



British Fencing Achievement Awards <b>Grade 1 Foil</b>	Taught (Initial)	Tested
<p style="text-align: center;"><u>Grade 1</u></p> <p><b>Demonstrate:</b> (with coach or partner)</p> <ol style="list-style-type: none"> <li>1. The grip</li> <li>2. The salute</li> <li>3. The on guard - guards of sixte and quarte</li> <li>4. Steps forward and backward</li> <li>5. The lunge - hitting - direct attack</li> <li>6. Simple parry with direct riposte</li> <li>7. Simple parry with direct first counter-riposte</li> </ol> <hr/> <p><b>Describe:</b></p> <ol style="list-style-type: none"> <li>1. How to manage your foil safely</li> <li>2. How to fence safely</li> <li>3. The target area</li> <li>4. The principles of fencing with the foil</li> <li>5. Fencing etiquette</li> </ol>	Demonstrate	
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	Certificate Awarded	
	By:	
	Date:	

British Fencing Achievement Awards <b>Grade 2 Foil</b>	Taught (Initial)	Tested	
<p style="text-align: center;"><u>Grade 2</u></p> <p><b>Demonstrate:</b> (with coach or partner)</p> <p><b>While following your partner's steps forward and backward:</b></p> <ol style="list-style-type: none"> <li>1. Maintain fencing line</li> <li>2. Maintain correct distances for hitting with - riposte - lunge - step forward lunge</li> <li>3. Maintain lunging distance and make a direct attack with a lunge each time your partner pauses</li> </ol> <p><b>From a stationary position:</b></p> <ol style="list-style-type: none"> <li>4. Guards of septime and octave</li> <li>5. Engagements in sixte, quarte, septime and octave</li> <li>- Changes of engagements</li> <li>- Pressures</li> <li>6. Disengage attack with a lunge on partner's pressure from:</li> <li>- Engagement in sixte</li> <li>- Engagement in quarte</li> <li>7. Circular parry of:</li> <li>- Sixte with direct riposte</li> <li>- Quarte with direct riposte</li> </ol> <hr/> <p><b>Describe:</b></p> <ol style="list-style-type: none"> <li>1. Courteous and respectful behaviour and fencers' "Pledge of Honour" (cf T.112)</li> <li>2. Parts of the foil</li> <li>3. Dimensions of the piste</li> </ol>	Demonstrate		
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