	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
FUNDAMENTAL POSITIONS AND MOVEMENTS						
The Grip	Teach	Coach	Teach	Coach	Teach	Coach
Stance & On guard position in:						
Offensive defensive				Teach & Coach	Teach	Teach & Coach
Prime		Teach		Teach		Teach & Coach
Seconde		Teach		Teach		Teach & Coach
Tierce		Teach		Teach	Teach	Coach
Quarte	Teach	Coach	Teach	Coach	Teach	Coach
Quinte		Teach		Teach & Coach	Teach	Coach
Sixte	Teach	Coach	Teach	Coach		
Septime		Teach & Coach		Teach & Coach		
Octave		Teach & Coach		Teach & Coach		
The Salute	Teach	Coach	Teach	Coach	Teach	Coach
The hit						
to body in the line of:						
Prime		Teach		Teach		Teach & Coach
Seconde		Teach		Teach		Teach & Coach
Tierce					Teach	Coach
Quarte	Teach	Coach	Teach	Coach	Teach	Coach
Quinte		Teach		Teach	Teach	Coach
Sixte	Teach	Coach	Teach	Coach		
Septime		Teach & Coach	Teach	Teach & Coach		
Octave		Teach & Coach	Teach	Teach & Coach		
to wrist				Teach & Coach		Teach & Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
to leg				Teach & Coach		
to foot				Teach & Coach		
to arm			Teach	Coach		Teach & Coach
to cheek					Teach	Coach
to chest					Teach	Coach
to flank					Teach	Coach
To head					Teach	Coach
Hits with the point						Teach & Coach
Through cuts						Teach & Coach
The flick hit		Teach		Teach		Teach
Continuity Hitting		Teach & Coach		Teach & Coach		Teach & Coach
Methods of Delivering a hit						
Bent arm (short distance)	Teach	Coach	Teach	Coach	Teach	Coach
Straight arm (to hit without a step forward/lunge/fleche)	Teach	Coach	Teach	Coach	Teach	Coach
With a step forward	Teach	Coach	Teach	Coach	Teach	Coach
With a lunge	Teach	Coach	Teach	Coach	Teach	Coach
With a flèche		Teach & Coach		Teach & Coach		
Engagements etc.						
Sixte and Quarte engagements	Teach	Coach	Teach	Coach		
Septime and Octave engagements		Teach & Coach		Teach & Coach		
Covering	Teach	Coach	Teach	Coach	Teach	Coach
Closing the Line	Teach	Coach	Teach	Coach	Teach	Coach
Change of Guard/Line	Teach	Coach	Teach	Coach	Teach	Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
OFFENSIVE ACTIONS						
Attacks *(From an engagement and an absence of blade)*						
Simple Attacks						
Direct	Teach	Coach	Teach	Coach	Teach	Coach
Disengage	Teach	Coach	Teach	Coach	Teach	Coach
Counter-Disengage		Teach & Coach		Teach & Coach		Teach & Coach
Cut-over		Teach & Coach		Teach & Coach	Teach	Teach & Coach
Coulé		Teach & Coach		Teach & Coach		Teach & Coach
Compound Attacks						
Concept of the feint and its significance		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - counter-disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
One-two (disengage - disengage) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
One-two (low - high) (and visa versa) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		
Doublé (disengage - counter-disengage) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage (feint) - disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage (feint) - counter-disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - cut-over		Teach				
Cut-over - cut-over		Teach				Teach
Compound attacks with one or more feints		Teach		Teach		Teach
Head -flank (and vice versa)						Teach & Coach
Flank - chest (and vice versa)						Teach & Coach
Head - chest (and vice versa)						Teach & Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Methods of execution and application (concept of timing)						
Two-time		Teach & Coach		Teach & Coach		Teach & Coach
Progressive		Teach & Coach		Teach & Coach		Teach & Coach
Broken-Time		Teach		Teach		Teach
With more than one feint		Teach		Teach		Teach
Simple and Compound Attacks Miscellaneous						
To all parts of the target	Teach	Coach		Teach & Coach		Teach & Coach
Concept of getting within the opponent's reaction time		Teach & Coach		Teach & Coach		Teach & Coach
On the opponent's preparation/recovery		Teach & Coach		Teach & Coach		Teach & Coach
With a step, lunge, step-lunge	Teach	Coach	Teach	Coach		Teach & Coach
With a Flèche, and step-Flèche		Teach & Coach		Teach & Coach		
Feint and hits to all parts of the target		Teach & Coach		Teach & Coach		Teach & Coach
Preceded by an action on the blade		Teach		Teach		Teach
With and without opposition and or angulation		Teach & Coach		Teach & Coach		Teach & Coach
By prise-de-fer						
Bind		Teach		Teach		Teach
Croisé		Teach		Teach		Teach
Envelopment		Teach		Teach		Teach
Ripostes and Counter-Ripostes						
Simple						
Direct	Teach	Coach	Teach	Coach	Teach	Coach
Disengage		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage		Teach & Coach		Teach & Coach		Teach & Coach
Cut-over		Teach & Coach		Teach & Coach		Teach & Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Compound						
Concept of the feint and its significance		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - counter-disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
One-two (disengage - disengage) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
One-two (low - high) (and visa versa) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		
Doublé (disengage - counter-disengage) (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage (feint) - disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage (feint) - counter-disengage (Sabre - begin and or end with the point)		Teach & Coach		Teach & Coach		Teach & Coach
Feint direct - cut-over		Teach & Coach				Teach & Coach
Cut-over - cut-over		Teach		Teach		Teach
Compound attacks with one or more feints		Teach		Teach		Teach
Head -flank (and vice versa)						Teach & Coach
Flank - chest (and vice versa)						Teach & Coach
Head - chest (and vice versa)						Teach & Coach
More than one feint						Teach
Methods of execution and application (concept of timing)						
Two-time		Teach & Coach		Teach & Coach		Teach & Coach
Progressive		Teach & Coach		Teach & Coach		Teach & Coach
Broken-Time		Teach & Coach		Teach & Coach		Teach & Coach
With more than one feint		Teach		Teach		Teach
Counter-Ripostes						
First/Second counter-riposte						

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Direct	Teach	Coach		Teach & Coach	Teach	Coach
Indirect		Teach & Coach		Teach & Coach		Teach & Coach
Compound		Teach & Coach		Teach & Coach		Teach & Coach
Ripostes & Counter-Riposte Miscellaneous						
To all parts of the target	Teach	Coach		Teach & Coach		Teach & Coach
Concept of getting within the opponent's reaction time		Teach & Coach		Teach & Coach		Teach & Coach
On the opponent's preparation/recovery		Teach & Coach		Teach & Coach		Teach & Coach
With a step, lunge, step-lunge	Teach	Coach	Teach	Coach		Teach & Coach
With a flèche, and step-flèche		Teach & Coach		Teach & Coach		
Feint and hits to all parts of the target		Teach & Coach		Teach & Coach		Teach & Coach
Preceded by an action on the blade		Teach & Coach		Teach & Coach		Teach & Coach
With and without opposition and or angulation		Teach & Coach		Teach & Coach		Teach & Coach
By prise-de-fer						
Bind		Teach & Coach		Teach & Coach		Teach & Coach
Croisé		Teach & Coach		Teach & Coach		Teach & Coach
Envelopment		Teach & Coach		Teach & Coach		Teach & Coach
COUNTER OFFENSIVE ACTIONS (Counter Attacks)						
Simple						
Direct		Teach & Coach		Teach & Coach		Teach & Coach
Disengage		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage		Teach & Coach		Teach & Coach		Teach & Coach
Cut-over		Teach		Teach		Teach
Compound						

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Feints and hits to all parts of the target		Teach & Coach		Teach & Coach		Teach & Coach
With more than one feint		Teach & Coach		Teach & Coach		Teach & Coach
Counter Offensive Actions Miscellaneous						
Use of footwork and displacement of target		Teach		Teach		Teach
Variation in timing		Teach		Teach		Teach
Using a change of cadence		Teach		Teach		Teach
To all parts of the target		Teach & Coach		Teach & Coach		Teach & Coach
With/without opposition and or angulation		Teach & Coach		Teach & Coach		Teach
Followed by a riposte		Teach		Teach & Coach		Teach & Coach
Followed by renewal		Teach		Teach & Coach		Teach & Coach
By prise-de-fer		Teach		Coach		Teach
During evasion		Teach		Teach		Teach
DEFENSIVE ACTIONS						
Lateral Parries						
Quarte from sixte (and vice versa)	Teach	Coach	Teach	Coach		
Tierce from quarte (and vice versa)					Teach	Coach
Circular Parries						
Seconde		Teach		Teach		Teach & Coach
Tierce		Teach		Teach		Teach & Coach
Quarte		Teach & Coach		Teach & Coach		Teach & Coach
Sixte		Teach & Coach		Teach & Coach		
Septime		Teach		Teach		
Octave		Teach		Teach		

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Semi-circular Parries						
Octave from sixte (and vice versa)		Teach & Coach		Teach & Coach		
Septime from quarte (and vice versa)		Teach & Coach		Teach & Coach		
Seconde from tierce (and vice versa)		Teach & Coach		Teach & Coach		Teach & Coach
Diagonal Parries *for example:*						
Seconde to Prime (and vice versa)		Teach		Teach		Teach & Coach
Octave to quarte (and vice versa)		Teach & Coach		Teach & Coach		
Septime to sixte (and vice versa)		Teach & Coach		Teach		
Seconde to quarte (and vice versa)		Teach		Teach		Teach & Coach
Quinte to seconde (and vice versa)						Teach & Coach
Quarte to Quinte (and vice versa)						Teach & Coach
Contraction *for example from:*						
Sixte ending in quarte (and visa versa)		Teach		Teach		
Octave ending in prime (and vice versa)		Teach		Teach		
Tierce ending in quarte (and vice versa)						Teach
Seconde ending in prime (and vice versa)						Teach
Successive parries for example:						
Lateral – lateral		Teach		Teach		Teach
Lateral – circular (and vice versa)		Teach		Teach		Teach
Lateral – semi-circular (and vice versa)		Teach		Teach		Teach
Circular – circular		Teach		Teach		Teach
Circular – semi-circular (and vice versa)		Teach		Teach		Teach

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Semi-circular – semi-circular		Teach		Teach		Teach
Tierce-quinte (and vice versa) - from an offensive/defensive position						Teach
Quinte-quarte (and vice versa) - from an offensive/defensive position						Teach
Quinte-seconde (and vice versa) - from an offensive/defensive position						Teach
Seconde-prime (and vice versa) - from an offensive/defensive position						Teach
Seconde-tierce (and vice versa) - from an offensive/defensive position						Teach
Parry compound offensive actions consisting of one or more feints		Teach		Teach		Teach
Ceding and Opposition						
Used as a defence against:						
Bind		Teach		Teach		Teach
Envelopment		Teach		Teach		Teach
Croisé		Teach		Teach		Teach
Parries Miscellaneous						
Use of footwork during, and in preparation for, defensive actions		Teach & Coach		Teach & Coach		Teach & Coach
False parries		Teach		Teach		Teach
Defence at close quarters		Teach		Teach		Teach
Methods of dealing with flick hits		Teach		Teach		Teach
Use of footwork and displacement of the target		Teach		Teach		Teach
Use of the guard				Teach & Coach		Teach & Coach
Supinated & Pronated Parries		Teach & Coach		Teach & Coach		Teach & Coach
Opposition in a parry		Teach		Teach		Teach
Detachment in a parry		Teach		Teach		Teach
Foible to foible		Teach		Teach		Teach
Forte to foible (principle of defence)	Teach	Coach	Teach	Coach	Teach	Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
By beat		Teach		Teach		Teach
Facilitating a specific riposte		Teach & Coach		Teach & Coach		Teach & Coach
Executed stationary		Teach & Coach		Teach & Coach		Teach & Coach
Executed moving forwards		Teach		Teach		Teach
Executed moving backwards		Teach & Coach		Teach & Coach		Teach & Coach
RENEWED OFFENSIVE ACTIONS						
Remise						
Into the opening line after a parry		Teach & Coach		Teach & Coach		Teach
On an insufficient parry		Teach & Coach		Teach & Coach		Teach
On a compound riposte		Teach & Coach		Teach & Coach		Teach
On an indirect riposte		Teach & Coach		Teach & Coach		Teach
Redoublement						
Simple						
Disengage		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage		Teach & Coach		Teach & Coach		Teach & Coach
Direct		Teach & Coach		Teach & Coach		Teach & Coach
Cut-over		Teach		Teach		Teach
Compound						
Two-time (feint and hits to all parts of the target)		Teach		Teach		Teach
Progressive (feint and hits to all parts of the target)		Teach		Teach		Teach
Broken-time (feint and hits to all parts of the target)		Teach		Teach		Teach
Into an open/opening line		Teach & Coach		Teach & Coach		Teach & Coach
Into a closed/closing line		Teach & Coach		Teach & Coach		Teach & Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
In opposition		Teach & Coach		Teach & Coach		Teach & Coach
At close quarters		Teach		Teach		Teach
Preceded by an attack on the blade		Teach		Teach		Teach
With/without angulation		Teach & Coach		Teach & Coach		Teach & Coach
Reprise - *after a recovery (forwards or backwards)*						
With a step		Teach & Coach		Teach & Coach		Teach & Coach
With a lunge		Teach & Coach		Teach & Coach		Teach & Coach
With a flèche		Teach & Coach		Teach & Coach		
Simple						
Disengage		Teach & Coach		Teach & Coach		Teach & Coach
Counter-disengage		Teach & Coach		Teach & Coach		Teach & Coach
Direct		Teach & Coach		Teach & Coach		Teach & Coach
Cut-over		Teach & Coach		Teach & Coach		Teach & Coach
Compound						
Two-time (feint and hits to all parts of the target)		Teach		Teach		Teach
Progressive (feint and hits to all parts of the target)		Teach		Teach		Teach
Broken-time (feint and hits to all parts of the target)		Teach		Teach		Teach
Into an open/opening line		Teach & Coach		Teach & Coach		Teach & Coach
Into a closed/closing line		Teach & Coach		Teach & Coach		Teach & Coach
In opposition		Teach & Coach		Teach & Coach		Teach & Coach
At close quarters		Teach		Teach		Teach
Preceded by an attack on the blade		Teach & Coach		Teach & Coach		Teach & Coach
With/without angulation		Teach & Coach		Teach & Coach		Teach & Coach
With a Rassemblement				Teach		

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
PREPARATIONS						
Footwork						
Stepping forwards and backwards	Teach	Coach	Teach	Coach	Teach	Coach
Appel		Teach & Coach		Teach & Coach		Teach & Coach
Balestra: Stationary and or to gain distance		Teach & Coach		Teach & Coach		Teach & Coach
Jump: Stationary or forward or backwards		Teach & Coach		Teach & Coach		Teach & Coach
Cross-over step backwards		Teach & Coach		Teach & Coach		Teach & Coach
Cross-over step forwards		Teach & Coach		Teach & Coach		
Lunge as a preparatory action		Teach & Coach		Teach & Coach		Teach & Coach
Lunge & Recovery (forwards and backwards)	Teach	Coach	Teach	Teach & Coach	Teach	Coach
Flèche as a preparatory action		Teach & Coach		Teach & Coach		
Footwork Miscellaneous						
Appel		Teach & Coach		Teach & Coach		Teach & Coach
Step forward or backwards		Teach & Coach		Teach & Coach		Teach & Coach
Jump: stationary/forward/back		Teach & Coach		Teach & Coach		Teach & Coach
Cross-over Step forwards		Teach & Coach		Teach & Coach		
Cross-over Step backwards		Teach & Coach		Teach & Coach		Teach & Coach
Balestra		Teach & Coach		Teach & Coach		Teach & Coach
Lunge	Teach	Coach	Teach	Coach	Teach	Coach
Flèche		Teach & Coach		Teach & Coach		
Preparation of an offensive and defensive action		Teach & Coach		Teach & Coach		Coach
With a change of direction and or speed and or size		Teach		Teach		Teach
As part of a single, double or compound preparation		Teach		Teach		Teach
To gain distance		Teach & Coach		Teach & Coach		Teach & Coach

	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
Attacks on the Blade						
Beats (on all parts of the blade)		Teach & Coach		Teach & Coach		Teach & Coach
Change Beats (on all parts of the blade)		Teach & Coach		Teach & Coach		Teach & Coach
Coulé		Teach & Coach		Teach & Coach		Teach & Coach
Pressure		Teach		Teach		Teach
Froissment		Teach		Teach		Teach
Prise-de-fer						
Engagement	Teach	Coach	Teach	Coach	Teach	Coach
Change of Engagement	Teach	Coach	Teach	Coach	Teach	Coach
Coulé		Teach & Coach		Teach & Coach		Teach & Coach
Bind		Teach		Teach		Teach
Envelopment		Teach		Teach		Teach
Croisé		Teach		Teach		Teach
Compound		Teach		Teach		Teach
Double		Teach		Teach		Teach
Preparations Miscellaneous						
Single preparation		Teach & Coach		Teach & Coach		Teach & Coach
Double preparation		Teach & Coach		Teach & Coach		Teach & Coach
Compound preparation		Teach & Coach		Teach & Coach		Teach & Coach
Combinations of footwork and blade action		Teach & Coach		Teach & Coach		Teach & Coach
As a preparation for a defensive/offensive actions		Teach & Coach		Teach & Coach		Teach & Coach
Use of a preparation as a feint		Teach & Coach		Teach & Coach		Teach & Coach
Maintaining and closing distance		Teach & Coach		Teach & Coach		Teach & Coach

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	FOIL Assistant	FOIL Moniteur	EPEE Assistant	EPEE Moniteur	SABRE Assistant	SABRE Moniteur
MISCELLANEOUS						
Counter-Time						
First Intention		Teach		Teach		Teach
Second Intention		Teach		Teach		Teach
By parry riposte		Teach		Teach		Teach
By Thrust in opposition		Teach		Teach		Teach
By Evasion		Teach		Teach		Teach
Point-in-line (arm straight)						
Dérobement						
Simple		Teach		Teach		Teach
Compound		Teach		Teach		Teach
General						
The Right of Way (Ref. FIE Rules: "Validity or Priority of the Hit")	Teach	Coach			Teach	Coach
Fencing Time - relative to the weapon		Teach & Coach		Teach & Coach		Teach & Coach
First and Second Intention		Teach		Teach		Teach
Continuity Hitting		Teach		Teach		Teach
Simultaneous Attack (exploiting the situation)		Teach		Teach		Teach