

Basic Fencing Skills Checklist		9/1/2017	updated			
	<i>Print this checklist and bring it with you to practices. Use it as a reference to check on your progress.</i>					
	<i>Note: This checklist is not inclusive of all fencing skills. It does not address variable targets, strategies, or tactics.</i>					
Lesson Group#	Footwork Skill					
0	On guard					
0	Advance and half-advance					
0	Retreat and half-retreat					
0	Half-step and change direction					
0	Double steps (w/ acceleration)					
0	Lunge					
0	Half advance prep and Lunge					
0	Fleche					
0	Half advance prep and Fleche					
1	Hand position sixth (and sixth engagement)					
1	Hand position fourth (and fourth engagement)					
1	Point in Line					
	Blade Skill	No footwork	w/ retreat	w/ advance	w/ lunge or fleche	w/ half-advance prep and lunge or half-avance prep and fleche
1	Thrust					
1	Thrust from sixth engagement					
1	Thrust w/disengage from sixth engagement					
1	Thrust from fourth engagement					
1	Thrust w/disengage from fourth engagement					
2	Parry w/ circle sixth					
2	Riposte w/ thrust from sixth (w/ and w/out disengage)					
2	Riposte w/ opposition sixth					
2	Riposte w/ bind sixth					
2	Riposte w/ cross sixth					
2a	Parry w/ circle fourth					
2a	Riposte w/ thrust from fourth (w/ and w/out disengage)					
2a	Riposte w/ opposition fourth					
2a	Riposte w/ bind fourth					
2a	Riposte w/ cross fourth					



	Blade Skill	No footwork	w/ retreat	w/ advance	w/ lunge or fleche	w/ half-advance prep and lunge or half-avance prep and fleche
3	Thrust from sixth beat					
3	Thrust from fourth beat					
3	Thrust w/ disengage from sixth beat and feint					
3	Thrust w/ disengage from fourth beat and feint					
3	Feint and thrust w/ disengage					
3	Feint and thrust w/ coupe					
3 and 4	1-2 Thrust from sixth press					
3 and 4	1-2 Thrust from fourth press					
3 and 4	1-2 Thrust from sixth beat					
3 and 4	1-2 Thrust from fourth beat					
5	Feint 1-2 w/ disengages and thrust					
5	Feint 1-2 w/ coupes and thrust					
5	Tactical decision making from outside of distance					
6	Stop thrust (counter attack) w/ close out					
2b	Parry w/ circle eighth					
2b	Riposte w/ opposition eighth					
2b	Riposte w/ bind eighth					
2b	Riposte w/ disengage from eighth					
2c	Parry w/ circle seventh					
2c	Riposte w/ opposition seventh					
2c	Riposte w/ bind seventh					
2c	Riposte w/ disengage from seventh					
7	Remises and Esquives (intentional)					
Notes						