

## **Épée Grade 1. Demonstration.**

**The Grip:** This is the manner in which we hold the sword. Looking at the handle, there are two broad sides and two narrow sides with an inner and outer curve. Place the broad side on the second joint of the index finger with the outer curve to the palm of the hand. Place the thumb on the top Broadside; these two fingers are called the manipulators. Lay the remaining three fingers along the side of the handle; these fingers are called the aids. “Note there should be no gap between the thumb and the guard.

**The On-guard:** The stance is the same as in foil, except that the sword-arm is held a little more extended than at foil to provide protection for the sword-arm and wrist with the larger guard. The point of the sword is also held lower so that the opponent's arm is continually under threat.

**Fencing steps backwards and forwards:** When moving forward the front foot moves first then the rear foot catch's up. It is a short quick movement with the feet finishing with the same distance between them. Going backwards, the rear foot starts the movement. Try changing speed and rhythm of the movement while staying in one line. The sword-arm must also be fully extended and threatening the opponents target when moving forwards.

**The Hit:** To hit the opponent simply straighten the sword arm and push the point forwards using the thumb to place the point on the opponents target.

**Lunge:** Extend the sword arm and drive off from the rear foot pushing the body forwards. Halfway through the movement, throw the rear arm back finish with both feet flat on the floor at right angles, with the front knee over the instep of the front foot, and the rear leg straight. To return to the guard position, bend the rear leg and straighten the front leg and spring back to the on guard position, leaving the sword-arm straight to hit with a possible remise.

**Opposition Hitting in Sixte and Quarte, as attacks and defence:** Opposition means to maintain contact with the opponent's blade. So to hit with opposition in Sixte, first engage your opponent's blade in sixte, extend the sword-arm and hit your opponent with a lunge. It is important to stay in your sixte line and to keep the point in line with the opponent's target, while performing this move. To hit in Quarte the same principles apply as in sixte, except that the blades must be engaged in quarte to start with.

**Parry and Riposte:** The parry is the application of forte to foible with sufficient pressure to deflect the opponent's blade from your target area. For the parry of quarte the hand moves laterally from right too left. The parry of sixte the hand moves from left to right. The riposte is made after a successful parry, to do this in opposition the blade must remain in contact with the opponent's blade during the entire parry/riposte sequence.

**Direct Attack to Hand, Arm and Body:** Extend the sword-arm with the point in line with hand, and with the use of a short lunge hit the opponent hand, and recover leaving the sword-arm extended.

Hits to the arm and body are made in the same way except that a hit to the body will require a full lunge, and medium lunge to the arm.

There are three main distances to be aware of when fencing epee:

1. Long distance for hits to the Hand, Wrist and Forearm.
2. Middle distance for hits to the Knee or Foot.
3. Short Distance (normal foil distance) for hits to the body.

**The Salute:** Adopt the position of attention, feet together, mask, under the non-sword arm, sword in hand pointing down to the floor. Raise the sword so that the guard comes up to the chin, extend your arm out and up towards your opponent and then back down to your side.

### **Grade 1 Description.**

**The Hit:** This is an offensive action where you place the point of the sword on the opponent in a forward motion with sufficient force to fix the point on the target. That is 750 grams.

**The Target Area:** This is the whole of the body including the clothing and equipment

**How to use a Epee Safely:** Never fence with a broken blade. Never fence with out a button/tip. Never wave the foil about (e.g. when putting on your mask or in a group). When not in a bout hold the sword either by the point or by the grip with the point facing downward. Make sure the épée is tightened up properly and not too rusty or bent.

**How to Fence Safely:** Never fence without a mask and suitable protective clothing (make sure that the mask is not bent or rusty). The jacket must cover the target area and have no rips or holes. Never fence or fight without supervision. Never leave your equipment unattended. Do not hit with the foil moving sideways. Always warm up before Fencing.

**The Principles of Fencing with an Epee:** At Epee there are no rights of attack. So the first fencer to hit is awarded the point. Counter attacks into an opponents attack are also allowed, and so are double hits (these are hits that both land on target within 1/25<sup>th</sup> of a second).

**Fencing Etiquette:** Fencing is still taught by the ancient rules of chivalry. When fencing always;

1. Shake hands with the coach at the start of the session.
2. Salute at the end of the session or training.
3. Salute the Judges, President and the Opponent before a bout.
4. Shake hands and change ends halfway through the bout
5. Shake hands at the end of a bout with the president and opponent.

**Technical fight with the coach showing syllabus learnt.**