



## WORLD ARCHERY BEGINNERS MANUAL

**Red**



**Feather**



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### CURRICULUM FOR THE WA RED FEATHER AWARD

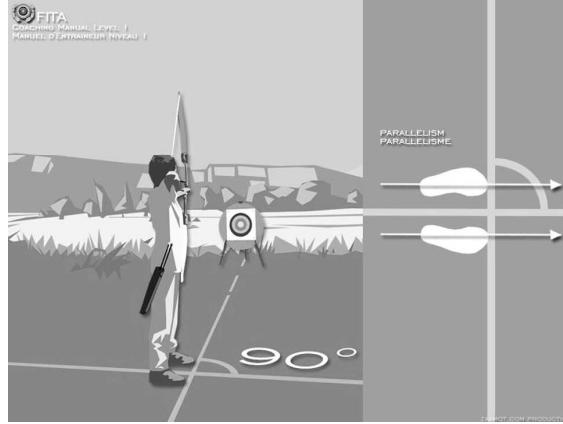
#### PERFORMANCE:

From a shooting distance of 6 meters, you must achieve a minimum of 12 hits, out of 15 arrows (5 ends of 3 arrows) shot at an 80cm target spot (6 to 10 zones).

#### SKILLS – Your shooting technique should include the following:

##### Feet position (Stance)

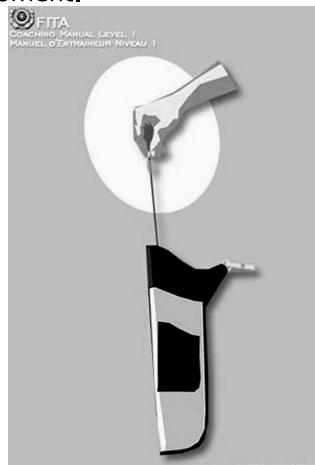
- **Objective:**  
Consistency and spatial relationship to the target, achieving optimal stability.
- **Form:**  
Feet parallel on the shooting axis, set at approximately shoulder width.
- **Rationale:**  
Gives archers the opportunity to repeat actions easily and accurately. Provides sound support to the pull and push efforts in the flight plane. Gives consistent direction to the body in the flight plane. Avoids back problems.



Stance, how to stand on the shooting line.

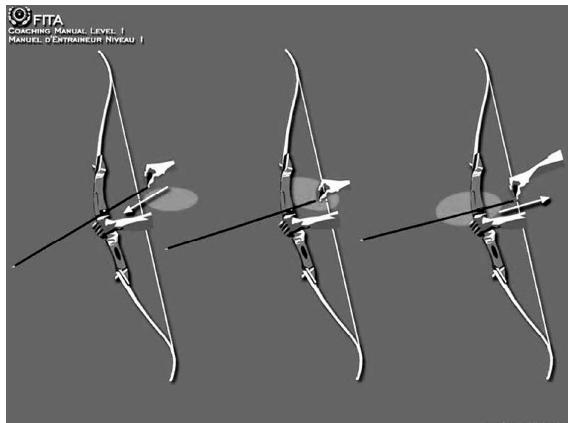
##### Safe and proper arrow loading

- **Objective:**  
Identical placement on the bow. The action must be performed in a safe manner to protect the archer, other archers, and equipment.



Pulling an arrow out of the quiver.

- **Form:**  
Hold the arrow by the nock, place the arrow on the rest, correctly turn the arrow, and nock it onto the string.



Arrow loading

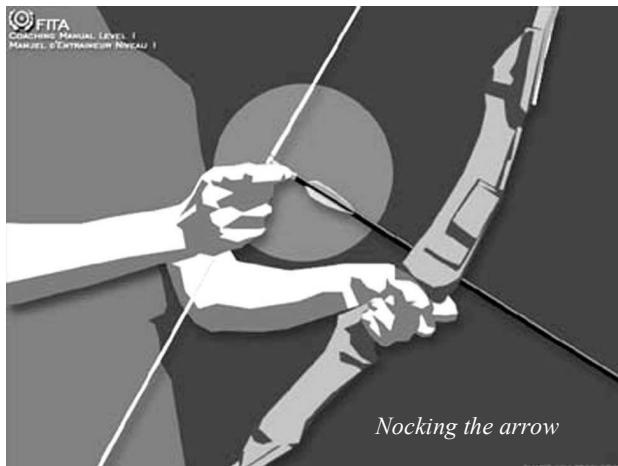


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- **Rational:**

Taking hold of the arrow in front of the vanes becomes more difficult to nock, and the fletching could be damaged if the hand slips during the nocking process. The arrow rest does not endure strong vertical pressure. If nocking is done incorrectly, it could damage the arrow rest.

Arrows with four vanes are also successfully used at entry level.



*Nocking the arrow*



*Finger pressure damaging the arrow*

### KNOWLEDGE &/OR KNOW-HOW

You must know the following the subjects below:

- **Bow -safety**

- Releasing the bow without an arrow on the string could cause breakage and injury.
- When the end is over put the bow on the bow stand or rack located in the equipment lane;
- Bow stands located behind the waiting line are ideal for placing the bows when they are not being used during the training session.

*Equipment to be stored in the equipment lane*





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When shooting few arrows at a shorter distance than usual (for an exercise for instance), you can lay your bow on the floor/ground 3 m behind the archers. If so, once return to the regular shooting distance, your bow is stored on a rack behind the waiting line or on the floor.



*Movable and collective bow stand.*

### **Arrow loading safety:**

- The arrow should be placed on the string only after standing on the shooting line and a clear signal has been given (meaning that everyone is behind the shooting line).
- You must straddle the line, or have both feet on the line, before loading the arrow.

### **Safe arrow retrieval/collection:**

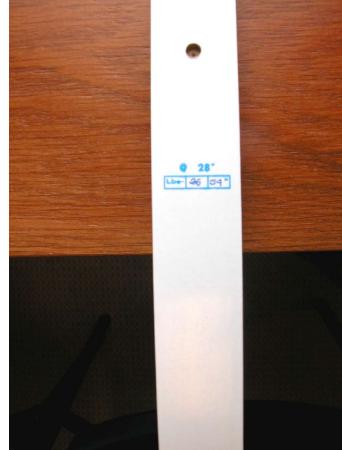
- When approaching the targets, care must be taken not to walk into arrows sticking into the ground or target. Nocks are very sharp, pick up all arrows that have fallen short of the target, whoever is their owner.
- Care must be used when drawing arrows out of the target, to see that no one is directly behind the person pulling the arrows. Arrows can come out of a target suddenly, and the nock may hurt anyone who is too close. Bending over in front of the target is dangerous; you should wait beside the target to collect arrows.
- For pulling an arrow out of the target, press one palm hand flat around the arrow sticking in the target. With the other hand, grab the arrow shaft close to the target face and pull out the arrow right in the shaft axis, without bending the arrow shaft.
- For pulling an arrow out of the grass: Do NOT pull the arrow up! You could bend or break the arrow shaft. But move the grass out of the fletching, especially of natural feathers. Then pull the shaft back in the axis of the arrow shaft and along the grass. Only when the point is getting out of the grass, you can raise the arrow up.



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### **Bow assembling:**

You must learn from your coach how to properly assemble and disassemble the limbs on/from the riser (if you use a take down bow). A no braced assembled Recurve bow has the tips of the limbs towards the target (not to you). Due to a former WA rule, on most of the bows, the internal part (facing you) of the top limbs is blank, while the limb specifications (height and weight) are written in the internal part of the bottom limb, as shown on the illustration on the right.



*The technical specifications of the limbs are written on the internal part of the bottom limb.*

ON THE NEXT PAGE THERE IS THE FORM FOR YOUR EVALUATOR



*Red Feather award.*



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### EVALUATION FORM FOR RED FEATHER CANDIDATES

Name of the beginner: \_\_\_\_\_ Form A

Date: \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_ Make up date: \_\_\_\_ / \_\_\_\_ / 20\_\_\_\_

PERFORMANCE Shooting distance	Required minimum score	Achieved *	*Not yet achieved	Number of hits (result)
<b>6 meters</b>	12 hits			
<b>SKILLS</b>	<b>Key elements</b> (What should be done)	<b>Achieved *</b>	<b>*Not yet achieved</b>	<b>References to the WA level 1 coaching manual.</b>
<b>Feet position</b> (Stance)	Feet each side of the shooting line			#7.1.2.1
	Feet at shoulder width apart			#7.1.2.1
	Line of feet square to the hooting line			#7.1.2.1
	Feet parallel			#7.1.2.1
<b>Safe and proper arrow loading</b>	Implemented with bow <u>vertical</u>			#3.2 Point 5 & #7.1.2.2
	No finger pressing the arrow on rest			#7.1.2.2
	Arrow properly rotated cock feather away from bow window)			#7.1.2.2
<b>KNOWLEDGE &amp;/or KNOW-HOW</b>	<b>Required knowledge's or know-how's</b>	<b>Achieved *</b>	<b>*Not yet achieved</b>	<b>Comments &amp;/or references</b>
<b>Bow safety</b>	No dry fire (dry loosing)			#3.3. Point 2
	Set the bow in equipment lane after shooting the end			#4.4.5. Step 7 - #11.3 #9.2
<b>Arrow loading safety</b>	Load the arrow on the bow only when everyone is behind the shooting line.			#3.2 Point 2
	To be done only when both feet are set each side of the shooting line.			#3.2 Two first points
<b>Safe arrow retrieval/collectio n</b>	Walk carefully to target (do not run – Watch your step)			#3.3 Point 8
	Stand to the side of the target (not behind arrows)			#3.2 Point 12
	Properly pull the arrow out of the target (or grass).			#4.4.1. Step 8
<b>Bow assembling</b>	Know how to properly assemble and disassemble the limbs on/from the riser.			<i>This assessment can be removed if there is no take down bow</i>
<b>TOTAL</b>	<b>16 positive evaluations are required</b>			** Granted ____ or not yet granted _____

\* Checkmark if the score / skill / knowledge is positively evaluated (Achieved) or not (Not yet achieved).  
Write in the TOTAL row of these two columns the accumulated number of checkmarks.

\*\* Just checkmark the final result of this evaluation.

Name and signature of the assessor/evaluator: \_\_\_\_\_