

Fencing Course Syllabus Grades 1 – 3

Grade 1:

Week 1: Main Aim To Teach, Grip, Stance, Guard & Hit

- Warm up
- Explanation of the kit and how to wear it
- How to use a foil safely + How to fence safely
- Parts of the Foil
- The On-guard position
- Steps forward and backward
- The Grip
- The Salute
- A little bit of Fencing

Week 2: Main Aim To Vary Size & Speed of Footwork

- Warm up
- Revision
- The Lunge – Hitting – Backwards/Forwards
- Simple Parry – With Direct Reposte
- The Target area
- The principles of fencing with the foil
- Fencing Etiquette
- A little bit more of Fencing

Week 3: Main Aim Hitting from Sixte & Quarte

- Warm up
- Revision
- Simple Parry with Direct first counter-reposte
- Individual revision with coaches (anything unsure of)
- A little bit more of Fencing

You can find us at: www.bexleyfencingclub.com
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Bank Details

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Grade 2:

Week 4: Main Aim Hitting from Sixte & Octave

- Warm up
- Revision
- Guards of Septime and Octave
- Circular parry of:
 - Sixte with direct reposte
 - Quarte with direct reposte
- Maintain lunging distance and make a direct attack with a lunge each time your partner pauses from a stationary position
- A little bit more of Fencing

Week 5: Main Aim Difference of Engagement and Absence of Blade

- Warm up
- Revision
- Dimensions of the Piste
- Maintain fencing line
- Maintain correct distances for hitting with – Riposte – Lunge – Step forward lunge
- Beats and change beats in Sixte, Quarte, Septime & Octave
- Balestra – Balestra step forward – Balestra lunge
- A little bit more of Fencing

Week 6: : Main Aim Covering, Closing Line, Change Engagement

- Warm up
- Revision
- Maintain engagements in Sixte, Quarte, Septime & Octave
- Engagements in Sixte, Quarte, Septime and Octave – Changes of engagements – Pressures
- Disengage attack with a lunge on partner's pressure from *a*, Engagement in Sixte *b*, Engagement in Quarte
- Difference between simple and compound actions
- Individual revision with coaches (anything unsure of)
- A little bit more of Fencing

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Grade 3:

Week 7: Main Aim to Explain 'Right of Way'

- Warm up
- Revision
- Rules regarding the boundaries of the piste
- Duties of referee and judges
- Time keeping during competitions
- Simple attacks and ripostes, name three types of parries
- Two types of lunge:
 - a, Accelerating
 - b, Explosive
- Disengage Attack with a lunge from Sixte each time your partner pauses and attempts to engage blades in:-a, Sixte from a low line guard b, Quarte from a low line guard From a stationary position
- A One-two Attack with an accelerating lunge when your partner attempts to:
 - a, Engage blades in quarte then parries into Sixte
 - b, Engage blades in Sixte then parries into Quarte

Week 8: Main Aim Have So Much Fun!

- Fence like you've never fenced before!

Course Completed.

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