

**Grade 1****Demonstrate:** (with coach or partner)

1. The grip
2. The salute
3. The on guard - guard of tierce and quarte
4. Steps forward and backward
5. Cuts to head, flank, and chest
6. Direct attack with lunge to head, flank, and chest
7. Parries of tierce, quarte, and quinte with a direct riposte
8. Make your opponent's attack fall short and hit with a direct attack

Describe:

1. How to use your sabre safely
2. How to fence safely
3. The target area
4. The principles of fencing with the sabre and right of way
5. Fencing etiquette

Grade 2**Demonstrate:** (with coach or partner)**While following your partner's steps forward and backward:**

1. Maintain correct lunging distance
2. Maintain correct distance, cut to head, flank, and chest without a lunge
3. Maintain correct distance and, each time your partner pauses, cut to head, flank, and chest with a lunge
4. Each time your partner attacks with a lunge to head, flank or chest, parry tierce, quarte, or quinte with a direct riposte
5. Each time your partner attacks with a lunge or step-lunge make them fall short and hit them with a lunge

From a stationary position:

6. Direct and indirect hits with the point
7. Successive cuts to head, flank, chest, and arm using various combinations
8. Indirect cuts to head, flank and chest

Describe:

1. Courteous and respectful behaviour and the fencer's "Pledge of Honour" (cf. t.84)
2. Parts of the sabre
3. Dimensions of the piste

Grade 3**Demonstrate:** (with coach or partner)**While following your partner's steps forward and backward:**

1. Maintain hitting distance and make successive cuts to, head, flank, chest, and arm using various combinations
2. Maintain correct distance and each time your partner pauses do a simple attack with a step-lunge
3. Step-lunge with a simple attack, if your opponent parries hit into the opening line

From a stationary position

4. Cuts to arm
5. Beat attack
6. Indirect riposte following parries of tierce, quarte, and quinte
7. Parries of tierce, quarte and quinte with a first counter-riposte
8. Attacks to head, flank, and chest with step-lunge and balestra-lunge

Describe:

1. "Priority of attack"
2. Indirect actions - give three examples
3. Duties of referee
4. Rules regarding the boundaries of the piste

Grade 4**Demonstrate:** (with coach or partner)**While following your partner's steps forward and backward:**

1. Maintain correct distance and when your partner pauses, attack to arm with a lunge
2. Maintain correct distance and as your partner makes a balestra preparation then attacks with lunge, stop-cut to arm with a step back
3. Maintain correct distance and as your partner pauses, attack with a step-lunge. If your partner attempts to parry hit into an opening line

From a stationary position:

4. Beat attack on the opponent's preparation or attack
5. Compound attacks with one feint
6. Parries of prime and seconde
7. Beats in the low lines

Describe:

1. Scoring on a pool sheet; first and second indicators
2. Rules regarding:-
 - Turning
 - Hard hitting and dangerous fencing
 - Crossing the feet
3. Black card offences

Grade 5**Demonstrate:** (with coach or partner)**While following your partner's steps forward and backward:**

1. Maintain correct distance and choose the moment to step forward with a direct feint to deceive your partner's parry; continue the attack with a lunge
2. Choose the moment to begin balestra steps preparation; as your partner moves away and parries, attack into the opening line with a lunge
3. Maintain correct distance and step forward with a small feint as a preparation of attack
 - If your partner parries, attack into the opening line with a lunge
 - If your partner steps back, attack with a step lunge
 - If your partner attacks, parry-riposte
4. Maintain correct distance and make a compound attack with a step lunge to deceive a beat
5. Maintain correct distance and, if your partner makes a long attack, make them fall short. Hit them with either an immediate direct attack or a long attack, depending on their recovery.

From a Stationary Position:

6. Through cuts to chest and flank
7. Compound ripostes and counter-ripostes
8. Ripostes and counter-ripostes with balestra steps and lunge

Describe:

1. Second-intention actions
2. Simple and compound actions
3. Use of preparations
4. Electric sabre recording apparatus
5. Fencer's electrical equipment
6. Testing the equipment before the start of a fight

Grade 6**Demonstrate:** (with coach or partner)**While following your partner's steps forward and backward:**

1. Maintain correct distance and choose the moment to make a step forward preparation then:
 - If your partner's arm straightens with the point in line, beat attack direct with lunge
 - If your partner fails to react, attack with a compound action with a step-lunge
2. Choose the moment to attack with a lunge to draw your partner's parry-riposte then parry and counter-riposte
3. Maintain distance and when your partner attacks, parry and make a compound riposte

From a stationary position:

6. Compound attacks with the point
7. Indirect and compound derobements with the point
8. Successive parries with a step back

Describe:

1. Use of "line" and derobements
2. Counter-offensive actions
3. Change of tempo and using this in a fight

Demonstrate:

1. Referee a fight to 5 hits correctly using hand signals