



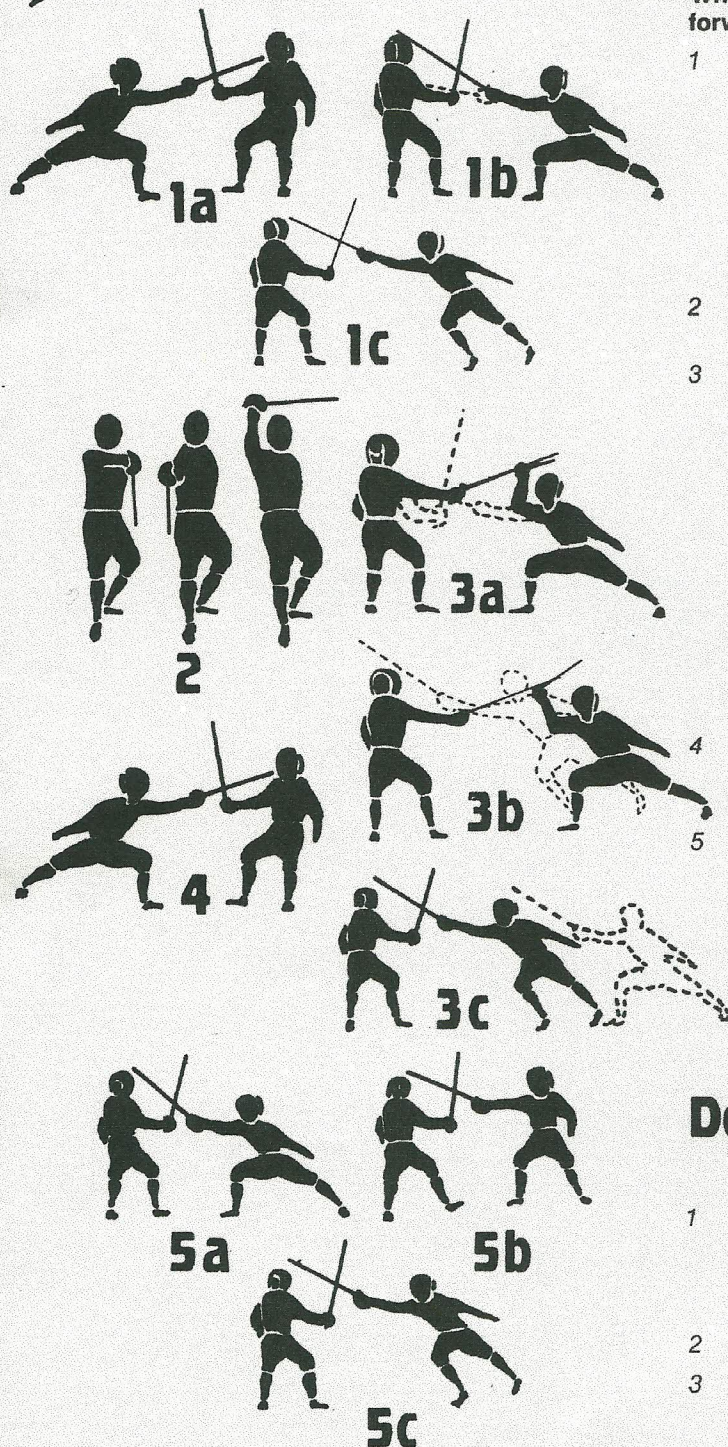
Achievement Award

Grade 9 – SABRE

Demonstrate:

(With coach or partner)

While following your partner's steps forward and backward:



- 1 Choose the moment to make a step forward preparation and
 - a. Parry-riposte if your partner attacks
 - b. Make a compound attack with a lunge if your partner parries
 - c. Make a compound attack with a running Fleche if your partner moves away
- 2 Defend against your partner's attack using parries of Prime and Seconde and Quinte
- 3 Attack with a step-lunge and
 - a. If your partner parries and ripostes, then parry and hit with a first counter-riposte while on lunge
 - b. If your partner parries and ripostes with a step back, then parry with a forward recovery and hit with a compound riposte with Fleche
 - c. If your partner moves away, then hit with a compound reprise with forward recovery and running Fleche

From a stationary position:

- 4 Set up a simultaneous attack situation with your partner and occasionally make a second-intention preparation with a parry-riposte
- 5 From a step-lunge distance, step forward and
 - a. Attack to head with an explosive lunge if your partner does not move
 - b. Cut to head with a step back if your partner steps forward
 - c. Attack to head with an explosive Fleche if your partner steps back

Describe:

Demonstrate your ability to:

- 1 Fence your partner for 5 hits and explain how all the hits were scored; if your partner is successful in scoring hits, explain how you should have avoided them
- 2 Preside a fight for 5 hits
- 3 Give your partner a short "warm-up" lesson with mobility, involving direct and indirect attacks, single parries with direct ripostes and counter-ripostes

Badges And Certificates Obtainable From:

Amateur Fencing Association

AFA Secretariat, 1 Baron's Gate, 33/35 Rothschild Road, London W4 5HT
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