

Green Armband Test



Skills
Half-steps, breaking & closing distance
Compound parries
Attack on preparation
Compound attacks with and without bladework
Ability to run group warm-ups and cool-downs
Ability to explain action (offensively & defensively)
Ability to keep a pool and DE sheets
Knowledge of the piste rules & sanctions

Ability level: 3 = acquired; 2=being acquired; 1=not acquired

To pass the test a fencer must attain a minimum of 2 “acquired” marks and no “not acquired” marks.