



Achievement Award Grade 3 – Foil

Demonstrate: (with coach or partner)

While following your partner's steps forward and backward

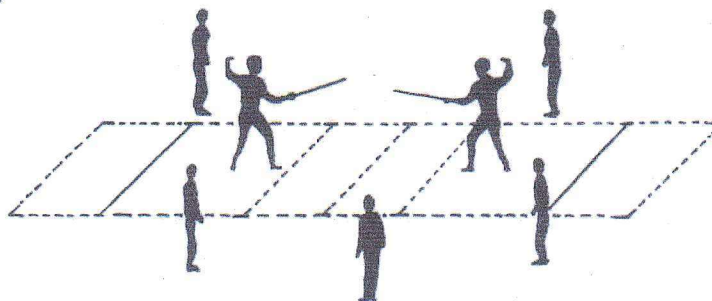
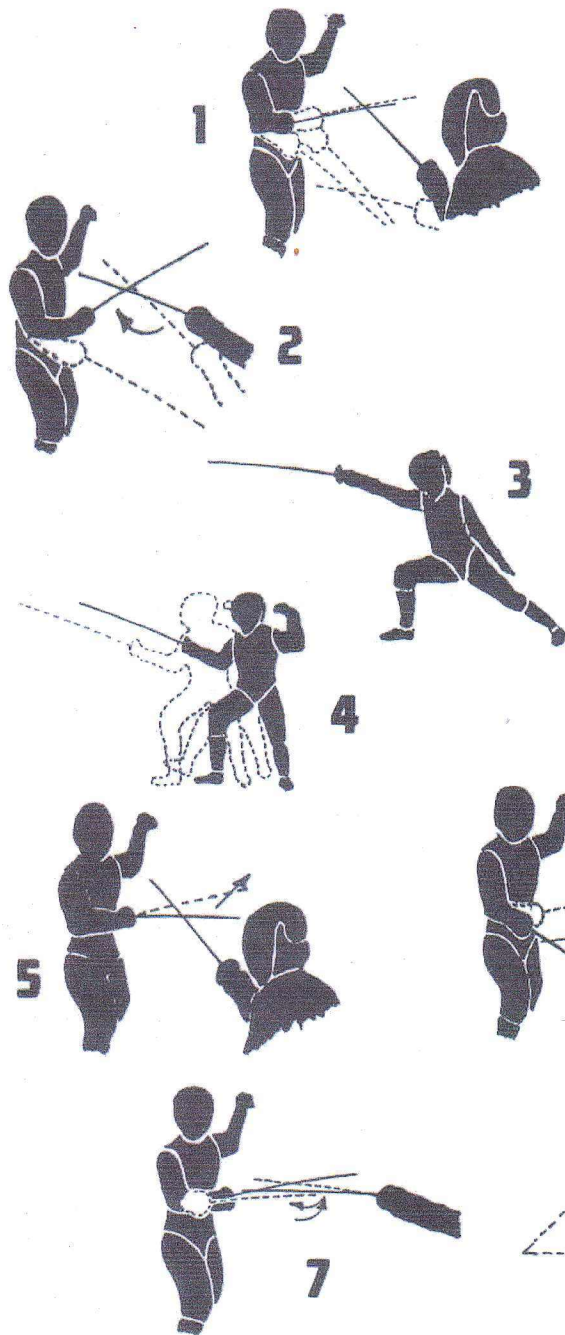
1. Maintain engagements in Sixte, Quarte, Septime & Octave (see Skills:Guards)
2. Disengage Attack with a lunge from Sixte each time your partner pauses and attempts to engage blades in:-
 - a. Sixte from a low line guard
 - b. Quarte from a low line guard

From a stationary position.....

3. Two types of lunge:
 - a. accelerating
 - b. explosive
4. Balestra - Balestra step forward - Balestra lunge
5. Beats and change Beats in Sixte, Quarte, Septime & Octave
6. Semi-circular Parries with Direct Ripostes
7. A One-two Attack with an accelerating lunge when your partner attempts to:-
 - a. Engage blades in Quarte then parries into Sixte
 - b. Engage blades in Sixte then parries into Quarte

Describe:.....

1. Simple Attacks and Ripostes, and name three types of Parries (see Rules:Offensive and Defensive Actions)
2. Difference between Simple and Compound actions (see Rules:Offensive Actions)
3. Duties of Referee and Judges
4. Timekeeping during competitions
5. Rules regarding the boundaries of the Piste (see Rules:Limits of the Piste)



Badges And Certificates Obtainable From:

Amateur Fencing Association

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