



Achievement Award

Grade 8 – EPEE

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain distance and:
 - a Parry Seconde with a detached Riposte if your partner Attacks to arm
 - b Parry Prime Riposte if your partner Attacks to body with a Fleche
- 2 Beat Attack to Arm as your partner steps forward and recover with a Redoublement if your partner Parries with a step forward
- 3 Choose the moment to Attack to your partner's arm using direct and indirect Attacks with Beats and change Beats
- 4 As your partner Attacks with a step-lunge, either Counter Attack to body with opposition or Counter Attack to Arm with Reassemblé

From a stationary position:

- 5 Angulated Hits in opposition at close distance
- 6 Counter Ripostes following Ceding and opposition Parries
- 7 Hits to leg and foot

Describe:

- 1 Compound and Double actions
- 2 Your understanding of distance, timing and speed
- 3 The importance of taking the initiative



Badges And Certificates Obtainable From:

Amateur Fencing Association

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