

**SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS NATIONAL INSTITUTE OF SPORTS: PATIALA**

**ONLINE COACH EDUCATION PROGRAMME – SYLLABUS
FENCING**

S. No	Topics	Contents
1.	Introduction of Fencing	Ancient History Modern History Olympic Games History Indian History and Development of Fencing in India
2.	Footwork and Hand Positions in Sabre Fencing	Footwork <ul style="list-style-type: none"> • On guard in Fencing • Footwork in Sabre Fencing (definition) • Classification of Footwork • Aim • Different Simple and Compound Foot movement Hand Position in Sabre Fencing How to hold Sabre Weapon <ul style="list-style-type: none"> • Different Hand Position in Sabre • Aim • Transfers in Sabre
3.	Target Exercises , Point in Line in Sabre Fencing	Target Exercises <ul style="list-style-type: none"> • Definition • Target Zones in Sabre • Aim • Different Target Exercises in Sabre Point in Line <ul style="list-style-type: none"> • Definition • Importance • Technical Execution • Drills to teach point in line
4.	Offensive Actions in Sabre Fencing	Simple Attack <ul style="list-style-type: none"> • Definition • Classification • Tactical advise Attack on Blade <ul style="list-style-type: none"> • Definition • Classification • Tactical advise Taking of Blade <ul style="list-style-type: none"> • Definition • Classification • Tactical advise Compound Attack <ul style="list-style-type: none"> • Definition • Classification • Tactical advise

5.	Defensive action in Sabre	<p>Parries</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Types of parries</p> <ul style="list-style-type: none"> • Direct parries • Semi Circular Parries • Circular parries <p>Parries in Sabre</p> <ul style="list-style-type: none"> • Prime • Second • Tears • Quart • Quint <p>Type Of Riposte</p> <ul style="list-style-type: none"> • Simple Direct • Simple Indirect • Compound
6.	Counter Defensive/ Offensive actions.	<p>Counter Attack</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Type Of Counter Attack</p> <ul style="list-style-type: none"> • Time disengagement cut or thrust • Time cut • Stop Cut <p>Execution of Counter Attack/Special Action in Sabre</p> <ul style="list-style-type: none"> • Different videos shared • Tactical Action Share with video
7.	Referring in Sabre Fencing	<ul style="list-style-type: none"> • Introduction of Subject • Moral Duties of Referees • Aspects of Sabre Fencing • Duties of Referees & Judges • Referee Hand Signals • Offences and Penalties • Video Referral • Convention in Sabre • Personal Experience
8.	Basics and Footwork Exercises for Foil	<p>Ongaurd</p> <ul style="list-style-type: none"> • Definition • Technique • Biomechanics of movement <p>Footwork</p> <ul style="list-style-type: none"> • On guard in Fencing • Footwork in Foil Fencing (definition) • Classification of Footwork • Aim • Different Simple and Compound Foot movement

9.	Offensive Actions in Foil Fencing	<p>Simple Attack</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Attack on Blade</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Taking of Blade</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Compound Attack</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise
10.	Defensive action in Foil	<p>Parries</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Types of parries</p> <ul style="list-style-type: none"> • Direct parries • Semi Circular Parries • Circular parries <p>Parries in Sabre</p> <ul style="list-style-type: none"> • Prime • Second • Tears • Quart • Quint • Six • Septime • Octive <p>Type Of Riposte</p> <ul style="list-style-type: none"> • Simple Direct • Simple Indirect • Compound
11.	Referring in Foil Fencing	<p>Aspects of Refereeing</p> <ol style="list-style-type: none"> a) Duties& Responsibility of Referee b) Penalties & Offence <p>Referees and fencers during bout</p> <ol style="list-style-type: none"> a) How to prepare Equipments for the competition for fencers & coaches b) What are important things to remember when you enter the piste c) What are the Do's & Don'ts during Pool, Direct Elimination & Team bouts d) How to handle objections <p>Explaining convention</p> <ol style="list-style-type: none"> a) Offensive actions b) Defensive actions c) Simultaneously actions

		<p>Personal experience</p> <p>a) How to match international standards by doing few things in our daily fencing.</p> <p>b) How to implement this in your regular practice.</p>
12.	Basics and Footwork Exercises for Epee	<p>Onguard</p> <ul style="list-style-type: none"> • Definition • Technique • Biomechanics of movement <p>Footwork</p> <ul style="list-style-type: none"> • On guard in Fencing • Footwork in Epee Fencing (definition) • Classification of Footwork • Aim • Different Simple and Compound Foot movement <p>Hand Position</p> <ul style="list-style-type: none"> • Classification • Aim
13.	Offensive Actions in Epee Fencing	<p>Simple Attack</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Taking of Blade</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise <p>Compound Attack</p> <ul style="list-style-type: none"> • Definition • Classification • Tactical advise
14.	Defensive Action in Epee Fencing	<p>Classification of Parries</p> <ul style="list-style-type: none"> • Basic Parries • Secondary Parries <p>Execution of Simple Parries</p> <p>Successive Parries</p> <p>Riposte and Counter Riposte's in Epee</p> <p>Classification of Riposte</p> <ul style="list-style-type: none"> • Simple Direct • Simple Indirect • Compound Riposte • Taking of the blade Riposte
15.	Renewed Attacks in Epee Fencing	<p>Classification</p> <ol style="list-style-type: none"> 1. Remise 2. Redoublement 3. Reprise <p>Transfer of blade</p> <p>Classification</p> <ol style="list-style-type: none"> 1. Circular Transfer 2. Diagonal Transfer
16.	Referring in Epee Fencing	<ul style="list-style-type: none"> • Introduction of Refereeing • Importance of Officiating • Principles of Officiating • Mechanism of Officiating

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| | | <ul style="list-style-type: none">• Officials involved in Officiating• Duties of Referees• Uniform of Referees• Offences and Penalties in Epee• Hand Signals & Phrases used in Officiating• Equipment to be Checked on the Piste• Where to Stand Referee• Corps-a-Corps• When to Call Halt Unwillingness to Fight• Properly filled Score Sheet & DE Sheet• My Personal Experience as a Referee |
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