



Achievement Award Grade 9 - Foil

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and when your partner pauses, engage your partner's blade into Quarte with step forward and:
 - a. Attack by Coule direct with a lunge if your partner does not react
 - b. Attack by Disengage if your partner changes the engagement or closes the line
 - c. Attack by Croise if your partner deceives your attempt to engage with an extended swordarm
- 2 Maintain lunging distance and when your partner attacks, parry Prime with a step forward and riposte at close quarters
- 3 Maintain step-lunge distance and on one of your partner's steps forward, attack with a Beat direct and:
 - a. Hit if your partner fails to parry
 - b. Remise if your partner parries and steps forward with an indirect feint
 - c. Reprise Disengage with Fleche if your partner parries with a step back and delays the riposte



From a stationary position:

- 4 At lunging distance, attack by feint direct and disengage with various sizes of lunges (short, medium and long) depending on whether your partner parries Prime with a step forward, standing still or a step backward
- 5 From step-lunge distance, engage your partner's blade in Octave with a step forward and:
 - a. Attack by Cutover if your partner does not react
 - b. Parry Quarte and direct riposte if your partner attacks into your high line with a lunge
 - c. Attack by Beat Quarte direct lunge if your partner deceives your blade with an extended swordarm

Demonstrate your ability to:

- 6 Fence your partner for 5 hits and explain how all the hits were scored; if your partner is successful in scoring hits, explain how you should have avoided them
- 7 Preside a fight for 5 hits
- 8 Give your partner a short "warm-up" lesson with mobility, involving direct and indirect attacks, single parries and direct ripostes and counter-ripostes

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Badges And Certificates Obtainable From:

Amateur Fencing Association

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