

# FOIL 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, combinations</p> <p><b>Technical elements:</b> grip, on guard position, Defence in 4 and 6; Engage 4 and 6; Simple offence (direct and with disengage); Immediate riposte (direct and indirect).</p>	No content at this level	<p>Valid target</p> <p>The dimensions of the piste</p> <p>Method of scoring hit</p>	<p>Corner judging;</p> <p>Refereeing with the coach;</p> <p>Identifying the actions executed.</p>	<p>Take part in warm-up sessions, and basic footwork sessions.</p> <p>Collective lesson, teaching yellow armband actions.</p> <p>Final stretching.</p>
Orange	<p><b>Footwork:</b> jump forward, jump backward, fleche.</p> <p><b>Technical elements:</b> Compound attacks; Circular parries; Octave parry; Direct attack on preparation; Counter-ripostes.</p>	<p><b>Preparations:</b> feint straight, engagement, body feint</p> <p><b>Action plan:</b> Offensive and defensive actions executed based on the above-mentioned preparations.</p>	<p>Conventions</p> <p>Role of the Referee (succinctly)</p>	<p>Referee 4 bouts using the correct commands, and describing the actions executed (phrase).</p>	<p>Know and take part in warm-up sessions, and basic footwork sessions.</p> <p>Collective lesson, teaching orange armband actions.</p> <p>Final stretching.</p>
Green	<p><b>Footwork:</b> balestra; fleche; combinations.</p> <p><b>Technical elements:</b> Attack on preparation; Prise de fer attacks (opposition, bind); Remise of attack; Beat attack (attack on the blade); Compound attack (with the blade); Counter-attack; Line.</p>	<p><b>Preparations:</b> pressures; beats; changing the position of the point (high, low).</p> <p><b>Action plan:</b> Identification of strategies against an opponent using the other hand. Offensive and defensive actions executed based on the above-mentioned preparations.</p>	<p>Rules</p> <p>Explain the fencing phrase.</p>	<p>Referee 4 bouts analysing the action (summary only).</p> <p>Keeping a pool sheet</p>	<p>Know and take part in warm-up sessions, and basic footwork sessions.</p> <p>Collective lesson, teaching green armband actions.</p> <p>Final stretching.</p> <p>Ability to demonstrate the technical aspects of the yellow and orange armbands to beginner fencers.</p>

Blue	<p><b>Footwork:</b> Half steps forward and backward; feints of attack (forward and backward); jump backward (in order to control the parry and riposte).</p> <p><b>Technical elements:</b> Attack on the return to on guard; Compound attacks with multiple feints (doublé); Prise de fer attacks (croisé; envelopment); Counter-attack with opposition.</p>	<p><b>Preparations:</b> Absence of blade; Preparations using distance.</p> <p><b>Action plan:</b> Offensive and defensive actions executed based on the above-mentioned preparations.</p>	Rules about the field of play: boundary rules and sanctions.	<p>Referee 4 bouts analysing the action (complete analysis);</p> <p>Demonstrate easiness and composure in the analysis.</p>	<p>Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson, teaching blue armband actions. Final stretching.</p> <p>Ability to teach the technical aspects of the yellow armband up to the development phase of the corresponding fencers.</p>
Red	<p><b>Footwork:</b> Combinations of footwork from the other armbands. Optimization.</p> <p><b>Technical elements:</b> Counter-time; Cut-over attacks; Parries (2 and 1); Ceding parries; Delayed riposte («temps perdu»); Target displacement (in place; closing distance); Close quarters; Reprise of attack.</p>	<p><b>Preparations:</b> Preparations using timing and rhythm.</p> <p><b>Action plan:</b> General plan for the match. Offensive and defensive actions executed based on the above-mentioned preparations. Identification of the fighting logics based on one's strengths.</p>	Limits and extensions to the target area. Rules regarding corps à corps and in-fighting. Judging: only the attacker is hit.	<p>Referee a full pool of 5 fencers: Keeping time</p>	<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 footwork from the other armbands. Refinement.</p> <p><b>Technical elements:</b> Sweeping parries («balayages») and ripostes with flick; Interception parries; Refining the other armbands' technical elements.</p>	<p><b>Preparations:</b> Preparations using distance. Preparations using timing and rhythm.</p> <p><b>Action plan:</b> Specific match plan. Offensive and defensive actions executed based on the above mentioned preparations. Identification of the fighting logics based on one's strengths and the opponent's weaknesses.</p>	The sanctions.	Provincial refereeing exam	Obtain Aide-moniteur accreditation.