



WORLD ARCHERY BEGINNERS MANUAL

Gold



Feather



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CURRICULUM FOR THE WA GOLD FEATHER AWARD

PERFORMANCE:

From a shooting distance of 8 meters, you must achieve a minimum of 12 hits out of 15 arrows (5 ends of 3 arrows) shot at a 80cm target spot (6 to 10 zones).

SKILLS:

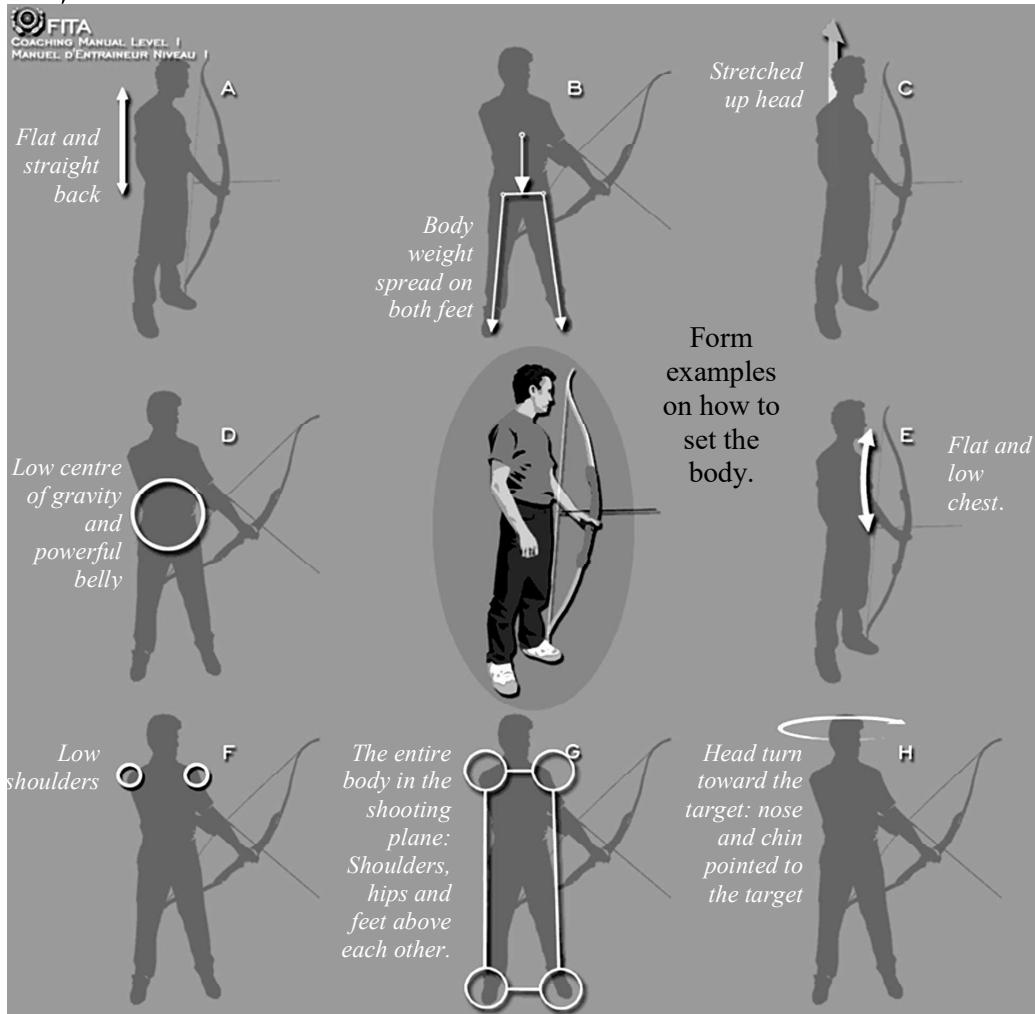
Body setting (from before drawing until full draw)

• *Objective:*

Provide an identical, stable foundation permitting a similar repetition of upper body actions, as well as optimal general balance. It should also allow re-positioning the aiming eye at the same stable spot in the space. We can imagine the aiming eye at the top of the "main pyramid" (your coach will instruct you the pyramids).

• *Form:*

While gripping the string and the bow (see the 2 previous steps of the shooting sequence), most of the archers are bent over. To move from a bent position to an upright one and set a good body base to engage the execution process of the shot, there are several alternatives. Below are some of them:





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1. Legs

• Form:

Up-side-down "V" symmetrical to the vertical axis going through the summit. Weight is placed equally on both feet.

• Rationale:

The body weight is approximately distributed equally on both legs. Because body weight is slightly forward (toward toes), the front/back swaying is reduced. As shown page 20, the string leg participates in the production of the push while the bow leg contributes to the pull. The two efforts strengthen your vertical body axis and generate a downward pressure, providing a solid foundation for upper body work and a good stability. For the shooting process, the pelvis is usually "tilted" (flat lower back), thus only the upper body requires positioning.



2. The Upper Body

*Flat chest – Powerful belly and
Body weight equally shared on two feet*

• Objective:

Initially the torso, shoulder, and head are positioned close to their final position.

• Form:

Turn or tilt the pelvis backwards (flat lower back), the spine is stretched up with the shoulders in the same plane as the hips. The shoulders are lowered and chest is flattened. A slight stretching in the trapezius is often felt. Turn head toward the target (whilst maintaining the stretching up action) until nose being directed toward the target.

• Rationale:

Stretching-up the head and spine assures an erect vertical stance. Tilting the pelvis, flattening the chest and the lowering the shoulders lower the centre of gravity, making the body more stable; furthermore it transfers energy from the upper body to the lower body, making the archer more relaxed. Shoulders and the head are close to their final position, thus minimizing movement during the draw.

Body setting (end of draw)

• Objective:

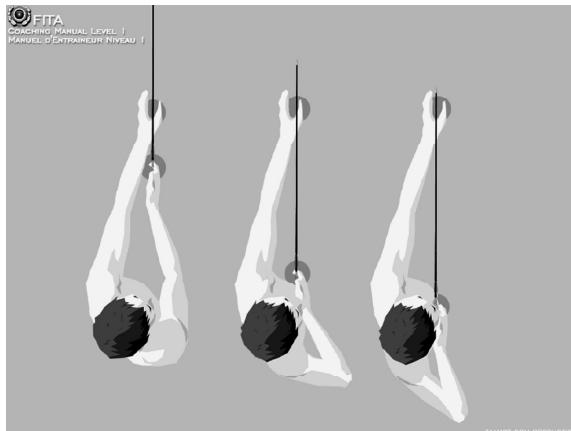
Draw the bow without disturbing the pre-set position achieved through the preliminary elements. This body maintenance lasts until after the shot.

• Form:

Always stay in control. Momentum movements are minimal, or nonexistent. Desired movements diminish in speed as they near the face, but do not stop! The torso is almost immobile. If no pre-draw has been achieved, only a slight rotation of the chest exists, leading the shoulders from the shooting plane.

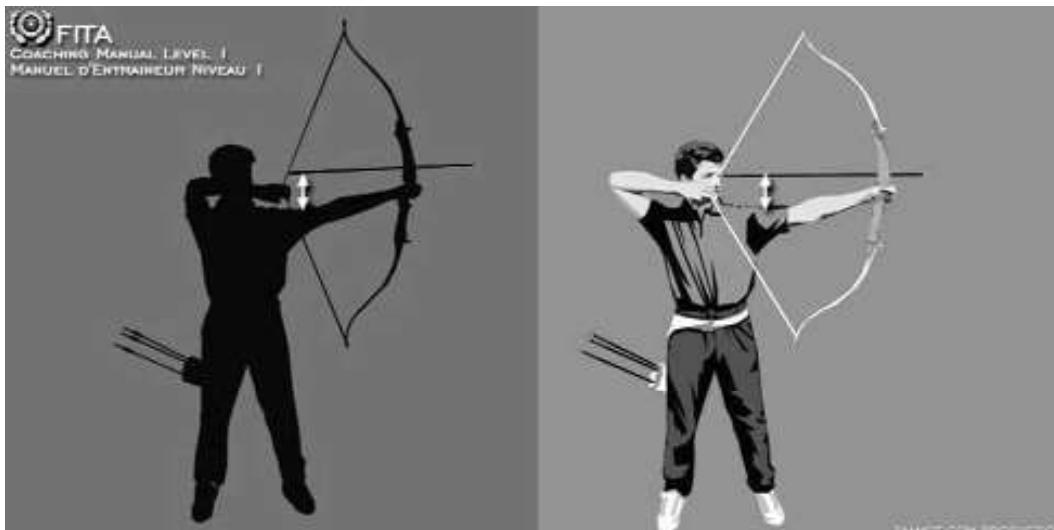


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Draw made in the shooting plan

The body is vertical or remains at a slight inclination toward the string leg. The shoulders remain lowered. The head remains in place and extended up; it should not move toward the string during the last few centimeters of drawing. The arrow always remains parallel to the ground. The string moves straight to the face within the shooting plane.



The top and bottom body remain well in place during the draw and end of

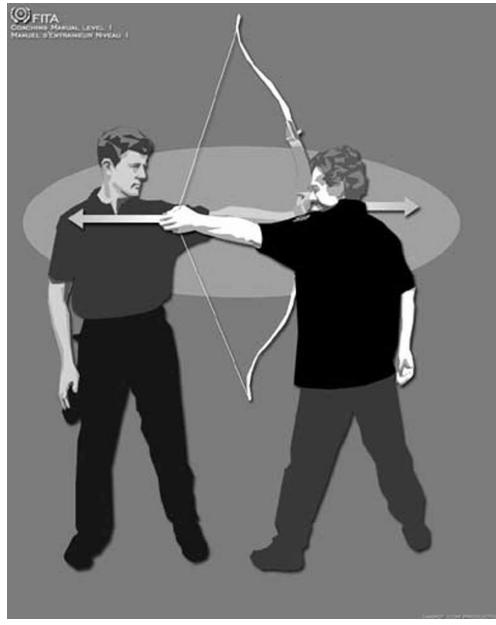
A balance between the production of traction and repulsion (pull & push) forces must be introduced during the draw. As the following illustrations demonstrate, the pull and push efforts are supported by the legs.



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String (right) leg assists the push effort



Bow (left) leg assists the pull effort.

• **Rationale:**

Easy to duplicate because the foundation is hardly disturbed and the movement is simple, control is easily achieved. Striving for symmetry will avoid the balance being upset. The production of effort is not centralized, but dispersed. It facilitates achieving symmetry, reduces local fatigue effects, and minimizes the risk of injury. The major muscles are used to generate this production. Full drawing effort is attained as soon as the speed of the draw decreases on approaching the face, allowing the control to be maintained. Because the beginning of the draw is faster, the archer saves energy.

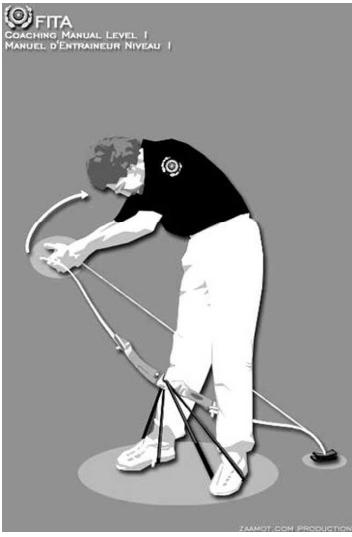
KNOWLEDGE&/OR KNOW-HOW:

Bow bracing:

Your coach will certainly have your bow strung before the start of the first two or three practice sessions. Stringing and unstringing of the bow will probably be taught to you at the third or fourth session when you will be more familiar with the equipment. Below we recommend some of the safest methods for the bow and the archer.



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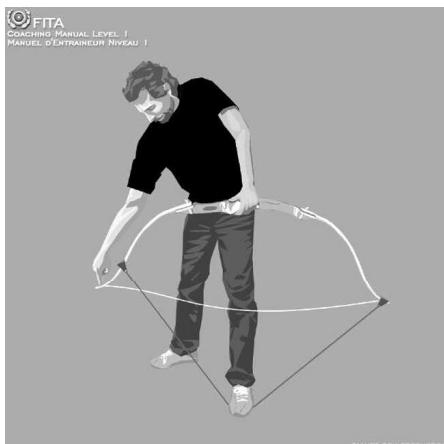


Use of a string loop with 2 feet.

A loop stringer is inexpensive and easy to use. It makes the task of stringing the bow almost effortless. Like any other stringing methods, it is necessary to check the exact string positioning before taking the bow stringer pressure off the upper limb tip. Place a small piece of carpet or rubber on hard and rough ground to prevent damage to the lower limb tip. A tip protector on the lower limb would serve this function and even help secure the string.

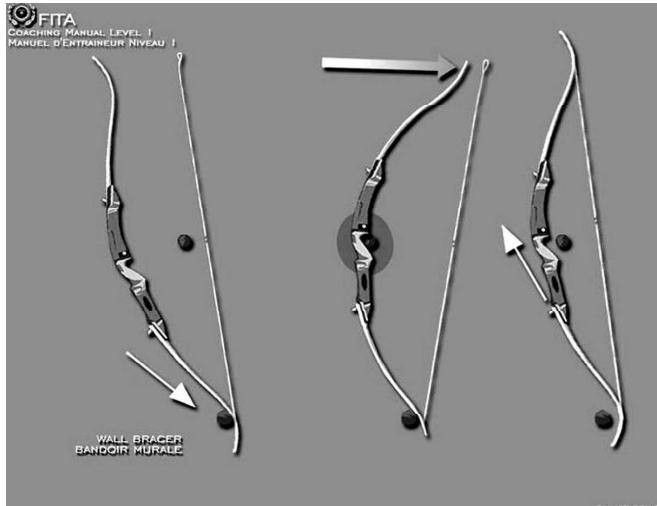


Use of a string loop with 1 foot.



Finally the fix bow stringer is another excellent device for setting the string on the bow. It is made of 2 pieces of metal cylinder wrapped with something for protecting the limbs and affixed to a wall or pole.

You also can buy a bow stringer like the one on the left from any archery shop. At the beginning, you will probably have a tough time to use it properly. Nevertheless It will come friendly with experience.

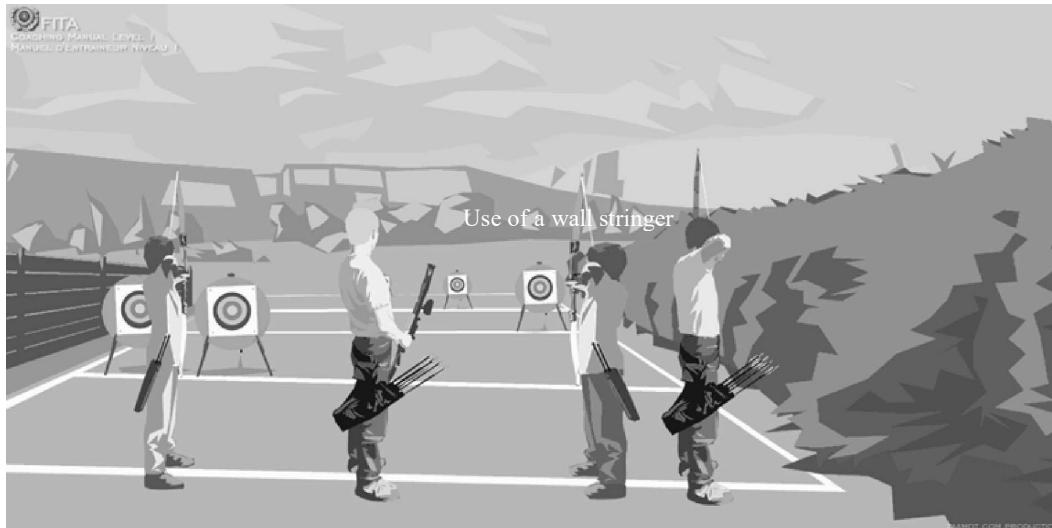




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Shooting direction:

- Under no circumstances should anyone shoot if someone is on the field near the targets. Arrows may glance off the targets, or, depart from their intended path.
- The shooting line should be straight, not staggered.
- When in a group where archers do not shoot from the same distance, the safest method is having the targets at different distances and all the archers on the same shooting line.



Safety and etiquette on the shooting line:

- You can only draw your bow back on the shooting line. You should not draw the bow having the bow hand higher than the drawing hand, and you should not draw diagonally (toward a target that is not straight ahead).
- Don't talk on the line or distract other archers during the shooting of the end;
- Only the coach can make comment about an archer who is shooting; nevertheless encouraging remarks are welcome at any time;
- If your bow or arrow falls in front of the shooting line, you must wait until the archers on either side have finished shooting before retrieving your equipment. Any arrow which cannot be retrieved without moving feet on the shooting line should be retrieved after shooting has stopped;



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EVALUATION FORM FOR GOLD FEATHER CANDIDATES

Name of the beginner: _____

Form B

Date: ____ / ____ / 20____ Make up date: ____ / ____ / 20____

PERFORMANCE Shooting distance	Required minimum score	Achieved *	*Not yet achieved	Number of hits (result).
8 meters	12 hits			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	References to the WA level 1 coaching manual.
Body setting (before drawing and at full draw)	Vertical body			# 7.1.2.4 & 7.1.2.5
	Balance on 2 feet			# 7.1.2.4 & 7.1.2.5
	Spine and shoulders making a cross shape.			# 7.1.2.4 & 7.1.2.5
Body setting (end of draw)	<i>Let the string hand land on face (chin &/or lips do not reach forward to the string)</i>			# 7.1.2.7
KNOWLEDGE &/or KNOW-HOW	Required knowledge's or know-how's	Achieved *	*Not yet achieved	Comments &/or references
Bow bracing	Able to brace their own bow.			# 4.3.1.1.
Shooting direction	<i>Only draw towards the a clear target butt from the shooting line (not toward anyone or the sky)</i>			# 3.2 Chapters 2 & points 2 & 3
Safety and etiquette on the shooting line	Do not disturb (touch or talk to) other shooting archers			# 3.2 Bullet 3 # 3.5Bullets 1&2
	How to retrieve an arrow that dropped on the floor			# 3.2 Bullet 11
Total	9 positive evaluations are required			** 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: _____



Gold Feather Award