



BFA COACHING AWARDS **THE FIVE LEVELS OF QUALIFICATIONS**

There are five levels of coaching award, 1–5. Each level may be undertaken at only one weapon. If a coach obtains level 5 at all three weapons a Diploma will be awarded.

This exam system is a modular based system using a combination of continual assessment and final “assessment by panel”

Each level of qualification will require the trainee coach to attain a number of modules (see syllabi), assessed by the educators appointed by the Home Country. On completing the modules a final “assessment by panel” (ABP) will be taken. Modules needing further work can then be identified and remedial work undertaken.

Candidates should realise that any level of coaching award (even Diploma) is merely a starting point to more knowledge. The awards give the coach skills that equip the coach to teach, coach, understand and appreciate what others are doing. Qualifications themselves do not guarantee the production of successful fencers. Success as a fencer requires a lot more than lessons from a good coach.

Success in a coach may also be measured in many ways, the ability to motivate beginners, keeping them in the sport, training them until a more experienced coach can possibly take them to higher levels of competitive success.

A coach may only have the desire to help keep a club going and be satisfied with that. However a coach education system, when given a candidate with fencing ability and personal ambition, should provide them with the skills to produce international level pupils.

Each level has “guidance to candidate” notes explaining in more details what is required regarding length of lessons, individual and group structure, reading lists and suggested courses to attend. Child protection courses will be arranged and are mandatory.

Foil, epee and sabre have in many cases their techniques changed for a particular level due to the variation in weapon rules for example stop hits and renewals feature earlier at epee than at foil.

Modules common to more than one weapon (such as child protection) do not have to be re-assessed when taking the same level award at a different weapon, to avoid any duplication of modules.

There will be more detailed information available to candidates on what the different requirements of each level will be. This will aim to explain and give some guidance on the lesson structure and content when the same topic is required at two different levels.

ADDITIONAL INFORMATION

Level one requires approximately 30 hours study with a coach educator

Level two requires approximately 60 hours study with a coach educator

Level three requires approximately 90 hours study with a coach educator

Level four requires approximately 120 hours study with a coach educator

Level five requires approximately 150 hours study with a coach educator

This means starting from scratch a candidate needs 450 hours of instruction with a coach educator to attain level one to five at a first weapon.

An additional weapon may require less due to the experience gained at coaching during training at other weapons.

It should also be noted that apart from the hours of study with the educator, practise within a club, with other experienced coaches and the need for courses such as first aid health and safety and child protection will add to the time commitment.

It is expected that some candidates will take more than these recommended hours and others may well take less.

A requirement to retake modules not to standard at the final assessment will also increase the number of hours study.

Coaches must be mindful of their own safety and always use the correct coaching protection for the weapon and stroke being taught. For example leg and foot hits at epee require leg and foot protection.

Group lessons at epee will require the group to be provided with protection such as coaching sleeves etc.

Final assessment individual lessons will be a warm up lesson of five minutes followed by a module lesson (selected by the assessment panel) of ten minutes.

Group lessons will be fifteen minutes. (Selected by the panel with preparation time for the coach)

CANDIDATES MUST NOT ASSUME THAT COMPLETING THE SUGGESTED NUMBER OF HOURS OF TRAINING WILL AUTOMATICALLY MEAN THEY ARE OF THAT COACHING LEVEL!

LEVEL 1 Award

This will allow a person just started into coaching to have knowledge of health and safety, be insured and CRB cleared. It should allow them to warm up beginners, give basic footwork lesson and teach basic strokes. (See syllabus).

It is considered a high enough qualification to allow coaches to be insured to work unsupervised. However coaches should be encouraged to continue their education.

In addition to the fencing content outline below the candidate will be also be required to have knowledge of:

Health and safety

Child protection awareness

Code of conduct

First Aid

Theory questions on fencing and the tactical application of the elements being taught

The emphasis of this award is teaching rather than coaching. This should be considered when teaching the actions such as compound attacks and successive parries. The pupil should understand how these strokes work within the conventions and rules of the weapon. Coaching them will be expected in the level 2 award.

LEVEL 1 FOIL

- On guard stance. Step-forward, step-back. The lunge and recovery. (group only)
- General fifteen minute warm up (group only, regional educator to assess)
- The grip and on guard in sixte, quarte, septime and octave (group only)
- Simple attacks (direct, disengage, counter-disengage, cutover) to the high line.
- Lateral parries (sixte to quarte and quarte to sixte) followed by direct ripostes.
- Circular parries (circular sixte, circular quarte) followed by direct ripostes.
- First counter-riposte of quarte direct
- Compound attack of feint-direct disengage, and feint-direct counter disengage
- Successive parries followed by direct ripostes.
- Beat attacks

LEVEL 1 EPEE

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, regional educator)
- The grip. Guards of sixte, octave, quarte
- Simple attacks to body, arm, wrist and leg, including opposition.
- Circular parries of sixte followed by direct ripostes
- Semi-circular parry of octave followed by direct ripostes
- Stop hits with and without opposition
- Stop hits followed by renewals
- Compound attacks of feint wrist counter-disengage, and feint wrist disengage
- Beat attacks

LEVEL 1 SABRE

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, Regional educators)
- The grip. Guards of tierce, quarte and quinte. (Groups only)
- Blade manipulation and cutting exercises
- Simple attacks to head, chest and flank
- Parries of tierce, quarte and quinte followed by simple ripostes
- First counter ripostes.
- Compound attacks
- Stop cuts, parries and ripostes
- Beats
- Successive parries

LEVEL 2

This level is designed to give the candidate the skills and knowledge to develop and coach good fencers. They will be familiar with the level 1 award and be able to coach (as opposed to teach) from that syllabus. In addition they will have knowledge of further techniques (see syllabus) they will be required to teach and then coach.

In addition to the fencing content outline below the candidate will be also be required to have knowledge of:

Preparing a fencer for a competition

Fencing rules for competition (these will be the theory test for the basic refereeing exam)

Theory questions on fencing and the tactical application of the elements being taught

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.

LEVEL 2 FOIL

- On guard stance. Step-forward, step-back. The lunge and recovery. (group only)
- General fifteen minute warm up (group only, regional educator to assess)
- The grip and on guard in sixte, quarte, septime and octave (group only)
- Simple attacks (direct, disengage, counter-disengage, cutover) to the high line.
- Lateral parries (sixte to quarte and quarte to sixte) followed by direct ripostes.
- Circular parries (circular sixte, circular quarte) followed by direct ripostes.
- First counter-riposte of quarte direct
- Compound attack of feint-direct disengage, and feint-direct counter disengage
- Successive parries followed by direct ripostes.
- Beat attacks
- Balestra, accelerating lunge, reprise, fleche. (Group lessons only)
- Fifteen minute competition warm up for pupil including lesson (Regional educator)
- Guards of prime and seconde.
- Attacks to the low line.
- Indirect ripostes
- Compound attacks including the low line.
- Semi circular parries followed by direct and indirect ripostes.
- Engagements, change of engagements and pressures
- Compound ripostes and counter-ripostes.
- Renewed attacks.

LEVEL 2 EPEE

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, regional educator)
- The grip. Guards of sixte, octave, quarte
- Simple attacks to body, arm, wrist and leg, including opposition.
- Circular parries of sixte followed by direct ripostes
- Semi-circular parry of octave followed by direct ripostes
- Stop hits with and without opposition
- Stop hits followed by renewals
- Compound attacks of feint wrist counter-disengage, and feint wrist disengage
- Beat attacks
- Balestra, accelerating lunge, reprise and fleche. (Groups only)
- Fifteen minute competition warm up including lesson (Regional educator)
- Guards of prime, seconde and septime
- Engagements and pressures
- Prise de fers
- The derobement
- Renewed actions
- Double and compound preparations
- Angulated actions

LEVEL 2 SABRE

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, Regional educators)
- The grip. Guards of tierce, quarte and quinte. (Groups only)
- Blade manipulation and cutting exercises
- Simple attacks to head, chest and flank
- Parries of tierce, quarte and quinte followed by simple ripostes
- First counter ripostes.
- Compound attacks
- Stop cuts, parries and ripostes
- Beats
- Successive parries
- Balestra, accelerating lunge, reprise (Groups only)
- Fifteen minute competition warm up to include lesson (Regional educator)
- Guards of prime and second
- Compound attacks
- Successive parries
- Footwork preparations
- Attacks to the wrist and arm
- Counter-time
- Renewed attacks

LEVEL 3 Award

The Candidate should have experience of coaching and a sound knowledge of the syllabus from level one and two. In addition they will be expected to coach the additional techniques from the level three syllabus.

In addition to the fencing content outline below the candidate will be also be required to have knowledge of:

Coaching a fencer during a competition including tactical awareness of possible opponents

Nutrition

Theory questions on fencing and the tactical application of the elements being taught

Fitness for fencing

LEVEL3 FOIL

- · On guard stance. Step-forward, step-back. The lunge and recovery. (group only)
 - General fifteen minute warm up (group only, regional educator to assess)
 - The grip and on guard in sixte, quarte, septime and octave (group only)
 - Simple attacks (direct, disengage, counter-disengage, cutover) to the high line.
 - Lateral parries (sixte to quarte and quarte to sixte) followed by direct ripostes.
 - Circular parries (circular sixte, circular quarte) followed by direct ripostes.
 - First counter-riposte of quarte direct
 - Compound attack of feint-direct disengage, and feint-direct counter disengage
 - Successive parries followed by direct ripostes.
 - Beat attacks
 - Balestra, accelerating lunge, reprise, fleche. (Group lessons only)
 - Fifteen minute competition warm up for pupil including lesson (Regional educator)
 - Guards of prime and seconde.
 - Attacks to the low line.
 - Indirect ripostes
 - Compound attacks including the low line.
 - Semi circular parries followed by direct and indirect ripostes.
 - Engagements, change of engagements and pressures
 - Compound ripostes and counter-ripostes.
 - Renewed attacks.
- Devise a footwork circuit. (Group work only)
- Double and compound preparations.
 - All guard positions
 - Angulated actions
 - Opposition actions
 - Flick hit actions
 - Counter offensive actions
 - Counter time
 - Prise de fer
 - Ceding and opposition parries

LEVEL 3 EPEE

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, regional educator)
- The grip. Guards of sixte, octave, quarte
- Simple attacks to body, arm, wrist and leg, including opposition.
- Circular parries of sixte followed by direct ripostes
- Semi-circular parry of octave followed by direct ripostes
- Stop hits with and without opposition
- Stop hits followed by renewals
- Compound attacks of feint wrist counter-disengage, and feint wrist disengage
- Beat attacks
- Balestra, accelerating lunge, reprise and fleche. (Groups only)
- Fifteen minute competition warm up including lesson (Regional educator)
- Guards of prime, seconde and septime
- Engagements and pressures
- Prise de fers
- The derobement
- Renewed actions
- Double and compound preparations
- Angulated actions
- Coaching level two at a higher level
- Devise a footwork circuit (Groups only)
- Double and compound prise de fer
- Compound attacks
- Successive parries
- Ceding and opposition parries
- Foot hits
- Flick hit actions
- Continuity hitting exercises

Level 3 Sabre

- On guard stance. Step forward, step back, lunge, and recovery. (Groups only)
- Fifteen minute general warm up (group only, Regional educators)
- The grip. Guards of tierce, quarte and quinte. (Groups only)
- Blade manipulation and cutting exercises
- Simple attacks to head, chest and flank
- Parries of tierce, quarte and quinte followed by simple ripostes
- First counter ripostes.
- Compound attacks
- Stop cuts, parries and ripostes
- Beats
- Successive parries
- Balestra, accelerating lunge, reprise (Groups only)
- Fifteen minute competition warm up to include lesson (Regional educator)
- Guards of prime and second

- Compound attacks
- Successive parries
- Footwork preparations
- Attacks to the wrist and arm
- Counter-time
- Renewed attacks
- Coaching level 2 at a higher level
- Devise a footwork circuit for sabre (Groups only)
- Double and compound preparations
- Actions using the point
- Compound ripostes
- The simultaneous attack situation
- Continuity hitting exercise
- Angulated actions
- Attacks into a preparation
- Renewed actions