



WORLD ARCHERY BEGINNERS MANUAL

Gold



Arrow



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CURRICULUM FOR THE WA GOLD ARROW AWARD

PERFORMANCE:

Shooting distance: 26 meters
Minimum required score: 115 points

SKILLS – your shooting sequence should include the following:

String clearance

- *Objective :*
Allow a free path of the string during the arrow propelling.
- *Form :*
See the two tests further down. You will have to successfully pass one of these tests.
- *Rational :*
Any string shock during the propelling step would:
 - * make difficult the repetition of the push axis and the propelling intensity;
 - * reduce the amount of kinetic energy transmitted to the arrow.

Test at the bow arm level.

With no hand on the string, raise your bow and check where your string is located on your armguard or forearm. About half an inch forwards of this spot affix a piece of adhesive tape which is raised about 2 mm in the middle (bridge shape). The bridge of tape should be affixed vertically, across your bow forearm/armguard, or if you prefer parallel to the string.

Identify with a pen, the side of the tape closest to the string (to be marked before sticking the tape on the armguard). This mark will help to identify if the string hits the tape while pushing the arrow or during its way back.

Shoot one arrow with this adhesive tape in place - make sure you not flatten out the bridge-tape before the draw! After the shot, watch the tape, and analyze the hit (if any).

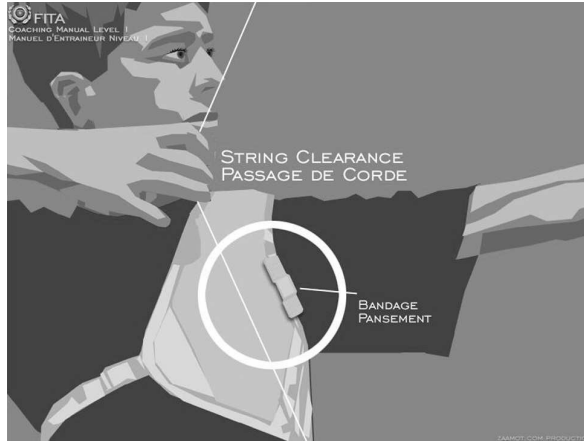
If you come to the conclusion that the string clearance is too poor, ask to your coach to help you in improving it.

Test at the bow side chest level.



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Either watch yourself in a mirror, or with the help of an assistant observe where the string touches your chest at full draw, if at all. About half inch forwards of this spot affix a piece of adhesive tape that has a bridge shape – 2 mm raised in the middle. See picture on the left.

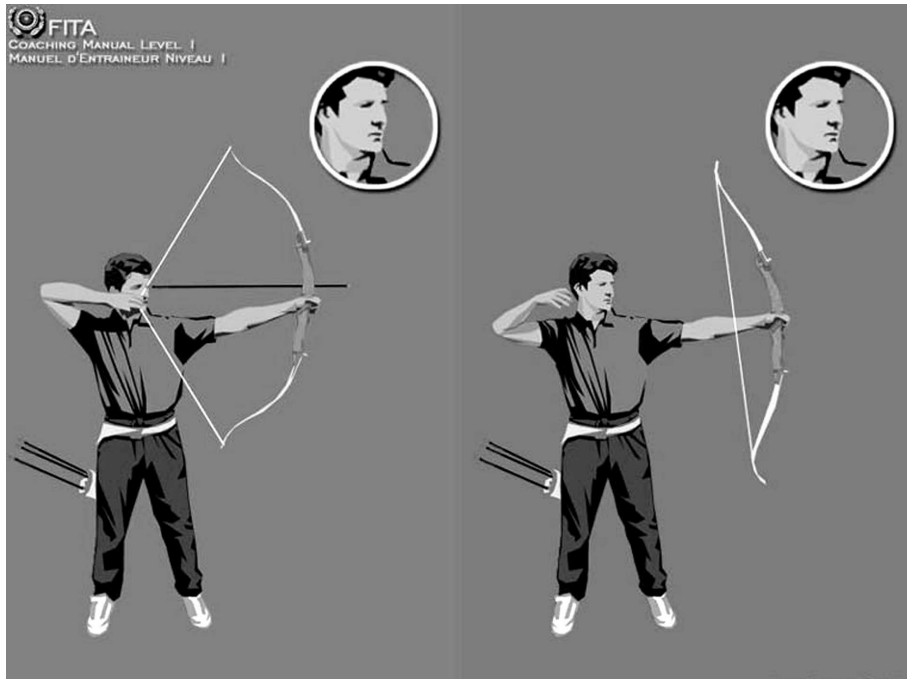


The most critical point is the edge (hem or trim) of the chest-guard surrounding your bow shoulder. The bridge of tape should be affixed parallel to the string on your chest-guard. Shoot one arrow with this tape in place – pay attention to not flatten out the “bridge” part before the draw. After the shot, analyze the hit (if any).

If you come to the conclusion that the string clearance is too poor, ask to your coach to help you in improving it.

Follow-through

- **Objective:**
Continue all on-going activities – not only the physical ones, but also the visual and mental ones - but release of the string.
- **Form:**
The shot must take the observer by surprise; no telltale signs of impending shot must be seen. The body, face and "gaze" remain impassive before, during, and slightly after the action.

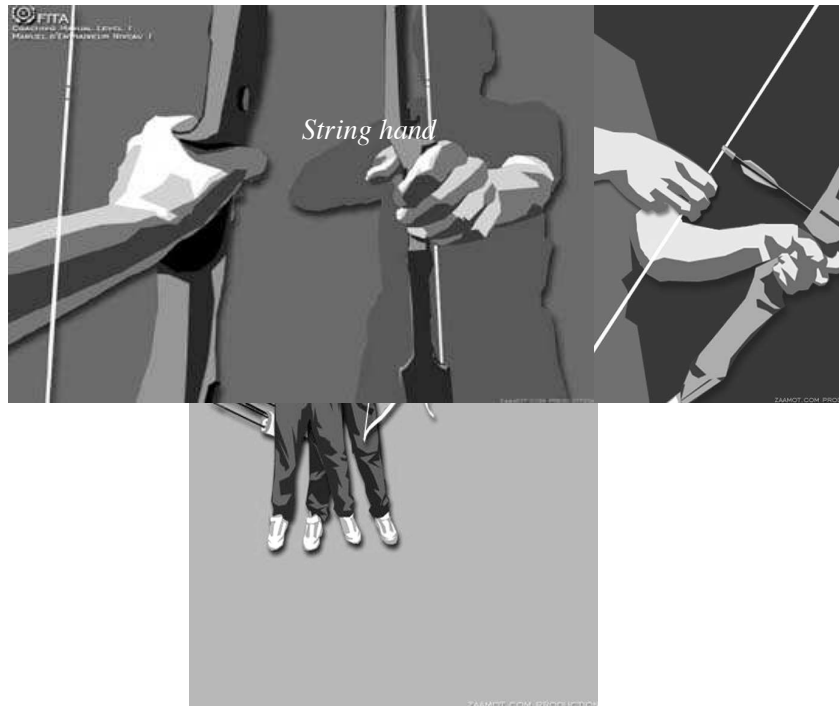
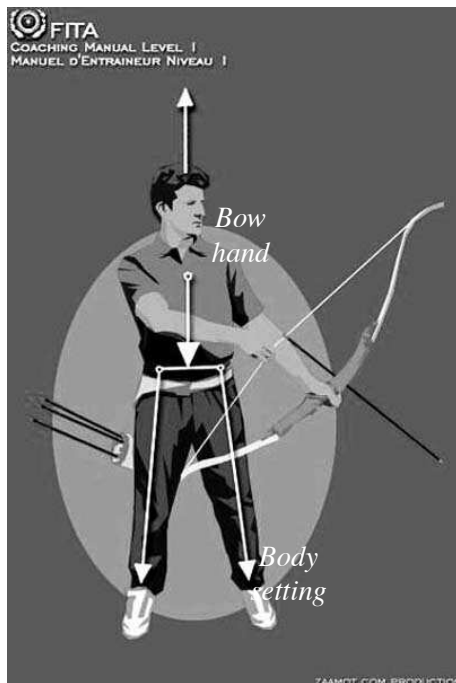
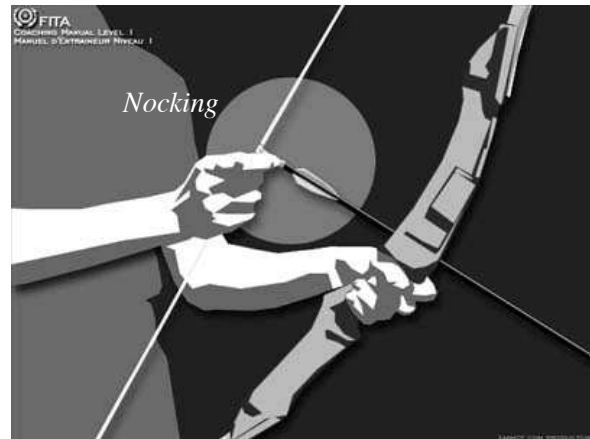


Your face should remain the same, before, during and after the release



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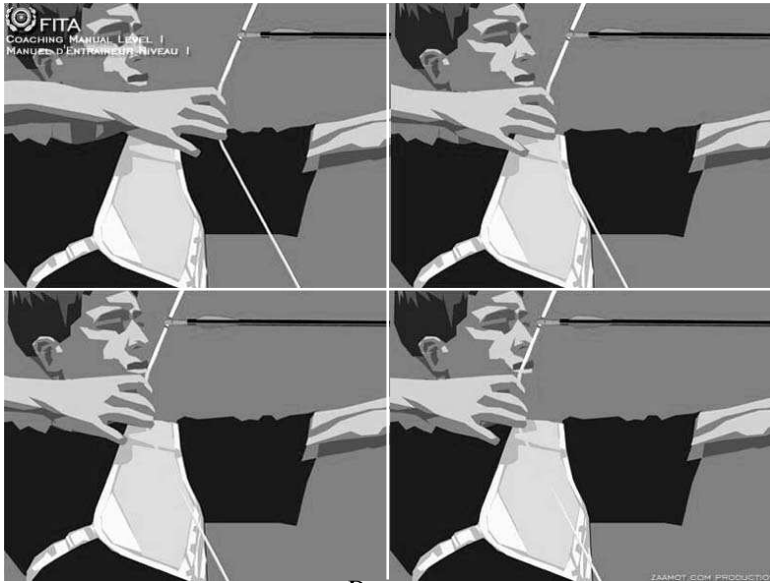
Sequence: repeat with consistency the shooting steps (they are below from left to right).



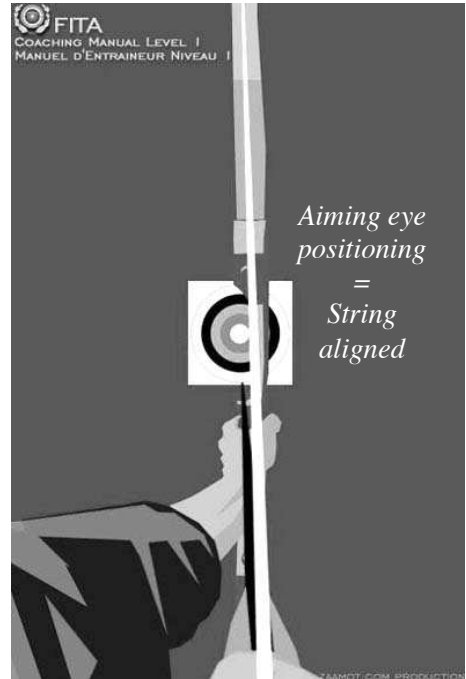
Raising



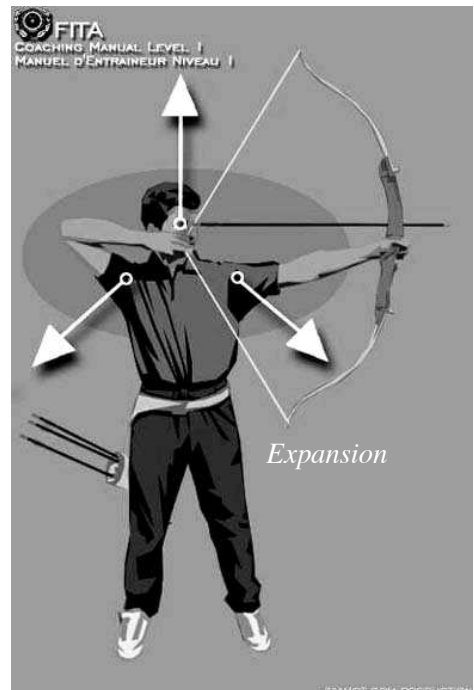
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Draw



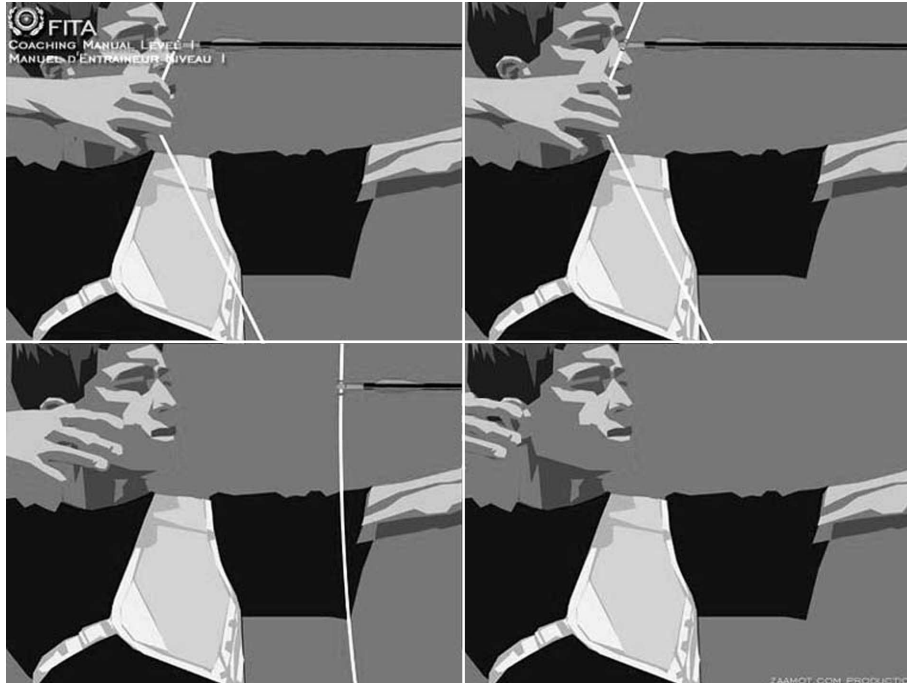
Aiming



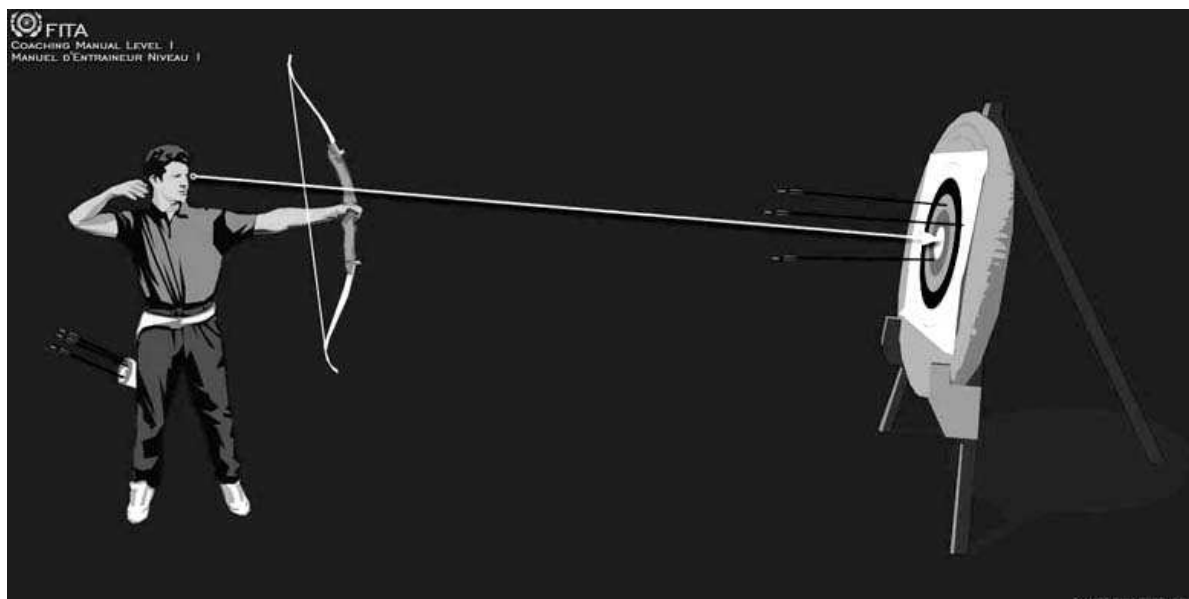
Expansion



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Release



KNOWLEDGE&/OR KNOW-HOW

Tournament registration process:

You should know the registration process (of your club) to a local tournament; hence you have to ask to your club, what is this process.

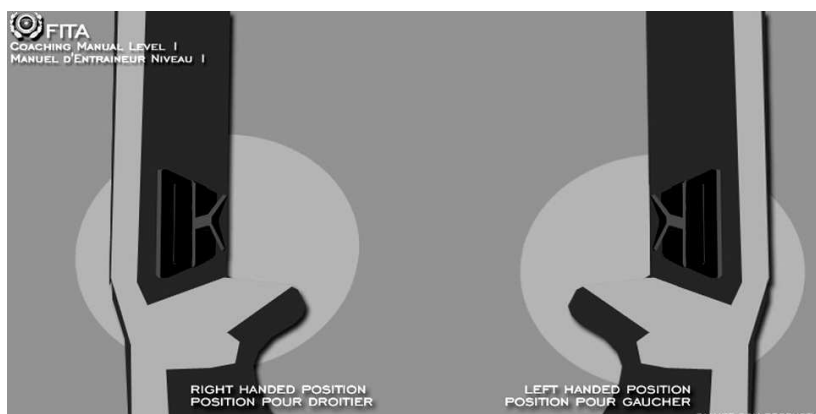
Arrow setting:

- **Affixing arrow rests:**

The use of an arrow rest is important as it reduces the area of the bow the arrow touches, creating the least amount of friction when the arrow begins to move as it is released. There are arrow rests made from wire and made from plastic.

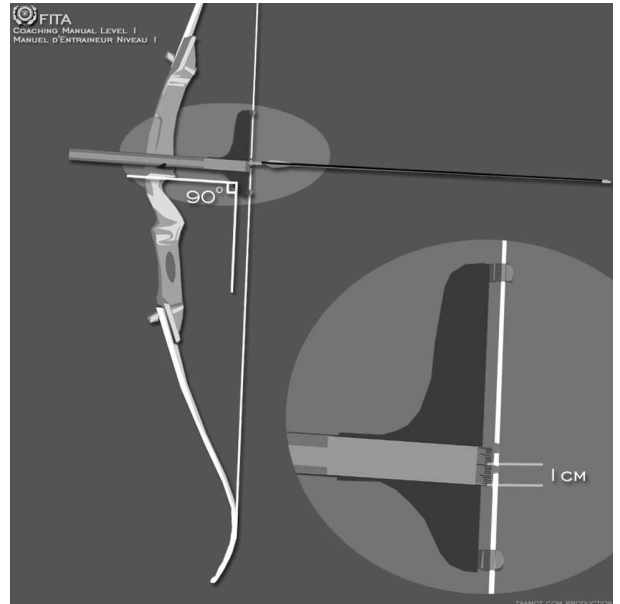
The arrow rest should be glued onto the window directly above the pivot point of the handle, and should be aligned squarely and perpendicular to the string.

There should be a space of at least 15mm between the arrow shaft and the window shelf.



- **Making the nocking point:**

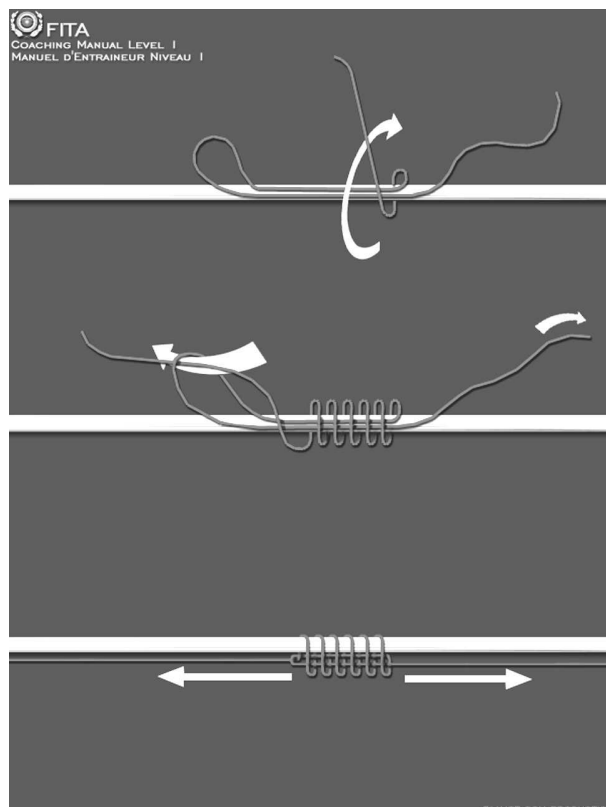
The correct height of the nocking point depends on many things. A suggested starting point is to have the nocking point maintain the bottom of the nock at about 1 cm higher than where the shaft makes a 90 degree angle with the string. This is valid if you start with the straight line method (recommended). 6 mm are enough with a "cigarette" tape of string grip.



Nock locators may be added in two ways.

- * A manufactured nock-set is available. Quite often it is made with metal and clamped on the string with special pliers.
- * Another method is to use standard heavy thread with fletching cement to form a small neat ring around the serving. This knot must be firm and uniform. Apply another thin coat of glue over the entire nock locator, and then leave it to dry. The nock locators may be above and below the nock.

After shooting about 30 arrows, re-measure the brace height. It has most likely decreased. Adjust the nocking point if necessary.





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Brace height

The bracing height of the bow should be within the Bow manufacturers' tolerances.

If necessary the string can have twists added to it to increase the bracing height, or conversely, have some twists removed to lower the bracing height.





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EVALUATION FORM FOR GOLD ARROW CANDIDATES.

Name of the beginner: _____ Form G

Date: ____ / ____ / 20__

Make up date: ____ / ____ / 20__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	Final number of hits.
26 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	References to the WA Level 1 Coaching manual
String clearance	Successful string clearance test (bridge of tape for instance)			#10 "String clearance"
<i>Follow-through</i>	<i>Impassive face upon release</i>			<i>#7.1.2.10</i>
	<i>Impassive aiming upon release</i>			<i>#7.1.2.10</i>
Sequence	Repeat the shooting steps with consistency			<i>Chapter 2 & various exercises of chapter 10.</i>
	Consistent shooting time (+/- 10 seconds)			
Subjects 2 evaluations	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments &/or references
Tournament registration process	Know the registration process (of the club) at a local tournament.			
<i>Arrow setting</i>	<i>Know how to affix an arrow-rest and make a nocking point.</i>			<i>#11.3.4& 11.4.6</i>
TOTAL	8 positive evaluations are required			** Awarded ____ or Not awarded yet ____

* 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 Arrow award