

Red Band (Intermediate) Foil II Lesson Overview

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

Review 80% Extension
Review Patinando
Review Ballestra
Review Appel
Officiating

Lesson 3

Review MPD
Review MFD
Accelerated Lunge

Lesson 4

MFD with Double

Lesson 5

MFD with Coupe

Lesson 6

Review MFA with Coupe
Review Stop Thrust
Simple Tactical Wheel

Lesson 7

Review General & Weapon Specific Rules
Specific Rules to fencing on a machine
Review of officiating
Officiating on a machine

Lesson 8

Beat (spanking) Parries

Lesson 9

Early vs. Late Parry

Lesson 10

Appel
Tactical Pauses

Lesson 11

Coule (Glide Thrust)

Lesson 12

Officiating Workshop

Lesson 13

Competition
Referreeing practice on machine

Lesson 14

Review Red I Material

Lesson 15

Review Red II Material

Lesson 16

Review Rules & Tactics