



# Achievement Award

## Grade 8—SABRE

### Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and choose the moment to make a compound attack using either a step lunge, Fleche or running Fleche depending upon your partner's reaction
- 2 Maintain distance and as your partner steps forward with a feint either
  - a. Move away and defend using successful parries, or
  - b. Counter-attack with Fleche using a circular beat
- 3 Step forward to draw a stop cut to arm and parry-riposte with a Fleche

**From a stationary position:**

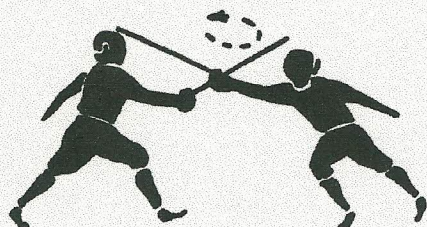
- 4 With the sabre held in a low position, parry into Tierce, Quarte or Quinte when your partner attacks and make an indirect riposte
- 5 Beat cut to arm with a step, beat cut to cheek with a lunge and beat cut to head with a Fleche and with increasing speed
- 6 Stop cut, redouble, parry-riposte combinations

### Describe:

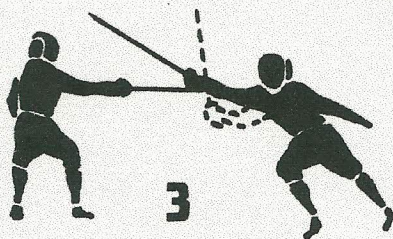
- 1 Compound and double preparations
- 2 Your understanding of distance, timing and speed in fencing
- 3 Prise de fer actions



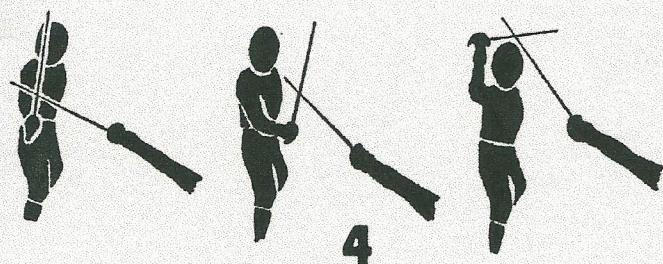
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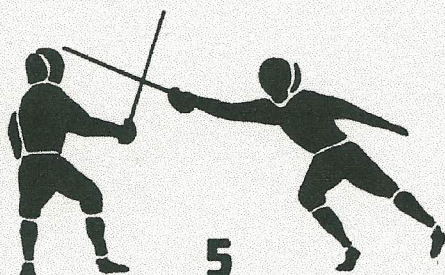
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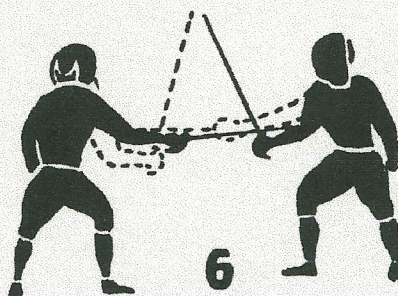
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Badges And Certificates Obtainable From:

**Amateur Fencing Association**

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