

Foil 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 Broad side 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: Stand with feet apart and the body upright, weight equally distributed on both feet. Keep your heels in line. The distance between the feet should be approximately two-foot lengths. Let your hands hang by your side, then bend both your knees keeping the body upright and the weight evenly on both feet. The knees should be in line with the toes. Your arms can be used as a guide as to whether or not you are truly upright by where your hands are in relation to your thighs.

If you are right handed, keep your left foot still and pivot your right foot on the heel until it is at right angles to the left. If you are left handed, pivot your left foot.

The front arm must take the correct position to carry the weapon. The hand should be breast high, the elbow lifted up in a "V" shape from the shoulder and the wrist and hand relaxed. When positioning the arms be careful not to alter the line of the shoulders.

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 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; straighten the front leg and spring back to the on guard position.

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

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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, by straightening the sword arm and placing the point on the opponent's target.

First Counter Riposte: Attack your opponent with a lunge, and allow the attack to be parried and stay out on the lunge, wait for your opponent to riposte, parry this riposte and hit. Note all of these actions are carried out on the lunge.

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 500 grams.

The Target Area: This is the trunk of the body including the V of the groin at the front. It includes the back down to the top of the hips. It excludes the arms, legs, mask and the bib of the mask.

How to use a Foil Safely: Never fence with a broken blade. Never fence with out a button. 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 foil is tightened up properly and not to 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 a Foil: Fencing with a foil is governed by a rule. This states that the fencer who first straightens the sword-arm with the point threatening the opponents target has the right to attack. In order to take away this right of attack, the opponent must parry before he/she can riposte, or carry out his or her own attack.

Hits are only valid when made by the point moving forward and fixing on the target with an appreciable bend to the blade. The target is restricted and hits landing off target stop the bout but do not score.

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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.