

Intermediate Foil I

Lesson 1

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

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Explanation of Red Band Requirements
Intermediate I Curriculum
Expectation of Students
Review of Honor
Footwork Drills
Distance Drills
Glove Duel
Simple Attack

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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

Accelerated 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

Comments

Footwork

Jump (forward, backward, with Lunge "balestra")
Patinando

Bladework

Multi-parry defense
Compound FD Attacks (1-2, high/low variations)
Riposte with F-D (disengage, indirect)
Attack on Preparation (stop thrust)

Part II. Tactical

Demonstrate Each of the following Tactical Components

Probing
Half Movements & Inversions

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

Number of fencers (minimum 6)

Place (Requires Top Half)

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

Expectation of the Students

Intermediate I students will begin improving their own personal skills, as well as improving their ability to help their classmates skills. Students will also begin to train to become role models within the Cal Poly Fencing community.

To this end, an important part of the training includes learning how to become a good teacher as well as a student. When you take part in drills, make sure you understand that a drill consists of a noncompetitive exchange. If the drill consists of having student A performing an attack (*acting this case as the instructor*) so student B practices a riposte, the instructor (student A) should not try to make the fastest, most evasive attack possible. The instructor begins, with a simple attack, allowing student B to make the riposte. After student A successfully completes a riposte several times, student A should then slowly increase the speed and complexity stretching student B's skills. Should the student fail at any time, the instructor should immediately repeat the maneuver **exactly** until the student succeeds.

Further, as new yellow band students learn, they look to you as how fencers should conduct themselves. For this reason, always conduct yourself with the greatest honor, giving new members of the sport role models to emulate.

Finally, although you now begin training to help instruct others, refrain from offering any advice to any other fencer for now. The process for getting to a certain point in fencing often requires moving a fencer through a stage where they conduct a maneuver differently than they finally require. You do not know the status of a student, or how their instructor wishes to bring them there. Do not step in, with the exception of when safety is in question. For instance if you see to beginners practicing something without all of their safety equipment, stop them, send them to their instructor. Remember, although no single 'correct' method of fencing exists, many incorrect exist.

With this in mind, remember that I may attempt to train something using a method other than the expected final product. Should another fencer attempt to train, correct, advise, etc. Politely thank them, and then seek me. Let me know what their comments were, and I will concur or disagree with them and give the reasons.

I **explicitly forbid** Intermediate I students from requesting free fencing matches bouts, drills etc. with yellow band students. Yellow band students may request matches from you, and if so, you may consent **only after the Yellow band instructor has released their students to fence upperclassmen.**

Intermediate I students are free to request bouts with any class above them, and should consider it a privilege and honor if asked to bout with someone above them. I strongly encourage you to fence as many other students as possible. A good fencer can make touches against an opponent using good technique. A great fencer practices good technique against many different kinds of opponents so they can make touches against anyone.

In conclusion, please review the following treatise on Honor as a review from our yellow band curriculum, and try to hold yourself to these standards.

Honor

*From "The Art and Science of Fencing" by Nick Evangelista
Masters Press, 1996*

The last few years have given us public demonstrations of athletic behavior, on and off playing fields, that has been anything but admirable. It was once said that sports built character. Today, we see, as a matter of course, fits of temper, greed, drug abuse, incredibly poor sportsmanship, elitism, laziness, vanity and brutality acted out by sports participants on the diamond, rink and court.

Perhaps, with fencing, we can do better.

Tradition

Fencing has had its share of unpleasant individuals over the ages, to be sure. I've known some of the modern ones personally. But our art also has a side to its long history that is proud, noble and brave. The honor of fencing has been hard won over the centuries through the sweat and blood of our predecessors. Fencing, then provides us with a built-in opportunity to express ourselves in ways that show we appreciate our heritage and to rise above the common denominator.

Fencing offers us control

We can choose our behavior.

Respect

We should always respect our teachers and our schools. Here we honor our foundations. On the fencing strip, we must never forget to salute our opponents and shake hands after bouting. In tournament play, we show respect for those who officiate our bouts, for without them, competition would be chaos.

Tactics

To me, the fencer who physically intimidates his opponent with brutality of blade movement or downright, knock-down fencing, or who attempts to side-track an adversary through obnoxious, argumentative behavior, is an ignorant amateur, a thoroughly bad fencer, showing little regard for his learning or the institution of fencing. Beat your opponent with fencing excellence -- with your superior blade movement, timing, distance and strategy.

That is what is all about.

Truth

We acknowledge touches. When we cheat, we cheat not only our opponents but ourselves, because we rob ourselves of the truth of fencing and cease to grow as fencers

Fraternity

We fence against anyone who asks us to a friendly crossing of blades. We can always learn from both good and bad fencers. We admire the expert touch, and look with tolerance on the less than adequate fencer. Everyone starts in the same place, awkward and unknowing. To forget this is to forget we are human

Honor

To act in any way but the above mentioned manner would be to denigrate the art of the sword. We maintain a sense of good will, we persevere, we are patient, we always strive to do our best and we take pride in the uniqueness of fencing and in our skills. When we win, we win through fair play or not at all. No matter what anyone else tells you, standards count.

We express our respect constantly for fencing and, therefore, demonstrate through our unflagging loyalty, our own personal honor. Such sentiments are often looked upon with cynicism in today's world. But fencing attempts to ground us in solid reality, not in the trendy behavior of our times. If we allow ourselves to become ugly on the fencing strip then we lose no matter what the record books say.