

CATALOG INFORMATION

Dept and Nbr: PHYED 68.1      Title: SABRE - BEG.  
Full Title: Beginning Sabre  
Last Reviewed: 2/10/2003

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.00	Lab Scheduled	2.00	17.5	Lab Scheduled	35.00
		Contact DHR	0		Contact DHR	0
		Contact Total	2.00		Contact Total	35.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00

Total Student Learning Hours: 35.00

Title 5 Category: AA Degree Applicable  
Grading: Grade or P/NP  
Repeatability: 22 - 4 Times in any Comb of Levels  
Also Listed As:  
Formerly: PE 12.1

**Catalog Description:**  
Student will learn techniques in beginning sabre fencing within the context of the tradition of arms including honor, sportsmanship and proper deportment. Precise movements, rules and judging bouts in a manner unique to sabre will be presented in a format in which the student learns the actions in the context of combat.

**Prerequisites/Corequisites:**

**Recommended Preparation:**

**Limits on Enrollment:**

**Schedule of Classes Information:**  
Description: This class provides instruction on beginning sabre skills. Activities include daily warm-up, footwork practice, paired off drills on new actions and free bouting. The class also includes occasional refereed bouts with the students acting as judges. (Grade or P/NP)  
Prerequisites/Corequisites:  
Recommended:

Limits on Enrollment:  
Transfer Credit: CSU;UC.  
Repeatability: 4 Times in any Comb of Levels

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>			Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>			Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	Fall 2011
<b>UC Transfer:</b>	Transferable	Effective:	Fall 2000	Inactive:	Fall 2011

### **CID:**

**Certificate/Major Applicable:**  
Major Applicable Course

## **COURSE CONTENT**

### **Outcomes and Objectives:**

The student will:

1. Identify the parts of the sabre, describe the blade and the uses of each part, identify the target and the dimensions of the piste.
2. Demonstrate basic attacks and defense as a response to instructional cues.
3. Understand and explain basic strategies and techniques in response to the opponent.
4. Follow the basic rules and safety concerns.

### **Topics and Scope:**

- I. Footwork
  - A. First position
    1. Salute
    2. Line of direction
  - B. On guard
  - C. Advance
    1. Appel
    2. Advance check
  - D. Retreat
    1. Retreat check
  - E. Lunge
    1. Return on guard
    2. Forward recovery
    3. Advance lunge (patinando)
  - F. Jump
    1. Jump lunge (ballestra)
  - G. Fleche

- II. The Sabre
  - A. Piste, targets
    - 1. Targets
    - 2. Dimensions of the piste
  - B. Dimensions
    - 1. Length
    - 2. Weight
    - 3. Parts of the blade
  - C. Holding the weapon
    - 1. Hand positions
    - 2. Line
    - 3. Target
    - 4. Invitations
    - 5. Engagements
      - a. changes of engagement
- III. Basic attacks
  - A. Point
    - 1. Direct thrust
    - 2. Disengagement with point
    - 3. Glide with point
  - B. Cuts
    - 1. Direct
    - 2. Circular
    - 3. Descending
    - 4. Ascending
    - 5. Feints
- IV. Basic defense
  - A. Simple parries
  - B. Passage from one simple parry to another
  - C. Half circular parries
  - D. Direct riposte
  - E. Indirect riposte
- V. Introduction to strategies
  - A. Problem solving
  - B. Analyzing the opponent
- VI. Rules and Safety
  - A. Strip rules
  - B. Comportment
  - C. Equipment use

**Assignment:**

**Methods of Evaluation/Basis of Grade:**

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None, This is a degree applicable course but assessment tools based on writing are not included because skill demonstrations are more appropriate for this course.

Writing  
0 - 0%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations  
20 - 40%

**Exams:** All forms of formal testing, other than skill performance exams.

Other

Exams  
20 - 40%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance

Other Category  
30 - 60%

**Representative Textbooks and Materials:**