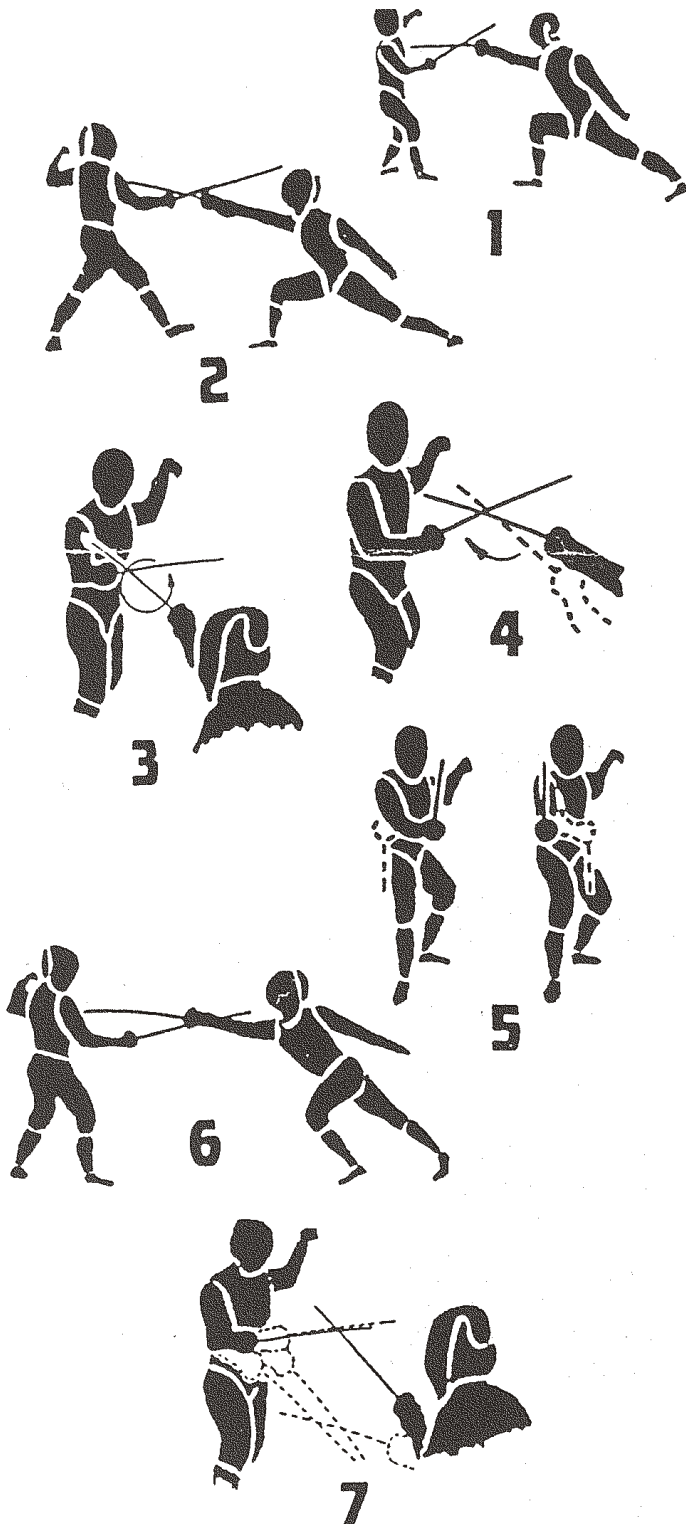




BFA ACHIEVEMENT AWARD GRADE 5 - FOIL



Demonstrate:

(With coach or partner)

While following your partner's steps forwards and backwards:

1. Maintain step-lunge distance and on one of your partner's steps forward attack with:
 - a. Beat direct with an explosive lunge
 - b. Beat disengage with an explosive lunge
2. As your partner attacks with a lunge, step back to avoid the attack and attack with a lunge as your partner returns to guard
3. Parry your partner's attack with a circular parry of sixte and hit with a disengage riposte - if your circular parry is deceived, then parry quarte with a direct riposte

From a stationary position:

4. Engage your partner's blade in:
 - a. Sixte, and attack with Coule direct and Coule disengage and an accelerating lunge
 - b. Quarte, and attack with a Coule direct and Coule disengage and an accelerating lunge
5. Diagonal parries
6. Direct attack, with Fleche
7. Engage your partner's blade in Sixte, Quarte, Septime and Octave with a step forward

Describe:

1. Successive parries and the reasons for them
2. Rules and penalties regarding
 - a. Illegal use of the back arm
 - b. Corps a Corps
 - c. Turning
 - d. Hard hitting and dangerous fencing
3. Faults in the foil electrical recording apparatus when fencers are correctly connected and when:
 - a. One fencer is hit correctly on target and white light appears
 - b. A white light continually flashes on one side

