



ACHIEVEMENT AWARDS SABRE

GRADE 1

Demonstrate:
(with coach or partner)

- 1 The Grip
- 2 The Salute
- 3 The On Guard / Guards of Tierce and Quarte
- 4 Steps forward and backward
- 5 Cuts to Head, Flank and Chest
- 6 Direct Attack with Lunge to Head, Flank and Chest
- 7 Parries of Tierce, Quarte and Quarte with a Direct Riposte

Describe:

- 1 How to use your Sabre safely
- 2 How to fence safely
- 3 The Target Area
- 4 An Attack and a Parry with Riposte
- 5 Fencing Etiquette

GRADE 2

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain correct lunging distance
 - 2 Maintain correct distance and Cut to Head, Flank and Chest without a Lunge
 - 3 Maintain correct distance and each time your partner passes Cut to Head, Flank and Chest with a full Lunge
 - 4 Each time your partner Attacks with a lunge to Head, Flank or Chest, Quarte with a Direct Riposte

From a stationary position:

- 1 Direct and indirect hits with the point
- 2 Successive Cuts to Cheek, Head, Flank and Chest using various combinations
- 3 Indirect Cuts to Head, Flank and Chest

Describe:

- 1 Courteous and respectful behaviour and lenders (Articles 601, 602 & 603)
- 2 Parts of the Sabre
- 3 Dimensions of the Piste

GRADE 3

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain correct distance and make successive Cuts to Cheek, Head, Flank and Chest using various combinations, without a lunge
 - 2 Maintain correct distance and each time your partner passes, Attack with Direct and indirect Cuts to Head, Flank and Chest, with a lunge

From a stationary position:

- 1 Cuts to Arm
- 2 Step-Out followed by a Parry of Tierce, Quarte or Quarte with a Direct Riposte

Describe:

- 1 "Priority of Attack" examples
- 2 Indirect Actions - give three examples
- 3 Duties of President and Judges
- 4 Voting system of Jury and Responses of Judges
- 5 Rules regarding the boundaries of the Piste

GRADE 4

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain correct distance and when your partner pauses, Attack to arm with a lunge
 - 2 Maintain correct distance and as your partner makes a Balustra preparation and an Attack with Lunge, Cut to arm with a step back and Parry-Riposte
 - 3 Maintain correct distance and as your partner pauses, Attack with a step-lunge and if your partner Parries with a Riposte, Parry with a First Counter-riposte

From a stationary position:

- 1 Direct and indirect Attacks with Balustra steps
- 2 Compound Attacks with one lunge
- 3 Parries of Prime and Second
- 4 Beats and Circular Beats

Describe:

- 1 Scoring on a pool sheet: first and second indications
- 2 Rules regarding:
 - a Corps-a-Corps
 - b Turning
 - c Head hitting and dangerous fencing
- 3 The correct procedure for judging, and demonstrate your ability to judge in a pool

GRADE 5

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain correct distance and choose the moment to step forward with a direct lunge, deceive your partner's Parry, and continue the Attack with a lunge
 - 2 Choose the moment to begin Balustra Steps Preparation and as your partner moves away, and Parries, Attack into the opening side with a lunge
 - 3 Maintain correct distance and step forward as a Preparation Attack and:
 - a If your partner Parries, Attack into the opening side with a lunge
 - b If your partner fails to react, Attack with a Compound action with lunge

From a stationary position:

- 1 Circular Cuts to arm and chest
- 2 Compound Riposte and Counter-riposte
- 3 Riposte and Counter-riposte with Balustra Steps and lunge

Describe:

- 1 Second-intention actions
- 2 Simple and compound actions
- 3 Use of preparations

GRADE 6

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain correct distance and when your partner Attacks to head, Parry Quarte and Riposte with a Circular Cut to chest
 - 2 Maintain correct distance and choose the moment to make a step forward preparation and:
 - a If your partner's arm straightens with the point in line, Beat Attack Direct with lunge
 - b If your partner fails to react, Attack with a Compound action with lunge
 - 3 Choose the moment to Attack with a lunge to draw your partner's Parry-Riposte and Parry with a forward Recovery and Counter-riposte with lunge
 - 4 Maintain distance and when your partner Attacks, Parry and make a Compound Riposte

From a stationary position:

- 1 Circular Cuts to arm and chest
- 2 Compound Riposte and Counter-riposte
- 3 Riposte and Counter-riposte with Balustra Steps and lunge

Describe:

- 1 Use of 'line' and Derivements
- 2 Counter-offensive actions
- 3 Fencing Time: single and multi-line actions
- 4 What is meant by taking the initiative and why this is important in the fight

GRADE 7

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain step-lunge distance with your arm straight and point in line, as your partner attempts to step forward to beat the blade and parry, lunge and make a compound attack with the point
 - 2 With the point in line, move away from your partner's Balustra Steps preparation and deceive the attempt to beat and parry with a compound deroulement
 - 3 Maintain distance and as your partner begins a Balustra Steps Preparation, beat attack to head with a lunge using a circular beat
 - 4 Maintain distance and when your partner makes a compound attack with a step lunge, deliver using successive parries with direct riposte

From a stationary position:

- 1 Rendeavour, Reprise, Redoublement
- 2 Compound attacks beginning with point in line and ending with a cut
- 3 Circular Parries

Describe:

- 1 "Open Eyes" actions
- 2 Feint Parries
- 3 False preparations
- 4 A Electric sabre recording apparatus
- 5 Fencer's electrical equipment
- 6 Testing the equipment before the start of a fight

GRADE 8

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Maintain step-lunge distance and choose the moment to make a Compound Attack using a Balustra Lunge or Balustra Steps lunge depending on your partner's reaction
 - 2 Maintain distance and as your partner steps forward with a feint either:
 - a Move away and defend using successful parries, or
 - b Counter-attack with lunge using a circular beat
 - 3 Step forward to draw a step cut to arm and parry-riposte with a lunge

From a stationary position:

- 1 Quarte or Quarte when your partner attacks and make an indirect riposte
- 2 Beat cut to arm with a step, beat cut to chest with a lunge and beat cut to head with Balustra Lunge and with increasing speed
- 3 Step cut, redouble-stary-riposte combinations

Describe:

- 1 Compound and double preparations
- 2 Your understanding of distance, timing and speed in fencing
- 3 Prise de fer actions

GRADE 9

Demonstrate:
(with coach or partner)

- While following your partner's steps forward and backward:
- 1 Choose the moment to make a step forward preparation and parry-riposte
 - a Parry-riposte
 - b Make a compound attack with a lunge & your partner parries
 - c Make a compound attack with Balustra Steps Lunge if your partner moves away
 - 2 Defend against your partner's attack using parries of Prime and Quarte
 - 3 Attack with a step-lunge and a lunge and as your partner parries and makes a first counter-riposte with a feint counter-riposte with a lunge
 - a If your partner parries and then parry with a step back, recovery and hit with a compound riposte with lunge
 - b If your partner moves away, then hit with a compound riposte with Balustra Steps lunge

From a stationary position:

- 1 Set up a simultaneous attack situation with your partner and occasionally make a second intention preparation with a parry-riposte
- 2 From a step-lunge distance, step forward and a lunge to head with an explosive lunge if your partner parries
- 3 Cut to head with a step back & your partner steps forward: Attack to head with Balustra lunge if your partner steps back

Describe:

- 1 Fence your partner for 5 hits and explain how the hits were scored.
- 2 If your partner is successful in scoring 5 hits, explain how you scored.
- 3 Give your partner a short "warm up" lesson with mobility, involving direct and indirect attacks, single parries with direct riposte and counter-riposte

