



Achievement Award Grade 7- Foil

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and attack direct with lunge as your partner steps forward or, if your partner attacks on your step forward, Parry Quarte with a Direct Riposte
- 2 Maintain step-lunge distance and when you partner pauses, attack with feint direct with Balestra and Cutover with lunge
- 3 Maintain lunging distance and at the start of your partner's attack or step forward preparation:
 - a. Beat Parry into Quarte with a Direct Riposte
 - b. Beat Parry into Septime with a Direct Riposte
- 4 Maintain step-lunge distance and as your partner pauses and attempts to engage blades in Quarte and then Parries Sixte, attack by One-two with a step lunge



From a stationary position:

- 5 Parries ending in guards of Prime, Seconde, Tierce, Quinte and Neuvieme
- 6 Maintaining line, Simple and Compound Derobements
- 7 Remise, Redoublement, Reprise

Describe:

- 1 Second-intention actions
- 2 Importance of mixing one and two tempo attacks and when you would use them
- 3 'Open Eyes' Actions
- 4 Duties of Arm Judges



Badges And Certificates Obtainable From:

Amateur Fencing Association

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