



What weapons can be assessed?

Foil, Sabre and Epee

How many levels are there?

3 – Bronze, Silver and Gold

What do you have to do?

Pass both the practical and theory sections of the level being studied

Do I have to start at the Bronze level?

No – you can miss a level, see your fencing master/coach for advice

What do you get when you pass?

A certificate and a metal lapel badge.

Ask your fencing master/coach to see the certificate, lapel badge and cloth badge

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The British Academy of Fencing



EPEE PROFICIENCY AWARDS

This syllabus belongs to:

Name

Master/Coach.....

Club/School

Address.....

.....

.....

The fencing master/coach should tick each box and sign below when the fencer has achieved the required standard for the award being assessed.

Date CompletedBRONZE

Date CompletedSILVER

Date CompletedGOLD

Fencing Master/Coach

Signature

When you have completed one level, you should ask your fencing master/coach to start the next level or, alternatively, introduce you to another weapon

For Further Details

Email: awards@baf-fencing.org

Web: www.baf-fencing.org

EPEE - BRONZE

Practical

The On-Guard Position

- Stance
- On-guard in sixte
- On-guard in quarte
- On-guard in octave
- Stepping forwards and backwards

The Hit executed as:

- a riposte
- an attack using a:
 - step
 - lunge
 - step-lunge

Simple Attacks

- Straight Thrust (direct attack)
- Disengage
- Counter-disengage

Single Parries

- Lateral parry of quarte from sixte
- Semi-circular parry - sixte to octave and vice versa
- Circular parry of sixte

Continuity Hitting

- parry, riposte, redouble, redouble
- simple attack, redouble, redouble

Theory

- Name the parts of the épée
- Define the target area
- Explain what constitutes a double hit
- Explain/define the following movements:*
 - an attack
 - a riposte
- Explain the safety requirements for:*
 - a mask
 - a jacket
 - an under-plastron
 - a glove
 - an épée
- What is the penalty for:*
 - turning
 - corps-a-corps

EPEE - SILVER

Practical

Preparations

Simple attack preceded by

- a step forward
- an attack on the blade (a beat)
 - an engagement - from absence of blade*
 - engage in sixte
 - engage in quarte
 - engage in octave

Compound attacks - two time

- feint direct - disengage
- disengage - disengage
- counter disengage - disengage

Counter Attack

- direct
- disengage
- counter disengage

Continuity Hitting

- parry, riposte, reprise, redouble
- simple attack, reprise, redouble
- stop-hit, redouble, redouble

Counter Riposte

- First counter riposte - *final action direct*
- Second counter riposte - *final action direct*

Theory

- Give the dimensions of the piste
- What is the penalty for:*
 - 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 way a hit may be annulled
- Show the ability to correctly fill in a pool sheet
- Explain/define the following movements:*
 - a redoublement
 - a counter disengage riposte
 - a first counter riposte
 - a compound attack
- What is the time limit for a bout of
 - 5 hits
 - 10 hits
 - 15 hits

EPEE - GOLD

Practical

Footwork

- appel
- ballestra
- cross over-step

Simple attack into / on

- an opening line
- an opponent's recovery
- an opponent's preparation

Continuity Hitting

- parry, riposte, remise, redouble, reprise
- attack, remise, redouble, reprise
- counter attack, remise, redouble, reprise

Successive parries

- quarte - sixte
- circular sixte - octave
- sixte - counter sixte
- octave - sixte

Prise de fer

- Coulé
- Bind

Ceding and Opposition Parries

- Oppose to sixte - against an attack by coulé
- Oppose to octave - against an attack by bind
- Cede to quarte - against an attack by bind

Fighting

- Demonstrate the ability to execute some of the actions listed above under fighting conditions

Theory

Explain/define the following movements:

- successive parries
- a reprise
- a remise
- Explain how fencers with equal victories are promoted in the pool system
- Show the ability to correctly fill in a direct elimination sheet
- What is the penalty for:*
 - leaving the piste to avoid being hit
 - not appearing at the first call of the referee at the start of the competition
 - unjustified appeal by a competitor
 - appearing on the piste with faulty equipment
 - placing/pressing the point or straightening the blade on the piste