



Achievement Award Grade 8 - Foil

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward

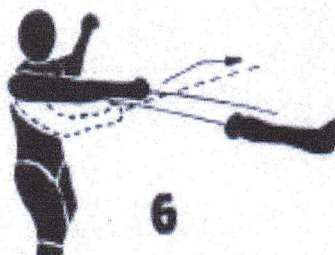
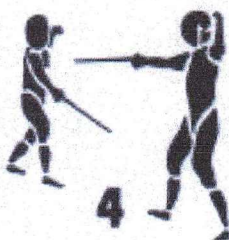
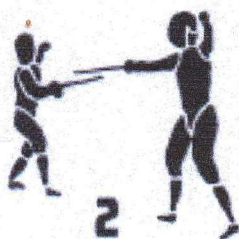
1. Maintain step-lunge distance and choose the moment to attack your partner using a mixture of lunges and step-lunges
 - a. Taking the blade into Quarte and Direct attack
 - b. Taking the blade into Sixte and disengage attack
 - c. Feint Direct and attack with One-two
2. At lunging distance, maintain line and:
 - a. Hit with Simple Dèrobement as your partner steps forward and attempts to engage blades in Sixte or Quarte
 - b. Hit with Compound Dèrobement as your partner steps forward and attempts to engage blades and parries in Sixte or Quarte

From a stationary position:

3. From step-lunge distance, make an invitation by step forward, jump forward or half lunge and if your partner attacks, parry Neuvième and Riposte Direct
4. From step-lunge distance and low hand position, make a feint with a step forward and:
 - a. Attack Direct if your partner does not react
 - b. Attack by Disengage if your partner takes a parry of Quarte or Circular Sixte
 - c. Parry Neuvième and Riposte Direct if your partner attacks with a Beat Direct
5. Bind, Croise, Envelopment
6. Froissement Direct attack with lunge

Describe:

1. Your understanding of distance, timing and speed in fencing
2. Counter-Time
3. Ceding and Opposition Parries



Badges And Certificates Obtainable From

Amateur Fencing Association

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