

## Great Britain Savate Federation Savate Technical Grading Syllabus

The Great Britain Savate Federation Technical Grading Syllabus provides a framework by which to assess the technical capacity of savateurs. It considers their ability to perform attacking, defending and counter-attacking techniques and to utilise them in the context of sparring. Grading opportunities are offered at events sanctioned by the GBSF, and gradings are assessed by a panel appropriate to the examination being undertaken.

### *The Stages of Technical Development*

The grading consists of six learning levels, symbolised by coloured gloves. These fall conceptually into four categories indicating the level of progress of the student. The levels are Apprenticeship, Development, Control and Mastery. The glove colours in increasing order are blue, green, red, white, yellow and silver.

Every glove level examination can be graded at one of three degrees (first, second and third) which represent the level of technical ability acquired within the grade. The first degree corresponds to partial acquisition of the required technical skills. The second degree indicates that most of the required technical skills are present, and the third level is the complete acquisition of the required skills to pass the grade. With the exception of Silver Glove in which degrees are awarded as separate qualifications, **it is necessary to achieve the third level before progressing to the next grade.**

Each grading level has a theme by which the technical evaluation is guided.

Stage	Grade	Theme
<i>Apprenticeship</i>	Blue Glove	Striking: I touch without being touched in reply
	Green Glove	Blocking: I avoid being touched and touch in reply
<i>Development</i>	Red Glove	Moving: I avoid being touched and reply on a different line
	White Glove	Anticipating: I touch before I am touched
<i>Control</i>	Yellow Glove	Feinting: I create an opportunity to touch
	Silver Glove	Mastery: I have complete technical proficiency

The GBSF recognises and recommends Silver glove levels 1, 2 and 3 granted by FISav or the French national federation (F.F.S.B.F.&D.A.).

It is recommended that students in the Development period should attend judging and refereeing training, in order to enhance their understanding of the sport. Students holding the technical rank of Red Glove or over are entitled to apply for training to become an instructor.

### *Panel Members*

The GBSF awards, via the DTN., the qualification of ‘Technical Examiner’, Level [1-4] to selected and trained individuals. The level corresponds to the Grade that the examiner may assess, as follows:

Apprenticeship Stage (Blue, Green)	Level 1 Technical Examiner
Development Stage (Red, White)	Level 2 Technical Examiner
Control Stage (Yellow)	Level 3 Technical Examiner
Mastery Stage (Silver)	Level 4 Technical Examiner

### *The Grading Examination*

A Grading Examination is conducted at a GBSF event by a Panel consisting of a minimum of two GBSF examiners, qualified to the level required (Technical Examiner Level 1-4, see *Panel Members*, above). A lead examiner will be designated by the panel, generally being the most senior examiner present. The lead examiner is able to terminate the grading at their discretion.

For Blue and Green Glove examinations there must be at least one examiner per two people grading. For Red and over there must be one examiner per person examined at any time. Large panels may subdivide in order to grade more students simultaneously, so long as each sub-panel contains at least two instructors.

Immediately prior to the grading examination students will be requested to approach the desk. The panel will assign the candidates into suitable pairs at its discretion, and designate them as the ‘A’ or ‘B’ member of each pair (Candidate A or B will be asked to perform techniques first or second during the grading, with regular changing over of which performs first). Candidates may request specific pairings with other students being examined, but it may not always be possible to accommodate them. Prior to the examination, students taking the White Glove grading or higher may request to bring a partner of their choice, of an appropriate level, who is not being themselves examined. It may not always be possible to accommodate that request.

Each candidate will be also be checked for kit and attire immediately before the start of the grading, following the requirements laid out in the most current version of the GBSF kit requirements for Savate Assaut. Kit that is substandard will result either in the candidate not being allowed to take the Grading Examination (and forfeiting their fee), or being deducted marks from their overall score. The final decision on the suitability of a candidate’s kit is made by the grading panel.

The grading will begin with all candidates being called to salute the examiners together. Pairs will then be summoned in turn to demonstrate the parts of the grading.

Students should be familiar with the contents of the syllabus prior to the exam, and understand the technical terms involved. The panel will state the instructions once, reading all instructions/guidelines specified on the relevant syllabus page slowly and clearly. Candidates may request up to two repeats. The panel will not demonstrate or correct techniques during the grading, and will not normally translate the instructions.

Students should understand that they are expected to show a reasonable range of interpretations of the instructions. For example if the instruction requests a *Chassé bas* without further specification, the panel will expect to see both *Chassé bas lateral* and *Chassé bas frontal* during the demonstration of technique. If

appropriate to the drill, and particularly at higher levels, a *Chassé bas tournant* might also be expected by the panel.

### *The Structure of the Examination*

The examination is composed of three parts.

#### **Part A : Technique**

The candidate is evaluated on three techniques or combinations, one chosen by the panel from each of the three parts. The candidate is allowed up to one minute to repeat each technique, at the discretion of the panel, before the roles of attacker and defender are reversed.

#### **Part B : Duo**

The Duo is a demonstration of pure technique. The candidates are evaluated on three set moves, one chosen by the panel from each of the three parts. In this section the candidates are expected to work together to show off their technical ability and aesthetic form, rather than working in opposition. The candidates are allowed up to one minute to repeat each move, at the discretion of the panel.

#### **Part C : Assaut**

This part is split into two sections :

- 1) Themed Assaut : The candidate performs several rounds of themed assaut. Candidates should use the theme to gain the marks but are not restricted to it exclusively: the round should look primarily like an Assaut, the theme being exhibited within it. The number of rounds and the duration of the rounds depends upon the glove taken.
- 2) Free Assaut : The candidate performs several rounds of free assaut. The number of rounds depends upon the grade taken.

At least 30 seconds of rest must be given between each Assaut demonstration, and at least two minutes rest between the Themed Assaut and Free Assaut parts.

### *Scoring and Assessment*

The official scoring sheet must be used by all panels when conducting a grading. The panel will score by considering the quality of the overall demonstration in each case, so that if a student performs a technique correctly the minority of the time, and incorrectly the majority, and does not interpret the theme well, the score will be commensurately low. If a student performs the technique correctly the majority of the time and rarely makes a mistake, and interprets the theme well, they will score highly. (NB The 'Correctness' column can be used to mark a student on whether they performed the technique as specified in the instructions. Very minor deviations drop one mark, say, major deviations, two marks. Substantial deviations most likely will be marked down in other columns as well, at the examiners' discretion.)

The result of the Grading Examination is the award of First, Second or Third Degree (or none) in the relevant Grade. A coloured glove Grade will only be awarded upon ***passing the Third Degree.***

A candidate must reach the Degree pass mark for a Degree on ***all three parts*** of the Grading Examination (Technical Exercises, Duo, Assaut) individually to be awarded a pass for that Degree overall. It is not possible for a high score in one part to make up for a low score in another.

For guidance, the pass mark for 1<sup>st</sup> degree is set at approximately 60%, at 70% for the 2<sup>nd</sup> degree and 80% for the 3<sup>rd</sup> degree.

Candidates must behave in a respectful and sporting manner throughout the grading in order to pass. The Panel has the right to expel or to deduct penalty marks from any candidate for breaches in this behaviour.

**Blue Glove*****I touch without being touched in reply*****Technical Exercises**

		<i>I perform a simple attack (single shot) I move with my opponent</i>	<i>I escape or parry my partner's attack I reply with a simple attack I move with my opponent</i>
Section 1	1)	Chassé Bas ou Médian	Fouetté Médian
	2)	Fouetté Bas ou Médian	Fouetté Bas ou Médian
	3)	Chassé Bas ou Médian	Chassé Bas ou Médian
Section 2	1)	Direct Corps ou Figure	Direct Corps ou Figure
	2)	Direct Corps ou Figure	Fouetté Bas ou Médian
	3)	Fouetté Médian ou Chassé Médian	Direct Corps ou Figure
Section 3	1)	Revers Figure	Fouetté Bas ou Médian
	2)	Fouetté Bas ou Médian ou Figure	Chassé Bas ou Médian ou Figure
	3)	Revers Bas ou Médian ou Figure	Revers Bas ou Médian ou Figure

**Duo**

		<i>I can perform an enchaînement of techniques with a fair level of accuracy, stability and control, whilst maintaining an appropriate guard.</i>
Section 1	1)	Coup de Pied Bas + Chassé Bas <i>l'autre jambe</i>
	2)	Fouetté Médian <i>arrière</i> + Fouetté Médian <i>avant</i>
	3)	Fouetté Médian <i>avant</i> + Chassé Bas <i>arrière</i>
Section 2	1)	Direct Figure <i>arrière</i> + Direct Figure <i>avant</i> + Fouetté Médian <i>avant</i>
	2)	Revers Latéral Médian <i>avant</i> + Direct Figure <i>avant</i> + Direct Figure <i>arrière</i>
	3)	Direct Figure <i>avant</i> + Direct Figure <i>arrière</i> + Chassé Frontal Bas <i>avant</i>
Section 3	1)	Fouetté Bas + Chassé Latéral Bas <i>la même jambe</i>
	2)	Revers Latéral Médian + Fouetté Bas <i>la même jambe</i>
	3)	Chassé Latéral Bas + Fouetté Médian <i>la même jambe</i>

**Assaut à Thème (4 x 1m30s)**

*Only the attacker is assessed.*

*The defending partner should offer counter-attacks.*

<i>Theme 1:</i>	<i>Theme 2:</i>
I perform a simple attack (single shot) using a punch. I then avoid being touched by an escape or a parry.	I perform a simple attack (single shot) using a kick. I then avoid being touched by an escape or a parry.

**Assaut Libre (2 x 1m30s)**

I am able to touch with a technique which is controlled, maintaining balance throughout, and avoid being touched in return.

I offer a reply to my opponent's attacks.

## Green Glove

## I avoid being touched and I touch in reply

### Technical Exercises

		<i>I perform a simple attack I move with my opponent</i>	<i>I avoid being touched by an escape or parry I reply with a simple attack I move with my opponent</i>	
Section 1	1)	Fouetté Médian	Parade Bloquant	Coup de Pied Bas ou Crochet
	2)	Direct Figure	Parade Bloquant <i>ou</i> Parade Chassé	Coup de Pied Bas
	3)	Fouetté Bas	Parade Bloquant	Fouetté Median
Section 2	1)	Fouetté Bas ou Chassé Bas	Esquive en Reculant	Toutes Techniques Intégrées
	2)	Revers Figure	Esquive	Fouetté Figure
	3)	Fouetté Médian ou Revers Median	Esquive	Toutes Techniques Intégrées
Section 3	1)	Revers Figure	Parade <i>ou</i> Esquive	Chassé Tournant Médian
	2)	Fouetté Médian	Parade <i>ou</i> Esquive	Chassé Tournant
	3)	Toutes Techniques Intégrées	Parade <i>ou</i> Esquive	Toutes Techniques Intégrées

### Duo

		<i>I can perform an effective enchaînement of techniques with a good level of accuracy, stability and control, whilst maintaining an appropriate guard.</i>	
		<i>Attaque (not scored)</i>	<i>Contre-attaque: Parade ou Esquive, followed by</i>
Section 1	1)	Direct <i>avant</i>	Direct Figure <i>avant</i> + Crochet Figure <i>arrière</i> + Direct Corps <i>avant</i>
	2)	Direct <i>avant</i>	Double Direct Figure <i>avant</i> + Direct Corps <i>arrière</i>
	3)	Direct <i>avant</i>	Direct <i>avant</i> + Crochet Figure <i>avant</i> + Crochet Figure <i>arrière</i>
Section 2	1)	Fouetté Médian <i>avant</i>	Direct Figure <i>arrière</i> + Chassé Frontal Médian <i>avant</i>
	2)	Fouetté Médian <i>avant</i>	Revers Médian <i>arrière</i> + <i>change stance</i> + Direct Figure <i>avant</i>
	3)	Fouetté Médian <i>avant</i>	Direct Figure <i>avant</i> + Coup de Pied Bas
Section 3	1)	Chassé Latéral Médian <i>avant</i>	Revers Latéral Bas <i>avant</i> + Décalage + Chassé Médian <i>l'autre jambe</i>
	2)	Chassé Latéral Médian <i>avant</i>	Revers Latéral Bas + Fouetté Médian <i>la même jambe</i>
	3)	Chassé Latéral Médian <i>avant</i>	Coup de Pied Bas + Double Fouetté Médian <i>l'autre jambe</i>

### Assaut à Thème (4 x 1m30s)

*Only the counter-attacking partner is assessed.  
The attacking partner should attack with single strikes.*

<i>Theme 1:</i>	<i>Theme 2:</i>
I parry or escape a simple attack to <i>bas</i> . I reply quickly and effectively.	I parry or escape a simple attack to <i>median</i> or <i>haut</i> . I reply quickly and effectively.

### Assaut Libre (2 x 1m30s)

I am not touched and I show appropriate use of parrys and escapes. I touch my opponent with a variety of replies.  
I act and react quickly.

**Red Glove*****I avoid being touched and I reply along a different line***

<b>Technical Exercises</b>				
		<i>I perform a simple attack</i>	<i>I avoid being touched using lateral movement I reply with a simple combination</i>	
Section 1	1)	Direct Figure	Décalage	Uppercut
	2)	Un coup de pied	Décalage	Un coup de pied
	3)	Un coup de pied	Décalage	Un coup de poing
	4)	Un coup de poing	Décalage	Un coup de pied
	5)	Un coup libre	Décalage	Un coup libre
	6)	Un coup de pied	Décalage	Deux coups de pied
	7)	Un coup de poing	Décalage	Deux coups de poing
	8)	Un coup de poing	Décalage	Deux coups de pied
	9)	Un coup libre	Décalage	Deux coups libres
Section 2	1)	Un coup de pied	Débordement	Un coup de pied
	2)	Un coup de pied	Débordement	Un coup de poing
	3)	Un coup de poing	Débordement	Un coup de poing
	4)	Un coup de poing	Débordement	Un coup de pied
	5)	Un coup libre	Débordement	Un coup libre
	6)	Un coup de pied	Débordement	Deux coups de pied
	7)	Un coup de pied	Débordement	Deux coups de poing
	8)	Un coup de poing	Débordement	Deux coups de poing
	9)	Un coup de poing	Débordement	Deux coups de pied
	10)	Un coup libre	Débordement	Deux coups libres
Section 3	1)	Un coup libre	Décalage	Un coup de poing et un coup de pied
	2)	Un coup libre	Décalage	Un coup de pied et un coup de poing
	3)	Un coup libre	Décalage	Deux coups libres
	4)	Un coup libre	Débordement	Un coup de poing et un coup de pied
	5)	Un coup libre	Débordement	Un coup de pied et un coup de poing
	6)	Un coup libre	Débordement	Deux coups libres
	7)	Un coup libre	Décalage or Débordement	Deux coups libres

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## Duo

		<i>I can perform a very effective enchaînement of techniques, with a high standard of footwork and a good level of rhythm, balance, fluidity and control.</i>	
		<i>Attaque (not scored)</i>	<i>Contre-attaque</i>
Section 1	1)	Fouetté Médian <i>avant</i>	Fouetté avant + Direct <i>arrière</i> + Débordement + Crochet Figure <i>avant</i>
	2)	Fouetté Figure <i>arrière</i>	Chassé Lateral Bas <i>avant</i> + Chassé Frontal Médian <i>avant</i> + Décalage + Fouetté Figure <i>avant</i>
	3)	Coup de Pied Bas <i>arrière</i>	Coup de Pied Bas <i>arrière</i> + Décalage + Fouetté Figure <i>avant</i> + Direct <i>arrière</i> + Crochet <i>avant</i>
Section 2	1)	Crochet Figure <i>avant</i>	Crochet Figure <i>avant</i> + Upper Corps <i>arrière</i> + Débordement + Direct Figure <i>avant</i>
	2)	Direct Figure <i>arrière</i>	Revers Frontal <i>avant</i> + Direct <i>avant</i> + Direct <i>arrière</i> + Débordement + Coup de Pied Bas <i>arrière</i>
	3)	Fouetté Médian <i>arrière</i>	Débordement + Fouetté Bas <i>arrière</i> + Fouetté Médian <i>avant</i>
Section 3	1)	Chassé Tournant Médian <i>arrière</i> + Fouetté Figure <i>avant</i> + Direct Corps <i>arrière</i> + Upper <i>avant</i>	
	2)	Chassé Sauté Médian + Chassé Tournant Bas + Fouetté Bas <i>l'autre jambe</i>	
	3)	Chassé Croisé Médian <i>avant</i> + Décalage + Fouetté Figure <i>arrière</i> + Chassé Tournant Médian ou Bas <i>avant</i>	

## Assaut à Thème (4 x 1m30s)

<i>Only the counter-attacking partner is assessed.</i> <i>The attacking partner should attack with single strikes or simple combinations.</i>	
<p><i>Theme 1 :</i></p> <p>During sparring, I avoid being touched and counter-attack using décalage</p>	<p><i>Theme 2 :</i></p> <p>During sparring, I avoid being touched and counter-attack using débordement</p>

## Assaut Libre (3 x 1m30s)

I am capable of rapidly perceiving and responding to an attack. I make use of lateral displacement to respond to an attack.
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**White Glove*****I touch before being touched***

<b>Technical Exercises</b>				
<i>Only the counter-attacking partner is assessed.</i>				
	<i>I perform a complex attack</i>		<i>I avoid being touched and reply before the attack has finished</i>	
Section 1	1)	Poing + Pied + Pied	Touch between the 2 <sup>nd</sup> and 3 <sup>rd</sup> Strikes	Pied + Poing or Poing + Pied
	2)	Pied + Pied + Poing		
	3)	Poing + Poing + Poing		
	4)	Pied + Poing + Poing		
Section 2		<i>Include one Décalage or Débordement</i>	Touch between the 1 <sup>st</sup> and 2 <sup>nd</sup> Strikes	Pied + Poing or Poing + Pied
	1)	Poing + Pied + Pied		
	2)	Pied + Pied + Poing		
	3)	Poing + Poing + Poing		
	4)	Pied + Poing + Poing		
Section 3		<i>Include one Décalage or Débordement</i>	Touch before the 1 <sup>st</sup> Strike	Pied + Poing or Poing + Pied
	1)	Poing + Pied + Pied		
	2)	Pied + Pied + Poing		
	3)	Poing + Poing + Poing		
	4)	Pied + Poing + Poing		

<b>Duo</b>				
<i>I can perform a high-quality, effective enchaînement of techniques in attack and counter attack, employing a high standard of footwork, defence, rhythm and ring craft.</i>				
		<i>Attaque</i>	<i>Défense</i>	<i>Contre-attaque</i>
Section 1	1)	Direct avant + Direct arrière + Fouetté Bas avant + Fouetté Médian arrière	Parade (poings) + Esquive (pieds)	Décalage + Chassé Latéral Médian avant + Revers Latéral Tournant Figure
	2)	Direct arrière + Direct avant + Revers Frontal Tournant arrière + Coup de Pied Bas	Parade (poings) + Esquive (pieds)	Chassé Bas arrière + un poing libre
	3)	Direct avant + Fouetté Bas avant	Parade (Direct) + Esquive (Fouetté)	Débordement + Fouetté Médian avant + Direct arrière + Direct avant + Chassé Latéral Médian
Section 2	1)	Chassé Latéral Tournant Bas + Fouetté Médian l'autre jambe + Double Direct arrière + Direct Figure avant	Esquive (Chassé) + Parade (others)	Direct Figure avant + Chassé Frontal Bas avant
	2)	Chassé Sauté avant + Revers Frontal Tournant Figure arrière + Direct avant + Direct arrière	Esquive (pieds) + Parade (poings)	Upper arrière + un coup libre
	3)	Revers Latéral Figure Sauté avant + Chassé Médian Tournant arrière	Esquive (Revers) + Parade (Chassé)	Revers Latéral Tournant Bas arrière
Section 3	1)	Fouetté Médian Sauté avant + Décalage + Crochet arrière + Direct Figure avant	Parade (Fouetté) + Esquive (poings)	Crochet arrière + Revers Figure arrière + Direct Figure avant

2)	Chassé Frontal Médian <i>arrière</i> + Fouetté Sauté <i>avant</i>	Parade Bloquant ( <i>Chassé</i> ) + Esquive ( <i>Fouetté</i> )	Décalage + Fouetté Bas <i>arrière</i> + Direct <i>avant</i>
3)	Coup de Pied Bas Sauté Croisé <i>arrière</i> + Fouetté Sauté Médian <i>avant</i> + Chassé Latéral Bas <i>avant</i>	Parade Bloquant + Parade Bloquant + Esquive <i>change stance</i>	Fouetté Sauté <i>avant</i>

### Assaut à Thème (6 x 1m30s)

*Only the counter-attacking partner is assessed*

*I anticipate the strikes of my opponent and touch before their 1<sup>st</sup> or 2<sup>nd</sup> strike*

<i>Theme 1 :</i> Attack : Pied + Poing	<i>Theme 2 :</i> Attack : Poing + Pied	<i>Theme 3 :</i> Attack : Libre (at least two strikes)
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### Assaut Libre (3 x 1m30s)

*Both partners are assessed*

I am capable of touching before an attack is triggered and I touch using varied combinations. I am precise and use the full range of allowed techniques. I execute my techniques with significant speed and control.

**Yellow Glove****I create the opportunity to touch****Technical Exercises**

<i>I realise a Feint within an attack</i>			
Section 1	1)	Décalage + Pied + Poing	
	2)	Décalage + Poing + Pied	
	3)	Pied + Décalage + Poing	
Section 2	1)	Débordement + Poing + Pied	
	2)	Pied + Débordement + Poing	
	3)	Poing + Débordement + Pied	
<i>I realise a Feint within a counter attack</i>			
Section 3		<i>Attaque</i>	<i>Contre Attaque</i>
	1)	Chassé avant + Direct arrière	Décalage + Poing + Pied arrière
	2)	Direct avant + Fouetté Médian arrière	Débordement + Pied + Poing avant
	3)	Crochet arrière + Chassé Médian avant	Décalage + Pied avant + Débordement + Poing arrière

**Duo**

<i>I can perform a high-quality enchaînement of techniques in attack and counter attack; I can disguise strikes with feinting and employ a high standard of footwork, defence, rhythm and ring craft.</i>			
		<i>Attaque</i>	<i>Contre-Attaque</i>
Section 1	1)	Chassé Lateral Médian Sauté arrière + Chassé Tournant Bas avant	Debordement + Direct arrière + Revers Tournant Figure arrière
	2)	Chassé Frontal Figure avant + Chassé Médian Sauté arrière	Chassé Lateral Médian avant + Crochet arrière + Décalage + Upper Corps avant
	3)	Chassé Lateral Médian Sauté Tournant arrière + Fouetté Figure avant + Chassé Lateral Bas avant	Débordement + Direct arrière + Revers Tournant Figure arrière
Section 2	1)	Fouetté Médian Sauté arrière + Fouetté Figure arrière + change lead + Upper avant + Crochet avant	Décalage + Upper arrière + Crochet arrière
	2)	Revers Lateral Figure Sauté arrière + Chassé Médian arrière + Débordement + Direct arrière	Upper Corps avant + Débordement + Direct arrière

	3)	Revers Lateral Figure Sauté avant + Direct Figure avant + Direct Corps arrière + Décalage + Fouetté Figure	Débordement + Chassé Lateral Médian avant + Revers Tournant avant
Section 3	1)	Direct avant + Coup De Pied Bas + Revers Frontal (same leg) + Revers Frontal Tournant Figure (same leg)	Crochet Corps arrière + Décalage + Crochet Figure avant
	2)	Direct Figure avant + Direct Corps arrière + Décalage + Fouetté Figure avant	Décalage + Fouetté Médian arrière + Coup De Pied Bas
	3)	Direct Figure avant + Chassé Exterior Bas arrière + Décalage + Chassé Lateral Médian avant + Revers Lateral Figure avant without touching down + Direct arrière	Décalage + Direct arrière + Débordement + Fouetté Bas avant

### Assaut à Thème (6 x 1m30s)

*I use feints to disturb the organisation of my opponent's defence.  
I use changes in rhythm to create an opportunity to attack.  
Only the attacking partner is assessed.*

<i>Theme 1:</i> I use feints to touch with punches.	<i>Theme 2</i> I use feints to touch with kicks.	<i>Theme 3:</i> I use feints to touch with kicks and punches.
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### Assaut Libre (3 x 1m30s)

I am capable of creating the opportunity to touch using feints. I attack and defend accurately using a wide variety of kicking and punching combinations and single strikes to all heights. I utilise effective lateral movement.