



Achievement Award Grade 4— Foil

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

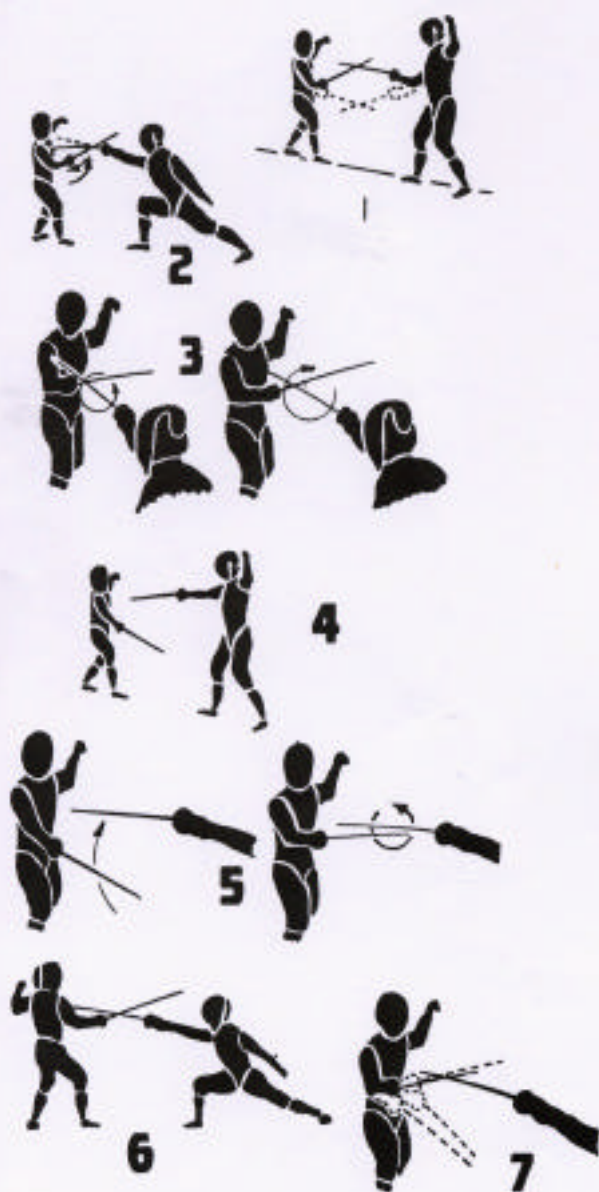
- 1 Continuously change engagements in high line and low line guards
- 2 Maintain lunging distance with blades engaged and when your partner pauses, attack by One-two with a lunge
- 3 When your partner attacks with a lunge, Parry with:
 - a. Circular Parry of Sixte with Direct and Indirect Ripostes
 - b. Circular Parry of Quarte with Direct and Indirect Ripostes
- 4 Maintain lunging distance and when your partner pauses and lowers his foil point, make a feint Direct and Disengage with a lunge, when your partner:
 - a. Parries into Sixte
 - b. Parries into Quarte

From a stationary position:

- 5 Double, Low-High and High-Low compound attacks, with an accelerating lunge
- 6 Direct and Disengage attacks with Beats and Change-beats, with an explosive lunge
- 7 Successive Parries

Describe:

- 1 Scoring on a pool sheet; first and second indicators
- 2
 - a. Electrical foil recording apparatus
 - b. Fencers electrical equipment
 - c. Testing the equipment before the start of a fight
 - d. A foil test weight and how it is used
- 3 The correct responses of a judge, and demonstrate your ability to judge in a pool



Badges And Certificates Obtainable From:

Amateur Fencing Association

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