

Foil - Grade 3



Fencers Name :

Demonstrate

While moving, maintain engagements in Sixte, Quarte, Octave & Septime.

While moving, disengage Attack with a Lunge from Sixte each time partner pauses and attempts to engage blades in :

1. Sixte from a low line guard.
2. Quarte from a low line guard.

While stationary, demonstrate an :

1. Accelerating Lunge.
2. Explosive Lunge.

While stationary, demonstrate a :

1. Balestra.
2. Balestra step forward.
3. Balestra Lunge.

While stationary, demonstrate Semi-circular Parries with Direct Ripostes.

While stationary, demonstrate a one - two Attack with an Accelerating Lunge when your partner attempts to :

1. Engage blades in Quarte then Parries into Sixte.
2. Engage blades in Sixte then Parries into Quarte.

Describe

Simple Attacks & Ripostes. Name 3 type of Parries.

Difference between Simple & Compound actions.

Duties of the President & Judges.

Timekeeping during competitions.

Rules regarding the boundaries of the Piste.

Examiners
Signature : _____

Date : _____