



Achievement Award

Grade 5— SABRE

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

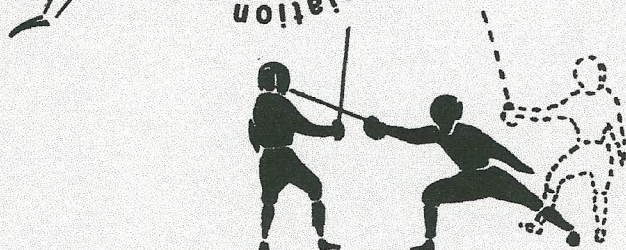
- 1 Maintain correct distance and choose the moment to step forward with a direct feint, deceive your partner's Parry and continue the Attack with a lunge
- 2 Choose the moment to begin a running Fleche and as your partner moves away and Parries, Attack into the opening line
- 3 Maintain correct distance and step forward as a Preparation Attack and:
 - a. If your partner Parries, Attack into the opening line with a lunge
 - b. If your partner Attacks, Parry-Riposte
- 4 Maintain correct distance and make a Compound Attack to your partner's arm with a lunge

From a stationary position:

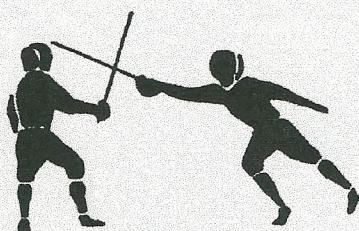
- 5 Circular Cuts to arm and chest
- 6 Compound Ripostes and Counter-ripostes
- 7 Ripostes and Counter-ripostes with Fleche

Describe:

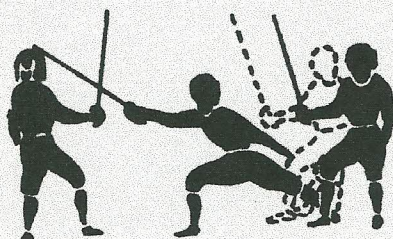
- 1 Second-intention actions
- 2 Simple and compound actions
- 3 Use of preparations



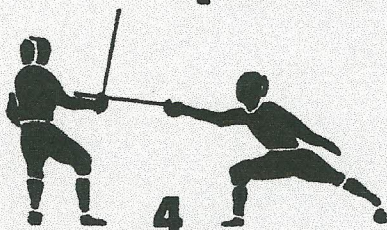
1



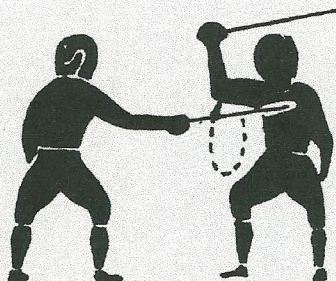
2



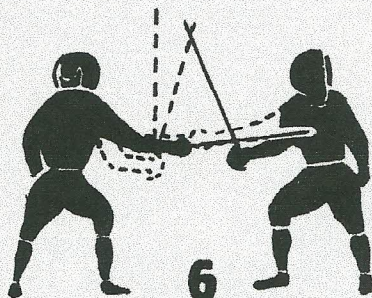
3



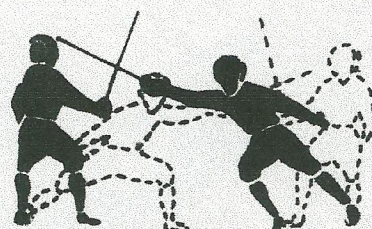
4



5



6



7

Badges And Certificates Obtainable From:

Amateur Fencing Association

AFA Secretariat, 1 Baron's Gate, 33/35 Rothschild Road, London W4 5HT
Tel: 081-742 3032