



Achievement Award Grade 5 – Foil

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

- 1 Maintain step-lunge distance and on one of your partner's steps forward, attack with:
 - a. Beat Direct with an explosive lunge
 - b. Beat Disengage with an explosive lunge
- 2 As your partner attacks with a lunge, step back to avoid the attack and attack with a lunge as your partner returns to guard
- 3 Parry your partner's attack with a Circular Parry of Sixte and hit with a Disengage Riposte - if your Circular Parry is deceived, then Parry Quarte with a Direct Riposte

From a stationary position:

- 4 Engage your partner's blade in:
 - a. Sixte, and attack with Coulé Direct and Coulé Disengage and an accelerating lunge
 - b. Quarte, and attack with Coulé Direct and Coulé Disengage and an accelerating lunge
- 5 Diagonal Parries
- 6 Direct Attack, with Flèche
- 7 Engage your partner's blade in Sixte, Quarte, Octave and Septime, with a step forward

Describe:

- 1 Successive Parries and the reasons for them
- 2 Rules and penalties regarding:
 - a. Illegal use of back arm
 - b. Corps à corps
 - c. Turning
 - d. Hard hitting and dangerous fencing
- 3 Faults in the foil electrical recording apparatus when fencers are correctly connected and when:
 - a. One fencer is hit correctly on target and white light appears
 - b. A white light continually flashes on one side

Badges And Certificates Obtainable From:

Amateur Fencing Association

The de Beaumont Centre, 83 Perham Road, West Kensington, London W14 9SP.
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