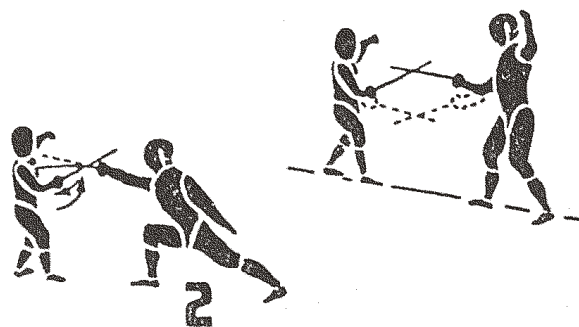


BFA ACHIEVEMENT AWARD GRADE 4 - FOIL



Demonstrate:

(With coach or partner)

While following your partner's steps forwards and backwards:

1. Continuously change engagements in high and low line guards
2. Maintain lunging distance with blades engaged and when your partner pauses, attack by one-two with a lunge
3. When your partner attacks with a lunge, parry with:
 - a. Circular parry of sixte with direct and indirect ripostes
 - b. Circular parry of quarte with direct and indirect ripostes
4. Maintain lunging distance and when your partner pauses and lowers his foil point, make an feint direct and disengage with a lunge, when your partner:
 - a. Parries into Sixte
 - b. Parries into Quarte

From a stationary position:

5. Double, low-high and high-low compound attacks with an accelerating lunge
6. Direct and disengage attacks with beats and change-beats, with an explosive lunge
7. Successive parries

Describe:

1. Scoring on a pool sheet; first and second indicators
2.
 - a. Electrical foil recording apparatus
 - b. Fencers' electrical equipment
 - c. Testing the equipment before the start of a fight
 - d. A foil test weight and how it is used
3. The correct responses of a judge and demonstrate your ability to judge in a pool

