

SABRE PROGRAM

Armband	Footwork and technical elements	Preparations and proposed tactical action plan	Rules	Refereeing	Coaching
Yellow	<p>Footwork: step forward, step backward, lunge, backward jump, combinations</p> <p>Technical elements: grip, on guard position, Simple offence, direct and indirect (head, flank, chest, point); First defensive triangle (4, 5, 3); Immediate riposte (direct and indirect); Defence using distance (make the opponent fall short), immediately followed by offence.</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>Footwork: half-step forward; half step backward (linked with steps forward and backward); Slow steps forward, linked with fast steps forward; Differentiate between preparation steps (slower or in control between series) and steps for attack (fast).</p> <p>Technical elements: Indirect attacks; Attacks to the hand; Counter-attacks to the hand followed by opposition.</p>	<p>Preparations: Preparations with the point on guard in 3; In the middle of the piste, slow steps forward, linked with the offensive, defensive or counter-offensive action; Defence with the point threatening the opponent.</p> <p>Action plan: Identification of actions to execute based on the opponent's position; Identification of the distance, and choice of the action based on the distance identified; 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>Footwork: Feints of attack; body feints (backward).</p> <p>Technical elements: Attack underneath (direct and indirect) (inside and outside); Compound attacks; Attacks on preparation; Beat attacks (during the step, before the lunge); Counter-attacks to the head and with opposition; Low 3 and 4 parries; Compound parries.</p>	<p>Preparations: Preparations with the point horizontal; In the middle of the piste, half-step backward, linked with the offensive, defensive or counter-offensive action; Body feint backward.</p> <p>Action plan: Identification of actions to execute based on the situation; Acquire the logical behaviour of anticipating the offensive, defensive and counter-offensive actions executed based on the above-mentioned preparations.</p>	<p>Rules: 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>Footwork: Step backward; fleche landing both feet at the same time; fleche on the forward leg; redoublement; control steps forward; control steps backward.</p> <p>Technical elements: Counter-attack with beat; Beat attack (beat during the preparation step); Line; Attacks with pressure; Parry 2; Parry 1.</p>	<p>Preparations: Preparation with two little steps, followed by a stop; Link with offensive, defensive or counter-offensive actions; Preparations using distance.</p> <p>Action plan: Offensive and defensive actions executed based on the above-mentioned preparations.</p>	Rules about the field of play: boundary rules and sanctions.	Referee 4 bouts analysing the action (complete analysis); Demonstrate easiness and composure in the analysis.	Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson, teaching blue armband actions. Final stretching. Ability to teach the technical aspects of the yellow armband up to the development phase of the corresponding fencers.
Red	<p>Footwork: Combinations of footwork from the other armbands. Optimization. Footwork based on the general match plan.</p> <p>Technical elements: False attacks and variations; Remise; Redouble; Counter-time; Counter-attack with flick to the hand.</p>	<p>Preparations: Preparations using timing and rhythm.</p> <p>Action plan: 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 of the valid target. Rules regarding corps à corps and in fighting. Judging: only the attacker is hit	Referee a full pool of 5 fencers: Keeping time	Know and take part in warm-up sessions, and basic footwork sessions. Collective lesson, teaching red armband actions. Final stretching. Ability to teach the technical aspects of the yellow and orange armbands up to the development phase of the corresponding fencers.
Black	<p>Footwork: Combinations of footwork from the other armbands. Refinement. Footwork based on the general match plan.</p> <p>Technical elements: Perfecting the elements of the general match plan, and identifying the elements of the specific match plan.</p>	<p>Preparations: Preparations using distance. Preparations using timing and rhythm.</p> <p>Action plan: 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 on the opponent's weaknesses.</p>	The sanctions.	Provincial refereeing exam	Obtain Aide-moniteur accreditation.