



Achievement Award

Grade 7—SABRE

Demonstrate:

(with coach or partner)

While following your partner's steps forward and backward:

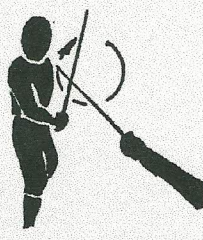
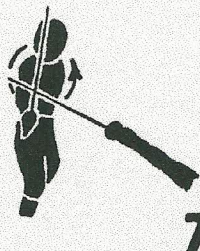
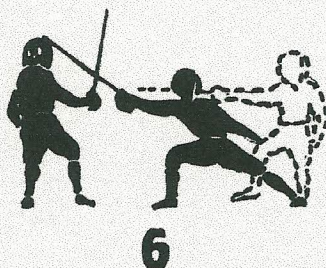
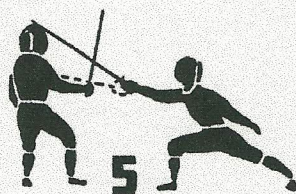
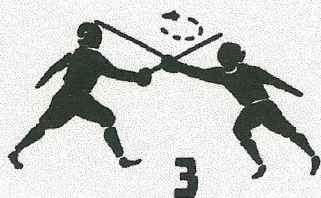
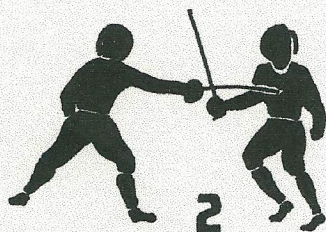
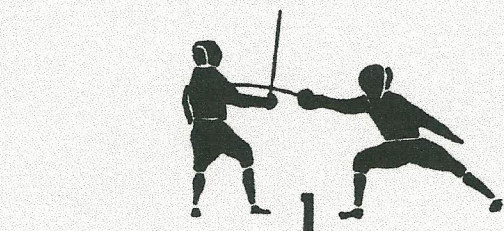
- 1 Maintain step-lunge distance with your arm straight and point in line; as your partner attempts to step forward to beat the blade and parry, lunge and make a compound attack with the point.
- 2 With the point in line, move away from your partner's running preparation and deceive the attempt to beat and parry with a compound derobement
- 3 Maintain distance and as your partner begins a running preparation, beat attack to head with a Fleche using a circular beat
- 4 Maintain distance and when your partner make a compound attack with a step lunge, defend using successive parries with direct riposte

From a stationary position:

- 5 Remise, Reprise, Redoublement
- 6 Compound attacks beginning with point in line and ending with a cut
- 7 Circular Parries

Describe:

- 1 'Open Eyes' actions
- 2 Feint Parries
- 3 False preparations
- 4
 - a. Electric sabre recording apparatus
 - b. Fencer's electrical equipment
 - c. Testing the equipment before the start of a fight



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