



Achievement Award

Grade 3 – EPEE

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain correct distance and each time your partner pauses, make a false Attack to arm with a half lunge and Attack to body with opposition and a full lunge
- 2 Maintain correct distance and each time your partner Attacks to body with a step lunge, Counter-Attack to arm and follow with Circular Parry and opposition Riposte
- 3
 - a. Direct Attack to body with full lunge on one of your partner's steps forward
 - b. Disengage Attack at arm or body as your partner attempts to engage in Sixte or Quarte

From a stationary position:

- 4 Semi-circular Parry to Octave with:
 - a. Opposition Riposte
 - b. Detached Riposte
- 5 Opposition Attacks and Counter-Attacks in Octave
- 6 Beats and Change Beats in Sixte, Quarte, Septime & Octave
- 7 A Redoublement following:
 - a. An Attack to arm, then body
 - b. A Riposte to arm, then body

Describe:

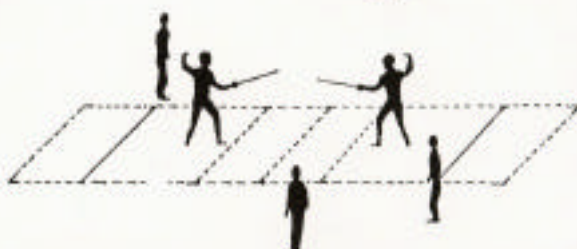
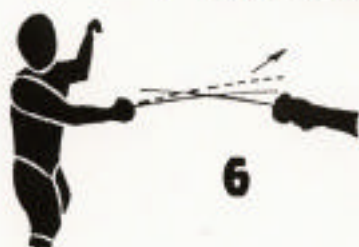
- 1 Simple actions in opposition and detachment
- 2 Remise and Redoublement
- 3 Rules regarding the boundaries of the Piste
- 4 Double hits, scoring and timekeeping
- 5 Duties of President and floor judges



3 a



3 b



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