White

Arrow

PERFORMANCE:

Shooting distance: 10 meters
Minimum required score: 115 points

SKILLS – Your shooting sequence should include the following**:**

Feet position: For candidates having earned <u>no</u> WA Feather awards yet, see chapter "Skills" of the Red Feather curriculum.

Arrow loading: For candidates having earned <u>no</u> WA Feather awards yet, see
(Safe and proper)   chapter "Skills" of the Red Feather curriculum.

Body setting (before drawing and full draw):   For candidates having earned <u>no</u> WA Feather awards yet, see Gold Feather

Body setting (end of draw):   For candidates having earned <u>no</u> WA Feather awards yet, 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 that both hands are at the nose level.

Throughout the process long:
- the bow shoulder must stay as low as possible;
- the upper body (shoulders, chest and centre 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;

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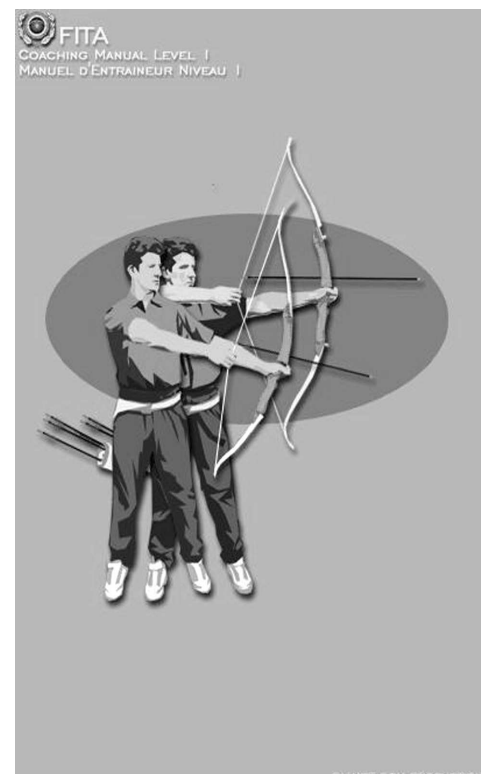
- the string wrist is in line with the string forearm.
- a slight backward inclination of the torso toward the string foot is acceptable, but a straight body is recommended.

◉ *Rationale:*
Simplicity of the movement is easy to repeat. It 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 counter balances the weight of the bow moves the archer's centre of gravity towards the target (the use of bows with light mass weight will reduce this inclination).

KNOWLEDGE&/OR KNOW-HOW – you must know the following:

Bow safety: see chapter "Knowledge &/or Know-how" of the Red Feather curriculum.

Arrow loading safety*:*   same as above.

Safe arrow recuperation: same as above.

Bow preparation: same as above. But see also chapter "Knowledge &/or Know-how" of the Gold Feather curriculum.

Shooting direction: see chapter "Knowledge &/or Know-how" of the Gold Feather curriculum.
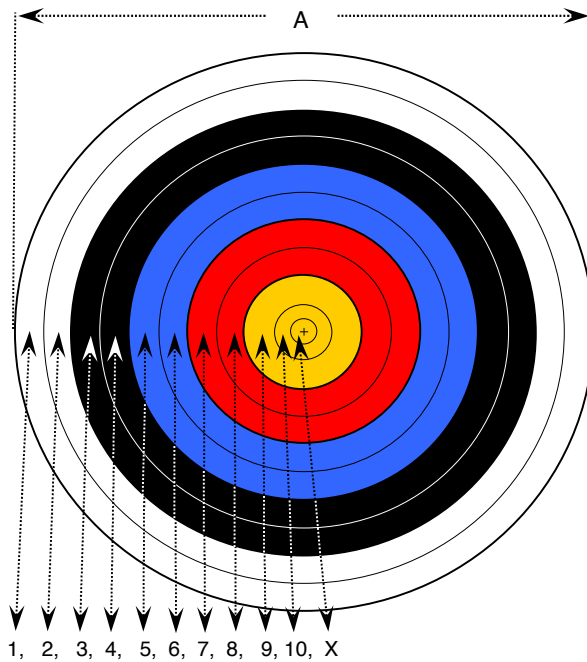
Safety and etiquette on the shooting line: same as above.

Scoring:

○ You should be able to identify the arrows value.

Diameter A = 80 cm for this
program

1, 2, 3, 4, 5, 6, 7, 8, 9, 10, X

○ You should know how to complete a scorecard for a complete round/distance "Arrow". The value of each arrow scorers must be entered on the scorecards 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 and in case of disagreement call the assigned judge who makes the final decision.

Example of a blank scorecard (for Arrow round only):

15 Arrows				
1	2	3	End	Total
10s		Xs		

15 Arrows					
1	**2**	**3**	**End**	**Total**	
X	8	5	23		
10	10	8	28	51	
10	8	7	25	76	
8	8	0	16	92	
X	7	7	24	116	
10s	3	**Xs**	2		

Example of a completed scorecard (for Arrow round only):

EVALUATION FORM FOR **WHITE ARROW** CANDIDATES
HAVING EARNED NO FEATHER AWARDS YET.

Page #1 (start /front page)

Name of the beginner: _____ Form C1

Date: _____ / _____ / 200___   Make up date: _____ / _____ / 200___

PERFORMANCE Shooting distance	Required minimum score	Achieved *	*Not yet achieved	Number of hits (result).
10 meters	115 points			
SKILLS	**Key elements** (What should be done)	**Achieved** *	***Not yet achieved**	**References to the WA Level 1 Coaching manual**
Feet position (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 shooting line			#7.1.2.1
	Feet parallel			#7.1.2.1
Safe and proper arrow loading	*Implemented with bow vertical*			*#3.2 Bullet 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*
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)	*Let the string hand land on face (chin &/or lips do not reach forward to the string)*			#7.1.2.7
Raising	Synchronized hands			#7.1.2.5
	Raise hands while keeping the shoulders down			#7.1.2.5
	Hands at same height and at nose or eye level once raised			#7.1.2.5
	Arrow parallel to the floor once rose.			#7.1.2.5

White Arrow award

KNOWLEDGE &/or KNOW-HOW	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments &/or references
Bow safety	No dry fire (dry loosing)			#3.3. Bullet 2
	Place the bow in the equipment lane after end			#4.4.5. Step 7 - #11.3 #9.2
Arrow loading safety	*Load the arrow on the bow only when the Field of play is empty and*			*#3.2 Bullet 2*
	To be done only when both feet are set each side of the shooting line.			*#3.2 Two first bullets*
Safe arrow recuperation	Walk carefully to target (do not run – Watch his/her step)			#3.3 Bullet 8
	Stand to the side of the target (not behind arrows)			#3.2 Bullet 12
	Properly pull the arrow out of the target (or grass).			#4.4.1. Step 8
Bow preparation	*Know how to properly assemble and disassemble the limbs on/from the riser.*			*This evaluation can be skipped if no take down bow is available*
	Can brace his or her bow.			*#4.3.1.1.*
Shooting direction	Only draw towards the a clear target butt from the shooting line ((not toward anyone or the sky)			*#3.2 Chapter 2 and Bullets 2 & 3*
Safety and *etiquette* on	*Do not disturb (touch or talk to) other shooting archers*			#3.2 Bullet 3 #3.5Bullets 1&2
the **shooting line**	*How to retrieve an arrow that dropped on the floor*			#3.2 Bullet 11
Scoring	Be able identify the arrows value.			WA C&R Appendix 1 Book 2
	Can complete a scorecard for a complete round			WA C&R #7.6.1.4 & Appendix 3 Book 2
TOTAL	***30 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 evaluator: _____

EVALUATION FORM FOR **WHITE ARROW** CANDIDATES
HAVING NO FEATHER AWARDS YET.
Page #2 of form C1 (end / Back page)

EVALUATION FORM FOR **WHITE ARROW** CANDIDATES HAVING EARNED THE **GOLD FEATHER** AWARDS **PREVIOUSLY.**

Name of the beginner: _____   Form C2

Date: _____ / _____ / 200___   Make up date: _____ / _____ / 200___

PERFORMANCE Shooting distance	**Required minimum score**	**Achieved ***	***Not yet achieved**	Number of hits (result).
10 meters	115 points			
SKILLS	**Key elements** (What should be done)	**Achieved ***	***Not yet achieved**	**Comments &/or references to the WA Level 1 Coaching manual**
Raising	Synchronized hands			#7.1.2.5
	Raise hands while keeping the shoulders down			#7.1.2.5
	Hands at same height and at nose or mouth level once raised			#7.1.2.5
	Arrow parallel to the floor once rose.			#7.1.2.5
KNOWLEDGE &/or KNOW-HOW	**Required knowledge or know-how's**	**Achieved ***	***Not yet achieved**	**Comments &/or references t**
Scoring	Be able identify the arrows value.			WA C&R Appendix 1 Book 2
	Can complete a scorecard for a complete round			WA C&R #7.6.1.4 & Appendix 3 Book 2
TOTAL	*7 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 evaluator: _____

White Arrow Award.