



Achievement Award

Grade 1—EPEE

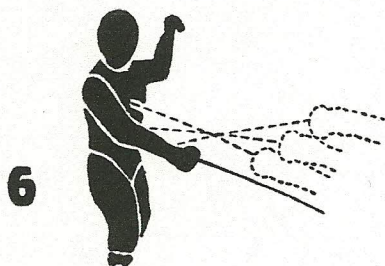
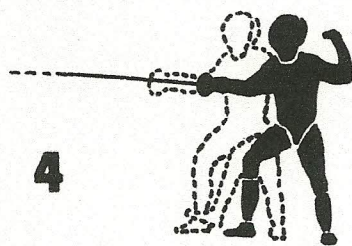
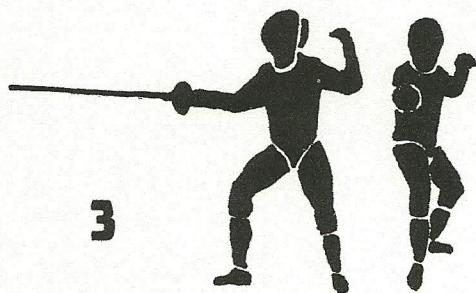
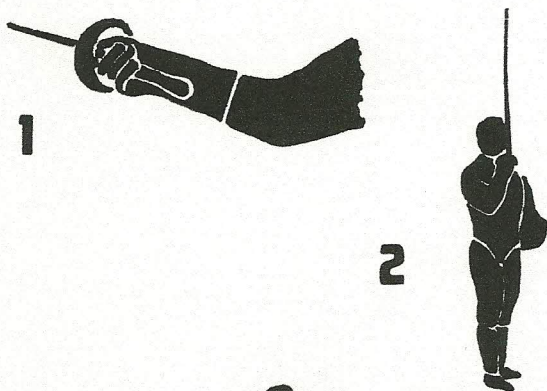
Demonstrate:

(with coach or partner)

- 1 The Grip
- 2 The Salute
- 3 The On Guard
- 4 Steps Forward and Backward
- 5 The Lunge and Recovery
- 6 Direct Attack to hand, arm and body
- 7 Opposition hitting in Sixte and Quarte as Attacks and in defence

Describe:

- 1 How to use your Epee safely
- 2 How to fence safely
- 3 The Target Area
- 4 The Principles of Fencing with the Epee
- 5 Fencing Etiquette



Badges And Certificates Obtainable From:

Amateur Fencing Association

AFA Secretariat, 1 Baron's Gate, 33/35 Rothschild Road, London W4 5HT
Tel: 081-742 3032