

US Fencing Coaches Association



Moniteur's Study Guide



Introduction

Candidate who are seeking their Moniteur's certification should review the questions found here, but should also review the information found in the Assistant Moniteur's Study Guide, available on the USFCA's website at www.usfca.org.

The written exam questions will be similar to those found in this study guide.

Risk Management

What should a coach do to practice Risk Management?

- A. Take every step to minimize the prospect of injury.
- B. Delegate responsibility of liability of injury to students.
- C. Ensure that all possible avenues of protection have been taken
- D. A and C

ANSWER: D

What are the most important elements in establishing a safe and protected environment for athletes, coaches, officials, spectators, and other participants?

- A. Consistent enforcement of rules and maintenance of insurance
- B. Understanding risk exposures and effective planning
- C. Running an efficient competition
- D. A and B
- E. All the above

ANSWER: D

Coaches' moral standards and conduct are personal matters, except when coaches' conduct may compromise their professional responsibilities or reduce the public trust in the coaching profession.

- A. True
- B. False

ANSWER: A

Modern sport leadership practices recommend that players be matched for competition. At the national level the USFA approaches this standard by providing competition entry groupings stratified according to:

- A. Gender, age and demonstrated skills
- B. Age and demonstrated skill
- C. Gender and Age only
- D. Open classifications by gender.

ANSWER: A



Coaches have many motivations for teaching, some are to apply and make public their knowledge of sport in order to contribute to human welfare.

- A. True
- B. False

ANSWER: A

Identifying sources of potential injury, property damage or legal liability is not part of a coach's job.

- A. True
- B. False

ANSWER: B

Since the USFA already requires fencers to wear protective gear it is not necessary for fencing clubs or coaches to implement further strategies, which reduce risk.

- A. True
- B. False

ANSWER: B

The key to developing a successful risk management program begins with an evaluation of potential and inherent risks.

- A. True
- B. False

ANSWER: A

The health and physical condition of the athletes is not a part of risk management considerations.

- A. True
- B. False

ANSWER: B

It is strictly up to the referee to enforce the rules of sport and therefore rule adherence is not a risk management issue for the coach to consider.

- A. True
- B. False

ANSWER: B

If the athletes play fair then the quality of equipment being used is not important.

- A. True
- B. False

ANSWER: B

One of the important things to consider regarding the potential for injury is the venue.



- A. True
- B. False

ANSWER: A

Establishing a 'Risk Management Policy Statement' is a risk management process for multi-sport institutions or organizations, but does not apply to fencing coaches of small groups.

- A. True
- B. False

ANSWER: B

Inherent risks in sport are few and far between.

- A. True
- B. False

ANSWER: B

Evaluating potential risks is not important because every one already understands the inherent risks involved in participating in sport.

- A. True
- B. False

ANSWER: B

It is vital that coaches in local sports programs, where athletes may be poorly conditioned or there are a limited number of coaches for many athletes; develop ways to monitor their athletes.

- A. True
- B. False

ANSWER: A

Failure to conform to the safety rules of a sport is considered a "breach" of contract.

- A. True
- B. False

ANSWER: A

Which safety item is not required by the rules?

- A. Underarm protector
- B. Leg covering
- C. Mask back strap
- D. Glove with cuff covering lower forearm

ANSWER: C

Fencing in short pants should be allowed while practicing:



- A. Saber
- B. Foil
- C. In temperature over 75 degrees
- D. None of the above

ANSWER: D

Before teaching a beginner class, you should check the 'dry' weapons for:

- A. Tip covering
- B. Proper bend
- C. Broken blades
- D. All of above

ANSWER: D

Fitness

Every workout or competition should begin with a warm up.

- A. True
- B. False

ANSWER: A

Two purposes for the warm-up are:

- A. to raise the core body temperature and to prepare mentally for activity.
- B. to decrease flexibility and prevent injury.
- C. to increase muscle soreness and increase agility.
- D. none of the above.

ANSWER: A

A good pre-competition warm up will do which of the following?

- A. Minimize the risk of injury
- B. Prepare the mind and body
- C. Put you at your optimum performance level
- D. All of the above

ANSWER: D



Warming up does NOT:

- A. increase the elasticity of muscles.
- B. help the fencer rehearse a new skill.
- C. make the fencer more prepared for competition or bouting.
- D. help the fencer to produce rapid, agile movements.

ANSWER: B

As long as the fencer is working hard everyday his training schedule can stay the same.

- A. True
- B. False

ANSWER: B

Planning for important competitions can be significant in the performance of the athlete.

- A. True
- B. False

ANSWER: A

Weightlifting has no place in the training of a competitive fencer.

- A. True
- B. False

ANSWER: B

Plyometrics is used only by athletes in jumping sports like basketball and high jump.

- A. True
- B. False

ANSWER: B

Strength training helps prevent injury.

- A. True
- B. False

ANSWER: A

Athletes who lift weights will become stiff and tight.

- A. True
- B. False

ANSWER: B

Weightlifting when correctly done does not decrease and may even improve flexibility.



- A. True
- B. False

ANSWER: A

If an athlete is healthy and fit they do not need to do stretching exercises.

- A. True
- B. False

ANSWER: B

A low resting heart rate is a bad thing.

- A. True
- B. False

ANSWER: B

Strength training is bad for young athletes.

- A. True
- B. False

ANSWER: B

Aerobics is for women only, and fencers do not need aerobic exercises.

- A. True
- B. False

ANSWER: B

A portion of training should be at the lactate threshold (when you are working out and just barely out of breath).

- A. True
- B. False

ANSWER: A

In season competitive preparation should be oriented towards anaerobic conditioning.

- A. True
- B. False

ANSWER: A



Strength training has no place in the teaching of a beginning fencing class.

- A. True
- B. False

ANSWER: B

Strength training can only be done with weights and fancy machines.

- A. True
- B. False

ANSWER: B

Most young children like to do strengthening exercises and conditioning games.

- A. True
- B. False

ANSWER: A

A beginner fencer should never compete until they have been training for at least three years.

- A. True
- B. False

ANSWER: B

A beginner should be able to bench press twice their body weight before starting to compete.

- A. True
- B. False

ANSWER: B

As a competitive sport fencing is primarily anaerobic.

- A. True
- B. False

ANSWER: A

Aerobic means:

- A. With oxygen
- B. With out oxygen
- C. With complicated dance moves
- D. Tights should be worn
- E. Training to music

ANSWER: A



Anaerobic means:

- A. I am out of breath
- B. With out oxygen
- C. The chemical reactions of a type of bacteria
- D. With oxygen

ANSWER: B

The standard formula for estimating a person's maximum heart rate is?

- A. 500 divided by your age
- B. 220 minus your age
- C. 50 times your age divided by two
- D. Your resting heart rate times your age

ANSWER: B

Plyometrics are:

- A. Explosive callisthenic like movements
- B. Can be dangerous for untrained individuals
- C. Worthless for a fencer
- D. Is a measuring method using the metric system

ANSWER: A

The Overload principle states that:

- A. It is dangerous to overload the muscles
- B. A demand must be placed on the body systems to improve
- C. Overloading, can only be done by lifting weights
- D. You never need to vary the training load.

ANSWER: B

To control the training load you can:

- A. Vary the frequency, intensity, and or duration
- B. Drink less water
- C. Eat more food
- D. Use heavier weights
- E. Train later at night

ANSWER: A

When the body responds to training by improving physically it is called the:

- A. Adaptation principle
- B. Adoption principle
- C. Adherence principle
- D. Lucky

ANSWER: A



The Progression principle if followed:

- A. Helps prevent over training
- B. Insures a steady rate of progress
- C. Can help avoid injuries
- D. Is a vital element when planning training?
- E. All of the above

ANSWER: E

Every athlete responds differently to training and to learning, this is the:

- A. Individual response principal
- B. Muscles are muscles and everyone responds the same
- C. Makes coaching and teaching very boring and regimented
- D. None of the above

ANSWER: A

Work-rest, Hard-easy are examples of the:

- A. Innate laziness of fencers
- B. Best way to conduct every lesson
- C. The variation principal
- D. Ways of engaging the blade

ANSWER: C

The warm up, cool down principle:

- A. Means that always wear your team sweat suit and drink cold water
- B. Doesn't matter for fencing since we wear heavy jackets all the time.
- C. Means gradually raising the body's metabolic rate by starting to exercise gradually and doing light activity after training to bring the intensity back down.
- D. Can be very variable in its specific application to each athlete.
- E. C and D.

ANSWER: E

The Reversibility principle:

- A. Means that once an athlete has achieved a high level of fitness they can stop training
- B. When you have learned a skill you can stop practicing it
- C. Physical fitness must be maintained or it will be lost
- D. Olympic athletes never have to exercise after they win a medal

ANSWER: C



The moderation principle is:

- A. Something for a coach to remember in planning training
- B. Related to the variation principle
- C. Associated with the long term training principle
- D. Important for highly motivated athletes to remember
- E. All of the above

ANSWER: E

All types of muscles are the same.

- A. True
- B. False

ANSWER: B

There are five types of muscle fibers.

- A. True
- B. False

ANSWER: B

You cannot change one type of muscle fiber into another type of muscle fiber.

- A. True
- B. False

ANSWER: B

Some muscle fibers can be modified through appropriate training.

- A. True
- B. False

ANSWER: A

Your percentages of muscle fiber types are genetically determined.

- A. True
- B. False

ANSWER: A

The heart is not a muscle.

- A. True
- B. False

ANSWER: B



Tendons and ligaments can be strengthened by weightlifting.

- A. True
- B. False

ANSWER: A

Fencing can be taught the same regardless of the age of the participant.

- A. True
- B. False

ANSWER: B

Every student learns the same way.

- A. True
- B. False

ANSWER: B

Because they are growing so fast children can be pushed very hard.

- A. True
- B. False

ANSWER: B

If they don't show early aptitude for a sport they never will.

- A. True
- B. False

ANSWER: B

Clumsy kids will always be clumsy.

- A. True
- B. False

ANSWER: B

You can teach agility to students.

- A. True
- B. False

ANSWER: A



Poor agility is often due to low levels of general strength and fitness.

- A. True
- B. False

ANSWER: A

The basic three types of learning methods are:

- A. Tactile or kinesthetic, visual or observational, auditory or analytical
- B. Repetition, replication, mimicking
- C. Listening. Learning, thinking
- D. Negative reinforcement, positive reinforcement, punishment
- E. Copying of movement, imitation of action, role modeling or replication

ANSWER: A

When teaching and training pre-teen children emphasis should be on:

- A. Having fun while developing gross motor skills
- B. Learning organization and group cooperation
- C. Learning the fundamentals of basic skills
- D. Developing general fitness
- E. All of the above

ANSWER: E

When teaching and training pre-teen children early specialization is important.

- A. True
- B. False

ANSWER: B

When teaching and training pre-teen children general development and variety is important.

- A. True
- B. False

ANSWER: A

A serious strengthening and conditioning program is developmentally appropriate for young children (pre-teens).

- A. True
- B. False

ANSWER: B



When teaching and training pre-teen children calisthenics and endurance training should be avoided.

- A. True
- B. False

ANSWER: B

When teaching and training pre-teen children some endurance development will occur during the specific sport participation.

- A. True
- B. False

ANSWER: A

When training adolescents weightlifting can begin.

- A. True
- B. False

ANSWER: A

Ligaments and joints and growth plates are fully formed in adolescent athletes.

- A. True
- B. False

ANSWER: B

Progress is linear, as the adolescent fencer grows older.

- A. True
- B. False

ANSWER: B

Tremendous improvements in muscular and cardiovascular systems take place when training adolescent athletes.

- A. True
- B. False

ANSWER: A

Sport specialization can begin when training adolescents.

- A. True
- B. False

ANSWER: A



Anaerobic Threshold is:

- A. When the muscles start to "burn"
- B. When the lungs meet the oxygen demands of the muscles
- C. The limit of work capacity
- D. When the "energy delivery system" changes.

ANSWER: D

The heart rate zone for improving cardio vascular endurance is between:

- A. 60 and 80 percent of your max heart rate
- B. 85 and 100 percent of your max heart rate
- C. Always push harder than your max heart rate to raise it
- D. Raising the heart rate more than twenty beats above resting is unnecessary

ANSWER: A

The Principle of Specificity is composed of:

- A. Specificity of energy systems
- B. Specificity of muscle groups
- C. Specificity of movement patterns
- D. Specificity of diet

ANSWER: A

A coach should limit intense drilling/conditioning during extreme heat.

- A. True
- B. False

ANSWER: A

Fencing Specific

The first stage of classic teaching methodology is to demonstrate the skill.

- A. True
- B. False

ANSWER: A

Second (2), eighth (8), and seventh (7) are all low line parries.

- A. True
- B. False

ANSWER: A



Parry four (4) protects the high outside line.

- A. True
- B. False

ANSWER: B

The disengage and coupe are simple direct attacks.

- A. True
- B. False

ANSWER: B

Fencers should salute their opponent before and after the bout.

- A. True
- B. False

ANSWER: A

In on guard position, the shoulders should be relaxed, level and over the hips.

- A. True
- B. False

ANSWER: A

It is a mistake for the trunk to independently move excessively during fencing.

- A. True
- B. False

ANSWER: A

In a proper lunge position, the knee of the forward leg is over the toes.

- A. True
- B. False

ANSWER: B

When on guard, the front toe is rarely pointed forward and the back foot is at a greater than ninety degree angle to the front foot.

- A. True
- B. False

ANSWER: B



In basic on guard position, the front elbow is about a finger width away from the side of the body.

- A. True
- B. False

ANSWER: B

The pool portion of a tournament is usually the final round.

- A. True
- B. False

ANSWER: B

In foil and saber the initial offensive action, executed by extending the arm is important in establishing right of way.

- A. True
- B. False

ANSWER: A

Which action is most likely to be used with a direct attack?

- A. Coupe-coupe
- B. Beat
- C. Parry octave (8)
- D. One-two

ANSWER: B

Which blade positions below are held in the pronated hand position?

- A. Sixte (6)
- B. Seconde (2)
- C. Septime(7)
- D. A and B

ANSWER: B

Which below has nothing to do with minutes or seconds?

- A. Time out
- B. Injury time
- C. Bout length
- D. Fencing time

ANSWER: D



A fencer may only increase their classification:

- A. Once per year
- B. One level at a time
- C. There is no limit
- D. Once they have become a senior fencer

ANSWER: C

When making a basic, direct attack with lunge what part of the body moves first?

- A. Knee
- B. Foot
- C. Hand
- D. Head

ANSWER: C

Which one of the actions below should be taught to a beginner before the others?

- A. Balestra
- B. Lunge
- C. Double disengage
- D. Advance

ANSWER: D

Which of the below contains only the names of parts of the foil?

- A. Pommel, grip, guard, blade
- B. Butt, handle, hand guard, pad
- C. Tip, holder, hilt, forte
- D. End, grasp, finger shield, tang

ANSWER: A

In on guard position the hips should be:

- A. Turned slightly forward
- B. In fullest possible profile
- C. Tilted
- D. B and C

ANSWER: A

In on guard position, the head should be:

- A. Centered over the shoulders
- B. Held erect with the face turned forward
- C. With the eyes looking straight ahead
- D. All of above

ANSWER: D



Which of the below is a false attack?

- A. Evasion
- B. Feint
- C. Disengage
- D. Deceive

ANSWER: B

A step forward is:

- A. An attack
- B. A lunge
- C. A retreat
- D. An advance

ANSWER: D

In foil and saber, counter attack with lunge will always have priority over an attack with advance-lunge.

- A. True
- B. False

ANSWER: B

Pressing the opponent's blade immediately prior to the attack is a form of:

- A. Attack
- B. Action on the blade
- C. Envelopment
- D. A and B

ANSWER: B

What are the four basic fencing distances?

- A. Close, middle, far, extra far
- B. Short, medium, long, fleche
- C. Riposte, advance, lunge, advance lunge
- D. A and B

ANSWER: C

Feint - deceive is a successful action against a:

- A. Parry
- B. Feint in tempo
- C. Simple attack
- D. Remise

ANSWER: A



In order for a fencer to participate in a cadet or veteran tournament they must:

- A. Be over 40 years old
- B. Be under 20 years old
- C. Meet the specified age criteria
- D. Be or have been in the military

ANSWER: C

Which notation below indicates the highest rated fencer?

- A. A 04
- B. B05
- C. C05
- D. A09

ANSWER: D

How many side judges are present during a 'dry' bout?

- A. 2
- B. 4
- C. 5
- D. None of the above

ANSWER: B

In group drills, one should not allow opposite handed fencers to drill together.

- A. True
- B. False

ANSWER: B

When performing a fleche, the hit should score after the back foot lands.

- A. True
- B. False

ANSWER: B

The double retreat plays an important role in regulating the distance.

- A. True
- B. False

ANSWER: A



The duration for a fifteen touch bout (direct elimination) is:

- A. 15 minutes (3 rounds of 5 min. with 30 sec. break between)
- B. 10 minutes (2 rounds of 5 min. with 1 min. break between)
- C. 9 minutes (3 rounds of 3 min. with 1 min. break between)
- D. 6 minutes (3 rounds of 2 min. with 1 min. break between)

ANSWER: C

The width of the fencing strip is:

- A. 1.5 meters
- B. 1.5 to 2.0 meters
- C. 2.0 meters
- D. 2.0 to 2.5 meters

ANSWER: B

Which drill most closely resembles the competitive environment?

- A. Tutorial drill
- B. Bouting drill
- C. Exchange drill
- D. Analysis-commitment drill

ANSWER: B

The thrusting feint is designed to draw a reaction from the opponent.

- A. True
- B. False

ANSWER: A

While doing footwork one should avoid having the center of gravity move in a parabolic (up and down) fashion.

- A. True
- B. False

ANSWER: A

A simple attack is defined as:

- A. Offensive action executed in two tempos
- B. Offensive action executed with no feint
- C. Direct or indirect offensive action executed in one tempo
- D. Direct or indirect compound action executed in one tempo

ANSWER: C



As coaches, we do not need to demonstrate good footwork for our students.

- A. True
- B. False

ANSWER: B

In epee the pressure exerted on the electrical tip to cause the apparatus to register a touch is:

- A. 750 grams (+/-3 grams)
- B. more than 770 grams (+/-2 grams)
- C. 700 grams
- D. more than 750 grams

ANSWER: A

_____ is an attack on the blade.

- A. beat
- B. press
- C. expulsion
- D. all of the above

ANSWER: D

A line is defined as:

- A. Area of target defined by the relative position of the weapon hand and blade
- B. Area of target in relation to the hand in the four lines covered
- C. Area of position of the blade in relation to each target
- D. Area of target in relation to each target

ANSWER: A

If a competition is run by pool format only, the minimum percentage of fencers in a pool to be promoted to the next round is:

- A. 40%
- B. 50%
- C. 60%
- D. up to the bout committee between 70-80%

ANSWER: D

Which drill is an analog of the one-on-one work of the student at the coach's plastron?

- A. Preparatory group drill
- B. Tutorial drill
- C. Bouting drill
- D. Analysis-commitment drill

ANSWER: B



A straight attack is defined as:

- A. Direct defensive action
- B. Simple offensive action
- C. Basic direct offensive action
- D. Simple direct offensive action

ANSWER: D

The four lines in epee are high inside, high outside, low inside and low outside

- A. True
- B. False

ANSWER: A

A feint is defined as:

- A. Simulation of an offensive, defensive, or counter offensive action
- B. Simulation of an offensive action only, intended to draw a reaction or the absence of reaction from the opponent
- C. Simulation of an offensive, defensive or counter offensive action intended to draw a reflexive reaction, offensive, defensive, or counter offensive
- D. Simulation of an offensive, defensive, or counter offensive action intended to draw a riposte or a counter riposte from the opponent

ANSWER: C

In epee, the riposte can be simple or compound.

- A. True
- B. False

ANSWER: A

A semi-circular parry is defined as:

- A. Parry made by moving the blade in a circular motion
- B. Parry made by moving the blade in a semi-circular motion
- C. Parry made by moving the blade in a diagonal motion
- D. Parry made by moving the blade in a lateral motion

ANSWER: B



An attack is defined as:

- A. Initial offensive action, executed with the weapon arm extending and threatening the valid surface with a progressive forward motion
- B. Defensive action, executed with arm extending and threatening valid surface with a progressive forward motion
- C. Offensive or counter offensive action, executed with arm extending and threatening the valid surface with a progressive forward motion
- D. Initial counter offensive action, executed with arm fully extended and threatening the valid surface with a progressive forward motion

ANSWER: A

When no other penalties have been given, the color of the card given to a fencer for turning the back is:

- A. yellow
- B. red
- C. black
- D. no card is given

ANSWER: A

What type of drills call for a fencer to initiate, another to respond, and then for the fencers to immediately reverse roles?

- A. Preparatory group drills
- B. Tutorial drills
- C. Exchange drills
- D. Analysis-commitment drills

ANSWER: C

A compound attack is defined as:

- A. Offensive action preceded by one beat
- B. Offensive action preceded by an action on the blade
- C. Offensive action preceded by one or more feints or actions on the blade
- D. Indirect offensive action executed in two tempos

ANSWER: C

Assuming that no other penalties have been given, the color of the card given to a fencer for absence of inspection marks is:

- A. Red
- B. Yellow
- C. Black
- D. No card

ANSWER: A



Is a touch that arrives after the timekeeper calls "Halt" at the expiration of time ever awarded?

- A. No
- B. Yes
- C. Yes, if it is an immediate riposte
- D. Yes, if the action began before the "Halt"

ANSWER: A

The length of the fencing strip is:

- A. 12 meters
- B. 14 meters
- C. 16 meters
- D. 18 meters

ANSWER: B

In teaching footwork, any of its parts can be broken down in order to learn the feeling for center of gravity.

- A. True
- B. False

ANSWER: A

In epee, the parry is considered a counter-attack.

- A. True
- B. False

ANSWER: B

An engagement is defined as:

- A. Situation of two blades in space
- B. Situation very confusing to a fencer
- C. Situation of fencers applying pressure to one another's blades
- D. Situation of two blades in contact

ANSWER: D

Derobement is a defensive action against the actions on a blade.

- A. True
- B. False

ANSWER: A



A disengage attack is defined as:

- A. Simple indirect offensive action which passes from one side of the opponent's blade to the other by raising it on the other side
- B. Simple offensive action which passes from one side of the opponent's blade to another by passing around the opponent's bell guard
- C. Simple indirect offensive action which passes from one side of the opponent's blade to another by lifting it over the opponent's point
- D. Offensive action which passes from one side of the opponent's blade to another by passing around the opponent's bell guard

Answer A

_____ is not measured in seconds or minutes.

- A. Time out
- B. Injury time
- C. Bout length
- D. Fencing time

ANSWER: D

Identify blocked practice:

- A. A practice schedule in which skills are practiced in a specific and repetitive order.
- B. A practice schedule in which one skill is repeated in a set before moving onto another skill.
- C. A practice schedule in which there is no specific order of occurrence for practicing several different skills.
- D. A practice schedule in which there is a specific order of occurrence for practicing several different skills.

ANSWER: B

Counter-attack is not a useful action for epee because of right-of-way.

- A. True
- B. False

ANSWER: B

A diagonal parry is defined as:

- A. Parry made by deflecting a bind
- B. Parry made by deflecting a cross
- C. Parry made by moving the blade in a diagonal motion
- D. Parry made by moving the blade to an eighth position

ANSWER: C



The pressure exerted on the electrical foil tip to cause the apparatus to register a touch:

- A. must be 500 grams
- B. must be more than 700 grams (+/- 2 grams)
- C. must be more than 500 grams (+/- 2 grams)
- D. must be 700 grams

ANSWER: C

Rotating fencers during group classes should be kept to a minimum so that fencers may get familiar with each others' styles, timing, and cues.

- A. True
- B. False

ANSWER: B

At the beginning of a bout any fencer failing to salute after the referee's instruction is penalized by a:

- A. red card (group 3)
- B. yellow card
- C. black card
- D. warning from the referee

ANSWER: A

Pronation is defined as:

- A. Position of the hand with the palm facing upward
- B. Position of the hand with the palm facing downward
- C. Position of the hand in relation to the weapon
- D. Position of the hand with the palm facing sideways

ANSWER: B

The fleche is footwork executed by a forward displacement of the center of gravity with the back foot crossing backward.

- A. True
- B. False

ANSWER: B

A fencer on the strip must keep his mask on until:

- A. the Referee has given his decision
- B. the Referee says "Halt"
- C. the Referee gives him permission to remove it
- D. a touch occurred

ANSWER: B



The front foot does not move from the original lunge stance when performing the forward recovery.

- A. True
- B. False

ANSWER: A

There is more than one way to recover from a lunge.

- A. True
- B. False

ANSWER: A

A red card means:

- A. warning
- B. touch for the opponent
- C. negative touch
- D. exclusion or expulsion

ANSWER: B

All fencers, regardless of their level, need to practice general footwork.

- A. True
- B. False

ANSWER: A

"On Guard" implies that the fencer is physically and mentally ready for action

- A. True
- B. False

ANSWER: A

Epee fencing is not governed by the conventions of right-of-way.

- A. True
- B. False

ANSWER: A

An indirect attack is defined as:

- A. Offensive action executed in a line and finishing without a change in line
- B. Offensive action executed in a line and finishing by a one-two attack
- C. Offensive action executed in the same line in which it originated
- D. Offensive action executed in a line other than the one in which it originated

ANSWER: D



What is the distance required at the end of the strip in order to provide a safe and level surface upon which a fencer may retreat when crossing the rear limit?

- A. None
- B. 1 to 2 meters
- C. 1.5 to 2 meters
- D. 2 to 2.5 meters

ANSWER: C

The epee body cord is attached to the socket at the guard by a three-prong plug.

- A. True
- B. False

ANSWER: A

The maximum weight of the foil is:

- A. Must be more than 500 grams
- B. Must be less than 500 grams
- C. Must be less than 700 grams
- D. Must be less than 600 grams

ANSWER: B

Ultimately, fencers should be taught to straighten the arm at various times during the development of an attack.

- A. True
- B. False

ANSWER: A

Appearing on the strip wearing a waist length jacket incurs:

- A. a yellow card
- B. a black card
- C. a red card
- D. no card

ANSWER: A

Identify random practice:

- A. A practice schedule in which skills are practiced in a specific and repetitive order
- B. A practice schedule in which one skill is practiced repeatedly before moving on to another skill
- C. A practice schedule in which there is no specific order of occurrence for practice several different skills
- D. A practice schedule in which there is a specific order of occurrence for practicing several different skills

ANSWER: C



A riposte is defined as:

- A. Offensive action executed after a parry. It may be either simple or compound.
- B. Offensive action executed after an attack. It may be either simple or compound.
- C. Counter offensive action executed after a parry. It may be either simple or compound.
- D. Counter offensive action executed after an attack. It may be either simple or compound.

ANSWER: A

Epee has eight blade positions.

- A. True
- B. False

ANSWER: A

A beat is defined as:

- A. A sharp, powerful, prolonged pressure executed on the opponent's blade
- B. Hitting the opponent's blade
- C. Action of pressing with a beat on the opponent's blade
- D. lateral pressure executed on the opponent's blade

ANSWER: B

The fighting line is the imaginary line which passes through the heels of the two fencers facing each other.

- A. True
- B. False

ANSWER: A

Fifth in the thrusting weapons is defined as:

- A. Position or parry that covers the low outside line. The point is higher than the hand with the hand in pronation.
- B. Position or parry that covers the High inside line. The point is higher than the hand with the hand in pronation.
- C. Position or parry that covers the low inside line. The point is lower than the hand with the hand in pronation.
- D. Position or parry that covers the low inside line. The point is higher than the hand with the hand in pronation.

ANSWER: B

A press is defined as:

- A. Beat executed after making contact with the opponent's blade
- B. Lateral pressure executed with the opponent's blade
- C. Pressure executed without making contact with the opponent's blade
- D. Pressure executed after making contact with the opponent's blade

ANSWER: D



The designation of a competition as Class B indicates:

- A. only fencers of a B classification can fence
- B. fencers of a B and A classification can fence
- C. fencers of a B and C classification can fence
- D. fencers of a B classification or lower can fence

ANSWER: D

When a foil does not pass the weight test, what must the referee do?

- A. Give a yellow card and confiscate the foil
- B. Give a red card
- C. Confiscate the weapon
- D. Ask the fencer to get a new foil and next time gives a yellow card

ANSWER: A

Is holding the French handle epee by the pommel permissible?

- A. no
- B. yes
- C. only with permission
- D. only with a verifiable injury

ANSWER: B

If two or more fencers have the same bout and touch indicator, what will be the next calculation to determine the highest place?

- A. Touches received, the least being classified highest
- B. Touches scored, the more being classified highest
- C. Touches received, the more being classified highest
- D. Touches scored, the least being classified highest

ANSWER: B

Eight is defined as:

- A. Position or parry that covers the low inside line. The point is lower than the hand with the hand toward supination.
- B. Position or parry that covers the low outside line. The point is lower than the hand with the hand toward pronation.
- C. Position or parry that covers the low inside line. The point is lower than the hand with the hand toward pronation.
- D. Position or parry that covers the low outside line. The point is lower than the hand with the hand toward supination.

ANSWER: D



A lateral parry is defined as:

- A. Parry made by moving the blade in a horizontal motion
- B. Parry described by moving the blade in a semi-circular motion
- C. Parry made by moving the blade parallel to the opponent's blade
- D. Parry described by moving the blade perpendicular to the opponent's blade

ANSWER: A

Seventh is defined as:

- A. Position or parry that covers the low inside line. The point is higher than the hand with the hand toward supination.
- B. Position or parry that covers the low inside line. The point is lower than the hand with the hand toward supination.
- C. Position or parry that covers the low outside line. The point is lower than the hand with the hand toward supination.
- D. Position or parry that covers the low outside line. The point is higher than the hand with the hand toward supination.

ANSWER: B

A cut over attack is defined as:

- A. Simple direct offensive action which passes from one side of the opponent's blade to another
- B. Simple direct offensive action which passes from one side of the opponent's blade to another after a feint
- C. Simple indirect offensive action which passes from one side of the opponent's blade to another by passing around the tip
- D. Simple indirect offensive action which passes from one side of the opponent's blade to the same side

ANSWER: C

According to the USFA rules, the beginning fencer should use a French grip.

- A. True
- B. False

ANSWER: B

The maximum length of the epee is:

- A. 120 cm
- B. 150 cm
- C. 105 cm
- D. 110 cm

ANSWER: D



The opponent feints to your low inside line. You attempt a parry seven. The opponent then attacks to your high inside line. You make a successful parry four. You have made a circular parry.

- A. True
- B. False

ANSWER: B

Second is defined as:

- A. Position or parry that covers the low outside line. The point is lower than the hand with the hand in pronation.
- B. Position or parry that covers the low inside line. The point is lower than the hand with the hand in pronation.
- C. Position or parry that covers the high outside line. The point is higher than the hand with the hand in supination.
- D. Position or parry that covers the high inside line. The point is higher than the hand with the hand in supination.

ANSWER: A

Sixth is defined as:

- A. Position or parry that covers the high inside line. The point is higher than the hand with the hand toward supination.
- B. Position or parry that covers the high outside line. The point is lower than the hand with the hand toward supination.
- C. Position or parry that covers the high outside line. The point is higher than the hand with the hand in pronation.
- D. Position or parry that covers the high outside line. The point is higher than the hand with the hand toward supination.

ANSWER: D

A counter-attack is defined as:

- A. Offensive action executed after the start of the opponent's defensive action
- B. Offensive action executed after the start of the opponent's offensive action
- C. Offensive action executed after the start of the opponent's parry
- D. Offensive action executed after the start of the opponent's counter offensive action

ANSWER: B

Footwork plays a small role in controlling distance.

- A. True
- B. False

ANSWER: B



An important goal of the teaching of fencing in a beginning fencing class is:

- A. To conceptualize the game
- B. For students to learn effective bouting skills
- C. To develop enthusiasm for the sport in the students
- D. All of the above

ANSWER: C

A circular parry is defined as:

- A. Parry made by moving the blade in a defending motion
- B. Parry made by moving the blade in a semi-circular motion
- C. Parry described by moving the blade against the opponent's blade
- D. Parry made by moving the blade in a circular motion

ANSWER: D

For recovery from an indisposition or a cramp, a fencer is allowed:

- A. No time
- B. 10 minutes
- C. 15 minutes
- D. 20 minutes

ANSWER: A

With no other penalties having been given, the color of the card given to a fencer for an unjustified claim of an injury is:

- A. yellow
- B. red
- C. black
- D. no card is given

ANSWER: B

In the lunge, the front foot should go as far and as high as it can.

- A. True
- B. False

ANSWER: B

What is the duration of a five touch bout?

- A. 6 minutes
- B. 5 minutes
- C. 4 minutes
- D. 3 minutes

ANSWER: D



It is acceptable for the back foot to slide forward during the execution of the lunge if it remains flat on the ground with the back knee extended, ending in a perfect lunge position.

- A. True
- B. False

ANSWER: A

An attack with one or more feints is a.

- A. simple attack
- B. compound attack
- C. direct attack
- D. all of the above

ANSWER: B

What are the advantage(s) to teaching fencing to groups as opposed to individuals?

- A. It makes good business sense
- B. It builds a large base of fencers
- C. A and B
- D. B only

ANSWER: C

_____ is a form of counter attack.

- A. Remise
- B. Riposte
- C. Stop hit
- D. Reprise

ANSWER: C

The maximum length of the foil blade is:

- A. 100 cm
- B. 90 cm
- C. 88 cm
- D. 70 cm

ANSWER: B

If two fencers in the same pool have the same number of victories, what will be the first calculation to determine the higher place?

- A. Touches Received minus Touches Scored
- B. Touches Scored minus Touches Received
- C. Touches Received plus Touches Scored
- D. Touches Scored plus Touches Received

ANSWER: B



Taking the opponent's blade immediately prior to the attack is a form of:

- A. preparation of attack
- B. preparation on the blade
- C. A and B
- D. derobement

ANSWER: C

First is defined as:

- A. Position or parry that covers the high inside line. The point is lower than the hand with the hand past pronation.
- B. Position or parry that covers the high outside line. The point is higher than the hand with the hand past pronation.
- C. Position or parry that covers the high inside line. The point is lower than the hand with the hand past supination.
- D. Position or parry that covers the high outside line. The point is lower than the hand with the hand past pronation.

ANSWER: A

Only the upper body is target in epee.

- A. True
- B. False

ANSWER: B

Fourth is defined as:

- A. Position that covers the high outside line. The point is higher than the hand with the hand toward pronation
- B. Position that covers the low inside position. The point is higher than the hand with the hand toward pronation
- C. Position or parry that covers the low inside position. The point is higher than the hand with the hand toward pronation
- D. Position or parry that covers the high inside line. The point is higher than the hand with the hand toward supination

ANSWER: D

There is no difference between engagement and pressure.

- A. True
- B. False

ANSWER: B



A counter riposte is defined as:

- A. Defensive action executed after parrying the riposte. It may be either simple or compound
- B. Offensive action executed after parrying the attack. It may be either simple or compound
- C. Defensive action executed after parrying the riposte. It may be either simple or compound
- D. Offensive action executed after parrying the riposte. It may be either simple or compound

ANSWER: D

A parry is defined as:

- A. Defensive or offensive action made with the blade to prevent the opponent's offensive action from arriving
- B. Defensive blade movement that blocks the opponent's offensive action
- C. Counter defensive action made to prevent the opponent's offensive action from arriving
- D. Defensive action made with the body such as evasion to prevent the opponent's counter offensive action from arriving

ANSWER: B

The color of cards for the fourth group of offenses are:

- A. yellow
- B. red
- C. black
- D. all of the above

ANSWER: C

The referee calls fencers #2 and #3 to the strip. Both fencers are right-handed. Which side should fencer #3 fence on?

- A. Right
- B. Left
- C. It doesn't matter
- D. It depends on the coin toss

ANSWER: B

The feint to the low line (under the opponent's guard) followed by an attack to the arm is a compound attack.

- A. True
- B. False

ANSWER: A

At first, the advance should be long since short advances may cause gross changes in the position of the trunk and in the center of gravity.

- A. True
- B. False

ANSWER: B



Preparation is defined as:

- A. Movements of the blade preceding an offensive action
- B. Movements of the blade and/or body preceding a defensive action
- C. Movements of the body preceding a defensive action
- D. Movements of the blade and/or body preceding an action (which makes it easier for the attack to succeed.)

ANSWER: D

Fencing preparatory actions occur only with the blade.

- A. True
- B. False

ANSWER: B

In group lessons, it is important to teach safety rules once the fencers have started to become proficient.

- A. True
- B. False

ANSWER: B

In saber, body contact (corps a corps) is:

- A. allowed without brutality.
- B. allowed.
- C. forbidden.
- D. applauded.

ANSWER: C

A fencer must establish a point-in-line.

- A. Before the opponent begins the attack
- B. Within advance lunge distance
- C. As the opponent begins the attack
- D. While retreating

ANSWER: A

When making an epee feint attack it is very important that the feint should be hidden so the opponent will not detect it.

- A. True
- B. False

ANSWER: B



A saber movement consisting of a touch made during the start of the opponent's offensive action is a:

- A. stop thrust.
- B. stop cut.
- C. counter time.
- D. counter riposte.

ANSWER: B

The coach gives the students the equipment, explains a few rules, and safety hints, and lets them fence. This is the first step in the _____ coaching method.

- A. Classic
- B. Task
- C. Problem Solving
- D. Bouting

ANSWER: C

Which of the following are three examples of attacks on the blade?

- A. cut over; disengage; press
- B. parry; riposte; counter riposte
- C. Beat, pressure, expulsion
- D. thrust; lateral transfer; remise

ANSWER: C

The beat is NOT used to:

- A. open a line.
- B. provoke a reaction.
- C. freeze the opponent's hand.
- D. close a line.
- E. None of the above

ANSWER: E

A compound attack on preparation is defined as:

- A. a defensive or counter defensive action with one or more feints made against an opponent's preparation.
- B. a simple indirect offensive or counter defensive action with one or more feints made against an opponent's preparation.
- C. an offensive action with one or more feints made against an opponent's preparation.
- D. an offensive or counter offensive action with no feints made against an opponent's preparation.

ANSWER: C



The position when the palm faces up is:

- A. pronation
- B. supination
- C. rotation
- D. none of the above

ANSWER: B

The fencer should repeat an action over and over again until he/she gets it perfect, regardless of how long it takes.

- A. True
- B. False

ANSWER: B

A simple attack is an initial offensive action, executed with the arm extending and threatening the valid surface with a progressive forward motion.

- A. True
- B. False

ANSWER: A

In Saber, fencer X makes a straight attack that strikes fencer Y with the guard. Fencer Y makes a counter attack that lands valid. The referee must:

- A. give fencer X the touch.
- B. give fencer X a yellow card, and annul the touch.
- C. give fencer X a red card.
- D. assign no touch and place the fencers back on guard.

ANSWER: B

In group drills, we do not allow opposite hand fencers to drill together.

- A. True
- B. False

ANSWER: B

The referee should check which of these features of the saber guard?

- A. That it is circular in cross section.
- B. That it is solid, smooth, without rims or holes.
- C. That the pommel does not have a rectangular cross-section.
- D. That the name of the fencer appears in the guard.

ANSWER: B



According to the new saber rules (adopted by the USFA Board of Directors 7/00), the armed hand, from the wrist bone to the tips of the finger is no longer target.

- A. True
- B. False

ANSWER: A

Before the command 'Fence' is given, fencer X establishes the line. The referee must:

- A. give the command 'Fence'.
- B. give a yellow card to fencer X.
- C. instruct fencer X to remove the line.
- D. give the command to 'Fence' but do not award any touch scored by fencer X's existing line.

ANSWER: C

When teaching the parry, the saber coach should encourage the fencer to avoid:

- A. parrying at the last possible moment.
- B. parrying with the movement of the front foot in the retreat.
- C. parrying with the movement of the back foot in the retreat.
- D. parrying a real attack.

ANSWER: C

What are foreseen moves?

- A. Moves of the first intention only
- B. Moves of the second intention only
- C. Moves of the first and second intention
- D. Spontaneous and unpremeditated moves

ANSWER: A

When performing a feint in saber, the fencer should avoid:

- A. partially extending the arm toward the target.
- B. pumping the arm between the feint and the cut.
- C. making the feint realistic.
- D. making the actions small.

ANSWER: B

What are unforeseen moves?

- A. Automatic reflex moves only
- B. Improvised, spontaneous moves only
- C. Spontaneous, unpremeditated moves
- D. Planned and premeditated moves

ANSWER: C



What are moves with change of decision?

- A. Moves that may be only of the second intention
- B. Moves of changing to another action
- C. Moves that begin with an unknown action and anticipate the opponent's reaction
- D. Moves that are preconceived but change under the influence of unexpected changes in the situation

ANSWER: D

The saber fencer should not initiate an attack on preparation when:

- A. the opponent begins a forward movement of the blade toward valid target.
- B. the opponent withdraws the weapon arm from the attack.
- C. the opponent hesitates.
- D. the opponent searches for the blade.

ANSWER: A

In sabre, fencer X makes an attack which lands on the leg, fencer Y counter attacks to the head and hits valid:

- A. No touch awarded
- B. Award touch for Y
- C. Award touch for Y, give warning to X
- D. No touch awarded, yellow card for Y

ANSWER: B

Sometimes children cannot perform a task not because of lack of "readiness", but because of the "task demands". A beginner in your Youth-10 group is having lots of trouble with point control after her successful parry. What will you check and correct?

- A. Noise and confusion in the fencing room. Restrict shouting during lessons.
- B. Weight and length of weapon; style and size of pommel; grip on the weapon.
- C. The fit of all of her equipment; type of footwear.
- D. Understanding of the task and distance.

ANSWER: B

The ON GUARD POSITION is defined as:

- A. the position most favorable for equal readiness and mobility.
- B. the position most favorable for equal readiness for offense, defense, counter offense, and mobility.
- C. the position most favorable for equal readiness for offense, counter offense, and mobility.
- D. the position most favorable for a fencer to take.

ANSWER: B

Parries may be made with a beat, lateral transfer, or yielding action.

- A. True
- B. False

ANSWER: A



Simple attacks consist of: straight attack, disengagement, and cut over.

- A. True
- B. False

ANSWER: A

True or False? "Fencing lessons should include some games and skill challenges that help to develop and maintain balance". Because...

- A. False. Balance is a fixed genetic trait and cannot be improved.
- B. True. Balance activities are easy and motivational.
- C. False. Balance is controlled by vestibular mechanisms which are innate.
- D. True. Balance is situation specific and can be improved with practice.

ANSWER: D

A defensive evasive movement may include lateral or horizontal body movement as well as turning the back.

- A. True
- B. False

ANSWER: B

Sabre target area includes:

- A. any part of the body above the horizontal line drawn by the waist of the fencer when in the on guard position.
- B. the torso including the back, but not including arms, legs, or head.
- C. any part of the body above the horizontal line drawn between the top of the folds formed by the thighs and by the trunk of the fencer when in the on guard position, excluding the hands and back of the head.
- D. The whole body is valid target area.

ANSWER: C

Parries can be lateral, circular, semi-circular, or diagonal.

- A. True
- B. False

ANSWER: A

The duration for a five touch bout in saber is:

- A. 6 minutes.
- B. 5 minutes.
- C. 4 minutes.
- D. 3 minutes.

ANSWER: D



When there is a simultaneous action in saber, both land valid, the referee must:

- A. place the competitors on guard.
- B. assign a touch to both fencers.
- C. assign a touch by coin toss.
- D. assign priority by coin toss.

ANSWER: A

An intermediate/advanced student should be encouraged to perform a beat:

- A. before initiating the lunge.
- B. after the completion of the lunge.
- C. during the execution of the lunge.
- D. from the on guard position only.

ANSWER: A

Short distance is considered advance lunge distance.

- A. True
- B. False

ANSWER: B

When attacking with a lunge, the cut should:

- A. land before the front foot.
- B. land after the front foot.
- C. land after the completion of the lunge.
- D. none of the above.

ANSWER: A

The total weight of the saber must be:

- A. at least 500 grams.
- B. 500 grams.
- C. 750 grams.
- D. less than 500 grams.

ANSWER: D

The maximum total length of the saber is:

- A. 105 cm.
- B. 110 cm.
- C. 90 cm.
- D. 100 cm.

ANSWER: A



Reaction time, agility, and relaxation are skills that can be learned and improved through training.

- A. True
- B. False

ANSWER: A

Ripostes and counter ripostes are defensive actions.

- A. True
- B. False

ANSWER: B

The color of the card given (second offense) to a fencer for fleching and crossing the back leg in saber is:

- A. red.
- B. yellow.
- C. black.
- D. no card, remove touch.

ANSWER: A

Absence of blade, invitation, feint, and false attack are all examples of preparatory actions.

- A. True
- B. False

ANSWER: A

In fencing, each action can require a different distance, and that distance can vary from fencer to fencer and is dependent upon your opponent.

- A. True
- B. False

ANSWER: A

The coach should always conduct a lesson at bouting speed to create a more realistic fencing environment.

- A. True
- B. False

ANSWER: B

Fencer X attacks and is parried (there is no immediate riposte). X quickly recovers, simultaneously placing the point in line. After X recovers, fencer Y makes a fleche attack. Both actions land valid.

- A. no touch awarded
- B. award the touch for X
- C. award the touch for Y
- D. no touch awarded, warning for fencer Y

ANSWER: B



Compound attacks are attacks consisting of more than two blade actions.

- A. True
- B. False

ANSWER: A

A STRAIGHT CUT is defined as:

- A. a direct defensive action that finishes with a cut.
- B. a simple offensive action that finishes with a cut.
- C. a basic direct offensive action that finishes with a cut.
- D. a simple direct offensive action that finishes with a cut.

ANSWER: D

For thrusting weapons THIRD is defined as:

- A. position or parry that covers the high inside line. The point is higher than the hand with the hand in pronation.
- B. position or parry that covers the high outside line. The point is lower than the hand with the hand in pronation.
- C. position or parry that covers the high outside line. The point is higher than the hand with the hand in pronation.
- D. position or parry that covers the high inside line. The point is lower than the hand with the hand in pronation.

ANSWER: C

Which of the following is not an example of an epee renewed offensive action?

- A. remise
- B. reprise
- C. redoublement
- D. retreat

ANSWER: D

A BLOCKING PARRY is defined as:

- A. type of parry described by moving the blade against the opponent's blade.
- B. defensive action with the blade that closes the line where the opponent's offensive action would terminate by changing the point of contact without leaving the blade.
- C. defensive action with the blade that deflects the opponent's offensive action by striking it sharply.
- D. defensive action with the blade that closes the line of the target prior to the completion of the attack.

ANSWER: D

Ripostes and counter ripostes may be either simple or compound.

- A. True
- B. False

ANSWER: A



The renewed action is the best action against a big parry without riposte.

- A. True
- B. False

ANSWER: A

When teaching the head cut, the coach should encourage the fencer to:

- A. keep the hand above the point
- B. contract the thumb and fingers when making the cut
- C. contract the shoulders with the cut
- D. land the cut with the middle of the blade

ANSWER: B

When teaching the parry (in sabre), the coach should encourage the fencer to:

- A. oppose the parry with the thumb.
- B. withdraw the hand during the parry.
- C. parry with the foible of the blade.
- D. turn the hand, but not the guard.

ANSWER: A

When an epee does not pass the weight test, what must the referee do?

- A. Give a yellow card and confiscate the weapon
- B. Give a red card
- C. Confiscate the weapon
- D. Ask the fencer to get a new one and next time give a yellow card

ANSWER: A

Which of the following is an example of an epee renewed offensive action?

- A. remise
- B. reprise
- C. redoublement
- D. All

ANSWER: D

The maximum length of the epee blade is:

- A. 100 cm
- B. 90 cm
- C. 88 cm
- D. 70 cm

ANSWER: B



Medium distance is considered advance lunge distance.

- A) True
- B) False

ANSWER: B

Feints are used as an offensive action only

- A. True
- B. False

ANSWER: B

The action of preventing the adversary from taking your blade is called:

- A. a yielding parry.
- B. a deceive.
- C. an opposition parry.
- D. a circular parry.

ANSWER: B

A counter disengage is defined as:

- A. an offensive action that consists of deceiving a change of engagement rather than circular attempt of an engagement or a circular parry by using a circular motion.
- B. an offensive action that consists of deceiving a semi-circular attempt of an engagement by using a semi-circular motion.
- C. an offensive action that consists of deceiving a circular attempt of a parry by using a semi-circular motion.
- D. an offensive action that consists of deceiving a semi-circular attempt of a parry by using a semi-circular motion.

ANSWER: A

Fencing time is the:

- A. Duration of the execution of a compound attack.
- B. Duration of the execution of an attack on the blade.
- C. Duration of the execution of a simple action.
- D. Duration of the execution of a transfer action.

ANSWER: C

An indirect action is defined as:

- A. an offensive action executed in a line and finishing in the same line.
- B. an offensive action executed in a line and finishing by a one-two attack.
- C. an offensive action executed in the same line in which it originated.
- D. an offensive action executed in a line other than the one in which it originated.

ANSWER: D



An indirect riposte is defined as:

- A. a riposte executed after an indirect parry.
- B. a riposte executed after a pause.
- C. a riposte executed in a line directly toward the opponent's target.
- D. a riposte executed in a line other than the one in which the parry occurred.

ANSWER: D

A direct riposte is defined as:

- A. a riposte executed in the same line as that in which the parry occurred.
- B. a riposte executed toward the opponent's target.
- C. a riposte executed in a line other than the one in which the parry occurred.
- D. a riposte executed indirectly toward the opponent's target.

ANSWER: A

A remise is defined as:

- A. a simple offensive or counter offensive action made with a return on guard after the initial offensive or counter offensive is parried, when the riposte is delayed or absent.
- B. a simple indirect offensive or counter offensive action made after the initial offensive or counter offensive is parried, when the riposte is delayed or absent.
- C. a simple direct offensive or counter offensive action made after the initial offensive or counter offensive is parried, when the riposte is delayed or absent.
- D. a simple indirect or compound offensive action made after the initial offensive or counter offensive action is parried, when the riposte is delayed or absent.

ANSWER: C

The inside line for right-handers is defined as:

- A. the line on the upper side of the weapon arm.
- B. the area to the left of your armed hand
- C. the line on the lower side of the weapon arm.
- D. the line on the closed side of the weapon arm.

ANSWER: B

What are partially foreseen moves?

- A. Open eyes and change of decision
- B. Open eyes only
- C. Change of decision only
- D. Open classifications by gender

ANSWER: A



Recovery from the lunge position is defined as:

- A. resuming the on guard position from a lunge.
- B. resuming the on guard position backward after a lunge.
- C. resuming the on guard position, either forward or backward, after a lunge.
- D. resuming the on guard position, either forward or backward.

ANSWER: C

The high line is:

- A. the line on the closed side of the weapon arm.
- B. the line on the inner side of the weapon arm.
- C. the line on the lower side of the weapon arm.
- D. the line on the upper side of the weapon arm.

ANSWER: D

The high outside line is:

- A. the line on the closed side of the weapon arm.
- B. the line on the inner side of the weapon arm.
- C. the line on the lower side of the weapon arm.
- D. the line on the upper outside of the weapon arm.

ANSWER: D

What is the short version of the tactical wheel?

- A. Simple attack - counter attack - parry riposte - compound attack
- B. Simple attack - counter attack - counter time - parry riposte
- C. Simple attack - parry riposte - compound attack - counter attack
- D. simple attack - parry riposte - counter attack - counter time

ANSWER: C

What types of drills most closely resemble the competitive environment?

- A. Tutorial drills
- B. Analysis-commitment drills
- C. Exchange drills
- D. Bouting drills

ANSWER: D

In fencing each action can require a different distance, and that distance can vary from fencer to fencer and is dependent upon your opponent.

- A. True
- B. False

ANSWER: A



An attack with one or more feints is:

- A. compound attack
- B. simple attack
- C. direct attack

ANSWER: A

The position when the knuckles of the hand are facing up is:

- A. pronation
- B. supination
- C. rotation

ANSWER: A

The entire body is not target in epee.

- A. True
- B. False

ANSWER: B

The low feint (under the opponent's guard) which finishes with a hit high on the biceps is a compound attack.

- A. True
- B. False

ANSWER: A

"On guard" implies that the fencer is physically and mentally ready for action.

- A. True
- B. False

ANSWER: A

The basic strategy of fencing is to hit the opponent while avoiding being hit.

- A. True
- B. False

ANSWER: A

Derobement is a defensive action against actions on the blade.

- A. True
- B. False

ANSWER: A



The distance between the center line and each guard line is:

- A. 2 meters
- B. 3 meters
- C. 4 meters

ANSWER: A

The duration for a five touch epee bout is:

- A. 6 minutes
- B. 5 minutes
- C. 4 minutes
- D. 3 minutes

ANSWER: D

The duration for a fifteen touch epee bout is:

- A. 15 minutes
- B. 5 minutes
- C. 10 minutes
- D. 9 minutes

ANSWER: D

The remise, reprise and redoublement are three attacks that a fencer may employ when the initial attack fails.

- A. True
- B. False

ANSWER: A

Cues are a way of communication between coach and student.

- A. True
- B. False

ANSWER: A

Jumping (dynamic On Guard) is numerous low jumps on the balls of the feet, with the feet barely leaving the ground.

- A. True
- B. False

ANSWER: A
