



# Achievement Award

## Grade 4 – SABRE

### Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

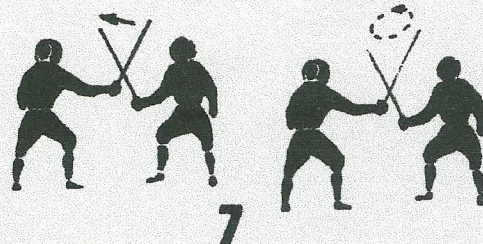
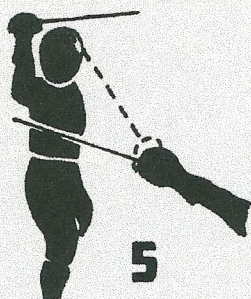
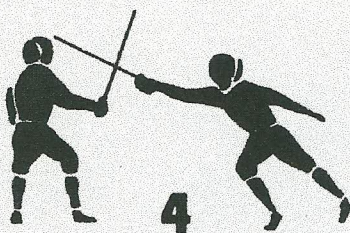
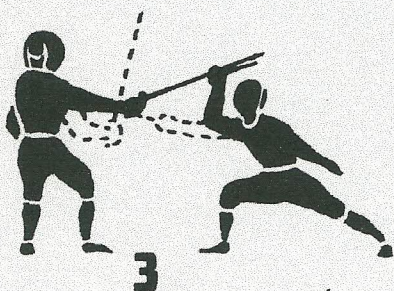
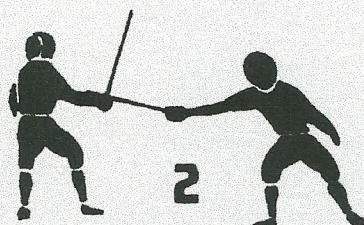
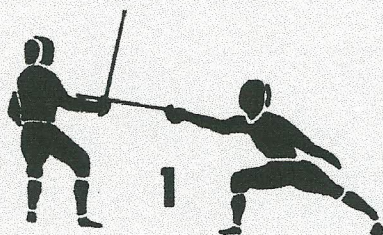
- 1 Maintain correct distance and when your partner pauses, Attack to arm with a lunge
- 2 Maintain correct distance and as your partner makes a Balestra preparation and an Attack with lunge, Cut to arm with a step back and Parry-Riposte
- 3 Maintain correct distance and as your partner pauses, Attack with a step-lunge and if your partner Parries with a Riposte, Parry with a First Counter-riposte

From a stationary position:

- 4 Direct and Indirect Attacks with Fleche and with running Fleche
- 5 Compound Attacks with one feint
- 6 Parries of Prime and Seconde
- 7 Beats and Circular Beats

### Describe:

- 1 Scoring on a pool sheet: first and second indicators
- 2 Rules regarding:
  - a. Corps-a-Corps
  - b. Turning
  - c. Hard hitting and dangerous fencing
  - d. Simultaneous Attacks
- 3 The correct procedure for judging, and demonstrate your ability to judge in a pool



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