



Achievement Award

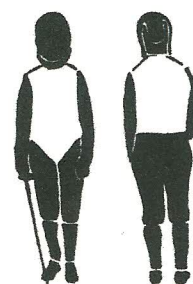
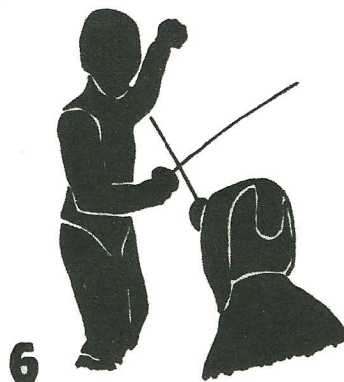
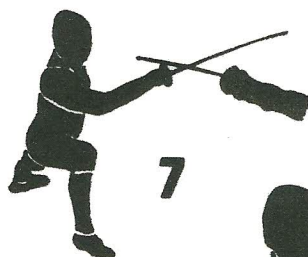
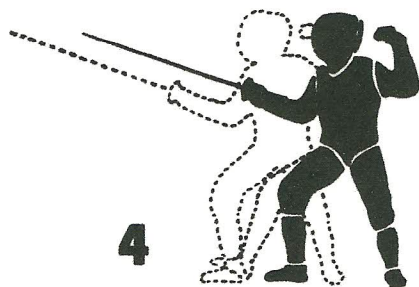
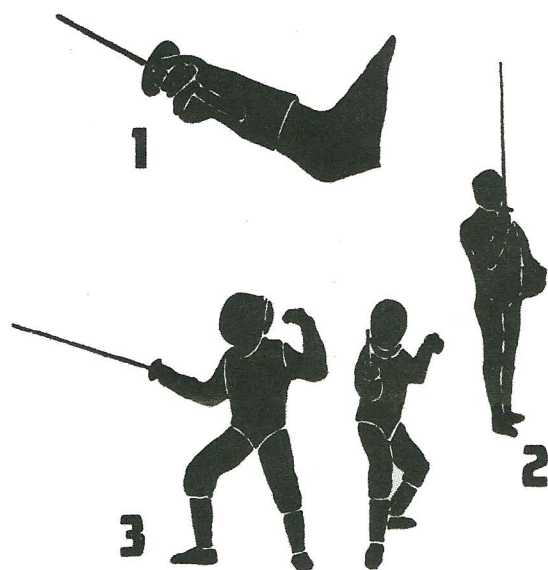
Grade 1 – Foil

Demonstrate:

- 1 The Grip
- 2 The Salute
- 3 The On Guard - Guards of Sixte & Quarte
- 4 Steps Forward and Backward
- 5 The Lunge - Hitting - Direct Attack
- 6 Simple Parry with Direct Riposte
- 7 Simple Parry with
Direct first Counter - Riposte

Describe:

- 1 How To Use Your Foil Safely -
- 2 How To Fence Safely
- 3 The Target Area
- 4 The Principles of Fencing
with The Foil
- 5 Fencing Etiquette



TARGET AREA

Badges And Certificates Obtainable From:

Amateur Fencing Association

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

Tel: 01-385-7442