

	Movement	Hand	Blade	Attack	Defense	Combination	Sparring	Rules	Refereeing
Lesson 1	En Guard Lunge	Grip Fingers		Quarte position Sixte Position	Quarte position Sixte Positon	Extension of the arm			
Lesson 2	En Guard Lunge Step Lunge	Grip Fingers Disengage	Engage	Quarte position Sixte Position Extend lunge	Quarte position Sixte Positon Parry Riposte	Extension of the arm Disengage lunge Parry riposte / 4 & 6			
Lesson 3	En Guard Lunge Step Lunge	Grip Fingers Disengage	Engage Beat	Quarte position Sixte Position Extend lunge Grip / fingers Disengage	Quarte position Sixte Positon Parry 4 & 6 disengage	Extension of the arm Disengage lunge Parry riposte / 4 & 6 with disengage Engage disengage Beat disengage	Bouts, modify rules		Self Referee
Lesson 4 Review	En Guard Lunge Step Lunge	Grip Fingers Disengage	Engage Beat	Quarte position Sixte Position Extend lunge Beat disengage	Quarte position Sixte Positon Parry Riposte Parry 4 & 6 disengage	Extension of the arm Disengage lunge Parry riposte / 4 & 6 with disengage Engage disengage Beat disengage	Bouts, modify rules		Self Referee
Lesson 5 Review	En Guard Lunge Step Lunge	Grip / fingers Disengage Counter dis	Feint	Quarte position Sixte Position Extend lunge Beat disengage	Quarte position Sixte Positon Parry Riposte Parry 4 & 6 disengage	Extension of the arm Disengage lunge Parry riposte / 4 & 6 with disengage Engage disengage Beat disengage	Bouts, modify rules		Self Referee
Lesson 6	En Guard Lunge Step Lunge	Grip / fingers Disengage Counter dis		Quarte position Sixte Position Extend lunge Beat disengage	Quarte position Sixte Positon Parry Riposte Parry 4 & 6 disengage	Extension of the arm Disengage lunge Parry riposte / 4 & 6 with disengage Engage disengage Beat disengage	Bouts	Introduce Priority Target Piste Scoring	Introduce Refereeing Corner Judging
Lesson 7	En Guard Lunge Step Lunge	Grip / fingers Disengage Counter dis		Quarte position Sixte Position Extend lunge Beat disengage	Quarte position Sixte Positon Parry Riposte Parry 4 & 6 disengage	Extension of the arm Disengage lunge Parry riposte / 4 & 6 with disengage Engage disengage Beat disengage	Bouts	Review Priority Target Piste Scoring	Review Refereeing Corner Judging
Lesson 8	Review Day	Terminology and demonstration of learnt skills							
Lesson 9	Tournament							Show pool sheet Explain bout order	
Lesson 10	Tournament							Team tournament	