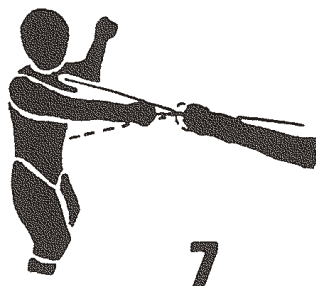
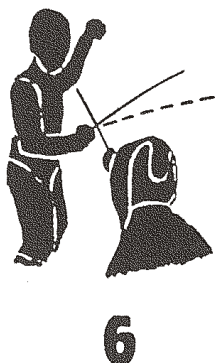
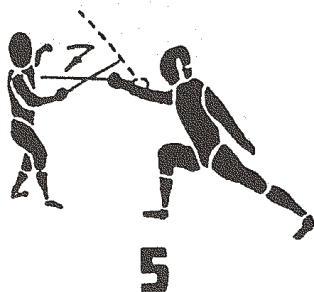
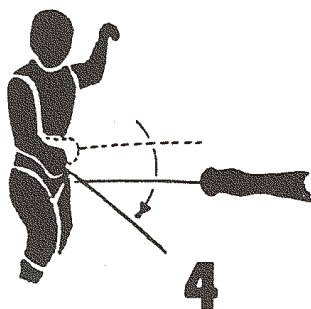
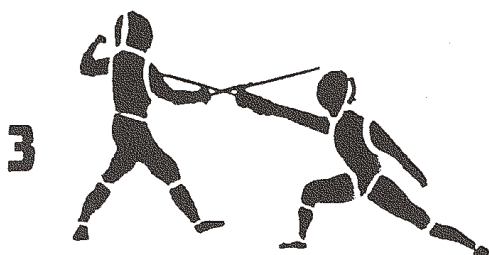
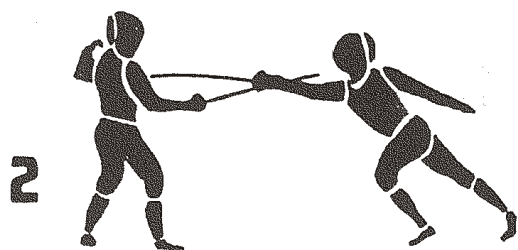
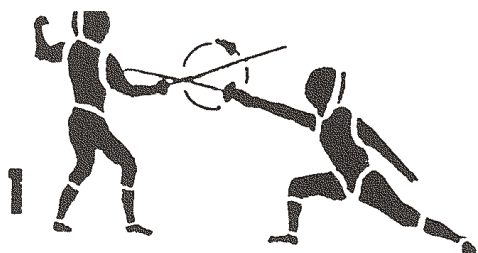


BFA ACHIEVEMENT AWARD GRADE 6 - FOIL



Demonstrate:

(With coach or partner)

While following your partner's steps forwards and backwards:

1. Maintain step-lunge distance and when your partner pauses, engage blades with a step forward in:
 - a. Sixte, and attack with a Double and an accelerating lunge
 - b. Quarte, and attack with Double and an accelerating lunge
2. Maintain step-lunge distance and as your partner begins a step forward, beat -attack with a fleche
3. Maintain step-lunge distance and disengage attack with an explosive lunge as your partner steps forward to engage your blade in Sixte and Quarte
4. When your partner attacks into the low line, parry octave and riposte into the high line - if your riposte is parried, then parry into Quarte and hit with a direct second counter riposte

From a stationary position:

5. Cutover attacks with a lunge on partner's pressure from Sixte, Quarte, Septime and Octave
6. Compound ripostes and counter ripostes
7. Opposition counter attacks in Sixte, Quarte and Octave with a step forward

Describe:

1. Preparatory action and their tactical use
2. Counter offensive actions
3. Fencing time: single and multi-time actions
4. What is meant by 'taking the initiative' and why is this important in a fight

