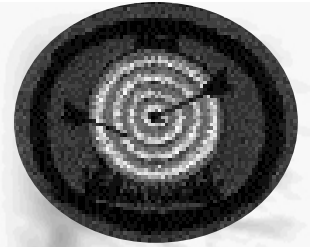


Archery

1. Identify the parts of a bow.
2. Identify the parts of an arrow.
3. Name and explain the safety rules for archery.
4. Correctly and safely string a bow.
5. Describe and show how to use the following:
 - a. Arm guard
 - b. Finger tab or glove
 - c. Quiver
 - d. Bow sling
 - e. String kisser
6. Demonstrate the following shooting techniques:
 - a. The stance
 - b. Nocking the arrow
 - c. The draw
 - d. The anchor
 - e. The hold and aim
 - f. The release
 - g. The follow-through
7. Why is it necessary to have an arrow “nocking point” properly positioned on the bow string?
8. Using a standard (Olympic bow) score one of the following:
 - a. Indoors: 30 arrows (5 rounds) at 9 meters score 40 points on a 60 cm round target.
 - b. Outdoors: 30 arrows (5 rounds) at 15 meters score 130 points on a 122 cm round target.
9. Know and practice the archery safety rules.

Skill Level 1

Original Honor 1945



Archery, Advanced

1. Have the Archery Honor.
2. Explain the advantages to be found by the target archer in making use of the following equipment:
 - a. Aluminum shaft target arrows
 - b. Bow level
 - c. Bow sight
 - d. Bow sling
 - e. Bow square
 - f. Bow stabilizer(s)
 - g. Clicker
 - h. Flexible arrow plate
 - i. Kisser button
 - j. Plastic arrow fletching
 - k. String peep
3. Explain what is meant by arrow spine.
4. Read the following chapters in The National Archery Association Instructor's Manual:
 - a. Problem Correction
 - b. Advanced Shooting
 - c. Bow Tuning
5. Using a standard (Olympic bow) score one of the following:
 - a. Indoors: 30 arrows (5 rounds) at 18 meters score 140 points on a 60 cm round target.
 - b. Outdoors: 30 arrows (5 rounds) at 30 meters score 200 points on a 122 cm round target.
6. Review and practice the archery safety rules.

Skill Level 2

Original Honor 1976