



WORLD ARCHERY BEGINNERS MANUAL

Blue



Arrow



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CURRICULUM FOR THE WA BLUE ARROW AWARD

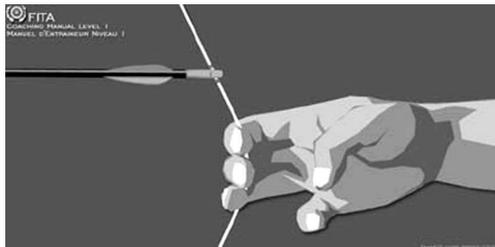
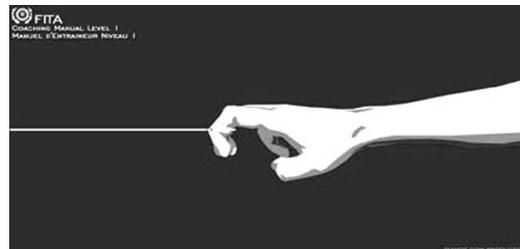
PERFORMANCE:

Shooting distance: 18 meters
Minimum required score: 115 points

SKILLS – Your shooting sequence should include the following:

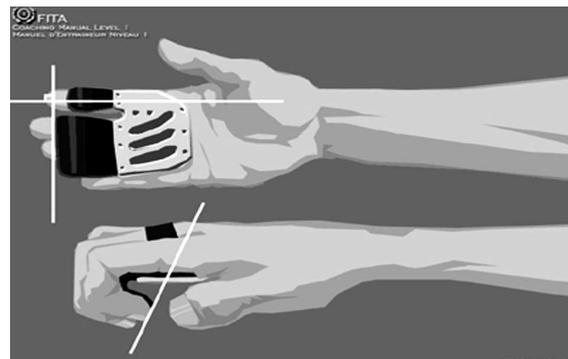
String hand: String Hook

- **Objective:**
Consistent finger positioning on the string, about the arrow.
- **Form:**
The fingers grip the string between the two upper joints. The palm of the hand is relaxed and the back of the hand is flat.



In most of the unsighted methods, three fingers are used and positioned beneath the arrow. In the shaft aiming method (straight line), the space between the nock and the forefinger is about two to three fingers, depending on facial bone structure & size of string fingers.

The three fingers share the workload equally. Afterwards, the back of the hand remains as vertical as possible, not curled-up, with the wrist as flat as possible. The interior of the forearm remains relaxed. Consequently, the hand is in the same axis, or vertical plan as the forearm and arrow.

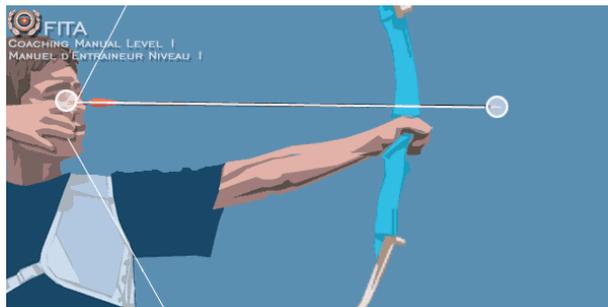


*With a proper string hook, the back of the hand and the wrist are flat.
(Example for sight use.)*

- **Rationale:**
A “deep” string grip in the fingers, allows the muscles of the string hand, arm and forearm to relax from the string side. The more relaxed these body parts are, the less string constraints there is, and the string releases cleanly from the fingers.

Facial marks:

- Straight line:
Simplification of the quadrilateral to a simple line (see further down in this chapter).



No :

- need to repeat the facial marks at full draw (see triangle and quadrilateral methods described further down); a simple visual alignment of the arrow shaft on the centre of the target is enough.
- eye positioning in reference with the shooting plan (hence no need of string alignment);
- worry about applying a vertical finger pressure on the arrow (upward or downward) with the string fingers.

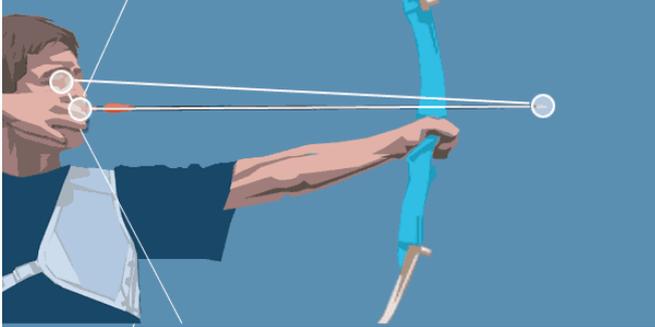
- Triangle:



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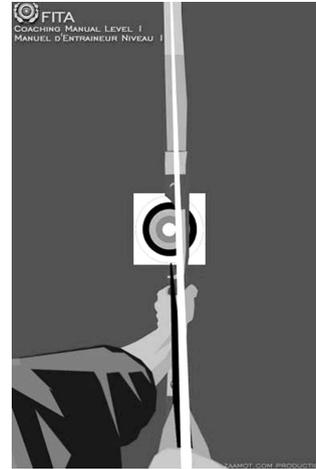
The arrow is positioned by two reference points.

- arrow point, by visual placement on the target;
- arrow nock, through contact of the string hand and the face.



To ensure the triangle reproduction, the archer has

- maintain a constant draw;
- place the eye for string alignment.



on

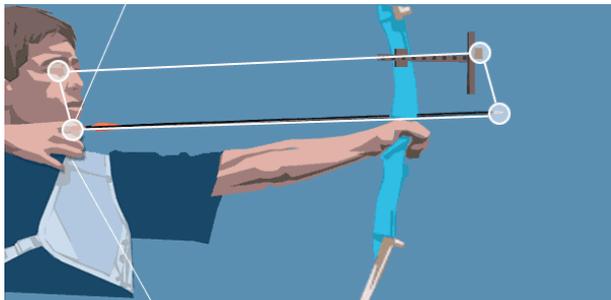
to:

In the triangle method, the aiming eye positioning (for string alignment) is mandatory

● Quadrilateral:

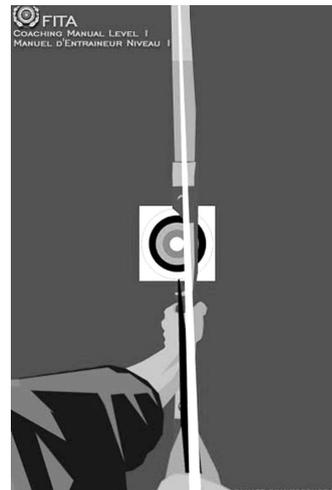
The arrow is positioned by two reference points:

- the arrow point, by visual placement of a sight on the target. Hence a sight should be introduced when teaching this method;
- the arrow nock, through tactile placement of the string hand on the face.



Furthermore, to ensure the repetition of the quadrilateral method, the archer must maintain:

- the bow in the vertical plane, or constantly canted the same amount;
- maintain a constant draw;
- place the eye for string alignment.

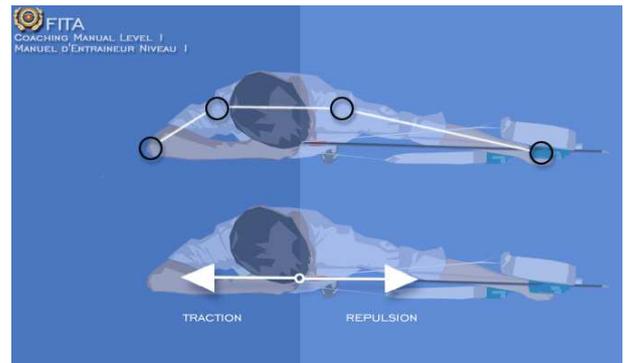




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Arrow- String forearm alignment:

- **Objective:**
Find out the body position allowing a minimum of effort and a maximum of stability during the "full draw ».
- **Form :**
Your string forearm should be as much as possible in the vertical plan passing through the arrow.
- **Rational :**
Physically wise this is the position requiring fewer efforts. Furthermore it allows to keep relax the muscles of the string arm, forearm and wrist. This relaxation of the top body limb facilitates the use of the muscles located in the back and behind the string shoulder.



Feeling attention:

In order to better feel your physical (or kinesthetic) perception related to the skill and hand, we suggest to you to shoot at a very short distance (about 3 meters) with eyes closed. Shooting at an empty buttress (noting to aim at 9 also ease the physical perceptions.

KNOWLEDGE&/OR KNOW-HOW

Bow knowledge:

You should be able to give the overall description of 3 types of bow.

The following gives a general description of the Recurve, Compound and Standard bow.

- **Recurve:**
a bow of any type provided it subscribes to the accepted principle and meaning of the word bow as used in target archery, that is, an instrument consisting of a handle (grip), riser (no shoot-through type) and two flexible limbs each ending in the tip with a string nock. The bow is braced for use by a single string attached directly between the two string nocks, and in operation is held in one hand by its handle (grip) while the fingers of the other hand draw, hold back and release the string.
- **Compound:** A compound bow, which may be of a shoot-through type, is one where the draw is mechanically varied by a system of pulleys and /or cams. The bow is braced for use by bowstring(s) attached directly between the two string nocks of the bow limbs, or attached to the bow cables, as may be applicable to the particular design.



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- **Standard bow:** The bow will be of a simple design, either a take-apart type (which wooden or metal riser, no shoot-through type) or of one-piece construction. In both types of bow the limbs will be of wood and /or fiberglass construction.

Arrow reparation: Arrow nocks reparation.

1. Remove the remaining part of the broken nock, if any. For an easy removal you can slightly warm the remaining plastic part of the nock with a flame.
2. Clean the area where the new nock will fit with 91 % isopropyl alcohol. Beforehand, you can use a fine paper sand on the cone of the aluminum shaft. Con carbon and Aluminum shaft you can clean the area that will receive the new nock
3. Put a drop of glue on the area where the new nock will fit, see picture.



4. Present the nock on the shaft and rotate it for spreading the glue.
5. Orientate the groove of the nock square to the leading vane, see picture.





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EVALUATION FORM FOR BLUE ARROW CANDIDATES

Name of the beginner: _____ Form **E**

Date: ____ / ____ / 200__

Make up date: ____ / ____ / 200__

Shooting distance for score evaluation	Required minimum score	Achieved *	*Not yet achieved	Final number of hits.
18 meters	115 points			
SKILLS	Key elements (What should be done)	Achieved *	*Not yet achieved	References to the WA Level 1 Coaching manual
String hand	Flat back of hand (no knuckles pointed out)			#7.1.2.3.a
	3 fingers are used for gripping the string			#7.1.2.3.a
	Vertical back of hand			#7.1.2.3.a
	Consistent grip			#7.1.2.3.a
Facial marks	<i>Are consistent</i>			#7.1.2.8
	<i>Provide "decent" alignment between arrow and string forearm.</i>			#7.1.2.8
	<i>Can align the string.</i>			#7.1.2.8
Feeling attention	Can shoot with eyes closed			#9.5 third step
Subjects 3 evaluations	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments & 7or references
Bows knowledge	Can give the overall description of 3 types of bow.			C&R #4.3 related book and articles
Arrow reparation	<i>Know how to replace a nock</i>			#11.4.2
TOTAL	11 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: _____



Blue Arrow Award