



US Fencing Coaches Association

How to Become a Moniteur (Level 3)

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What Is A Moniteur (Level 3)?

The Moniteur (Level 3) certification is a professional level fencing certification that is designed primarily for those wishing to teach or coach fencing in club, community and school programs without direct supervision. They give group classes and individual lessons to recreational beginners and up to intermediate level fencers that compete. A Moniteur (Level 3) 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 Prévôt (Level 2) board certified examiners or one USFCA Fencing Master (Level 5) 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.

Quick NOTE: The NCDP Steering Committee and CAB are working to develop a process for Moniteur that involves a series of formative assessments given at NCDP clinics. Please look for these to be out on the USFCA website soon.

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



Specifics to Earning Certification

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

Candidates must pre-register and pay online to take both the written and practical exam. To take the written exam, go to the USFCA website, log in as a member and look under “Testing and Course” for the Moniteur (Level 3) Written exam. After paying for the exam, the candidate may take it. The test should be taken in a quiet and private testing area. Under no circumstances should the test be reproduced or disseminated.

The online exam will be graded automatically and your score will be displayed at the end of the exam. Print out the final exam score for your own records. The printed exam score must be used to show that the written exam was passed, enabling the candidate to schedule a practical exam. USFCA will maintain a record of all exams attempted. If the USFCA determines the exam/testing environment has been significantly compromised, the examination can be considered invalid.

Each certification candidate will have two chances to pass the exam per exam fee within an eight hour window of time. If the candidate fails the written exam they may register and pay again online and attempt the exam again when better prepared. Only one written test needs to be taken and passed for each level of certification. (Taking a second practical examination in an additional weapon does not require taking another written exam.)

Candidates must pass an online written exam with a minimum score of 75 out of 100. After passing the written exam the candidate may take a Moniteur (Level 3) 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 (Level 3) practical in foil then he or she will be a “Moniteur of Foil”.

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 Documents section available for members at www.usfca.org.

- [Taking Foil Groups to the Competitive Level](#) by Vincent Bradford, 1994
- [Fencing Sabre: A Practical Training Guide for Coaches, Parents and Young Athletes](#), Handelman and Louie, 2010, Second edition 2015, Pattinando Publishing, San Francisco, CA
- [Fencing Foil: A Practical Training Guide for Coaches, Parents and Young Athletes](#), Handelman and Louie, 2014, Pattinando Publishing, San Francisco, CA
- [Magnum Libre](#) (The Big Book of Fencing) by Volkmann, 1996
- [USFCA glossary](#) – found in the Reference area of the USFCA website
- [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

- USA Fencing 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 (Level 3) is expected to know the rules. The USA Fencing Rule Book and Operations Manual can be found on the USA Fencing 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/regional/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 USA Fencing 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



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

Terminology

The Moniteur (Level 3) Candidate should know all of the basic fencing terms in the [USFCA Glossary](#).

A Moniteur (Level 3) Coach is expected to be able to teach a beginning fencing class and therefore should be versed with terminology related to group teaching methods. The Candidate should also know the definitions for various types of footwork, blade work, simple actions, compound actions, all the parries, counter-attacks, etc. and be familiar with the correct technical execution of each. The Candidate 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 foil/épée, stop cuts in sabre)
- Remise
- Actions in opposition
- Point in line
- Double
- Dérobement
- One-two

- **Footwork**

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

- **Methods of Drilling**

- Blocked
- Serial
- Random

- **Four Distances**

- Short
- Medium
- Long
- Others

- **Types of Drills**

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

- **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



Practical Exam

The practical exam must be administered by one USFCA Fencing Master (Level 5) or two USFCA Fencing Prévôts (Level 4). 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:

For a detail of the lesson that should be presented in the Moniteur exam - please see the latest scoresheet on the USFCA website

<https://www.usfca.org/index.php/files/26/Practical-Scoresheets/77/MONITEUR-Practical-Scoresheet.pdf>

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.