

Foil - Grade 1



Fencers Name :

Demonstrate

- The Grip.
- The Salute.
- The On Guard - Sixte & Quarte.
- Step Forward & Backwards.
- The Lunge - Hitting - Direct Attack.
- Simple Parry - Sixte & Quarte.
- Simple Parry with Direct Riposte.
- Simple Parry with Direct First Counter Riposte.

Describe

- 6 Ways of using your Foil safely.
- 4 Ways of Fencing safely.
- The Target area in Foil.
- The Principles of Fencing with a Foil.
- Fencing Etiquette.

Examiners
Signature : _____

Date : _____