



# 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 Derobement as your partner steps forward and attempts to engage blades in Sixte or Quarte
  - b. Hit with Compound Derobement as your partner steps forward and attempts to engage blades and parries in Sixte or Quarte

From a stationary position:

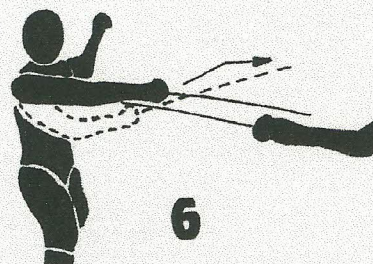
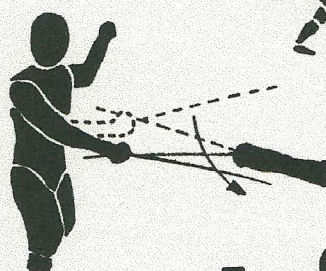
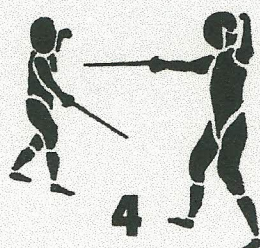
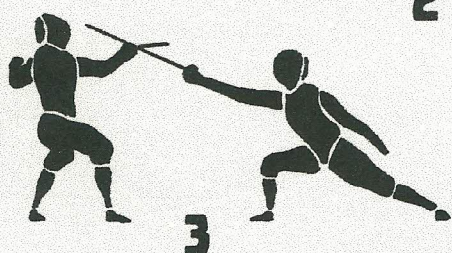
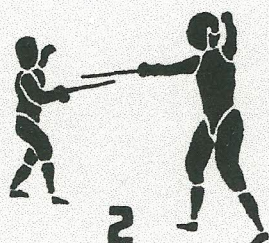
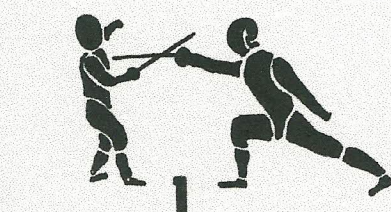
- 3 From step-lunge distance, make an invitation by step forward, jump forward or half lunge and if your partner attacks, parry Neuvieme and riposte direct
- 4 From step-lunge distance and low hand position, make a feint with a step forward and:
  - a. Attack direct if your partner does not react
  - b. Attack by disengage if your partner takes a parry of Quarte or Circular Sixte
  - c. Parry Neuvieme and riposte direct if your partner attacks with a Beat Direct

- 5 Bind, Croise, Enveloppement

- 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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