

WORLD ARCHERY BEGINNER'S MANUAL (EXTRACT)

CURRICULUM FOR THE FITA WHITE ARROW AWARD

PERFORMANCE:

| | |
|--------------------|------------|
| Distance: | 10 meters |
| Min. score: | 115 points |

SKILLS – Your shooting sequence should include the following:

Feet position: For candidates having earned no WA Feather awards yet, see chapter “Skills” of the Red Feather curriculum

Arrow loading: (safe / correct) For candidates having earned no WA Feather awards yet, see ‘Safe and proper’ chapter “Skills” of the Red Feather curriculum.

Body setting: (during draw) For candidates who have not earned a WA Feather award, see Gold Feather.

Raising the bow:

Objective: Perform the preliminary movements with as little unnecessary motion and initial positioning disruption as possible. This initial positioning must allow for an effective draw.

Form: Synchronized rising of the two hands towards the target until both hands are at nose level.

Throughout the process:

- The bow shoulder must stay as low as possible.
- The upper body (shoulders, chest and center of gravity) is maintained in its lowest position.
- the arrow must be moved up in the shooting plane.
- The head and spine are still extended.
- the pelvis remains tilted (if this position is chosen).

Toward the end of the raising:

- both hands are moved up at the same level.
- The arrow is parallel to the ground.

At the end of the raising:

- The arrow is at the nose/eyes level.
- The string shoulder is lower than the arrow axis.
- The string wrist is in line with the string forearm.
- a slight backward inclination of the torso toward the string foot is acceptable, but a straight body is recommended.

Rationale: A simple movement is easy to repeat. This is a safe pre-position to the draw, even if an arrow slides out from the beginner's fingers. The elements already in place are hardly disturbed and are finalized following the action. The forces exerted on the upper limbs facilitate the low positioning of the shoulders. The body's inclination toward the string foot counterbalances the weight of the bow and moves the archer's center of gravity towards the target (the use of bows with light mass weight will reduce this inclination).



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KNOWLEDGE and/or KNOW-HOW – you must know the following:

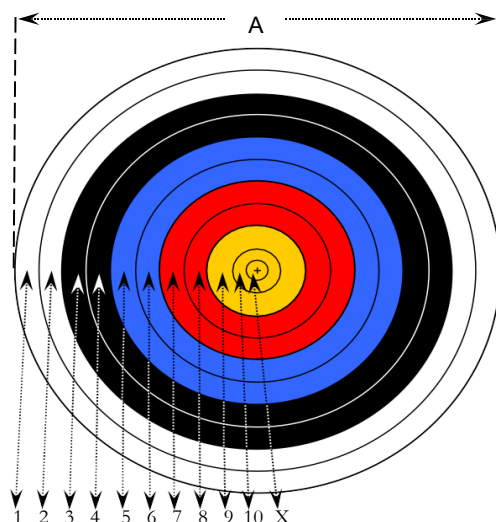
Bow safety:

- Arrow loading safety
- Safe arrow recovery
- Safe bow prep
- Safe arrow recovery
- Shooting direction
- Safety & etiquette

See chapter “Knowledge &/or Know-how” of the Red Feather curriculum.

Scoring:

Archers should be able to identify arrow values and correctly fill in a scoresheet.



A is the diameter (80cm in this example)

Imperial scoring is on colours (odd numbers) only, no X

Each arrow score must be entered on the scoresheet in descending order, as called out by the athlete to whom the arrows belong. Other athletes on that target will check the value of each arrow called out. In case of disagreement call the assigned judge, who makes the final decision.