The nature of A-elections seem unclear. Is it a formal voting process (wherein one votes yes or no to an election), or is it a formal voting process framed as an opinion poll?

The purpose of A-elections seem unclear. The electorate's satisfaction is shown through voting. Since a satisfied electorate would likely keep its legislators during an election anyway, A-elections sound like an electoral middleman for dissatisfied electorates; a vote to vote on legislators.

Are A-elections meant to replace all elections? Would there be virtues to a system that introduces A-election into the current electoral process by adding A-type elections in the middle of every term?

In reference to your response to the manipulative legislator criticism: "...the more obvious this concern is the less likely citizens will overlook it in judging the merits of calling an election" This assumes that people would notice they are being manipulated.