



Achievement Award Grade 3 — Foil

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

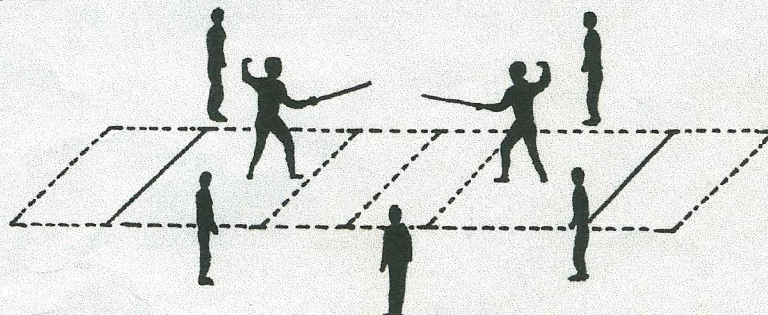
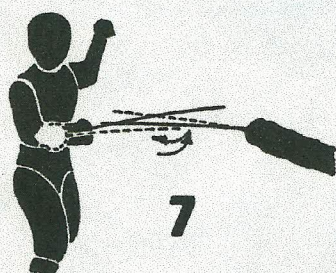
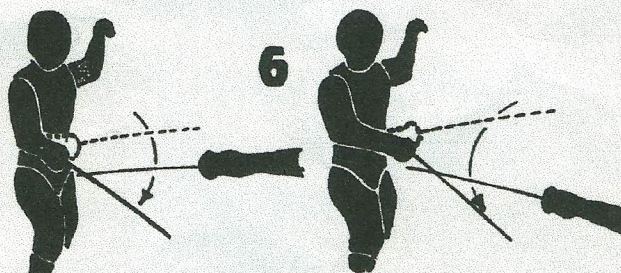
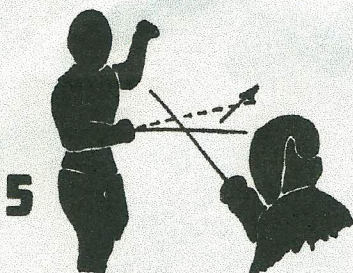
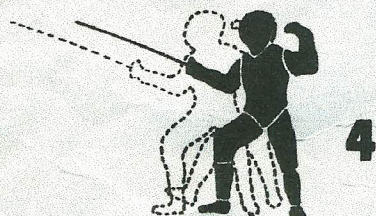
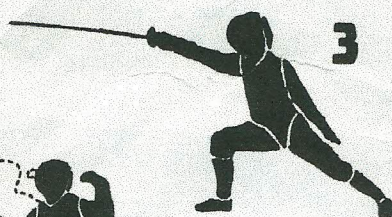
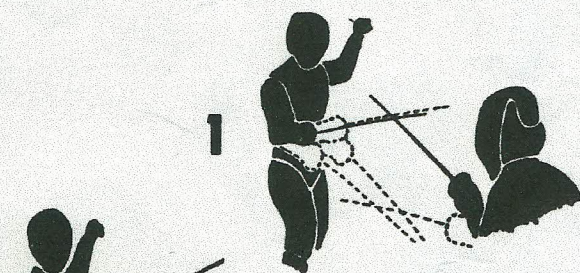
- 1 Maintain engagements in Sixte, Quarte, Septime & Octave
- 2 Disengage Attack with a lunge from Sixte each time your partner pauses and attempts to engage blades in -
 - a. Sixte from a low line guard
 - b. Quarte from a low line guard

From a stationary position:

- 3 Two types of lunge : a. accelerating
b. explosive
- 4 Balestra - Balestra step forward - Balestra lunge
- 5 Beats and Change Beats in Sixte, Quarte, Septime & Octave
- 6 Semi-circular Parries with Direct Ripostes
- 7 A One-two Attack with an accelerating lunge when your partner attempts to -
 - a. Engage blades in Quarte then parries into Sixte
 - b. Engage blades in Sixte then parries into Quarte

Describe:

- 1 Simple Attacks and Ripostes, and name three types of Parries
- 2 Difference between Simple and Compound actions.
- 3 Duties of President and Judges
- 4 Timekeeping during competitions
- 5 Rules regarding the boundaries of the Piste



Badges and Certificates Obtainable From:

Amateur Fencing Association

AFA Secretariat, 1 Baron's Gate, 33/35 Rothschild Road, London W4 5HT

Tel: 0181-742 3032