



# **Guernsey Union d'Escrime.**

**EDUCATION SCHEME**

**(2010)**

**SABRE**

**LEVELS 1 TO 4**

## LEVEL 1 SABRE – GENERIC AND TECHNICAL CONTENT

**Introduction.** The Level 1 Coach Award is considered a high enough qualification to allow you to assist a more qualified coach in the salle and to deliver pre-prepared and planned lessons unsupervised. The emphasis of this award is *teaching* beginners in groups either in a taster session or as part of a beginners' programme. This means being able to impart basic and new information assuming no prior knowledge on the part of the students. Your students should understand how fencing movements and blade actions work within the conventions and rules of the weapon. Coaching, that is enhancing and developing basic skills by improving timing, distance and speed of execution, as well as a greater tactical awareness, will be expected in the Level 2 award. Even candidates for Level 1, however, are expected to show a logical progression of each of the strokes in the syllabus not just a completed action in isolation. You must be able to break the stroke down into parts to allow students to learn the required skills.

**The Level 1 Award.** A GUE Level 1 Sabre coach may assist a more qualified coach in the delivery of fencing sessions and/or deliver without direct supervision pre-planned and prepared fencing sessions for groups at foundation level (i.e. taster sessions and beginners' courses).

**Aim.** The aim of a Coach Development course is to prepare a candidate for assessment for the award of a GUE Fencing Coach qualification at their chosen Level and weapon/s.

The aim of the Level 1 Sabre Coach Education course is to prepare for assessment for the award of a GUE Fencing Level 1 Sabre Coach qualification.

**Objectives.** By the end of the programme Level 1 coaches will be able to

- Teach a class to introductory (foundation) level in a club or school etc environment.
- Demonstrate a systematic and structured approach to teaching basic fencing skills.
- Lead general warm-ups and fencing-related games and exercises for a group.
- Demonstrate complete fencing actions in normal time.
- Demonstrate part actions where appropriate to enable students to acquire the necessary skills to execute the whole action.
- Explain the tactical use of the action (where, when and why an action is used) and describe the logical progression of the stroke or action.
- Give feedback on performance.
- Explain the health and safety aspects of fencing and conduct in the salle.
- Supervise the practice of fencing in accordance with common safety standards and codes of practice.
- Outline the history of fencing and the development of modern fencing weapons.

- Describe the key elements of the Codes of Conduct for Person and Coach.
- Outline the main issues in Child Protection.
- Ensure that there is First Aid cover at the location.
- Answer theory questions on fencing and tactical elements in the syllabus.
- List the skills, knowledge and behaviors of an effective sports coach.

### **Technical Requirements (Level 1 Sabre)**

For Level 1 Sabre the coach must teach:

- Simple fencing-related games and exercises.
- Foot work to support simple attacks and defence; distance awareness and stance.
- Hitting skills.
- Simple attacks.
- Simple defence and direct ripostes.
- Concept of priority, attack and defence.

### **Required Technical Content**

1. Stance, on guard in tierce, the target.
2. The salute and fencing etiquette.
3. Steps - advance and retire.
4. Lunge & recovery, step lunge and recovery.
5. The grip, blade manipulation and hitting to head, flank and chest from stationary position.
6. Simple direct attacks to chest with lunge and step lunge.
7. Simple parries #3, #4 and #5 and their direct ripostes.
8. 1<sup>st</sup> counter ripostes (direct).

NB Fencing etiquette includes:

Saluting before and after a bout

Shaking hands with non-sword hand at end of bout after salute

When sparring, acknowledging hits, saying 'Touche!' (or 'on me!') or 'off-target!' and indicating with non-sword hand

### **Assessment**

The Level 1 assessment comprises three elements:

A practical session (maximum 15 minutes) observed by the coach educator in which the candidate leads a fencing related game, exercise or footwork practice with the group.

A practical session (maximum 15 minutes) observed by the coach educator in which the candidate teaches a lesson from the required technical content list.

A written test (multiple choice and short written answers) on theory, rules and regulations including definitions, health and safety in the salle and codes of conduct. The pass mark is 80%.

## **2008 LEVEL 2 SABRE COACH EDUCATION PROGRAMME**

**Introduction.** The Level 2 coach development programme is designed to give the candidate the skills and knowledge to develop and coach fencers who have completed a basic beginners' course. They will be familiar with the Level 1 award and be able to coach (that is, to *develop* existing skills) from

that syllabus. In addition they will have knowledge of the further techniques (see below) they will be required to teach and then coach.

With this level the candidate will be expected to coach the actions by beginning to show their relationships to the mobility of fencing. The four Ts of *Technique, Timing, Tactics* and *Training* will begin to be used in a more dominant way than Level 1 coaching, especially in the use of choice reaction. At Level 2 the coach must enhance and develop a fencer's basic skills by improving their timing, distance and speed of execution, as well as developing in them a greater tactical awareness.

The full list of technical content is shown below.

The Level 2 Coach's students should understand how fencing movements and blade actions work within the conventions and rules of the weapon. A Level 2 coach is expected to show a logical progression of each of the strokes in the syllabus not just a completed action in isolation. They must be able to break the stroke down into parts to allow students to learn the required skills.

### **The Level 2 Award.**

A GUE Level 2 Coach can prepare, deliver and review fencing sessions for groups and individuals at participation level. This means coaching those fencers who have completed a beginners' programme and are now routinely attending club and other training sessions with the aim of developing their fencing skills and enhancing their repertoire of blade actions and footwork. In particular the Level 2 Sabre Coach will be able to coach smooth and balanced footwork with combinations of steps, jumps and lunges and the smooth execution of hits to all parts of the target.

They will be able to develop their pupils to perform all parries both singly and successively and introduce and develop compound attacks by disengage and cut-over, paying attention to the tactical use of steps and distance in preparation. The Level 2 Sabre coach will also develop the concept of counter-offence with the use of stop hits, counterattacks and beats.

**Aim.** The aim of the Level 2 Sabre Coach Education course is to prepare for assessment for the award of a GUE Fencing Level 2 Sabre Coach qualification.

**Objectives.** By the end of the programme Level 2 coaches will be able to

- Fulfill all the requirements of the Level 1 syllabus.
- Coach a class or an individual at participation level in a club or school etc environment.
- Demonstrate complete fencing actions in normal time (listed under Coach Technical Requirements below).
- Demonstrate part actions where appropriate to enable students to acquire the necessary skills to execute the whole action.
- Explain the tactical use of the action (where, when and why an action is used) and describe the logical progression of the stroke or action.
- Give feedback on a learner-fencer's progress, praising effective performance and correcting faults in footwork and the execution of strokes where necessary.

- Answer questions on fencing theory and tactical elements in the syllabus.
- Prepare a fencer for competition.

### **Technical Requirements (Level 2 Sabre)**

1. Footwork to support attacks and defence; use of steps to gain and lose distance.
2. High line simple attacks.
3. Simple indirect attacks by disengage and counter-disengage to chest with lunge and step lunge.
4. 2nd Defensive Triangle (tierce, quarte, quinte) with all direct ripostes and some indirect.
5. Direct and indirect first and second counter-ripostes.
6. High line compound (feint) attacks.
7. Hitting action.
8. Footwork preparations
9. Blade preparations, engagements & beats.
10. Simple stop hit(s) and beat-counter attacks.

### **Assessment.**

The Level 2 assessment comprises five elements:

A practical session (maximum 15 minutes) observed by the coach educator in which the candidate leads a fencing related game, exercise or footwork practice with the group.

A practical session (maximum 15 minutes) observed by the coach educator and one external assessor in which the candidate teaches a group lesson on a topic chosen from the required technical content list.

A practical session (maximum 10 minutes) observed by the coach educator and one external assessor in which the candidate gives a routine warm-up to an individual.

A practical session (maximum 15 minutes) observed by the coach educator and one external assessor in which the candidate gives a lesson to an individual on a topic chosen from the required technical content list.

A written test (multiple choice and short written answers) on theory, rules and regulations including definitions. The pass mark is 80%.

## **2008 LEVEL 3 SABRE COACH EDUCATION PROGRAMME**

**Introduction.** The Level 3 coach development programme is designed to give the candidate the skills and knowledge to develop and coach fencers who have been participating in the sport for a while and are performing at a consistently competent level in competition. They will be familiar with the Level 1 and 2 award and be able to coach (that is, to *develop* existing skills) from those syllabuses. In addition they will have knowledge of the further techniques (see below) they will be required to teach and then coach.

At Level 3 the coach continues to enhance and develop a fencer's basic skills by further improving their timing, distance and speed of execution, as well as extending their tactical awareness. The full list of technical content is shown below.

The Level 3 Coach's students should understand how fencing moves and blade actions work within the conventions and rules of the weapon. A Level 3 coach is expected to show a logical progression of each of the strokes in the syllabus not just a completed action in isolation. They must be able to break the stroke down into parts to allow students to learn the required skills.

### **The Level 3 Award.**

A GUE Level 3 coach can deliver the requirements for a Level 2 coach demonstrating a wider variety of techniques and plan, implement, analyse and revise annual coaching programmes for groups and individuals at participation and performance level. This means coaching those individual fencers and teams; those who are now routinely attending club and other training sessions and competing regularly at local, county and regional level with the aim of further developing their fencing skills and enhancing their repertoire of blade actions and footwork.

In particular the Level 3 Sabre Coach will be able to coach the full repertoire of simple and compound (feint) attacks, all five parries (both defensive triangles) with appropriate direct and indirect ripostes, preparations (simple, compound and double), Counter-offensive actions as well as an extended range of sabre-relevant footwork, hitting action and blade control technique.

**Aim.** The aim of the Level 3 Sabre Coach Education course is to prepare for assessment for the award of a GUE Fencing Level 3 Sabre Coach qualification.

**Objectives.** By the end of the programme Level 3 coaches will be able to

- Fulfill all the requirements of the Level 1 and 2 syllabuses.
- Coach a class or an individual at participation level in a club or school etc environment.
- Demonstrate complete fencing actions in normal time (listed under Coach Technical Requirements below).
- Demonstrate part actions where appropriate to enable students to acquire the necessary skills to execute the whole action.
- Explain the tactical use of the action (where, when and why an action is used) and describe the logical progression of the stroke or action.
- Give feedback on a learner-fencer's progress, praising effective performance and correcting faults in footwork and the execution of strokes where necessary.
- Use movement analysis of the basic fencing actions (stance, step, appel/balestra, lunge, recovery, step-lunge and fleche (or flunge) to coach fencers.
- Answer questions on fencing theory, tactical elements and basic movement analysis in the syllabus.
- Prepare a fencer for competition.

### **Required Technical Content (Level 3 Sabre)**

- Footwork sessions, exercises and lessons to teach and practice the footwork supporting the tactical concepts and blade actions of the syllabus

- Skill drills for attacking actions
- Skill drills for a variety of parries and ripostes
- Skill drills for a range of renewal actions
- Attack lessons, especially the timing aspects of feints and broken time
- Attacks on the opponent's preparation & recovery
- Defence lessons, especially the timing aspects of feint & successive parries
- Prises-des- and attacks-aux-fers to include technical and tactical application of beats, engagements and actions off them
- Preparations of hand, foot and blade, singly & in combination
- Counter attacks
- Forming a point-in-line, concepts of priority with line, offensive and counter-offensive actions from line
- Technique & rhythm exercises with & without movement

**Note:** *Skill drills are technical exercises to learn & practice precision & correct movement.*

#### **Assessment.**

A practical session (maximum 15 minutes) observed by the coach educator in which the candidate leads an advanced fencing exercise or footwork practice with the group. A practical session (maximum 15 minutes) observed by the coach educator and two external assessors in which the candidate teaches a group lesson on a topic chosen from the required technical content list.

A practical session (maximum 10 minutes) observed by the coach educator and two external assessors in which the candidate gives a routine warm-up to an individual.

A practical session (maximum 20 minutes) observed by the coach educator and two external assessors in which the candidate gives a lesson to an individual on a topic chosen from the required technical content list.

A written test (multiple choice and short written answers) on theory, rules and regulations including definitions.

The pass mark is 80%.

### **2008 LEVEL 4 SABRE – COACH EDUCATION PROGRAMME**

**Introduction.** The Level 4 coach development programme is designed to give the candidate the skills and knowledge to develop and coach fencers who are performing at a consistently high level in national competitions. They will be familiar with the Levels 1-3 awards and be able to coach (that is, to *develop* existing skills) from those syllabuses. In addition they will have knowledge of the further techniques (see below) they will be required to teach and then coach.

At Level 4 the coach continues to enhance and develop a fencer's skills by further improving their timing, distance and speed of execution, as well as extending their tactical awareness, physical strength and conditioning and psychological preparedness for competition. The full list of technical content is shown below.

#### **The Level 4 Award.**

A GUE Fencing Level 4 coach can deliver the requirements for a Level 3

coach with additional emphasis on tactics, timing and distance and can design, implement and evaluate the process and outcome of long-term/specialist coaching programmes for individuals and teams at performance and elite levels. This means coaching those individual fencers and teams who have are now routinely competing and achieving at national level with the aim of further developing their fencing skills and enhancing their repertoire of blade actions and footwork.

The Level 4 coach extends the range of tactics and examples and can deliver footwork sessions, exercises and lessons to teach and practice the footwork supporting the tactical concepts and blade actions of the syllabus. They must have an enhanced knowledge of the neuromuscular functions and biomechanics of fencing actions. They will be able to devise skill drills to practice any stroke or part action in individual training situation and give lessons on tactical, distance and timing aspects, using a variety of lines. At this level, they must be able to create a coherent programme for a single athlete at any level (including youth and veteran) at national or international level to prepare them for a major tournament or other goal; such a programme would include all necessary fencing actions and the complete preparation needed to make them effective.

**Aim.** The aim of the Level 4 Coach Education course is to prepare for assessment for the award of a GUE Fencing Level 4 Coach qualification in a chosen weapon.

**Objectives.** By the end of the programme Level 4 coaches will be able to

- Fulfill all the requirements of the Level 1 to 3 syllabuses in their chosen weapon
- Create appropriate goal setting and an annual plan for an individual athlete, including preparatory and developmental strength and conditioning
- Teach and coach as appropriate all strokes and suitable tactics to national (Home Country and GB) and international (performance) level
- Manage and captain a home country or regional team (e.g. national champs, CFF Champs, Winton Cups, JHI, UK School Games et al.) or explain how they might do this
- Offer effective basic psychological input in both training and competitive situations, concentrating on focus (maintenance) and arousal
- Run a series of squad sessions with unknown multi-weapon athletes at training camps under direction of a national coach or explain how they might do this.
- Instruct trainee coaches up to Level 3
- Present two 2,000-word written papers on topics chosen from a variety of fencing- and generic sport-related topics

### **Technical Requirements (Level 4 All Weapons)**

- As per content of Levels 2 and 3
- Coach a full range of attack, defence and counter-offence strokes
- Demonstrate a broad variety of tactics to apply to offence, defence and counter offence.



## **Assessment**

A practical session (maximum 20 minutes) observed by three external assessors in which the candidate gives an advanced routine warm-up to an individual.

A practical session (maximum 30 minutes) observed by three external assessors in which the candidate gives a lesson to an individual on a topic chosen from the required technical content lists (all Levels) with viva voce (Q&A) explanations of reasons for coaching the strokes and tactical applications/choice reactions being employed.

Two written papers (one compulsory topic) on topics chosen from the following list:

### **Either**

Present an annual plan for squad training, demonstrating the application of LTAD principles. Explain the thinking behind the contents of your plan

### **Or**

Present an annual plan for club training, demonstrating the application of LTAD principles. Explain the thinking behind the contents of your plan

**And** another paper from the following list encompassing the relationship of fencing to the topic shown:

- a. Sports Psychology
- b. Sports Physiology
- c. Sports Physiotherapy
- d. Sports Nutrition
- e. Coaching children and adults with special needs
- f. Coaching Children and Young People
- g. Long Term Athlete Development
- h. Strength and Conditioning Training
- i. A comparison of Continental fencing training methods with British fencing training methods
- j. A comparison of coach education systems
- k. The management of elite athletes
- l. Mentoring junior coaches
- m. Leading and managing in the context of fencing and fencing administration
- n. What can fencing coaches learn from other sports?
- o. Candidates at Level 4 can submit a paper on a topic of their own choosing with prior approval of the GUE Fencing Coaching Panel.