



Achievement Award Grade 1 – Foil

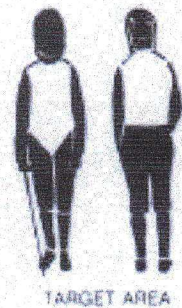
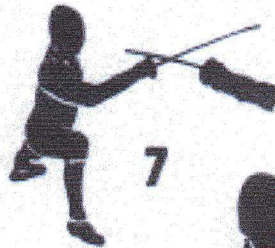
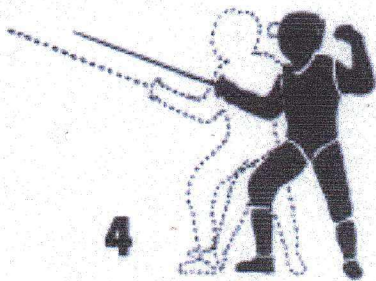
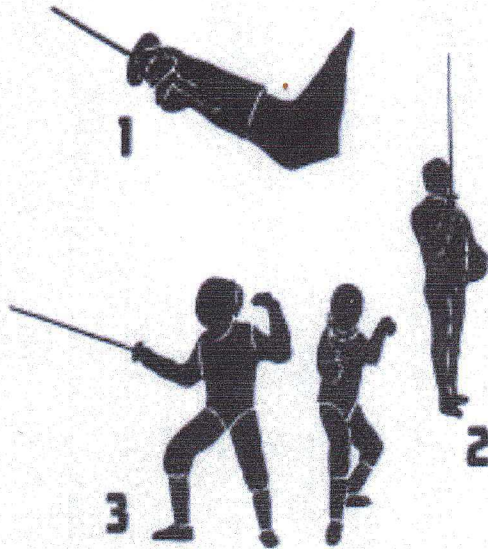
Demonstrate: (with coach or partner)

GRADE ONE

1. The Grip
2. The Salute
3. The On guard - Guards of Sixte & Quarte
4. Steps Forward and Backward
5. The Lunge - Hitting - Direct Attack
6. Simple Parry with Direct Riposte
7. Simple Parry with Direct first Counter-Riposte

Describe:

1. How to use your foil safely
2. How to fence safely
3. The Target Area
4. The Principles of Fencing with the foil ,
5. Fencing Etiquette



Badges And Certificates Obtainable From:

Amateur Fencing Association

The de Beaumont Centre, 83 Perham Road, West Kensington, London W14 9SP.
Tel: 01-385-7442