Mastering Fencing is a comprehensive system for developing junior and senior fencers. Each weapon is broken down into five achievement levels.

**Level I – Yellow Band**
- At this stage, fencers are assumed to have little or no skills for beginning foil. However, beginning epee and saber will assume that the student has had training in beginning foil.
- All technique and tactical concepts are kept very simple. Attacks and defenses will typically be kept to the high lines (with the exception of Epee).
- Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
- Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
- Students will learn right of way (foil & saber) and the general rules of the game.
- Students are introduced to bouting and competing with the standard weapon.
- Students will learn the basics of standard weapon and protective gear maintenance.
- Students are expected to achieve only a basic level in each of the skills.
- Timeline: 3 months.

**Level II – Red Band**
- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
- Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
- Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
- Students are introduced to modern competitive fencing.
- Students will learn the basics of refereeing bouts.
- Students will learn the basics of electrical weapon gear maintenance.
- Students are expected to achieve a moderate level of proficiency in each of the skills.
- Timeline: 3 - 6 months.

**Level III – Green Band**
- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
- Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
- Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
- Students are expected to consistently place in the top 25% at local competitions.
- Students will learn how to referee at local and collegiate competitions.
- Students will be able to assemble and repair weapons and scoring apparatus.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.
Level IV – Blue Band

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
- Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
- Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
- Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
- Students will be able to referee pool bouts at any local or regional USFA competition.
- Students will be able to troubleshoot weapons and scoring apparatus on the strip.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Level V – Black Band

- At this stage, fencers are assumed to be able to attack around an opponent’s central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
- Technique and tactical concepts are centered around direct control over the opponent’s blade, disarmament, close distance fighting.
- Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
- Students will also be able to sense the opponents change of tactics and to respond accordingly.
- Students will also be expected coach teammates on the strip and to instruct developing fencers.
- Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
- Students will be able to referee the finals at any local or regional USFA competition.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.
Mastering Fencing - At A Glance

Foil Level I – Yellow Band

Guiding Principles:
- At this stage, fencers are assumed to have little or no skills.
- All technique and tactical concepts are kept very simple. Attacks and defenses will typically be kept to the high lines.
- Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
- All attacks and defenses will be limited to the high lines.
- Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
- Students will learn right of way and the general rules of the game.
- Students are introduced to bouting and competing with the standard weapon.
- Students will learn the basics of standard weapon and protective gear maintenance.
- Students are expected to achieve only a basic level in each of the skills.
- Timeline: 3 months.

Footwork:
- Initial position
- On guard
- Half advance
- Advance
- Half retreat
- Retreat
- Lunge – backward recovery
- Lunge – forward recovery
- Double (multiple) advance
- Double (multiple) retreat
- Advance lunge

Bladework:
- Grip
- Salute
- Sixth guard
- Fourth guard
- Eighth guard
- Seventh guard
- Engagement
- Press
- Beat
- Simple attack
- Lateral parries
- Semi-circular parries
- Circular parries
- Diagonal parries
- Riposte (direct & indirect)
- Feint deceive (high lines)

Rules & Officiating:
- Right of way
- Bout protocol
- Strip dimensions
- Minor (group I) bout offenses for standard foil
- Judging
- Sportsmanship

Armoring:
- Cleaning and care of basic fencing gear
- Identify components of the standard foil

Competition:
- Compete in competition with a minimum of four fencers

Tactical:
- Distance control (close, medium, long)
- Hand tempo attack
- Foot tempo attack (patterning, half-steps)
- Distance parry
Foil Level II – Red Band

Guiding Principles:

• At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
• Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
• Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
• Students are introduced to modern competitive fencing.
• Students will learn the basics of refereeing bouts.
• Students will learn the basics of electrical weapon gear maintenance.
• Students are expected to achieve a moderate level of proficiency in each of the skills.
• Timeline: 3 - 6 months.

Footwork:

Accelerated lunge
Pattanando (accelerated advance lunge)
Inverse advance lunge
Appel
Fleche
Crossover retreat

Bladework:

Attack w/ blade preparation
  - engagement, change engagement
  - beat, change beat
  - press, change press
Beat (spanking) parries
Multi-parry defense combinations
  - lateral combinations
  - semi-circular combinations
  - lateral/semi-circular combinations
  - lateral/circular combinations
  - circular/semi-circular combinations
Feint deceive (low - high lines)
Feint coupe
Feint 1-2 attack
Riposte with disengage
Riposte with double disengage
Riposte with coupe
Stop thrust

Rules & Officiating:

General and weapon specific rules and regulations
Group I & II offenses
Demonstrate referee hand signals
Referee two bouts for critique

Armoring:

Assist at an armoring session
Diagram the electric foil body cord

Competition:

Place top half of any pool of 6 fencers
Compete in any tournament outside of club

Tactical:

Foot tempo attack (false recovery)
Accelerated tempo attack
Take-over tempo attack (passive)
Probing
Early vs. late parries
Simple tactical wheel
Mastering Fencing - At A Glance

Foil Level III – Green Band
Guiding Principles:
- At this stage, fencers are assumed to be able to set up the attack and determine the line to defend.
- Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
- Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
- Students are expected to consistently place in the top 25% at local competitions.
- Students will learn how to referee at local and collegiate competitions.
- Students will be able to assemble and repair weapons and scoring apparatus.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:
Redoublement
Jump (forward & backward)
Balestra
Saved tempo lunge
Destructive lunge
Slide
Check steps

Bladework:
Feint low-high attack
Feint doublet attack
Feint coupe deceive attack
Feint deceive coupe attack
Feint double coupe
Riposte with coupe deceive
Riposte with double coupe
Tactical remise/reprise (w/ redoublement)
Angulated attack (“dig”)
Invitation
Sweeping preparation
Searching parries
False counter attack combinations
- False counter attack – parry riposte
- False counter attack – attack
- False counter attack – counter attack
- False counter attack – get away go

Tactical:
Take-over tempo attack (active)
Deceptions and second intention:
- Offensive (false attack)
- Defensive (false parry, false counter attack)

Drawing the counter attack
- Finish vs. counter-time
- Slow vs. quick beginning
- Searching (false blade take)
- Removal of tip

Major tactical wheel

Rules & Officiating:
- Minimum score of 70% on both the General and Foil sections of the Fencing Official’s Exam
- Referee two bouts for critique
- Referee a pool of fencers in a competitive setting

Armoring:
- Diagram the tip assembly of an electric foil
- Diagram the components of the scoring system
- Wire and assemble an electric foil
- Assist at an armoring session

Competition:
- Obtain an E rating in any USFA sanctioned competition
- Place in the top 25% of any three USFA or intercollegiate competitions (previous competition placements are acceptable).
Foil Level IV – Blue Band

Guiding Principles:

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
- Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
- Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
- Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
- Students will be able to referee pool bouts at any local or regional USFA competition.
- Students will be able to troubleshoot weapons and scoring apparatus on the strip.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:

- Running attack (attack on the march)
- Ducking
- Inquartata
- Passata Sotto

Bladework:

- Point in line
  - Straight & with deceive
  - With riposte
  - As attack prep
  - Derobement
- Thrown touches (chest, shoulder, flank)
- Secondary parries:
  - Prime parry
  - Second parry
  - Third parry
  - Fifth (foil) parry
  - Fifth (saber) parry
  - High seventh parry
- Doubling/simultaneous actions
  - Double (simultaneous attack)
  - Double – parry riposte
  - Double through a line
  - Double – get away go
  - Double – counter attack
- Pris de Fer actions:
  - Opposition (all lines)
    - Glide thrust
    - From riposte
    - Time thrust

Rules & Officiating:

- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
  OR
  Minimum score of 80% on both the General and Foil sections of the Fencing Official’s Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or recognized intercollegiate tournament.

Armoring:

- Troubleshooting equipment malfunction on strip
- Rebuild and inspect a scoring reel
- Assist at an armoring session

Competition:

- Obtain a D rating in any USFA sanctioned competition,
  OR
  Place in the top 4 of at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (previous competition placements are acceptable.)

Tactical:

- Complex tactical wheel

Gaming strategies:

- Fencing at the rear of the strip
- Left handed fencers
- Stalling
- Beating the clock
Foil Level V – Black Band

Guiding Principles:

- At this stage, fencers are assumed to be able to attack around an opponent’s central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
- Technique and tactical concepts are centered around direct control over the opponent’s blade, disarmament, close distance fighting.
- Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
- Students will also be able to sense the opponents change of tactics and to respond accordingly.
- Students will also be expected coach teammates on the strip and to instruct developing fencers.
- Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
- Students will be able to referee the finals at any local or regional USFA competition.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:
- Bounce
- Drumming
- Explosive lunge

Bladework:
- Pris de Fer actions: (cont’d)
  - Croise
  - Bind
  - Envelopement
- Yielding or “ceding” parries
- Entrapment

In-fighting techniques:
- Angular thrusts
- Prime
- Coupe-prime
- Over the shoulder

Disarmament techniques:
- Change beat
- Froissement
- Envelopement

Coaching
- Coach teammates during direct elimination rounds
- Devise and deliver a group fencing lesson for critique
- Develop a one-month training regimen.

Rules & Officiating:
- Obtain USFA Class 10 Referee rating*
  (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
  OR
  Minimum score of 90% on both the General and Foil sections of the Fencing Official’s Exam and referee two bouts for critique
- Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:
- Give a armoring seminar
- Assist at an armoring session

Competition:
- Obtain a C rating in any USFA sanctioned competition,
  OR
  Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (previous competition placements are acceptable.)
## Mastering Fencing - At A Glance

### Epee Level I – Yellow Band

**Guiding Principles:**
- At this stage, fencers are assumed to have had Level 1 Foil training.
- All new technique and tactical concepts are kept very simple.
- All attacks and defenses will be limited to the hand, arm, chest and leg.
- Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
- Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
- Students will learn basic principles of Epee and the general rules of the game.
- Students are introduced to bouting and competing with the electric weapon.
- Students will learn the basics of the electric weapon and protective gear maintenance.
- Students are expected to achieve only a basic level in each of the skills.
- Timeline: 3 months.

### Footwork:
- On guard
- Inverse advance
- Inverse retreat
- Half/full lunge with extended arm recovery
- Advance lunge (two target attack)

### Bladework:
- Sixth guard (passive & active)
- Fourth guard (passive and active)
- Eighth guard
- Seventh guard
- Simple hand attacks
- Simple attack to arm and leg
- Beat attack
- Lateral parries
- Circular parries
- Semi-circular parries
- Diagonal parries
- Riposte with 6 opposition
- Feint deceive:
  - Hand to hand
  - Hand to arm
  - Hand to leg
  - Leg to hand
- Counterattack to hand (pick and fade)

### Tactical:
- Distance control (close, medium, long)
- Hand tempo attack
- Foot tempo attack (patterning, half-steps)
- Distance parry

### Rules & Officiating:
- Bout protocol
- Minor (group I) bout offenses for Epee

### Armoring:
- Identify components of the electric Epee
- Assist at an armoring session

### Competition:
- Compete in competition with a minimum of four fencers
**Mastering Fencing - At A Glance**

**Epee Level II – Red Band**

**Guiding Principles:**
- At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
- Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
- Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
- Students are introduced to modern competitive fencing.
- Students will learn the basics of refereeing bouts.
- Students will learn the basics of electrical weapon gear maintenance.
- Students are expected to achieve a moderate level of proficiency in each of the skills.
- Timeline: 3 - 6 months.

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<td>(4 – circle 4 combination)</td>
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<td>(circle 6 – 8 combination)</td>
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<td>Simple tactical wheel</td>
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Epee Level III – Green Band
Guiding Principles:
- At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
- Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
- Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
- Students are expected to consistently place in the top 25% at local competitions.
- Students will learn how to referee at local and collegiate competitions.
- Students will be able to assemble and repair weapons and scoring apparatus.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:
- Redoublement
- Jump (forward & backward)
- Balestra
- Slide
- Check steps

Bladework:
- Invitation
- Angulated thrusts (& hand evasions)
- Attack to foot, mask
- Beat (spanking) parries
- Searching parries
- Riposte with disengage
- Riposte with double disengage
- Tactical remise/reprise (w/ redoublement)
- Feint low-high attack
- Feint doublet attack
- Time thrusts (closeouts)
- Prime and ceding parries
- False counter attack combinations
  - False counter attack – parry riposte
  - False counter attack – attack
  - False counter attack – counter attack
  - False counter attack – get away go

Tactical:
- Take-over tempo attack (active)
- Deceptions and second intention:
  - Offensive (false attack)
  - Defensive (false parry, false counter attack)
  - Other false vs. real strategies
- Drawing the counter attack
  - Finish vs. counter-time
  - Slow vs. quick beginning
  - Sweeping preparation (false blade take)
  - Removal of tip
- Major tactical wheel

Rules & Officiating:
- Minimum score of 70% on both the General and Epee sections of the Fencing Official’s Exam
- Referee two bouts for critique
- Referee a pool of fencers in a competitive setting

Armoring:
- Diagram the tip assembly of an electric Epee
- Diagram the components of the scoring system
- Wire and assemble an electric Epee
- Assist at an armoring session

Competition:
- Obtain an E rating in any USFA sanctioned competition
  OR
- Place in the top 25% of any three USFA or intercollegiate competitions (previous competition placements are acceptable).
Mastering Fencing - At A Glance

Epee Level IV – Blue Band

Guiding Principles:

- At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
- Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
- Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
- Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
- Students will be able to referee pool bouts at any local or regional USFA competition.
- Students will be able to troubleshoot weapons and scoring apparatus on the strip.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:
- Ducking
- Inquartata
- Passata Sotto
- Saved tempo lunge
- Destructive lunge

Bladework:
- Point in line
  - Straight & with deceive
  - With riposte
  - As attack prep
  - Derobement
- Secondary parries:
  - Second parry
  - Third parry
  - Fifth (Epee) parry
  - High seventh parry
- Pris de Fer actions:
  - Croise
  - Bind
  - Envelopement

Tactical:
- Gaming strategies:
  - Fencing at the rear of the strip
  - Left handed fencers
  - Stalling
  - Beating the clock

Rules & Officiating:
- Obtain USFA Class 10 Referee rating*
  (written and practical exam must be
  scheduled through the U.S. Fencing Official
  Commission)
  OR
  Minimum score of 80% on both the General
  and Epee sections of the Fencing Official’s
  Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or
  recognized intercollegiate tournament.

Armoring:
- Troubleshooting equipment malfunction on strip
- Rebuild and inspect a scoring reel
- Assist at an armoring session

Competition:
- Obtain a D rating in any USFA sanctioned
  competition,
  OR
  Place in the top 4 of at least three D rated USFA
  competitions or minimum 24 person
  intercollegiate competitions (previous
  competition placements are acceptable.)
Epee Level V – Black Band
Guiding Principles:
• At this stage, fencers are assumed to be able to attack around an opponent’s central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
• Technique and tactical concepts are centered around direct control over the opponent’s blade, disarmament, close distance fighting.
• Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
• Students will also be able to sense the opponents change of tactics and to respond accordingly.
• Students will also be expected coach teammates on the strip and to instruct developing fencers.
• Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
• Students will be able to referee the finals at any local or regional USFA competition.
• Students are expected to achieve a high level of proficiency in each of the skills.
• Timeline: 6 – 9 months.

Footwork:
Bounce
Drumming
Explosive lunge

Bladework:
Thrown touches (hand, shoulder, leg, foot)
Entrapment
In-fighting techniques:
  Angular thrusts
  Prime
  Coupe-prime
  Over the shoulder
Disarmament techniques:
  Change beat
  Froissment
  Envelopement

Coaching
• Coach teammates during direct elimination rounds
• Devise and deliver a group fencing lesson for critique
• Develop a one-month training regimen.

Rules & Officiating:
• Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
  OR
  Minimum score of 90% on both the General and Epee sections of the Fencing Official’s Exam and referee two bouts for critique
• Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:
• Give a armoring seminar
• Assist at an armoring session

Competition:
• Obtain a C rating in any USFA sanctioned competition,
  OR
  Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (previous competition placements are acceptable.)
Saber Level I – Yellow Band
Guiding Principles:
• At this stage, fencers are assumed to have had Level 1 Foil training.
• All new technique and tactical concepts are kept very simple. Attacks and defenses should be kept to the high lines.
• Preparatory techniques will be introduced here in a limited format so as to focus on the execution of the attack.
• Students will be able to keep distance and execute the attack at the appropriate distance and tempo.
• Students will learn the nuances of saber right of way and the general rules of the game.
• Students are introduced to bouting and competing with the standard weapon.
• Students will learn the basics of standard weapon and protective gear maintenance.
• Students are expected to achieve only a basic level in each of the skills.
• Timeline: 3 months.

Footwork:
On guard
Half / full lunge
Advance lunge

Bladework:
Grip
Salute
Third guard
Fourth guard
Fifth guard
Simple cut attacks
Head
Chest
Flank
Lateral parries
Vertical parries (3 – 5, 4 – 5)
Riposte (direct & indirect)
Feint coupe (high lines)

Tactical:
Distance control (close, medium, long)
Hand tempo attack
Foot tempo attack (patterning, half-steps)
Distance parry

Rules & Officiating:
Right of way
Bout protocol
Minor (group I) bout offenses for standard Saber
Judging

Armoring:
Cleaning and care of basic fencing gear
Identify components of the standard Saber

Competition:
Compete in competition with a minimum of four fencers
Mastering Fencing - At A Glance

Saber Level II – Red Band

Guiding Principles:
• At this stage, fencers are assumed to have rudimentary footwork and bladework skills.
• Technique and tactical concepts are centered around the preparation and development of the attack and adjusting the distance to defend.
• Students will be able to hit an opening target, determine the line to defend, and select footwork based on distance.
• Students are introduced to modern competitive fencing.
• Students will learn the basics of refereeing bouts.
• Students will learn the basics of electrical weapon gear maintenance.
• Students are expected to achieve a moderate level of proficiency in each of the skills.
• Timeline: 3 - 6 months.

Footwork:
- Accelerated lunge
- Pattanando (accelerated advance lunge)
- Inverse advance lunge
- Appel

Bladework:
- Beat attack
  - Fourth beat
  - Change beat
  - Back beat
- Draw cuts (chest, belly)
- Beat (spanking) parries
- Riposte with feint coupe
- Riposte with disengage
- Feint deceive cut
- Feint double coupe attack
- Multi-parry defense combinations
  - (4 – 3 combination)
  - (3 – 5 combination)
  - (4 – 5 combination)
- Stop cut (head, hand)

Tactical:
- Foot tempo attack (false recovery)
- Accelerated tempo attack
- Take-over tempo attack (passive)
- Probing
- Early vs. late parries
- Simple tactical wheel

Rules & Officiating:
- General and weapon specific rules and regulations
- Group I & II offenses
- Demonstrate referee hand signals
- Referee two bouts for critique

Armoring:
- Assist at an armoring session
- Diagram the electric saber body cord

Competition:
- Place top half of any pool of 6 fencers
- Compete in any tournament outside of club
Mastering Fencing - At A Glance

Saber Level III – Green Band

Guiding Principles:

• At this stage, fencers are assumed to be able to setup the attack and determine the line to defend.
• Technique and tactical concepts are centered around the compound attacks, counter-offensive tactics, and second-intention.
• Students will be able to distinguish between false and real actions, coordinate hand and foot movements independently, and continue after an unsuccessful attack.
• Students are expected to consistently place in the top 25% at local competitions.
• Students will learn how to referee at local and collegiate competitions.
• Students will be able to assemble and repair weapons and scoring apparatus.
• Students are expected to achieve a high level of proficiency in each of the skills.
• Timeline: 6 – 9 months.

Footwork:
Redoublement
Jump (forward & backward)
Balestra
Saved tempo lunge
Destructive lunge
Slide
Check steps
Crossover retreat

Bladework:
Angulated cuts to low wrist & flank
Cheek cut
Thrust with point
Second parry
Circular parries
Feint deceive thrust attack
Feint low-high attack
Feint coupe deceive attack
Feint deceive coupe attack
Riposte with coupe deceive
Riposte with double coupe
Riposte with 1-2 attack
Tactical remise/reprise (w/ redoublement)
Invitation
Sweeping preparation
Searching parries

Tactical:
Take-over tempo attack (active)
Deceptions and second intention:
  Offensive (false attack)
  Defensive (false parry, false counter attack)
Drawing the counter attack
  Finish vs. counter-time
  Slow vs. quick beginning
  Searching (false blade take)
  Removal of tip
  Major tactical wheel

Rules & Officiating:
• Minimum score of 70% on both the General and Saber sections of the Fencing Official’s Exam
• Referee two bouts for critique
• Referee a pool of fencers in a competitive setting

Armoring:
  Diagram the tip assembly of an electric Saber
  Diagram the components of the scoring system
  Wire and assemble an electric Saber
  Assist at an armoring session

Competition:
Obtain an E rating in any USFA sanctioned competition
  OR
Place in the top 25% of any three USFA or intercollegiate competitions (previous competition placements are acceptable).
Mastering Fencing - At A Glance

Saber Level IV – Blue Band
Guiding Principles:
• At this stage, fencers are assumed to be able to execute and defeat the compound attack, use second-intention, and to continue after unsuccessful attacks.
• Technique and tactical concepts are centered around the secondary attack and defense systems as well as the use of point in line.
• Students will be able to control the moment of inertia, abort the attack, adjust the type of the parry depending on the type of attack, and evade the attack.
• Students are expected to consistently place in the top 25% at larger USFA or collegiate competitions.
• Students will be able to referee pool bouts at any local or regional USFA competition.
• Students will be able to troubleshoot weapons and scoring apparatus on the strip.
• Students are expected to achieve a high level of proficiency in each of the skills.
• Timeline: 6 – 9 months.

Footwork:
- Ducking
- Inquartata
- Passata Sotto
- Flunge

Bladework:
- Point in line
  - Straight & with deceive
  - With riposte
  - As attack prep
  - Derobement
- Secondary parries:
  - Prime parry
  - Sixth parry
- Moulinet
- Doubling/simultaneous actions
  - Double (simultaneous attack)
  - Double – parry riposte
  - Double through a line
  - Double – get away go
  - Double – counter attack

Tactical:
- Complex tactical wheel
- Gaming strategies:
  - Fencing at the rear of the strip
  - Left handed fencers
  - Stalling
  - Beating the clock

Rules & Officiating:
- Obtain USFA Class 10 Referee rating*
  (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
  OR
  Minimum score of 80% on both the General and Saber sections of the Fencing Official’s Exam and referee two bouts for critique
- Referee a pool of fencers in a USFA or recognized intercollegiate tournament.

Armoring:
- Troubleshooting equipment malfunction on strip
- Rebuild and inspect a scoring reel
- Assist at an armoring session

Competition:
- Obtain a D rating in any USFA sanctioned competition,
  OR
  Place in the top 4 of at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (previous competition placements are acceptable.)
Saber Level V – Black Band

Guiding Principles:
- At this stage, fencers are assumed to be able to attack around an opponent’s central defense and to defend from such attacks. In addition, fencers shall be able to control their distance and speed, abort the attack and to continue after an unsuccessful attack.
- Technique and tactical concepts are centered around direct control over the opponent’s blade, disarmament, close distance fighting.
- Students will be able to sense the single tempo attack zone, control the tempo and amplitude of both the thrust and the parry, and demonstrate point precision.
- Students will also be able to sense the opponents change of tactics and to respond accordingly.
- Students will also be expected coach teammates on the strip and to instruct developing fencers.
- Students are expected to consistently place in the top 25% at regional and national USFA Division II competitions.
- Students will be able to referee the finals at any local or regional USFA competition.
- Students are expected to achieve a high level of proficiency in each of the skills.
- Timeline: 6 – 9 months.

Footwork:
- Bounce
- Drumming
- Explosive lunge

Bladework:
- Time cut
- Yielding or “ceding” parries
- Entrapment
- Infighting
- Disarmament techniques:
  - Change beat
  - Froissement

Coaching:
- Coach teammates during direct elimination rounds
- Devise and deliver a group fencing lesson for critique
- Develop a one-month training regimen.

Rules & Officiating:
- Obtain USFA Class 10 Referee rating* (written and practical exam must be scheduled through the U.S. Fencing Official Commission)
  - OR
  - Minimum score of 90% on both the General and Saber sections of the Fencing Official’s Exam and referee two bouts for critique
- Referee the finals in a USFA or recognized intercollegiate tournament.

Armoring:
- Give a armoring seminar
- Assist at an armoring session

Competition:
- Obtain a C rating in any USFA sanctioned competition,
  - OR
  - Place first in at least three D rated USFA competitions or minimum 24 person intercollegiate competitions (previous competition placements are acceptable.)