



Achievement Award

Grade 9 – EPEE

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 *Maintain step-lunge distance and step forward and feint to your partner's arm and:*
 - a. *Take the blade and attack to body in opposition with a lunge if your partner counter attacks to your arm*
 - b. *Attack to body with a Fleche if your partner moves away from the feint*
- 2 *Choose the moment to Beat Attack to your partner's arm with a lunge and make an immediate renewal to leg or foot*
- 3 *When your partner attacks to body, Parry with a step forward and Riposte with an Angulated hit in opposition at close distance*

From a stationary position:

- 4 *Repetition hitting to all parts of your partner's wrist and arm and finish with a Parry and opposition Riposte when your partner attacks.*
- 5 *Successive opposition hits to your partner's body in Sixte, Octave & Quarte*

Demonstrate your ability to:

- 1 *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*
- 2 *Preside a fight for 5 hits*
- 3 *Give your partner a short "warm up" lesson with mobility, involving False Attack-Attacks, Counter Attacks to arm and body with and without opposition, single Parries with opposition Ripostes*



Badges And Certificates Obtainable From:

Amateur Fencing Association

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