



# Achievement Award

## Grade 3—SABRE

### Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

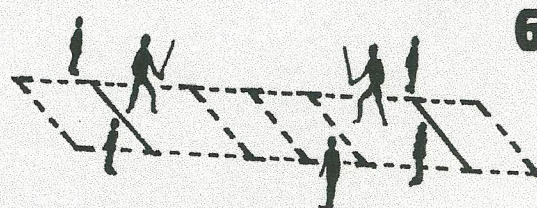
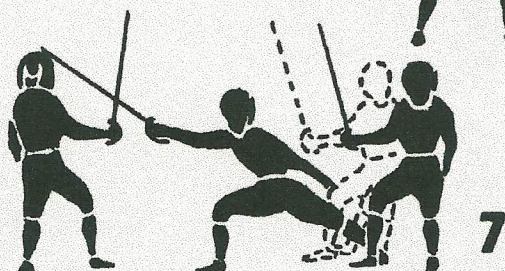
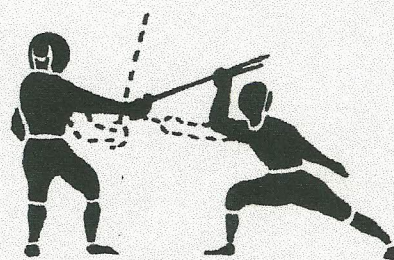
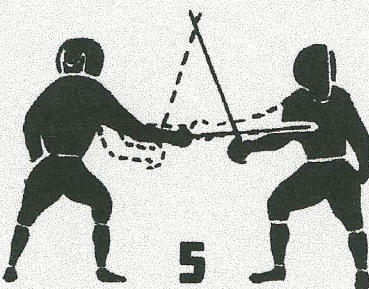
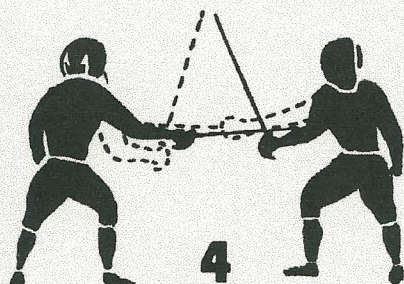
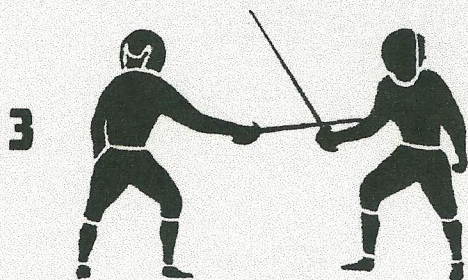
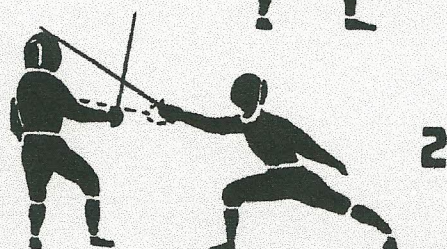
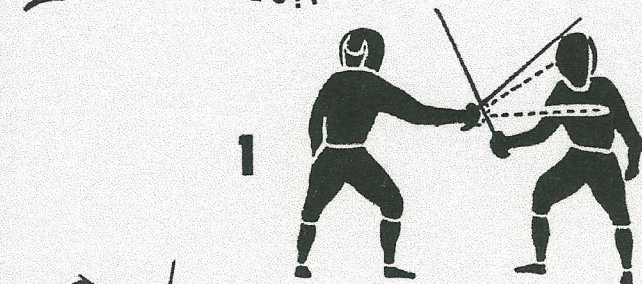
- 1 Maintain correct distance and make successive Cuts to Cheek, Head, Flank and Chest using various combinations, without a lunge
- 2 Maintain correct distance and each time your partner pauses, Attack with Direct and Indirect Cuts to Head, Flank and Chest, with a lunge

From a stationary position:

- 3 Cuts to Arm
- 4 Stop-Cut followed by a Parry of Tierce, Quarte or Quinte with a Direct Riposte
- 5 Indirect Ripostes following Parries of Tierce, Quarte and Quinte
- 6 Parries of Tierce, Quarte and Quinte with a Direct first Counter-riposte
- 7 Attacks to Head, Flank and Chest with step-lunge and Balestra-lunge

### Describe:

- 1 "Priority of Attack"
- 2 Indirect Actions - give three examples
- 3 Duties of President and Judges
- 4 Voting system of Jury and responses of Judges
- 5 Rules regarding the boundaries of the Piste



Badges And Certificates Obtainable From:

**Amateur Fencing Association**

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Tel: 081-742 3032