



# Achievement Award Grade 7- Foil

**Demonstrate: (with coach or partner)**

**While following your partner's steps forward and backward**

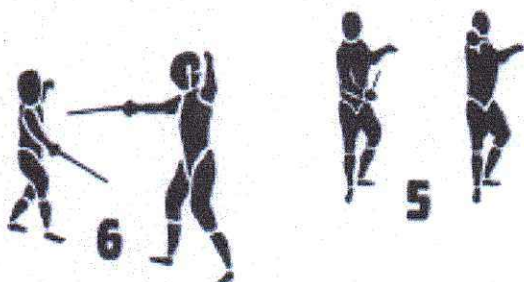
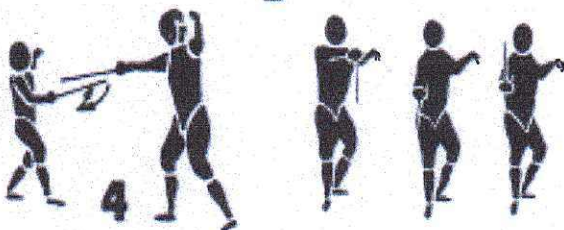
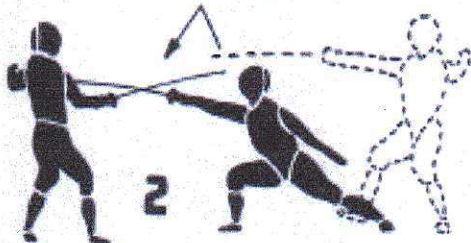
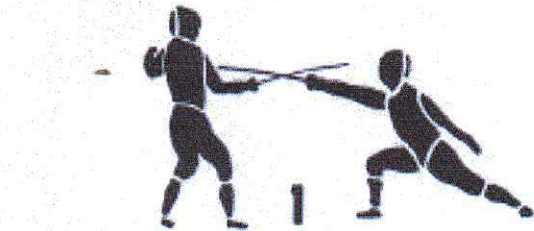
1. Maintain step-lunge distance and attack direct with lunge as your partner steps forward or, if your partner attacks on your step forward, Parry Quarte with a Direct Riposte
2. Maintain step-lunge distance and when your partner pauses, attack with feint direct with Balestra and Cutover with lunge
3. Maintain lunging distance and at the start of your partner's attack or step forward preparation:
  - a. Beat Parry into Quarte with a Direct Riposte
  - b. Beat Parry into Septime with a Direct Riposte
4. Maintain step-lunge distance and as your partner pauses and attempts to engage blades in Quarte and then Parries Sixte, attack by One-two with a step lunge

**From a stationary position:**

5. Parries ending in guards of Prime, Seconde, Tierce, Quinte and Neuvième
6. Maintaining line, Simple and Compound Dèrobements
7. Remise, Redoublement, Reprise

**Describe:**

1. Second-intention actions
2. Importance of mixing one and two tempo attacks and when you would use them
3. 'Open Eyes' Actions
4. Duties of Arm Judge



Badges And Certificates Obtainable From

**Amateur Fencing Association**

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