron	
	a glove	
	breeches	
	a sabre	
<i>What is the penalty for:</i>	turning	
	corps-a-corps	
	crossing the legs going forwards	
	Brutality	

Level Two - SABRE

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 an offensive-defensive position 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)	
<i>Semi-Circular Parries</i>	from tierce to seconde and vice versa from seconde to quinte and vice versa	
<i>Diagonal Parries</i>	from seconde to prime and visa versa	
<i>Stop-Cut - Parry riposte</i>	simple stop-cut, simple parry and simple riposte simple stop-cut, simple parry, simple riposte, simple parry and simple counter riposte	
<i>Indirect Attacks - two time</i>	head - flank chest - flank feint with the point - cut to flank	
<i>Counter Riposte</i>	First counter riposte - final action indirect Second counter riposte - final action indirect	

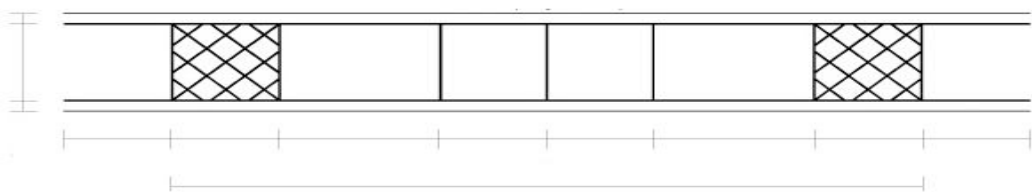
Level Two – SABRE

Theory Exam

Students Name: _____

Group: _____

Date: _____

Give the dimensions 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 correctly fill in a pool sheet		
<i>Explain/define the following movements:</i>	a counter attack (stop-hit)	
	a first counter riposte	
	a compound attack	
<i>What is the time limit for a bout of</i>	5 hits	
	10 hits	
	15 hits	

Level Three - SABRE

Practical Exam

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

<i>Footwork</i>	Flunge ballestra	
<i>Simple attack into / on</i>	an opening line an opponent's recovery an opponent's preparation	
<i>Compound Attacks - progressive</i>	flank - chest - flank	
<i>Indirect Attacks</i>	head - flank feint with the point - cut to flank	
<i>Successive parries</i>	quarte - tierce quinte - seconde	
<i>Stop-Cut - Parry riposte</i>	stop-cut, renew, single parry and simple riposte stop-cut, renew, single parry, riposte, renew, single parry and simple counter-riposte	
<i>Counter Riposte</i>	First counter riposte - final action compound Second counter riposte - final action compound	
<i>Dérobement</i>	Simple Compound	
<i>Fighting</i>	Demonstrate the ability to execute some of the actions listed above under fighting conditions	

Level Three - SABRE

Theory Exam

Students Name: _____

Group: _____

Date: _____

<i>Explain/define the following movements:</i>	successive parries	
	a second counter-riposte	
	a dérochement	
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	
	straightening the blade on the piste	