



Achievement Award Grade 1—SABRE

Demonstrate:

(with coach or partner)

- 1 The Grip
- 2 The Salute
- 3 The On Guard - Guards of Tierce and Quarte
- 4 Steps Forward and Backward
- 5 Cuts to Head, Flank and Chest
- 6 Direct Attack with lunge to Head, Flank and Chest
- 7 Parries of Tierce, Quarte and Quinte with a Direct Riposte

Describe:

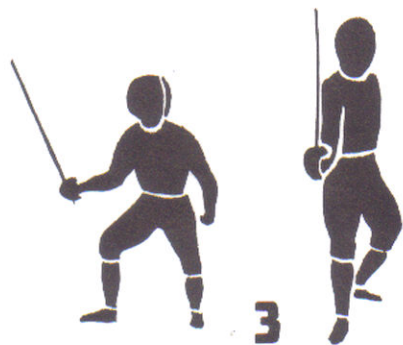
- 1 How to use your Sabre safely
- 2 How to fence safely
- 3 The Target Area
- 4 An Attack and a Parry with Riposte
- 5 Fencing Etiquette



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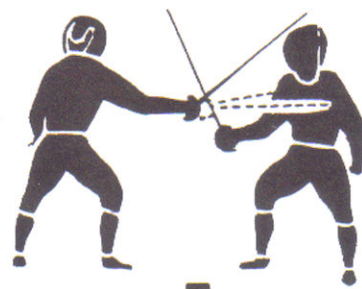
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Badges And Certificates Obtainable From:

Amateur Fencing Association

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

Tel: 01-385-7442