

# EPEE ARMBANDS

Armband	Footwork and technical elements	Preparations and proposed tactical action plan	Rules	Refereeing	Coaching
Yellow	<p><b>Footwork:</b> step forward, step backward, lunge, half-lunge, combinations.</p> <p><b>Technical elements:</b> grip, on guard position, offence and counter-offence to the hand, to the arm, to the body (direct and indirect); Offence by remise and redouble; Counter-offence by 6 and 8 opposition; Beat 4; Engage 6 and 8.</p>	No content at this level	<p>Valid target The dimensions of the piste Method of scoring hit</p>	<p>Corner judging Refereeing with the coach Identifying the actions executed.</p>	<p>Take part in warm-up sessions, and basic footwork sessions. Collective lesson teaching yellow armband actions. Final stretching.</p>
Orange	<p><b>Footwork:</b> cross-over forward and backward, fleche, redoublement, combinations</p> <p><b>Technical elements:</b> prise de fer attacks (taking the blade) : opposition and bind; Derobement; Circular and semi-circular parries (6, 2, 8); Compound attacks to the hand, to the arm, to the body; Beat 8 and 7.</p>	<p><b>Preparations:</b> engage 4 and 6 while stepping forward; Invitation in 4; Slow step.</p> <p><b>Action plan:</b> identify actions to execute based on the opponent's position. Identify the distance, and choose the action based on the distance identified. Develop the logical behaviour of anticipating the actions. Offensive, defensive and counter-offensive actions executed from the above-mentioned preparations.</p>	<p>Conventions Role of the Referee (succinctly) Role of the floor judges.</p>	<p>Referee 4 bouts using the correct commands, and describing the actions executed.</p>	<p>Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson teaching orange armband actions. Final stretching.</p>
Green	<p><b>Footwork:</b> Jumps, half-steps forward, half-steps backward</p> <p><b>Technical elements:</b> Angulated attacks; Counter-attacks with angulation to the advanced target; Opposition parries; Simple attacks on preparation; Actions on the bending of the opponent's arm.</p>	<p><b>Preparations:</b> jumps in place, forward and backward. Beats. Invitations.</p> <p><b>Action plan:</b> Identify the distance, and choose the action based on the distance identified. Develop the logical behaviour of anticipating the actions. Offensive, defensive and counter-offensive actions executed from the above-mentioned preparations.</p>	<p>Rules about the field of play: boundary rules and sanctions.</p>	<p>Referee 4 bouts applying the field of play rules</p> <p>Keeping a pool sheet</p>	<p>Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson, teaching green armband actions. Final stretching. Ability to demonstrate the technical aspects of the yellow and orange armbands to beginner fencers.</p>

Blue	<p><b>Footwork:</b> combinations of yellow, orange and green armbands footwork.</p> <p><b>Technical elements:</b> Ceding parries; Attacks on the opponent's return to on guard position; Attacks with croisé; Attacks with envelopment; Counter-time (with bind and with opposition); Riposte with croisé; Counter-attack.</p>	<p><b>Preparations:</b> body feints, false attacks, feints of attack.</p> <p><b>Action plan:</b> Identify the distance, and choose the action based on the distance identified. Develop the logical behaviour of anticipating the actions. Offensive, defensive and counter-offensive actions executed from the above-mentioned preparations.</p>	Rules regarding the annulment of hits.	Referee a full pool of 5 fencers (with weapon checks)	<p>Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson teaching green armband actions. Final stretching.</p> <p>Ability to teach the technical aspects of the yellow and orange armbands to beginner fencers.</p>
Red	<p><b>Footwork:</b> combinations of yellow, orange and green armbands footwork. Development of footwork based on the global match plan.</p> <p><b>Technical elements:</b> Counter-time (with croisé); Compound counter-attacks; Counter stop-hits; Compound prises de fer.</p>	<p><b>Preparations:</b> Optimization of the preparations developed in the preceding armbands.</p> <p><b>Action plan:</b> Development of the global match plan.</p>	Rules regarding the validity or priority of hits.	Referee a full pool of 5 fencers: using all checks and keeping both time and score.	<p>Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson, teaching red armband actions. Final stretching.</p> <p>Ability to teach the technical aspects of the yellow and orange armbands up to the development phase of the corresponding fencers.</p>
Black	<p><b>Footwork:</b> combinations of yellow, orange and green armbands footwork. Development of footwork based on the specific match plan.</p> <p><b>Technical elements:</b> Beat parry and riposte; Angulated attacks and counter-attacks preceded by a beat.</p>	<p><b>Preparations:</b> Refining of the preparations developed in the preceding armbands.</p> <p><b>Action plan:</b> Development of the specific match plan.</p>	The sanctions.	Provincial refereeing exam	Obtain Aide-moniteur accreditation.