



Achievement Award Grade 1—EPEE

Demonstrate:

(with coach or partner)

- 1 *The Grip*
- 2 *The Salute*
- 3 *The On Guard*
- 4 *Steps Forward and Backward*
- 5 *The Lunge and Recovery*
- 6 *Direct Attack to hand, arm and body*
- 7 *Opposition hitting in Sixte and Quarte as Attacks and in defence*

Describe:

- 1 *How to use your Epee safely*
- 2 *How to fence safely*
- 3 *The Target Area*
- 4 *The Principles of Fencing with the Epee*
- 5 *Fencing Etiquette*



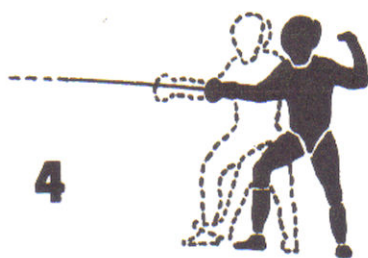
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Badges And Certificates Obtainable From:

Amateur Fencing Association

AFA Secretariat, 1 Baron's Gate, 33/35 Rothschild Road, London W4 5HT
Tel: 081-742 3032