



US Fencing Coaches Association

How to Become a Moniteur

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What Is A Moniteur?

The Moniteur level is designed primarily for those wishing to teach or coach fencing in club, community and school programs without direct supervision. They will also assist a head coach with individual lessons of beginners. A Moniteur candidate should know how to: care for personal fencing equipment, teach correct technical execution of various types of footwork, blade work (simple actions, compound actions, parries, counter attacks) and be familiar with basic fencing theory and tactics. This level of certification is achieved by passing an online written examination and later a practical examination under the supervision of two USFCA Fencing Prévôts who are board certified examiners or one USFCA Fencing Master who is a board certified examiner.

Quick Guide to Earning Your Certification

Certification Checklist

- Become a member of the USFCA (www.usfca.org)
- Read the study guides for Moniteurs (available online at www.usfca.org in the reference section available to members)
- Pass an online written exam with a minimum score of 75 out of 100
- Pass a practical exam in each weapon for which certification is desired with a minimum score of 75%

Additional information about the certification process is contained in this document, but the checklist above can be used to help you keep track of your progress while you work to earn your certification. The US Fencing Coaches Association wishes you every success as you begin your journey in becoming a Moniteur.

Note: To earn a certification, it is helpful to work as an apprentice to a USFCA member certified professional coach.



Specifics to Earning Certification

Candidate must be a current member of the [USFCA](http://www.usfca.org). Membership information can be found online at www.usfca.org.

Candidate must pre-register and pay online to take both the written and practical exam. The candidate will receive an email from the CAB secretary providing an access log-in and password to the online exam, which may be taken at the candidate's convenience. There is a two hour time limit and no proctor is required. In certain circumstances where English is a second (or third!) language, a candidate may have an extended exam period (up to 4 hours).

Candidate must pass an online written exam with a minimum score of 75 out of 100. The cost for the written exam is \$25.

After passing the written exam the candidate may take a Moniteur practical exam. A minimum score of 75 out of 100 is required to pass each weapon. There is no time limit between practical weapon tests and no requirement that a fencing coach take more than one weapon to earn certification. If for example a fencing coach passes the Moniteur practical in foil then he or she will be a "Moniteur of Foil". The cost for practical exams is:

- \$50 for each weapon

Resources for Moniteur Candidates

The list below of references and resources are strongly recommended as study materials for the Moniteur candidate, especially if the candidate is not studying directly under the tutelage of a Fencing Master. Specific information can be found in the USFCA's Suggested Reading List in the resources section available for members at www.usfca.org.

- Fencing: A Practical Guide for Training Young Athletes by Handelman and Louie, 2010
- Magnum Libre (The Big Book of Fencing) by Volkmann, 1996
- Taking Foil Groups to the Competitive Level by Vincent Bradford, 1994
- USFCA glossary – found in the Reference area of the USFCA website (membership required)
- Sport Physiology for Coaches by Brian Sharkey (Human Kinetics Publishing Co.), 2006
- Risk Management Essentials for Local Sports Organizations
- Assistant Moniteur Guidebook

Other helpful References and Resources for Moniteur Candidates

- USFA rule book and operations manual
- USFCA - The Point-Line
- USOC Olympic Coach Magazine



Evaluation Process

Written Exam

The written exam will include questions covering the following topics:

Risk Management: Questions on the exam are based on an article in the Fall 2001 issue of the Olympic Coach Magazine entitled “Risk Management Essentials for Local Sports Organizations” available in the references section of the USFCA’s website for current members.

Basic fencing rules: Below is a list of areas where the Moniteur is expected to know the rules. The [USFA](#) Rule Book and Operations Manual can be found on the USFA website:

- a. Uniform safety
 - b. Basic tournament structures (pool/direct elimination, scoring, indicators, seeding)
 - c. Fencing etiquette
 - d. Earning a classification
 - e. Various levels of competition (division/section/national; Interscholastic/collegiate/USFA/FIE; World Championships/Pan American Games/Olympics; Youth 10, 12, 14/cadet/junior/senior)
 - f. Rules of right of way
 - g. Bouting rules
 - h. Dry bouting format
 - i. Strip dimensions
 - j. Weapon specific strip testing procedures
 - k. Penalty chart
 - l. How to earn a [USFA referee’s rating](#) (Moniteurs are encouraged to learn to referee and to take the USFA referee test)
 - m. How to earn a spot on a National Team
2. **Teaching and Promoting Fitness:** It is becoming increasingly important for all teachers in all levels of sport to have a basic understanding of the principles of fitness, refer to [Fencing: A Practical Guide for Training Young Athletes](#) by Handelman and Louie, 2010 and [Sport Physiology for Coaches](#) by Brian Sharkey ([Human Kinetics Publishing Co.](#)), 2006



US Fencing Coaches Association

How to Become A Moniteur

Terminology: The Moniteur Candidate should know all of the basic fencing terms in the [USFCA Glossary](#).

The moniteur is expected to be able to teach a beginning fencing class and therefore should be versed with terminology related to group teaching methods. A Moniteur candidate should also know the definitions for various types of footwork, blade work, simple actions, compound actions, all the parries, counterattacks, etc. and be familiar with the correct technical execution of each. The fencing teacher at this level should also have a cognitive understanding of basic fencing theory and tactics and how to care for personal fencing equipment.

Specifically, the Moniteur should know the definitions for these terms

Bladework

- Grip
- Basic cuts and thrusts and simple attacks
- Presses
- Beats
- Feint
- Invitation
- Disengage
- Cutover or coupé
- Counter-disengage
- Parries (1-8)
- Lateral and circular parries

- Riposte
- Counter-riposte
- Compound attacks
- Counter-attacks (stop thrusts in épée, stop cuts in sabre)
- Remise
- Actions in opposition
- Point in line
- Double
- Dérobement
- One-two

Other Footwork

- On Guard (know the difference between the on guard stance in all three weapons)
- Advance
- Retreat
- Lunge
- Advance lunge
- Jump Lunge
- Fleche
- Combinations of the above footwork

Types of Drills

- Technical (also known as tutorial or mechanical) drills
- Exchange drills
- Bouting drills
- Commitment/Analysis drills

Methods of Drilling

- Blocked
- Serial
- Random

Tactics and Theory

- Short Tactical Wheel
- Foreseen actions
- Partially foreseen actions
- Unforeseen actions
- Preparation
- Target areas in all three weapons
- Lines of attack and defense
- Direct
- Indirect
- Simple
- Compound
- Short Tactical Wheel
- Foreseen actions
- Partially foreseen action

Four Distances

- Short
- Medium
- Long
- Others



Practical Exam

The practical exam must be administered by one USFCA Fencing Master or two USFCA Fencing Prévôts. Examiners must be current members of the USFCA and be USFCA Certified Examiners. For a list of certified examiners visit the USFCA's website at www.usfca.org. The practical exam may be conducted in one of the following formats:

Group Teaching Skills

The candidate will be required to demonstrate their group teaching skills by conducting a group class for beginning level fencers. There must be at least two students for the candidate to conduct a class, although a larger group would be preferable.

A candidate who is testing will teach a group class that is approximately 30-45 minutes long. The candidate and head examiner should work together to arrange students for the class. It is preferable that the students are of the age group that the candidate will normally teach.

Individual Lesson Skills

Sometimes it is impractical to test by group class and the Individual lesson structure may be substituted. The procedure is similar except the candidate will give an individual lesson in the chosen weapon. The same grading forms are used and the required information is demonstrated but in the context of the individual lesson.

The practical exam is divided into five sections:

- Group warm-up
- Group footwork
- Main group or individual lesson (paired drills)
- Conclusion of the lesson/class
- Examiner's questions

For each weapon a full class must be conducted. Candidates should be sure to review the practical exam score sheet that the examiner(s) will be using.

Under part two (footwork) and part three (main lesson), themes (as described below) will be randomly selected by the examining board for a candidate to teach. The theme for part two and part three will be given to a candidate at least 10 minutes before the exam is to begin. The candidates should be well prepared ahead of time to conduct classes in any of the themes listed. Candidates are further instructed to stay within the time limit allotted for each section.

Part One - Group Warm-up - 5 to 10 minutes (15% of score)

The warm-up should include a fitness component. The candidate may use traditional sport exercises, mini-games or other methods used to warm-up a group in preparation for the upcoming lesson. Exercises and games must also be age appropriate.

Part Two - Group footwork - 5 to 10 minutes (20% of score)

The candidate will conduct a 5-10 minute lesson introducing footwork from one of the themes below. The footwork should be presented to the class as if for the very first time.

Footwork Themes:

- On guard, advance, and retreat
- Lunge and backward recovery



US Fencing Coaches Association

How to Become a Moniteur

- Advance lunge and retreat lunge

Part Three - The Main Lesson - 15 minutes (40% of score)

Main Lesson Themes:

- The grip, lines of attack and defense, target areas, the thrust and the concept of simple, direct attack
- Simple attack and parry riposte
- Parry riposte and compound attack
- Compound attack and counter attack
- Counter attack and simple attack

Once the candidate receives their lesson theme, they will have 10 minutes to prepare if needed. The lesson should be taught at the beginning level using mainly paired drills. Candidates should assume the students have the basic foundation needed to introduce a theme.

Some of the things examiners are looking for are:

- Class organization
- Appropriate group formations
- Safety awareness
- Logical progressions
- Good drill design
- Appropriate use of teaching cues, both verbal and visual
- Appropriate methodology
- Age appropriate exercises
- Error correction
- Student's time on task
- Distance awareness

Part Four - 5 minutes - Conclusion (10% of score)

The candidate will have a quick review, checking for the student's understanding of material covered in the class or lesson. The candidate should be able to answer student questions. Finally, the candidate will conduct a formal salute and dismissal of the class/lesson.

Part Five - 10 minutes - Examiners' questions (15% of score)

After the candidate has concluded the lesson the examiner(s) will have an opportunity to ask questions and ask for further demonstrations. Questions are based on the published Oral Question Study Guide.

At the conclusion of the examiner's questions the candidate should leave the area while the examiner(s) records scores. The examiner(s) will call the candidate to return to the testing area where they will receive feedback from the examiner(s) and their final score. At the conclusion the candidate should salute and shake hands with the examiner(s).



Tips For Taking The Practical Exam

- Be on time and have students ready.
- Warm up, you may need to demonstrate some movements.
- You have the right to ask any questions and express any concern during the exams in a polite and professional way.
- The examiner anticipates that you will introduce yourself, give a brief synopsis of your fencing program and your students.
- Your uniform should be sharp, clean and professional.
- Speak clearly and in a voice loud enough for the examiner(s) to hear you.
- Orient the class so that you face the class and the examiners as much as possible.
- Be confident, energetic and pleasant – an appropriate sense of humor never hurts.
- Be rested and ready for the exam so that it will be a positive and fun experience.
- Teach in a natural way – as you would do at your own fencing program. The examiners are interested in hearing your verbal explanations, seeing your demonstrations and seeing how you organize the class.
- At the conclusion of the exam the candidate should salute and shake hands with the examiner(s).
- Do your homework, study and feel free to seek help from others in the fencing community. Any member of the *Certification and Accreditation Board* will be glad to answer any questions.