



# Achievement Award

## Grade 6— Foil

### Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

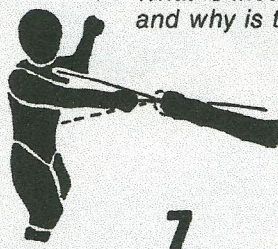
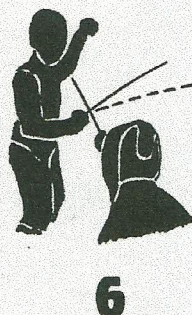
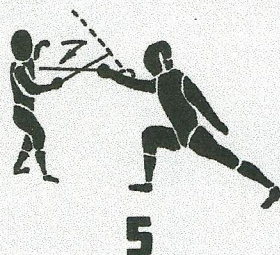
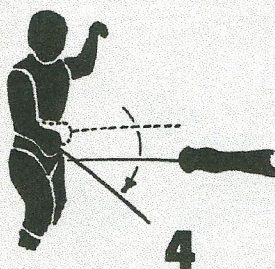
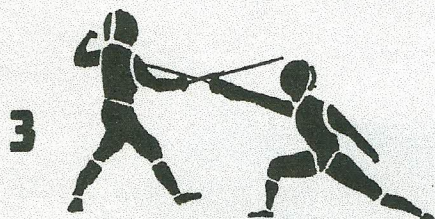
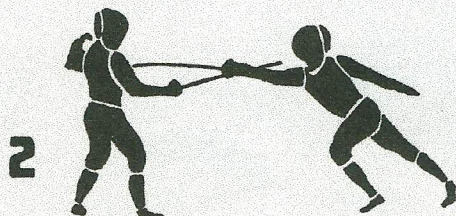
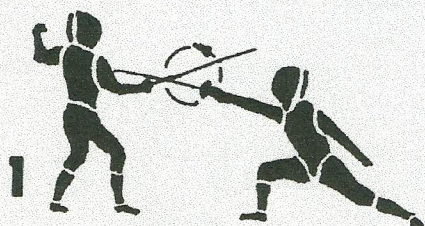
- 1 Maintain step-lunge distance and when your partner pauses, engage blades with a step forward in:
  - a. Sixte, and attack with Doubleé and an accelerating lunge
  - b. Quarte, and attack with Doubleé and an accelerating lunge
- 2 Maintain step-lunge distance and as your partner begins a step forward, Beat attack direct, with a Flèche
- 3 Maintain step-lunge distance and Disengage Attack with an explosive lunge as your partner steps forward to engage your blade in Sixte and in Quarte
- 4 When your partner attacks into the low line, Parry Octave and Riposte into the high line - if your Riposte is parried, then Parry into Quarte and hit with a Direct second Counter-riposte

#### From a stationary position:

- 5 Cutover Attacks with a lunge, on partner's pressure from Sixte, Quarte, Septime and Octave
- 6 Compound Ripostes and Counter-ripostes
- 7 Opposition Counter-attacks in Sixte, Quarte and Octave with a step forward

### Describe:

- 1 Preparatory actions and their tactical use
- 2 Counter-offensive actions
- 3 Fencing Time: single and multi-time actions
- 4 What is meant by "taking the initiative" and why is this important in a fight?



Badges And Certificates Obtainable From:

**Amateur Fencing Association**

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