Intermediate Foil I
Review

http://www.fencing.calpoly.edu/

Last revised 12/13/00
Red Band Requirements

The Cal Poly Banding system of training continues in this class as the first portion of a 2 quarter training schedule aimed at raising students to the level of Red Band in Foil.

Note that some of the achievement requirements for Red Band are scheduled for completion in the Intermediate I, or Intermediate II class. These achievements include, requirements such as taking place in a USFA Tournament, placement requirements during a fencing tournament, and conducting directing for critique among other things. Should a student complete any of these achievements prior to attending the level of class requiring, the first completion fulfills the requirement, and we do not require any replication of the achievement.

Breakdown of Red Band Requirements by Intermediate Course (I & II)

Intermediate Foil I Course Curriculum

Patinando
Jump
   (Forward, Backward, Ballestra)
Inversion, Half movements
Probing
Multi Parry Defense
Multi Feint Deceive Attack
   (1-2, High Low variations)
Attack on Preparation
Indirect Riposte
Riposte with Disengage
Group I & II Offenses

Intermediate Foil II Course Curriculum

Apel
Pauses
Acellerated Lunge
Early & Late Parrys
Beat or Spanking Parries
Multi Feint Deceive Attack with Doublet
Multi Feint Coupe Attacks
Glide Thrust (Coule)
Simple Tactical Wheel
General and weapon specific rules
Officiating
# Intermediate Foil I Evaluation Sheet

#### Fencer's Name

#### Evaluator

#### Completion Date

## Part I. Technical

*Demonstrate Each of the following Skills*

### Skill | Judges Looking For
--- | ---
### Footwork

| Jump (forward, backward, with Lunge “balestra”) | Both Feet landing together, flat, in balance. Forward distance minimal. Lunge immediate and in control (no excess forward energy) |
| Patinando | Change in tempo, not sheer speed. |

### Bladework

| Multi-parry defense | If you fail to find blade with first parry do you adjust distance with retreat. Do you change your parry system. |
| Compound FD Attacks (1-2, high/low variations) | You do not withdraw the hand. You do not overpenetrate with the initial feint. Can you read your opponents parry system to choose the proper attack. |
| Riposte with F-D (disengage, indirect) | If the attacker stays in lunge do you hold the hand back during the decieve. If the attacker recovers, can you deceive while extending the hand. |
| Attack on Preparation (stop thrust) | Is the attack in preparation immediate upon opponents preparation. |
Part II. Tactical
Demonstrate Each of the following Tactical Components

<table>
<thead>
<tr>
<th>Probing</th>
<th>Can you gain information you can immediately use. Do you overcommit during your probe.</th>
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</thead>
<tbody>
<tr>
<td>Half Movements &amp; Inversions</td>
<td>Do you wait for the appropriate cue after your half movement.</td>
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</table>

Part III. Application
Demonstrate your ability to apply your knowledge through competition

Evaluator Completion Date

In five point competitive bout settings, (standard or electric) place in the top half of overall standings of any competition of at least 6 fencers

<table>
<thead>
<tr>
<th>Number of fencers (minimum 6)</th>
<th>Place (Requires Top Half)</th>
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Part IV. Rules
Demonstrate your knowledge of the following areas (*written exam)

Evaluator Completion Date

- General and weapon specific rules and regulations
- Group I & II Offenses

Score
Minor Bout Penalties

Know each of the following penalties, what group they are, and the difference between the two groups.

Group I Offenses

Clothing/equipment not working or not conforming
Absence of second regulation weapon or bodycord
Simple corps à corps
Corps à corps to avoid a touch
Jostling, falling, disorderly fencing
taking off mask before the Referee calls ‘Halt’
undressing on the strip
Covering/substitution of valid target
Using the non-weapon arm or hand
Reversing line of shoulders
Touching/taking hold of electrical equipment
Leaving strip without permission
Turning back on opponent
Crossing the side of the strip to avoid being touch
Delaying the bout
Bending, dragging weapon point on conductive strip
Straightening weapon on conductive strip
Grounding the weapon on the lame
Deliberate touch not on opponent
Touch scored with the guard
Refusal to obey the Referee
Fencer not presenting himself at the first call of the Referee during the competition
Unjustified appeal

Group II Offenses

Interruption of bout for claimed injury not confirmed by doctor
Absence of weapon inspection marks
Dangerous, violent or vindictive action, blow with guard or pommel

Rules pertaining to competitive electric fencing.

What equipment other than your standard fencing equipment (Mask, Jacket, Glove, Knickers, Socks, Shoes must you wear for your bout?

What equipment do you need to have ready, and to what standards must this equipment adhere?

How do fencers situate themselves in reference to the director when called to fence?

Under what circumstances may a fencer protest a directors actions?