

Lesson 1

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

Lesson 2

Footwork Drills
Distance Drills
Lunge Duel
Glove Duel
80% Extension Drills
Adv Lunge Simple Attack
Patinando
Patinando Duel
Patinando Simple Attack
Static Parry Drills
Footwork Drills

Lesson 3

Footwork Drills
Distance Drills
Lunge, Adv Lunge, Patinando Duel
80% Extension Drills
Adv Lunge Simple Attack
Patinando Simple Attack
Adv Lunge - Riposte
Adv Lunge/Patinando F-D
Jump (Ballestra)
Ballestra Simple attack
Static Parry Drills

Lesson 4

Footwork Drills
Distance Drills
Lunge, Adv Lunge, Patinando, Ballestra
Duel
80% Extension Drills
Adv Lng/Patinando/Ballestra Simple Attack
Adv Lunge - Riposte
Adv Lunge F-D
Patinando F-D
Ballestra Indirect Attack
Inversions & Half Movements
Footwork Parry Drills

Lesson 5

Footwork Drills
Distance Drills
Lng, Adv Lng, Patinando, Ballestra Duel
80% Extension Drills
Adv Lunge Simple Attack
Patinando Simple Attack
Ballestra Simple Attack
Lng/Adv Lng - Riposte
Adv Lunge FD
Multi Parry Defense (4-6,6-4,6-8,4-7)

Lesson 6

Footwork
Lng, Adv Lng, Patinando, Ballestra Duel
Adv Lng/Patinando/Ballestra Simple
Adv Lng - Riposte
FD attacks - MPD Riposte
Multi FD Attack 1-2
Sequencing - Simple, Riposte, FD

Lesson 7

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks H-H
MPD Riposte
MFD Attacks 1-2
Multi FD Attack High-Low
Sequencing - Simple, Riposte, FD, 1-2

Lesson 8

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks H-H,H-L
MPD Riposte
MFD Attacks
Attack on Preperation
Sequencing - Simp, Rip, FD, MFD

Lesson 9

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks H-H,H-L
MPD Riposte
MFD Attacks 1-2,H-L-H,L-H-L
Competing with Electric Foil
Release to free bout Electric
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP

Lesson 10

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks **Probing**
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Direct-Riposte

Lesson 11

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Indirect Riposte
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Indirect-Riposte

Lesson 12

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Riposte w Disengage
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 13

Footwork
Lng/Adv Lng/Pat/Bal Duels
FD Attacks
MPD Riposte
MFD Attacks
Parry Footwork Exchanges
Counter Riposte
Inversions, Half Movements
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 14

Group I & II Offenses
Sequencing Simp, FD, MFD
Sequencing Rip, MPD Rip, AP
Counter-Disengage-Riposte

Lesson 15

Lesson 16

Review

