



Badge Level Exam

Syllabus Booklet — for Parents & Students

14 badges · Mini Star to Elite Yellow · Updated October 2026

Inside this booklet

- How the badge system works — colours, numbers, certificates
- Exam results: Pass / Merit / Needs improvement / Not yet
- One checklist page per level — tick off skills as your child masters them
- Competition pathway: Master Star, external events, HKSSF / ISSFHK
- Approximate comparison with British Fencing, CFA and HKFA systems

Exam fee: HK\$500 per level (badge & certificate included)

Important: all comparisons in this booklet are approximate equivalents mapped by HK Fencing Master, based on public syllabi. This is an independent internal guide and is not endorsed by, affiliated with, or approved by British Fencing, the China Fencing Association (CFA) or the Hong Kong Fencing Association (HKFA).

How the Badge System Works

1 • What the badges mean

The badge COLOUR shows the training phase; the NUMBER shows the level inside that phase. Colours rise Blue → Pink → Green → Yellow. A dedicated student usually reaches the Yellow Badge in about 4–5 years. Badges are worn on the sleeve of the non-weapon arm; passing gives a certificate plus the badge.

2 • How it works

Coaches check skills (practical exam), knowledge (theory test), behaviour (rated across the term) and the level's training-hours and competition requirements. Exams are run by HKFM coaches, scored live and signed; results are never announced during the exam.

The four possible results

PASS

Every area at the Pass standard and all safety items done → badge and certificate.

MERIT

Pass plus higher scores in the main areas → badge and certificate “with Merit”.

NEEDS IMPROVEMENT

Only ONE area below the line → redo just that part 4–8 weeks later; a pass gives the badge.

NOT YET

Two or more areas below the line, or a safety item missed → retake the full exam next window (≥3 months).

Safety note: a missed safety item or any unsafe act means “Not yet”, whatever the other scores.

Our classes

Discovery Classes — school CCA (FEN 1–3, black badges); after FEN 3, students are suggested to take Level 1 (Blue Badge). Professional Classes — at our centre, full gear, the complete athlete pathway.

SUGGESTED WEEKLY TRAINING (Champion Path)

Discovery & Development (Levels 1–4+): 2 × 1.5 hrs per week · Mastery & Elite (Levels 5–8): 3 × 1.5 hrs per week. Optional intensive core programs alongside each stage: IGNITE (Discovery), BLOOM (Development), GLOW (Mastery), SPARKLE (Elite) — 10 sessions × 3 hrs. Stage names: Discovery ■■■■, Development ■■■■, Mastery ■■■■, Elite ■■■■.



Mini Star 1

Age 3–4 · No minimum hours total · Play-based class each week

GOAL — First star: through games your child learns to balance, freeze on “Stop!” and stand in a proud ready position. “I can listen, I can move, I can be safe.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ Balance like a flamingo on one foot, then walk along a line
- ☐ Throw a soft ball into a hoop and catch it
- ☐ Freeze when the coach says “Stop!”
- ☐ Ready position: “duck feet”, soft knees, sword forward
- ☐ Salute the coach with the plastic sword

WHAT THEY NEED TO KNOW

Fun picture questions, asked out loud (not marked): point to the mask, point to the sword, show who is saluting.

BEHAVIOUR WE LOOK FOR

Mask on while fencing · salutes before and after · sword point down · listens and takes turns.

COMPETITIONS

No competitions.

READY TO TAKE IT?

Takes part in the Mini Star class this term.

NEXT STEP: Mini Star 2



Mini Star 2

Age 4–5 · No minimum hours total · Play-based class each week

GOAL — Play turns into real fencing shapes: a steady en garde, steps forward and back, reacting to the referee's words. "I move like a fencer."

SKILLS CHECKLIST — tick when your child can do it

- ☐ Hold the en garde position for 3 seconds
- ☐ 3 steps forward and 3 steps back, staying in en garde
- ☐ "En garde – Allez – Halte!" game: go and stop on the right word
- ☐ Hit a big target with the plastic sword
- ☐ Salute and say thank you to a partner

WHAT THEY NEED TO KNOW

Fun picture questions, asked out loud (not marked).

BEHAVIOUR WE LOOK FOR

Mask on, salutes, sword point down · waits for a turn, kind to partners.

COMPETITIONS

No competitions.

READY TO TAKE IT?

Has Mini Star 1.

NEXT STEP: Mini Star 3



Mini Star 3

Age 5 · No minimum hours total · Play-based class each week

GOAL — The bridge to real fencing: lunge to a target, recover to en garde, fence a mini bout with salute and handshake. “I am ready for metal weapons.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ En garde, then step forward and back when the coach calls
- ☐ Lunge to a target
- ☐ Lunge, then come back to en garde
- ☐ Follows “En garde – Prêts – Allez – Halte” in a mini game
- ☐ Mini bout manners: salute, play, shake hands

WHAT THEY NEED TO KNOW

Fun picture questions, asked out loud (not marked).

BEHAVIOUR WE LOOK FOR

Mask on, salutes, sword point down · plays fairly, shakes hands.

COMPETITIONS

No competitions.

READY TO TAKE IT?

Has Mini Star 2.

NEXT STEP: Level 1 (metal weapons) from age 6, after at least 1 term



Level 1 — Discovery (Blue)

Age 6+ · 30 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — First Blue badge, first metal weapon: correct en garde, safe footwork, straight-arm hit at the right distance, leads a warm-up. "I fence safely and I know the basics."

SKILLS CHECKLIST — tick when your child can do it

- ☐ En garde with 3 checkpoints (feet, knees, sword arm)
- ☐ Step forward and back on the coach's call (5 m)
- ☐ Salute correctly and know when to salute
- ☐ Keep the right distance and hit with a straight arm ×5
- ☐ Lead 2 class warm-ups (star jump, knee kick)

WHAT THEY NEED TO KNOW

Names the 3 weapons and one difference · foil target (the body) · names mask, glove, under-plastron · short quiz (read aloud for younger children).

BEHAVIOUR WE LOOK FOR

Mask on before the weapon is raised · point down off the piste · salutes and stops on "Halte" · respectful.

COMPETITIONS

Joins Master Star, our internal competition (4 rounds a year).

READY TO TAKE IT?

New starters age 6+, or ≥1 term after Mini Star 3.

NEXT STEP: Level 2

Level 2 — Discovery (Blue)

Age 7+ · 60 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — Fencing with attack and defence: lunge and recover, parry on both sides and riposte, keeping distance from a moving partner. "I can attack and defend."

SKILLS CHECKLIST — tick when your child can do it

- ☐ Lunge and recover to en garde ×10
- ☐ Move to the coach's rhythm; hit the called target ×10
- ☐ Parry and riposte on both sides ×10
- ☐ Side-to-side parry (age 8+)
- ☐ Keep the right distance from a moving partner
- ☐ Lead 2 warm-ups

WHAT THEY NEED TO KNOW

Target areas for foil and sabre · the referee's starting words · class safety rules · piste lines and the back-line rule.

BEHAVIOUR WE LOOK FOR

Checks own mask and glove · says thank you, no bad language · follows instructions quickly.

COMPETITIONS

Master Star (4 rounds a year).

READY TO TAKE IT?

At least 1 term after Level 1.

NEXT STEP: Level 2+ (compulsory) → Level 3



Level 2+ — Discovery (Blue)

Age 8+ · 60 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — A COMPULSORY Blue step: for fencers who can teach what they know. Your child explains the basics, coaches a “new student”, fixes a mistake, kits up electric equipment alone. “I understand fencing well enough to help others.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ Shows and explains en garde and lunge
- ☐ Teaches a “new student” and fixes a mistake
- ☐ Parries on both sides
- ☐ Beat the blade, then attack with a lunge

WHAT THEY NEED TO KNOW

Electric kit on, plugged in and tested alone in 5 minutes · target areas foil & épée · referee hand signals · two ways to get a yellow card.

BEHAVIOUR WE LOOK FOR

Knows all safety rules · positive attitude and team spirit.

COMPETITIONS

Master Star. Route: Ignite camp (20 h), head-coach nomination, or 8 logged assistant sessions.

READY TO TAKE IT?

≥1 term after Level 2 (not same window as Level 3).

NEXT STEP: Level 3

Level 3 — Development (Pink)

Age 8+ · 90 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — From doing moves to reading the opponent: defends mixed attacks, slips around the blade, 10+ club bout wins.
“I can think during a bout.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ Lunge and recover while explaining the checkpoints
- ☐ Footwork that keeps the right distance
- ☐ Parry and riposte on both sides (4 and 6)
- ☐ Circular parry and disengage (slipping around the blade)
- ☐ Defends against the coach's mixed attacks

WHAT THEY NEED TO KNOW

Right of way at foil · ways to score, red card meaning · saluting before a bout · referee signals.

BEHAVIOUR WE LOOK FOR

Respects opponent and referee · stays calm when losing · helps younger teammates.

COMPETITIONS

Master Star + 1–2 external competitions · ≥10 wins in club bouts to 5 this semester.

READY TO TAKE IT?

At least 1 term after Level 2.

NEXT STEP: Level 4

Level 4 — Development (Pink)

Age 9+ · 120 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — Real attacks: beats, feints, the “one-two”, spotting the opening; understands pools and rankings. “I can plan and score in a bout.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ Step-lunge, beat-lunge and beat-disengage
- ☐ The “one-two” attack
- ☐ Circular parries, high and low
- ☐ Attacks when the coach leaves an opening

WHAT THEY NEED TO KNOW

Fills in and adds up a pool sheet · pool bouts and rankings · yellow, red and black cards · right of way basics.

BEHAVIOUR WE LOOK FOR

Full kit, complete and checked · helps juniors safely · calm and supportive.

COMPETITIONS

Master Star + 1–2 external competitions · HKSSF / ISSFHK suggested · ≥10 club wins in one semester.

READY TO TAKE IT?

At least 1 term after Level 3.

NEXT STEP: Level 4+ (compulsory) → Level 5



Level 4+ — Development (Pink)

Age 10+ · 140 hours total · Suggested: 2 × 1.5 hrs per week

GOAL — A COMPULSORY Pink step: Level 4 skills at full speed against left- and right-handers, under competition pressure, plus refereeing practice bouts. “My skills hold up when it counts.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ All Level 4 actions at speed, on the move
- ☐ Attacks against a fencer with the other hand

WHAT THEY NEED TO KNOW

No written quiz · referees 3 practice bouts with correct words and signals.

BEHAVIOUR WE LOOK FOR

Good conduct at competitions · keeps going when tired, stays focused.

COMPETITIONS

Master Star + 1–2 external competitions · route: overseas camp (20 h) or 20 h holiday intensives · results: top 20 of 40+, or top 25% HKFM internal ranking over 2 events.

READY TO TAKE IT?

At least 1 term after Level 4.

NEXT STEP: Level 5

Level 5 — Mastery (Green)

Age 10+ · 160 hours total · Suggested: 3 × 1.5 hrs per week

GOAL — First Green badge — the weapon is named on it. Feints, blade takes, renewed attacks, a plan in every bout. “I am a competitive fencer in my weapon.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ Fake attack, then the real attack
- ☐ Taking the blade: bind, envelopment, croisé, opposition
- ☐ Renewing the attack (remise / redoublement)
- ☐ Flèche, when old enough
- ☐ Uses a planned tactic in a bout

WHAT THEY NEED TO KNOW

Pools then knock-out format · seeding and card situations · foil off-target (white light); épée double hits · written quiz.

BEHAVIOUR WE LOOK FOR

Competition manners; accepts referee decisions · focus, confidence, handling results.

COMPETITIONS

Master Star + 1–2 external competitions · results: top 6 of 10+ AND top 20 of 40+, or internal-ranking route.

READY TO TAKE IT?

At least 2 terms after Level 4.

NEXT STEP: Level 6

Level 6 — Mastery (Green)

Age 11+ · 220 hours total · Suggested: 3 × 1.5 hrs per week

GOAL — Advanced tactics: second-intention and counter-time, compound ripostes, preparing vs counter-attacking; earns the HKFM Referee award. "I can out-think opponents and referee fairly."

SKILLS CHECKLIST — tick when your child can do it

- ☐ Second-intention and counter-time actions
- ☐ Compound ripostes and counter-ripostes
- ☐ Coupé and opposition counter-attacks
- ☐ Explains and uses preparation vs counter-attack in a bout

WHAT THEY NEED TO KNOW

Full right-of-way rules and penalties (written quiz) · referees a bout for younger fencers → HKFM Referee award.

BEHAVIOUR WE LOOK FOR

Helps safely in a beginner class (2 sessions) · strong, positive attitude all term.

COMPETITIONS

Master Star + 1–2 external competitions · 5-bout club pool with 3+ wins vs Level 4+ fencers, or competition results.

READY TO TAKE IT?

≥2 terms after Level 5; helped in a Discovery class 2 sessions.

NEXT STEP: Level 7



Level 6+ — Mastery (Green)

OPTIONAL BONUS — not needed to move up

Age 12+ · 260 hours total · Suggested: 3 × 1.5 hrs per week

GOAL — An OPTIONAL bonus for leaders: referees regularly, keeps Level 6 sharp, safely runs a warm-up and footwork block for beginners. "I lead and officiate."

SKILLS CHECKLIST — tick when your child can do it

- ☐ Keeps Level 6 skills sharp (3 spot-checks)

WHAT THEY NEED TO KNOW

Signed log of 10+ refereed bouts · referees 1 bout watched by the examiner.

BEHAVIOUR WE LOOK FOR

Leads a 15-minute warm-up/footwork block safely · a role model in class.

COMPETITIONS

Master Star + 1–2 external competitions · results as Level 5 + signed log of ≥10 refereed club bouts.

READY TO TAKE IT?

At least 1 term after Level 6.

NEXT STEP: Level 7



Level 7 — Elite (Yellow)

Age 12+ · 300 hours total · Suggested: 3 × 1.5 hrs per week

GOAL — First Yellow badge, by head-coach selection: 20 personal actions at competition speed, a bout plan, referees a full pool, mentors a younger fencer. “I am an elite fencer and mentor.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ A personal list of 20 actions at competition speed
- ☐ Plans, fences and reviews a bout against a known opponent

WHAT THEY NEED TO KNOW

Oral rules exam (10 questions) · referees a full pool.

BEHAVIOUR WE LOOK FOR

Mentors a younger fencer for a term · excellent attitude and focus (S.T.A.R. review).

COMPETITIONS

Master Star + 1–2 external competitions · 12 months of evidence: 3+ outside events with results, or leadership route (20 h assisting + 15 refereed bouts).

READY TO TAKE IT?

≥2 terms after Level 6; selected by the head coach.

NEXT STEP: Level 8

Level 8 — Elite (Yellow)

Age 13+ · 380 hours total · Suggested: 3 × 1.5 hrs per week

GOAL — Top Yellow badge, signed off by two senior coaches: 25 actions at a high standard, a season review with video, runs a 45-minute class segment. “I am a complete fencer and a role model.”

SKILLS CHECKLIST — tick when your child can do it

- ☐ A personal list of 25 actions at a high standard
- ☐ A season review interview with video examples

WHAT THEY NEED TO KNOW

No written quiz — knowledge shown in the review and refereeing.

BEHAVIOUR WE LOOK FOR

Runs a 45-minute class segment · role model and mentor (S.T.A.R. review).

COMPETITIONS

Master Star + 1–2 external competitions · 12 months of evidence at a higher standard, or leadership route (40 h assisting + 30 refereed bouts).

READY TO TAKE IT?

At least 2 terms after Level 7.

NEXT STEP: Leadership track (Assistant Instructor and up); Junior/Cadet endorsements from competition res

How We Compare

Approximate equivalents mapped by HK Fencing Master (target alignment, Oct 2026), based on public syllabi. CFA 2★–5★ are awarded on competition results, so placement is indicative. “Not offered” means that body has no test at that level.

HKFM level			
Mini Star 1	MiniSword – Green (coordination) / Blue (balance)	No CFA test at this level (stars start at U8. metal weapons)	Not offered (HKFA badges are for school pupils: no)
Mini Star 2	MiniSword – Blue / Yellow	No CFA test at this level (stars start at U8. metal weapons)	Not offered (HKFA badges are for school pupils: no)
Mini Star 3	MiniSword (Green + Blue + Yellow set)	No CFA test at this level (stars start at U8. metal weapons)	Not offered (HKFA badges are for school pupils: no)
Level 1	Grade 1 – part 1 (Demonstrate 1–5, Describe 1–2. 5)	Below 1★ (preparation)	Sports Experience Fencing Badge – Bronze/Silver
Level 2	Grade 1 (awarded at L2, with L1)	1★	Sports Experience Badge – Gold ≈ Outreach Warrior –
Level 2+	Grade 2	≈1★ stage (no separate CFA test for this step)	Outreach Coaching Warrior Badge – Silver/Gold
Level 3	Grade 3	2★	Not offered (HKFA school badges stop at Warrior Gold)
Level 4	Grade 4 – part 1	2★	Not offered (HKFA school badges stop at Warrior Gold)
Level 4+	Grade 4 (awarded at L4+)	2★–3★	Not offered (HKFA school badges stop at Warrior Gold)
Level 5	Grade 5	3★	No HKFA grading at this level (competition age groups only)
Level 6	Grade 6	3★	No HKFA grading at this level (competition age groups only)
Level 6+	Not offered (BF Achievement Awards stop at Grade 6)	3★–4★	No HKFA grading at this level (competition age groups only)
Level 7	Not offered (BF Achievement Awards stop at Grade 6)	4★	No HKFA grading at this level (competition age groups only)
Level 8	Not offered (BF Achievement Awards stop at Grade 6)	5★	No HKFA grading at this level (competition age groups only)

Not endorsed by British Fencing, the China Fencing Association (CFA) or the Hong Kong Fencing Association (HKFA). For the latest official requirements, consult each federation directly.

FAQ for Parents

Q When can my child start?

Ages 3–5 start at Mini Star 1 (plastic swords). New starters aged 6+ begin at Level 1. After Mini Star 3, children move to Level 1 after at least one term.

Q How are training hours counted?

Total accumulated class and combat-practice hours since starting at HKFM; your coach keeps the record and writes it on the exam paper.

Q What if my child doesn't pass?

"Needs improvement" = redo one area in 4–8 weeks. "Not yet" = retake the full exam next window (≥ 3 months). Feedback within 7 days, with two strengths and two targets.

Q What is Master Star?

Our internal competition, 4 times a year. Every fencer Level 1–8 joins and earns a ranking score; from Level 4+ a strong ranking can count as results evidence.

Q When do outside competitions start?

Level 3+: 1–2 external competitions per badge. Level 4: HKSSF / ISSFHK suggested. Keep results pages and send copies to your coach.

Q Are the "+" levels compulsory?

Levels 2+ and 4+ are compulsory steps (teaching; competing under pressure). Only Level 6+ — refereeing & leading — is an optional bonus.

Q What should we bring on exam day?

Arrive 15 minutes early with full, checked kit, water and a snack; confirm hours/timing with your coach first.

Q How much is the exam?

HK\$500 per level — badge and certificate included.

Ready for the next badge?

Check hours & timing with your coach, then book your child's exam window.

BOOK YOUR EXAM → WhatsApp +852 XXXX XXXX