



Achievement Award

Grade 1—SABRE

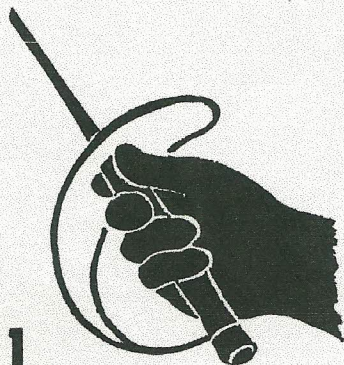
Demonstrate:

(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:

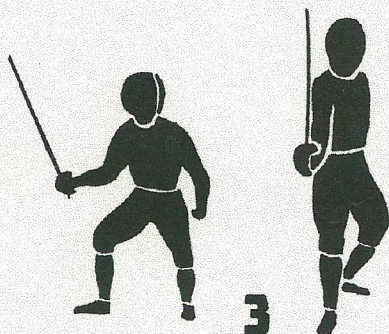
- 1 How to use your Sabre safely
- 2 How to fence safely
- 3 The Target Area
- 4 An Attack and a Parry with Riposte
- 5 Fencing Etiquette



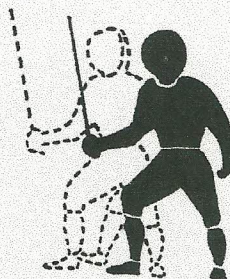
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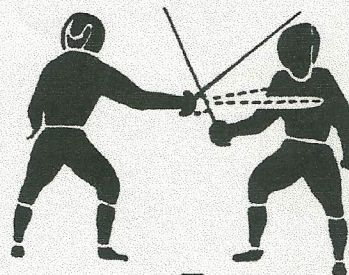
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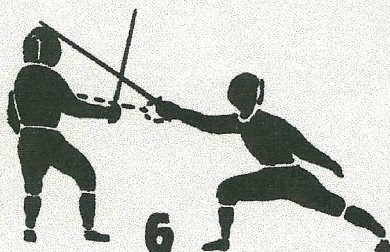
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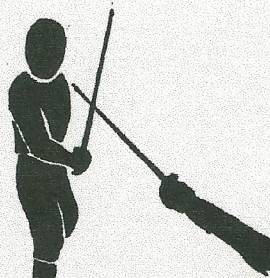
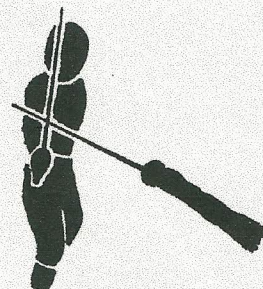
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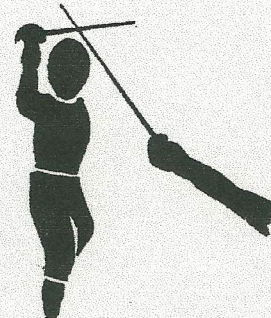
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Badges And Certificates Obtainable From:

Amateur Fencing Association

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