



EPEE

GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	GRADE 6	GRADE 7	GRADE 8	GRADE 9
<p>Demonstrate: (with coach or partner)</p> <ol style="list-style-type: none"> The Grip The Salute The On Guard Steps Forward and Backward The Lunge and Recovery Direct Attack to hand, arm and body Opposition hitting in Sixte and Quatre as Attacks and in defence <p>Describe:</p> <ol style="list-style-type: none"> How to use your Epee safely How to fence safely The Target Area The Principles of Fencing with the Epee Fencing Etiquette 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Maintain fencing line Maintain correct distance and each time your partner pauses: a Hit to arm with a short lunge b Hit to body with a full lunge <p>3 Maintain correct distance and each time your partner pauses, hit to arm with a short lunge and continue immediately with an opposition Attack to body with a full lunge.</p> <p>From a stationary position:</p> <ol style="list-style-type: none"> Engagements in Sixte, Quatre and Octave and Changes of Engagements Disengage Attack with lunge to hand, arm and body or partner's: a Engagement in Sixte b Engagement in Quatre <ol style="list-style-type: none"> Circular Parries in Sixte and Quatre with opposition Riposte A Parries following: a An Attack to arm, then b A Riposte to arm, then body <p>Describe:</p> <ol style="list-style-type: none"> Courteous and respectful behaviour and tenets "Pledge of Honour" (Articles 601, 602 & 603) Parts of the Epee Dimensions of the Piste 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Maintain correct distance and each time your partner pauses, make a false Attack to arm with a half lunge and Attack to body with opposition and a full lunge <p>2 Maintain correct distance and each time your partner Attacks to body with a step lunge, Counter-Attack to arm and follow with Circular Parry and opposition Riposte</p> <p>3 a Direct Attack to body with full lunge on one of your partner's steps forward b Disengage Attack at arm or body as your partner attempts to engage in Sixte or Quatre</p> <p>From a stationary position:</p> <ol style="list-style-type: none"> Semi-circular Parry to Octave with: a Opposition Riposte b Detached Riposte <ol style="list-style-type: none"> Opposition Attacks and Counter-Attacks in Octave Beats and Change Beats in Sixte, Quatre, Septime & Octave A Redoublement following: a An Attack to arm, then b A Riposte to arm, then body <p>Describe:</p> <ol style="list-style-type: none"> Simple actions in opposition and disengagement Parries and Redoublement Rules regarding the boundaries of the Piste Double hits, scoring and timekeeping Duties of President and Floor Judges 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> When your partner Attacks to body with a lunge, Counter-Attack with: a Opposition in Sixte b Opposition in Octave <p>2 Maintain step-lunge distance and each time your partner Attacks to body with a step-lunge, Counter-Attack to arm and follow this with a Parry to Octave and Riposte in opposition</p> <p>3 Maintain correct distance and when your partner pauses, Attack to arm with a Beat Direct Attack with lunge and continue with a Redoublement to arm with the Recovery</p> <p>4 Maintain correct distance and when your partner pauses: a Attack to arm with a Beat Disengage b Attack to body with a Beat Disengage <p>From a stationary position:</p> <ol style="list-style-type: none"> One-two and Double Compound Attacks to arm and body Parry of Quatre with opposition Riposte Parry with the guard with a detached Riposte <p>Describe:</p> <ol style="list-style-type: none"> Scoring on a pool sheet: first and second indicators Simple and Compound Attacks A Electrical recording apparatus Fencing electric equipment c) Test weight and gauges Testing the electric equipment before the start of a bout Rules regarding faults in a fencer's equipment before and during a bout </p>	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Attack to your partner's arm with: a One-two with lunge b Double with lunge <p>2 Maintain correct distance and step forward with a feint to arm and:</p> <ol style="list-style-type: none"> a Deceive your partner's Parry of Quatre and lunge to body finishing in opposition b Deceive your partner's Parry of Sixte and lunge to body finishing in opposition <p>3 Maintain correct distance and when your partner pauses, step forward to engage blades in Sixte, Quatre and Octave and:</p> <ol style="list-style-type: none"> a Attack to arm with Direct and Indirect Attacks b Attack to body with Direct and Indirect Attacks <p>4 Maintain correct distance and when your partner pauses, step forward to engage blades in Sixte, Quatre and Octave and:</p> <ol style="list-style-type: none"> a Attack to arm with Direct and Indirect Attacks b Attack to body with Direct and Indirect Attacks <p>From a stationary position:</p> <ol style="list-style-type: none"> Successive Parries Hits with angulation Direct Attack to body with Fleche Attacks and Riposte using a Bind and a Croise <p>Describe:</p> <ol style="list-style-type: none"> How the electric epee works and how to correct errors in the travel and compression springs Rules concerning Corps-a-Corps Second-intention actions 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Angulated hit around your partner's wrist Maintain correct distance and choose the moment for a Direct Attack to your partner's body with Fleche Defend against your partner's Compound Attacks using successive Parries with opposition Riposte Maintain step-lunge distance and step forward to draw your partner's hit to arm and Attack to body using a Bind <p>From a stationary position:</p> <ol style="list-style-type: none"> Attacks and Riposte using an Enveloppement Direct and Indirect Renouals with Reprise and Reprise with Fleche Actions with Reassemble <p>Describe:</p> <ol style="list-style-type: none"> Counter-fine actions Tactical use of Corps-a-Corps Use of Preparations 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Maintain step-lunge distance and step forward to draw your partner's hit to the arm and attack to body using an envelopment Defend against your partner's compound attack using successive Parries with a step back and Riposte with an envelopment and Fleche to body as your partner recovers Attack to body with step lunge and when your partner Parries with a step back, Reprise Disengage with Fleche Defend against your partner's attack using a Parry of Quatre and Riposte with Croise <p>From a stationary position:</p> <ol style="list-style-type: none"> Parries ending in Prime, Seconds, Tierce and Quins with Riposte Ceding and opposition Parries Simple and Compound Derchements <p>Describe:</p> <ol style="list-style-type: none"> Your understanding of False Attack-Attack Detached and opposition Riposte Counter Attacks in opposition and Parries with opposition Riposte Use of Reassemble 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Maintain distance and: a Parry Seconds with a detached Riposte if your partner Attacks to arm b Parry Prime Riposte if your partner Attacks to body with a Fleche <p>2 Beat Attack to Arm as your partner steps forward and recover with a redoublement if your partner Parries with a step forward</p> <p>3 Choose the moment to Attack to your partner's arm using direct and indirect Attacks with Beats and change Beats</p> <p>4 As your partner Attacks with a step-lunge, either Counter Attack to body with opposition or Counter Attack to Arm with Reassemble</p> <p>From a stationary position:</p> <ol style="list-style-type: none"> Angulated Hits in opposition at close distance Counter Riposte following Ceding and opposition Parries Hits to leg and foot <p>Describe:</p> <ol style="list-style-type: none"> Compound and Double actions Your understanding of distance, timing and speed The importance of taking the initiative 	<p>Demonstrate: (with coach or partner)</p> <p>While following your partner's steps forward and backward:</p> <ol style="list-style-type: none"> Maintain step-lunge distance and step forward and feint to your partner's arm and: a Take the blade and attack to body in opposition with a lunge if your partner counter attacks to your arm b Attack to body with a Fleche if your partner moves away from the hit <p>2 Choose the moment to Beat Attack to your partner's arm with a lunge and make an immediate retreat to leg or foot</p> <p>3 When your partner attacks to body, Parry with a step forward and Riposte with an Angulated hit in opposition at close distance</p> <p>From a stationary position:</p> <ol style="list-style-type: none"> Repetition hitting to all parts of your partner's wrist and arm and feint with a Parry and opposition Riposte when your partner attacks Successive opposition hits to your partner's body in Sixte, Octave & Quatre <p>Demonstrate your ability to:</p> <ol style="list-style-type: none"> Fence your partner for 5 hits and explain how all the hits were scored: if your partner is successful in scoring hits, explain how you should have avoided them Preside a fight for 5 hits Give your partner a short warm up lesson with mobility, involving False Attack-Attacks, Counter Attacks to arm and body with and without opposition, single Parries with opposition Riposte

