



My Progress Sheet

Fencers Name:			
Month and year joined:			
Weapons Fenced:	Foil		Sabre
Sheet version	MARCH 2024		

Our progress sheet has been made to help our young fencers track their progress, to promote independence and set targets for them to achieve.

Fencing basics

I know and can demonstrate to a good standard the following techniques.

Technique	Date passed	Coach
En guard		
Step forwards		
Step backwards		
Attack		
Lunge		
Parry 4 (Quarte) riposte		
What kit is required to fence safely		
Two club health and safety rules		
Can get kit on independently. (non-electric kit)		

All fencing basics passed	Date		Coach	
----------------------------------	-------------	--	--------------	--

Refereeing basics

I know and can explain to a good standard the following principles.

Principle	Date passed	Coach
How fencers show respect		
How a referee starts a bout		
How a referee stops a bout		
The target area for each weapon		
Which weapons have the priority rule		
How priority is established		
Two ways a fencer can lose priority		

All refereeing basics passed	Date		Coach	
-------------------------------------	-------------	--	--------------	--

Foil core skills.

I know and can demonstrate to a good standard the following techniques.

Technique	Date passed	Coach
Parry 6 (sixte) riposte		
Parry 8 (octave) riposte		
Feint disengage		
1 st counter riposte		

All foil skills passed	Date		Coach	
-------------------------------	-------------	--	--------------	--

Sabre core skills.

I know and can demonstrate to a good standard the following techniques.

Technique	Date passed	Coach
Parry 5 (quint) riposte		
Parry 3 (tierce) riposte		
Feint cut over		
1 st counter riposte		

All sabre skills passed	Date		Coach	
-------------------------	------	--	-------	--

Provisional electric licence.

To be granted your electric provisional licence, which lets you join in on electric fencing, you must have passed the following.

- Fencing basics
- Refereeing basics

And either of the following.

- Foil core skills
- Sabre core skills

Provisional electric licence	Date		Coach	
------------------------------	------	--	-------	--

Full electric licence

To be granted your full electric licence you must be able to explain and demonstrate to a good standard the following principles.

Principle	Date passed	Coach
What makes up an electric piste		
What additional kit is required for electric fencing		
How to test that the electric piste works		
Can get kit on independently. (electric kit)		
Can independently plug in and plug out of electric kit		

Full electric licence	Date		Coach	
-----------------------	------	--	-------	--

Competitive fencer award

To be granted your competitive fencer award you must have completed the following.

Principle	Date passed	Coach
Explain what kit is required for your competition category		
Has competed once		
Has competed three times		
Has competed five times		

Competitive fencer award	Date		Coach	
--------------------------	------	--	-------	--

Club completionist award.

To earn your club completionist award, you must have earned the following two awards.

- Full electric licence
- Competitive fencer award

Club completionist award	Date		Coaches	
---------------------------------	-------------	--	----------------	--

Congratulations, on earning your club completionist award. You have become an independent, diligent, and knowledgeable young fencer. You have represented us and have achieved so much. We are so proud of you. Just look back, from when you joined us, to now and take in everything you have accomplished.

Liverpool Junior Fencing Club

My fencing memories

Use this space to write some notes on your memories of fencing. Try writing the date, how you felt or what lessons you learned;