



CLASSICAL ACADEMY OF ARMS

KNOWLEDGES, SKILLS, AND ABILITIES FOR CLASSICAL
FENCING DEMONSTRATORS, CLASSICAL FENCING
INSTRUCTORS, CLASSICAL FENCING PROVOSTS, AND
CLASSICAL FENCING MASTERS

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Note: The items ending with an asterisk have been featured on the Classical Academy of Arms Facebook and Twitter pages.

1. Knowledge
 - A. Knowledge of fencing theory
 - (1) Knowledge of fencing terminology consistent with the school and weapon being taught*
 - (2) Knowledge of the classification of fencing actions*
 - (3) Knowledge of the characteristics and techniques of offense, defense, and counteroffense
 - (4) Knowledge of fencing measure
 - (5) Knowledge of fencing tempo
 - (6) Knowledge of right of way and priority
 - (7) Knowledge of fencing tactics as taught for the weapon by a school*
 - (8) Knowledge of the physical characteristics of the foil, sabre, and epee
 - (9) Knowledge of the target and the fencing lines
 - B. Knowledge of the knowledge content of the Classical Academy of Arms Skill Development Program
 - C. Knowledge of planning training
 - (1) Knowledge of planning group and individual lessons

- (2) Knowledge of identification of lesson objectives*
- (3) Knowledge of criteria for the selection of skills to be taught in a lesson
- (4) Knowledge of choosing appropriate warm-up drills
- (5) Knowledge of choosing appropriate blade and footwork drills
- (6) Knowledge of designing metrics for lesson success*
- (7) Knowledge of planning an annual training program

D. Knowledge of specific types of fencing lessons

- (1) Knowledge of group lesson format, characteristics, and conduct
- (2) Knowledge of individual technical command lesson format, characteristics, and conduct*
- (3) Knowledge of individual technical action and counter lesson format, characteristics, and conduct
- (4) Knowledge of individual choice reaction and options lesson format, characteristics, and conduct
- (5) Knowledge of individual tactical lesson format, characteristics, and conduct
- (6) Knowledge of individual tactical lesson format, characteristics, and conduct
- (7) Knowledge of individual blind lesson format, characteristics, and conduct
- (8) Knowledge of individual silent lesson format, characteristics, and conduct
- (9) Knowledge of corrective lesson format, characteristics, and conduct

E. Knowledge of general teaching duties and tasks

- (1) Knowledge of the use of the class lesson plan*
- (2) Knowledge of class formations*

F. Knowledge of instructional techniques

- (1) Knowledge of principles of instruction*
- (2) Knowledge of how to provide instructions and explanations
- (3) Knowledge of the teaching position
- (4) Knowledge of blade presentation
- (5) Knowledge of conducting warm-up drills
- (6) Knowledge of how to demonstrate a skill
- (7) Knowledge of how to demonstrate a drill*
- (8) Knowledge of how to conduct a footwork drill
- (9) Knowledge of how to conduct a bladework drill
- (10) Knowledge of how to conduct a blind drill
- (11) Knowledge of how to release control to students in the lesson
- (12) Knowledge of the supervision of assaults and bouts
- (13) Knowledge of correct use of blocked, sequential, random, and choice-reaction in drills

- G. Knowledge of performance correction in lessons
- (1) Knowledge of appropriate methods for correction of group lessons*
 - (2) Knowledge of appropriate methods for correction of individual performance
- H. Knowledge of appropriate assessment of performance
- (1) Knowledge of assessment of student performance
 - (2) Knowledge of how to document student performance
 - (3) Knowledge of how to provide feedback to improve student performance*
 - (4) Knowledge of how to provide feedback to improve candidate performance in instructor examinations*
- I. Knowledge of procedures to administer practical and written tests and examinations.
- (1) Knowledge of the administration of written skills tests
 - (2) Knowledge of the procedures for administration of written instructor tests
 - (3) Knowledge of the procedures for administration of practical skills tests
 - (4) Knowledge of the procedures for the administration of instructor practical examinations
- J. Knowledge of rules of fencing and of officiating
- (1) Knowledge of fencing rules appropriate for classical fencing bouts and competitions.
 - (2) Knowledge of the procedures for officiating as a Judge (member of the jury) in a classical fencing bout
 - (3) Knowledge of the procedures for officiating as a President of the jury in a classical fencing bout
 - (4) Knowledge of the functions and procedures of the bout committee at a fencing competition
- K. Knowledge of strategy and tactics
- (1) Knowledge of the definitions of strategy and tactics*
 - (2) Knowledge of the adaptation of tactics to fencer physical and mental condition, opponent behavior, and the bout situation
 - (3) Knowledge of training methods to develop fencer skill in determining strategy and tactics
- L. Knowledge of opponent assessment
- (1) Knowledge of analysis of opponents based on observation and bout experiences*

- (2) Knowledge of principles of bout planning and adjustment of tactics based on opponent performance
 - (3) Knowledge of methods of recording opponent performance as the basis for future training
- M. Knowledge of the conduct of research and preparation of research reports in fencing
- (1) Knowledge of the identification of research topics and the framing of research questions
 - (2) Knowledge of the literature of classical fencing, both contemporary and modern
 - (3) Knowledge of the selection and application of an appropriate research method
 - (4) Knowledge of methods and procedures for gathering data for a research study
 - (5) Knowledge of the format of a research report or thesis
 - (6) Knowledge of appropriate methods of citation of research sources
- N. Knowledge of ethical behavior, safety standards, injury prevention and treatment, and emergency response
- (1) Knowledge of the Classical Academy of Arms Code of Ethics and its application*
 - (2) Knowledge of youth and athlete protections standards, legal responsibilities, and programs
 - (3) Knowledge of the importance of diversity to fencing
 - (4) Knowledge of fencing for those with disabilities
 - (5) Knowledge of the factors that provide for a safe fencing environment
 - (6) Knowledge of procedures for hazard identification and control
 - (7) Knowledge of hazards specific to fencing that contribute to the possibility of injury and their control
 - (8) Knowledge of the principles of response to an emergency in the salle or club
 - (9) Knowledge of sports first aid
 - (10) Knowledge of general principles of good sportsmanship
 - (11) Knowledge of the purpose and execution of the salute
 - (12) Knowledge of the purpose and method of acknowledging touches
- O. Knowledge of basic armory procedures for the maintenance of fencing equipment
- (1) Knowledge of cleaning of uniforms and equipment
 - (2) Knowledge of assembly, maintenance, repair, and adjustment of weapons
- P. Knowledge of basic anatomy, physiology, and nutrition

- (1) Basic knowledge of the musculoskeletal system and its impact on fencing performance
- (2) Basic knowledge of the cardiovascular system and its impact on fencing performance
- (3) Basic knowledge of the nervous system and its impact on fencing performance
- (4) Basic knowledge of motor learning and performance and its impact on fencing performance
- (5) Basic knowledge of body assessment measurements and their applicability to fencing
- (6) Basic knowledge of sports nutrition

Q. Knowledge of the history of fencing

- (1) Knowledge of the evolution of civil and military use of the sword
- (2) Knowledge of the characteristics of fencing in the Medieval, Renaissance, Enlightenment, Classical, and Modern periods
- (3) Knowledge of dueling practices
- (4) Knowledge of classical schools of fencing, including French, Spanish, Northern Italian, Neapolitan, mixed Italian, Hollandsche Methode, Kreusslerian Thrust Fencing, Hungarian Sabre, and German Academical Fencing
- (5) Knowledge of the evolution of fencing as a sport, starting with the Victorian sports revival
- (6) Knowledge of significant masters and fencers of the history of fencing*
- (7) Knowledge of the evolution of training of fencing masters
- (8) Knowledge of organizations of fencing masters

2. Skills

A. Skill to perform individual fencing techniques

- (1) Skill in executing fencing techniques with the foil in a manner consistent with a known school*
- (2) Skill in executing fencing techniques with the sabre in a manner consistent with a known school*
- (3) Skill in executing fencing techniques with the epee in a manner consistent with a known school*

B. Skill to employ the weapon in teaching situations

- (1) Skill in demonstrating fencing actions*
- (2) Skill in realistically moving and executing weapon actions from the teaching position*
- (3) Skill in handling the weapon in either hand
- (4) Skill in managing distance in the lesson*

- C. Skill to maintain fencing uniforms and equipment
 - D. Skill to provide basic first aid
3. Abilities
- A. Ability to plan training
 - (1) Ability to identify objectives for a lesson*
 - (2) Ability to determine metrics for lesson success*
 - (3) Ability to plan an individual lesson*
 - (4) Ability to plan a group lesson
 - (5) Ability to identify and record changes to a lesson plan
 - (6) Ability to plan an annual training program
 - B. Ability to teach a specific type of lesson
 - (1) Ability to teach an individual, command-based, technical lesson*
 - (2) Ability to teach an individual lesson with an action and its counter*
 - (3) Ability to teach an individual lesson with an action and options from that action
 - (4) Ability to teach a lesson with the opposite hand*
 - (5) Ability to teach an individual silent lesson*
 - (6) Ability to teach a tactical lesson
 - (7) Ability to teach an eyes-closed lesson*
 - (8) Ability to teach a group lesson
 - C. Ability to perform general teaching duties and tasks
 - (1) Ability to present self in a professional manner
 - (2) Ability to follow the Classical Academy of Arms coaching code of ethics*
 - (3) Ability to follow youth protection guidelines
 - (4) Ability to maintain a safe teaching environment
 - (5) Ability to enforce safety standards
 - (6) Ability to teach, review, and explain the knowledge content of the Classical Academy of Arms Skill Development Program
 - D. Ability to perform technical teaching tasks
 - (1) Ability to follow a class lesson plan*
 - (2) Ability to use correct teaching position, presentation, and movement*
 - (3) Ability to choose appropriate drills

- (4) Ability to properly introduce the lesson
- (5) Ability to provide concise instructions and explanations*
- (6) Ability to arrange students in formation
- (7) Ability to conduct an appropriate, fencing specific warm-up*
- (8) Ability to demonstrate specific fencing skills in a lesson context
- (9) Ability to demonstrate drills
- (10) Ability to conduct footwork drills
- (11) Ability to conduct bladework drills
- (12) Ability to appropriately cue student actions*
- (13) Ability to release control to students as appropriate
- (14) Ability to conduct an appropriate, fencing specific cool-down
- (15) Ability to summarize the lesson
- (16) Ability to supervise student bouts
- (17) Ability to serve as a member or president of the jury for a fencing bout
- (18) Ability to employ blocked, sequential, random, or choice reaction drills appropriately*

E. Ability to teach assessment of opponent and opponent's actions

- (1) Ability to teach students to recognize techniques applied against them
- (2) Ability to teach students to identify invitations and feints
- (3) Ability to teach students tactical assessment of the opponent
- (4) Ability to gather and analyze data on opponent performance

F. Ability to teach bout planning and adjustment of tactics

G. Ability to correct performance

- (1) Ability to correct student individual performance
- (2) Ability to teach individual corrective lesson*
- (3) Ability to correct group performance

H. Ability to appropriately assess performance

- (1) Ability to assess and document student performance in the lesson
- (2) Ability to assess student bouts
- (3) Ability to assess student progress over time

I. Ability to administer practical and written tests and examinations

- (1) Ability to administer Classical Academy of Arms Skill Development Program tests
- (2) Ability to administer instructor practical examinations

- (3) Ability to administer instructor oral examinations
 - (4) Ability to provide effective feedback to improve candidate performance
- J. Ability to conduct and report original research in the history and practice of classical fencing

Record of Revisions:

- 20 March 2018
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