### Lesson 1
- Explanation of Red Band Requirements
- Intermediate I Curriculum
- Expectation of Students
- Review of Honor
- Footwork Drills
- Distance Drills
- Glove Duel
- Simple Attack

### Lesson 2
- Footwork Drills
- Distance Drills
- Lunge Duel
- Glove Duel
- **80% Extension Drills**
  - Adv Lunge Simple Attack
- **Patinando**
  - Patinando Duel
  - Patinando Simple Attack
  - Static Parry Drills
  - Footwork Drills

### Lesson 3
- Footwork Drills
- Distance Drills
- Lunge, Adv Lunge, Patinando Duel
- 80% Extension Drills
- Adv Lunge Simple Attack
- Patinando Simple Attack
- Adv Lunge - Riposte
- Adv Lunge/Patinando F-D
  - **Jump (Ballestra)**
  - Ballestra Simple attack
  - Static Parry Drills

### Lesson 4
- Footwork Drills
- Distance Drills
- Lunge, Adv Lunge, Patinando, Ballestra Duel
- 80% Extension Drills
- Adv Lng/Patinando/Ballestra Simple Attack
- Adv Lunge - Riposte
- Adv Lunge F-D
- Patinando F-D
- Ballestra Indirect Attack
  - **Inversions & Half Movements**
- Footwork Parry Drills

### Lesson 5
- Footwork Drills
- Distance Drills
- Lng, Adv Lng, Patinando, Ballestra Duel
- **80% Extension Drills**
  - Adv Lunge Simple Attack
  - Patinando Simple Attack
  - Ballestra Simple Attack
  - Lng/Adv Lng - Riposte
  - Adv Lunge FD
  - **Multi Parry Defense (4-6-6-4-6-8-4-7)**

### Lesson 6
- Footwork
  - Lng, Adv Lng, Patinando, Ballestra Duel
  - Adv Lng/Patinando/Ballestra Simple
  - Adv Lng - Riposte
  - FD attacks - MPD Riposte
  - **Multi FD Attack 1-2**
    - Sequencing - Simple, Riposte, FD

### Lesson 7
- Footwork
  - Lng/Adv Lng/Pat/Bal Duels
  - FD Attacks H-H
  - MPD Riposte
  - MFD Attacks 1-2
  - **Multi FD Attack High-Low**
    - Sequencing - Simple, Riposte, FD, 1-2

### Lesson 8
- Footwork
  - Lng/Adv Lng/Pat/Bal Duels
  - FD Attacks H-H,H-L
  - MPD Riposte
  - MFD Attacks
  - **Attack on Preparation**
    - Sequencing - Simp, Rip, FD, MFD
Lesson 9

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks H-H, H-L
MPD Riposte
MFD Attacks Competing with Electric Foil
Release to free bout Electric
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP

Lesson 10

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks Probing
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Direct-Riposte

Lesson 11

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Indirect Riposte
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Indirect-Riposte

Lesson 12

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Riposte w Disengage
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 13

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Inversions, Half Movements
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 14

Group I & II Offenses
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 15

Lesson 16

Review