



**Ten-Step  
Progress Development  
Program**



**For**



**Traditional Archery**



**SPECIAL NOTE - Please read carefully**

**Disclaimer of Liability**

**"It is expressly understood and agreed that any person performing any of the exercises, or using any of the techniques, methods, or information contained within this document do so completely at their own risk.**

**Uwe Schneider, Sonja Koch, and Horses of the Sun accept no liability or responsibility to any person or entity with respect to any loss, injury, or damage whether caused or alleged to be caused directly or indirectly by the exercises or information contained in this document or otherwise. While the information is as accurate as the authors can make it, there may be errors, omissions, and inaccuracies.**

**The user hereof agrees to indemnify and hold harmless Uwe Schneider, Sonja Koch, Horses of the Sun and/or its affiliates of and from all actions, causes, and demands of every nature or kind arising out of or incidental to the performance of any of the exercises, or use of the information, methods, and techniques contained herein."**

**If you have any questions, or require more information on this Program, please contact:**

**Sonja Koch or Uwe Schneider (613) 835-9523 (Canada)**

**[hots@295.ca](mailto:hots@295.ca)**

**or visit our web site at [www.horses-of-the-sun.ca](http://www.horses-of-the-sun.ca)**

Copyright © 2018

Sonja Koch & Uwe Schneider

# Ten-Step Progress Development Program for Traditional Archery

The Ten-Step Progress Development Program for Traditional Archery has been written as a systematic development guideline for traditional archery, where the archer is using a simple bow (i.e., “primitive”, “traditional” bow, and not a modern Olympic Recurve or Compound Bow). Its intent is to open the archer’s mind for learning and experiencing different approaches to archery. Progressing through this program should lay a foundation and instill curiosity for the archer to seek further guidance and more experience on the physical, mental, and inner development. Archers should be inspired to explore the wide world of archery.

This program will allow all archers to progress at their own rate. Each level focuses on various techniques, such as different styles of drawing, aiming, and releasing at different types of targets. Individual achievements, accuracy, theory, and the overall physical and mental development will also be addressed.

This program guides both the instructor and the student in setting and achieving immediate and long-term goals. Benefits include:

- A structured learning and teaching program for archers and instructors
- It gives archers and instructors a record of individual progress
- The levels are designed so that the archers can progress systematically
- The physical, mental, and emotional developments of the archer are being challenged, strengthened, and enriched

*This Progress Development Program is for you, the archer, to monitor, evaluate, and recognise your own personal development. You can have someone else mark off your progress and evaluate your answers to the Theory Questions, or you can mark it off yourself and answer the questions to yourself*

*- the choice is yours. –*

*Not every exercise will or can be achieved by everyone (and, therefore, can be skipped) ... this does not diminish the personal journey of the archer.*

**Note:** The manual uses the following terms:

- *Dominant draw* indicates when the archer executes the shot while pulling the string with the naturally more preferred hand. They are printed in **BLACK**.
- *Non-dominant draw* when the archer pulls the string with the less preferred hand. They are printed in **RED**.

## LEVEL ONE:

### Theory:

- Safety: know and explain the basic safety rules of archery on and off the range:
  - Listen to the instructor/range steward.
  - Release arrow(s) only when permitted / when it is safe.
  - Shoot only at designated target(s).
  - Retrieve arrows only when instructed.
  - Follow proper arrow retrieval and removal from target.
  - Behave with courtesy and respect towards instructors and fellow archers.
  - Other rules ... as appropriate to the specific range and situation
- Basic archery terminology - Understand and identify archery equipment:
  - Basic bow types (*Sport Recurve, Horse Bow, Longbow, Reflex-Deflex, Compound; Self, Laminate, Composite, Take-Down*)
  - Parts of the bow (*handle / riser section, limbs, back, belly / face, tips/nocks, string, nock point*)
  - Parts of the arrow (*shaft, nock, tip, feathers [fletching, vanes, flights], cock / index feather and hen feathers*)
  - Accessories (*quiver, arm guard (bracer), bow-hand guard, finger guard, finger tape, thumb ring, bow stringer, bow sock/bow bag, string wax, bow square, ...*)
- Proper bow and arrow handling for beginners:
  - How to store your bow and arrows
  - How to carry your bow and arrows
  - How to care for your bow and arrows
  - Dry firing a bow and why to avoid it
- Proper bow stringing techniques:
  - With Bow stringer
  - Step-through
  - Push-Pull
- Proper arrow release technique with:
  - Anchored release
  - T-release

**Practice:**

- String bow with assistance (*by Step-through, Push-Pull, and/or with Bow-Stringer, as appropriate*)
- Demonstrate proper basic stance (*stand firmly grounded and balanced, standing angled sideways to target, firm grip on bow, bow arm relaxed without hyper-extension*), with dominant draw.
- Nocking arrow (*handling arrow, putting arrow on bow, orientation of cock/index feather, position of nock point*).
- Perform a Two-Finger and a Three-Finger Draw.
- Comfortably release/loose arrows at different targets and distances with dominant draw, using “T-release” and “anchored release”.

Overview:

<b>Target size</b>	<b>Distance (m)</b>	<b>Consecutive Hits</b>	<b>Draw Hand</b>	<b>Action</b>	<b>Progress</b>
-	-	-	Dominant	String bow with assistance	<input type="checkbox"/>
-	-	-	Dominant	Show basic stance	<input type="checkbox"/>
-	-	-	Dominant	Nock arrow	<input type="checkbox"/>
-	-	-	Dominant	Two-Finger draw	<input type="checkbox"/>
-	-	-	Dominant	Three-Finger Draw	<input type="checkbox"/>
varied	varied	-	Dominant	T-release	<input type="checkbox"/>
varied	varied	-	Dominant	Anchored release	<input type="checkbox"/>

Notes:

## LEVEL TWO:

### Theory:

- Safety - Understand and explain additional safety rules of archery. For example, being able to explain how safety rules change when shooting in the following situations:
  - While moving
  - From different positions
  - With different people
  - Under different conditions
- Safety inspection of bow and arrows – Know how to inspect the bow and arrows for damage as well as how to test arrows for damage.
- Archery terminology – Be able to identify the following:
  - Purpose and use of basic bow types (*e.g., Olympic Recurve, Sport Recurve, Horse Bow, Longbow, Compound; Self, Laminate, Composite, Take-Down, Crossbow*).
  - Parts of the bow (*e.g., string types, string materials, siyah, riser, arrow shelf/rest, serving, cut-out, silencers, ...*).
  - Types of arrow materials (*for shafts: wood, bamboo, aluminium, fiberglass, carbon fiber; different materials for fletching, materials for tips*).
  - Types of arrow tips and their uses (*e.g., screw-in, glue-in, glue-over; target, field, broadhead, blunt, Judo, ancient stone tip, bodkin, barbed, ..*).

### Practice:

- Perform proper bow stringing, using the following techniques:
  - Step-through
  - Bow stringer
  - Push-Pull
- **Demonstrate proper basic stance with non-dominant draw.**
- **Nocking arrow with non-dominant draw.**
- **Perform Two-Finger and Three-Finger Draw with non-dominant draw.**
- **Release/loose arrows at different targets and distances with non-dominant draw.**
- Show increased accuracy in hitting designated target while shooting with dominant draw.
- Show increased fluidity in nocking and loosening of arrow with dominant draw.

- Release/loose arrows at different targets and distances with dominant draw while standing in the following positions:
  - Sideways to the target,
  - turned towards the target,
  - and turned away from the target.
- Alternate between anchored and T-release.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
-	-	-	-	String bow by Step-through method	<input type="checkbox"/>
-	-	-	-	String bow with bow stringer	<input type="checkbox"/>
-	-	-	-	String bow by Push-Pull method	<input type="checkbox"/>
-	-	-	Non-Dominant	Show basic stance	<input type="checkbox"/>
-	-	-	Non-Dominant	Nock arrow	<input type="checkbox"/>
-	-	-	Non-Dominant	Two-Finger draw	<input type="checkbox"/>
-	-	-	Non-Dominant	Three-Finger Draw	<input type="checkbox"/>
-	-	-	Non-Dominant	Release arrow	<input type="checkbox"/>
varied	varied	-	Dominant	Show increased accuracy	<input type="checkbox"/>
varied	varied	-	Dominant	Show increased fluidity in nocking and shooting	<input type="checkbox"/>
varied	varied	-	Dominant	Standing sideways	<input type="checkbox"/>
				Standing turned towards	<input type="checkbox"/>
				Standing turned away	<input type="checkbox"/>
varied	varied	-	Dominant	Alternate between anchored and T-release	<input type="checkbox"/>

Notes:

## LEVEL THREE:

### Theory:

- Explain how to avoid injury from archery over the long-term.
- Name different types of targets, their uses in different disciplines.
- Name different materials used to make targets, and their dis/advantages.
- Explain what the spine of the arrow is, and why it is important.
- Explain how the “strength” of a bow is measured (draw weight).

### Practice:

- Release/loose of arrow at different targets and distances with dominant draw while kneeling sideways, turned towards, and turned away from target.
- Release/loose of arrow at different targets and distances with dominant draw while walking in the following directions:
  - Parallel to the target,
  - At an angle (approximately 45°) towards the target,
  - At an angle away from target.
- Show increased fluidity in nocking and loosening of arrows with non-dominant draw.
- Release/loose arrows at different targets and distances with non-dominant draw while standing in the following positions:
  - Sideways to the target,
  - Turned towards the target,
  - Turned away from target.
- Hit 30 cm diameter target from 5-meter distance three consecutive times with dominant draw while standing.
- Clout Shoot: shoot in an arc towards target at 50-meter distance with dominant draw while standing.
- Shoot at swinging target (with 15 cm diameter) with dominant draw while standing.

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
varied	varied	-	Dominant	Kneeling sideways	<input type="checkbox"/>
				Kneeling turned towards	<input type="checkbox"/>

				Kneeling turned away	<input type="checkbox"/>
varied	varied	-	Dominant	Walking parallel	<input type="checkbox"/>
				Walking at angle towards	<input type="checkbox"/>
				Walking at angle away	<input type="checkbox"/>
-	-	-	Non-Dominant	Fluid nocking and shooting	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Standing sideways	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Standing turned towards	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Standing turned away	<input type="checkbox"/>
30 cm Stationary	5	3	Dominant	Standing	<input type="checkbox"/>
Clout	50	-	Dominant	Standing	<input type="checkbox"/>
15 cm Swinging	-	-	Dominant	Standing	<input type="checkbox"/>

Notes:

## LEVEL FOUR:

### Theory:

- What does the term “brace height of a bow” mean?
- Explain the Archer’s Paradox
- Why must an arrow not be too soft (i.e., have too low a spine)?
- Why must an arrow not be too light?
- What is a “Cut-out Arrow-shelf”, and where and why is it used

### Practice:

- Release/loose of arrow at different targets and distances with dominant draw while running in the following directions:
  - Parallel to the target,
  - At an angle towards the target,
  - At an angle away from target.
- Release/loose of arrow at different targets and distances with non-dominant draw while kneeling in the following stationary positions:
  - Sideways to the target,
  - Turned towards the target,
  - Turned away from the target.
- Release/loose of arrow at different targets and distances with non-dominant draw while walking in the following directions:
  - Parallel to the target,
  - At an angle towards the target,
  - At an angle away from the target.
- Hit 30 cm diameter target from 15-meter distance three consecutive times with dominant draw while standing.
- Hit 30 cm diameter target from 5-meter distance five consecutive times with dominant draw while standing.
- Hit 30 cm diameter target from 5-meter distance three consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter target from 5-meter distance three consecutive times with dominant draw while walking parallel to target.

- Clout Shooting, shooting towards target at 100-meter distance with dominant draw while standing.
- **Clout Shooting, shooting towards target at 50-meter distance with non-dominant draw while standing.**
- Hit 15 cm diameter swinging target from 5-meter distance three consecutive times with dominant draw while standing.
- Shooting at thrown target (30 cm diameter disc) with dominant draw.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
varied	varied	-	Dominant	Running parallel	<input type="checkbox"/>
				Running at angle towards	<input type="checkbox"/>
				Running at angle away	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Kneeling sideways	<input type="checkbox"/>
				Kneeling turned towards	<input type="checkbox"/>
				Kneeling turned away	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Walking parallel	<input type="checkbox"/>
				Walking at angle towards	<input type="checkbox"/>
				Walking at angle away	<input type="checkbox"/>
30 cm Stationary	15	3	Dominant	Standing	<input type="checkbox"/>
	5	5	Dominant	Standing	<input type="checkbox"/>
	5	3	Non-dominant	Standing	<input type="checkbox"/>
	5	3	Dominant	Walking	<input type="checkbox"/>
Clout	100	-	Dominant	Standing	<input type="checkbox"/>
	50	-	Non-Dominant	Standing	<input type="checkbox"/>
15 cm Swinging	5	3	Dominant	Standing	<input type="checkbox"/>
30 cm Thrown	5	-	Dominant	Standing	<input type="checkbox"/>

Notes:

## **First Milestone Assessment:**

- Reflect on your archery experience, and (optional) talk about it.
  - Which different bow types have I shot?
  - Which different arrows have I shot?
  - Which arrow release styles have I tried out?
  - Which aiming methods have I tried out?
  - Which types of targets and what distances have I attempted?
  - What types of archery have I tried so far?
  - How do I execute / perform a shot? How do I prepare? On what do I focus?

Notes:

Notes:

## LEVEL FIVE:

### Theory:

Understand and be able to explain in some detail the following:

- The static and dynamic spine of the arrow:
  - How the spine of the arrow affects its flight,
  - How you can alter the dynamic spine of an arrow.
- How the brace height affects bow performance.
- How the nock height affects the arrow flight.
- What is a Self Bow and what is it composed of.
- What is a Laminate Bow and what is it composed of.
- What is a Composite Bow and what is it composed of.
- Name different types of wood suitable for a wooden arrow shaft.

### Practice:

- Release/loose of arrow at different targets and distances with dominant draw while jumping over a low obstacle parallel, at an angle towards, and at an angle away from target.
- Release/loose of arrow at different targets and distances with non-dominant draw while running in the following directions:
  - Parallel to the target,
  - At an angle towards the target,
  - At an angle away from the target.
- Hit 30 cm diameter target from 25-meter distance three consecutive times with dominant draw while standing.
- Hit 30 cm diameter target from 15-meter distance five consecutive times with dominant draw while standing.
- Hit 30 cm diameter target from 15-meter distance three consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter target from 5-meter distance five consecutive times with non-dominant draw while standing.

- Hit 30 cm diameter target from 15-meter distance three consecutive times with dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 5-meter distance five consecutive times with dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 5-meter distance three consecutive times with non-dominant draw while walking parallel to target.
- Clout Shooting, shooting towards target at 100-meter distance with non-dominant draw while standing.
- Clout Shooting, hitting target at 50-meter distance three consecutive times with dominant draw while standing.
- Release/loose six arrows in 1 minute time with dominant draw.
- Hit 15 cm diameter swinging target from 10-meter distance three consecutive times with dominant draw while standing.
- Hit 15 cm diameter swinging target from 5-meter distance five consecutive times with dominant draw while standing.
- Hit 15 cm diameter swinging target from 5-meter distance three consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 5-meter distance three consecutive times with dominant draw while standing.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
varied	varied	-	Dominant	Jumping parallel	<input type="checkbox"/>
				Jumping at angle towards	<input type="checkbox"/>
				Jumping at angle away	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Running parallel	<input type="checkbox"/>
				Running at angle towards	<input type="checkbox"/>
				Running at angle away	<input type="checkbox"/>
30 cm Stationary	25	3	Dominant	Standing	<input type="checkbox"/>
	15	5	Dominant	Standing	<input type="checkbox"/>
	15	3	Non-dominant	Standing	<input type="checkbox"/>
	5	5	Non-dominant	Standing	<input type="checkbox"/>

	15	3	Dominant	Walking	<input type="checkbox"/>
	5	5	Dominant	Walking	<input type="checkbox"/>
	5	3	Non-dominant	Walking	<input type="checkbox"/>
Clout	50	3	Dominant	Standing	<input type="checkbox"/>
6 arrows / 1 min			Dominant	Standing	<input type="checkbox"/>
15 cm Swinging	10	3	Dominant	Standing	<input type="checkbox"/>
	5	5	Dominant	Standing	<input type="checkbox"/>
	5	3	Non-dominant	Standing	<input type="checkbox"/>
30 cm Thrown	5	3	Dominant	Standing	<input type="checkbox"/>

Notes:

## LEVEL SIX:

### Theory:

- Name and discuss some purposes of archery, for example:
  - Hunting / fishing – subsistence & recreational
  - Sport / competition
  - Leisure / recreation
  - Therapy / rehabilitation
  - War
  - ...
- Name and discuss some types of archery, for example:
  - Ground Archery / Foot Archery
    - Target Archery / Olympic
    - Field Archery
    - 3-D Archery
    - Traditional / Primitive Archery
    - Bow Hunting
    - Bow Fishing
    - Re-enactment Archery
    - SCA Combat Archery
    - LARP Archery
    - Meditative Archery (e.g., Zen Archery)
    - Therapeutic Archery
    - Culture-specific / Historic Archery
      - Paleo
      - Korean
      - Japanese
      - Turkish / Ottoman / Osman
      - English Longbow / Warbow
      - Arab
      - Dhanurveda / Dhanurvedya (Classical Indian Archery)
      - Etc.
    - ...
  - Mounted Archery
  - Archery Games / Archery Tag
  - ...

- Name some possible shapes of wooden arrow shafts and their purpose/impact.
- Describe different bow shapes, for example:
  - Flat Bow
  - Paddle Bow
  - D-Shape
  - Round Bow
  - Crab Bow
  - ...
- Explain a Force/Draw diagram of a bow. What can you gain from its analysis?

### Practice:

- Release/loose arrows at different targets and distances with dominant draw while rotating into a standing positions facing backwards to target out of walking forward towards target.
- Release/loose arrows at different targets and distances with non-dominant draw while jumping over a low obstacle when running in the following directions:
  - Parallel to the target,
  - At an angle towards the target,
  - And at an angle away from the target.
- Hit 30 cm diameter target from 25-meter distance five consecutive times with dominant draw while standing.
- Hit 30 cm diameter target from 25-meter distance three consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter target from 15-meter distance five consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter target from 25-meter distance three consecutive times with dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 15-meter distance five consecutive times with dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 15-meter distance three consecutive times with non-dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 5-meter distance five consecutive times with non-dominant draw while walking parallel to target.

- Clout Shooting, hitting target at 50-meter distance three consecutive times with non-dominant draw while standing.
- Clout Shooting, hitting target at 100-meter distance three consecutive times with dominant draw while standing.
- Release/loose six arrows in 1 minute time and hitting a 50 cm diameter target at 15-meter distance five out of six times in dominant hand.
- Release/loose six arrows in 1 minute time with non-dominant draw.
- Hit 15 cm diameter swinging target from 15-meter distance three consecutive times with dominant draw while standing.
- Hit 15 cm diameter swinging target from 10-meter distance five consecutive times with dominant draw while standing.
- Hit 15 cm diameter swinging target from 10-meter distance three consecutive times with non-dominant draw while standing.
- Hit 15 cm diameter swinging target from 5-meter distance five consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 10-meter distance three consecutive times with dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 5-meter distance three consecutive times with non-dominant draw while standing.
- Hit 100 cm diameter target from 30-meter distance three consecutive times with dominant draw while standing.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
Varied	Varied	-	Dominant	Rotating facing backwards out of walking forwards	<input type="checkbox"/>
varied	varied	-	Non-Dominant	Jumping parallel	<input type="checkbox"/>
				Jumping at angle towards	<input type="checkbox"/>
				Jumping at angle away	<input type="checkbox"/>
30 cm Stationary	25	5	Dominant	Standing	<input type="checkbox"/>
		3	Non-Dominant	Standing	<input type="checkbox"/>
	15	5	Non-dominant	Standing	<input type="checkbox"/>
	25	3	Dominant	Walking	<input type="checkbox"/>

	15	5	Dominant	Walking	<input type="checkbox"/>
		3	Non-Dominant	Walking	<input type="checkbox"/>
	5	5	Non-dominant	Walking	<input type="checkbox"/>
Clout	50	3	Non-Dominant	Standing	<input type="checkbox"/>
	100	3	Dominant	Standing	<input type="checkbox"/>
50 cm	15	6 arrows/1 min 5 out of 6	Dominant	Standing	<input type="checkbox"/>
		6 arrows/1min	Non-Dominant	Standing	<input type="checkbox"/>
15 cm Swinging	15	3	Dominant	Standing	<input type="checkbox"/>
	10	5	Dominant	Standing	<input type="checkbox"/>
	10	3	Non-dominant	Standing	<input type="checkbox"/>
	5	5	Non-dominant	Standing	<input type="checkbox"/>
30 cm Thrown	10	3	Dominant	Standing	<input type="checkbox"/>
	5	3	Non-Dominant	Standing	<input type="checkbox"/>
100cm	30	3	Dominant	Standing	<input type="checkbox"/>

Notes:

## LEVEL SEVEN:

### Theory:

- Explain what a Compound Bow is, and what is its benefit/purpose.
- Explain what a Crossbow is.
- Explain some Release Aids, for example:
  - Finger Tab
  - Shooting Glove
  - Thumb Ring
  - Release Plate
  - Kyudo Glove
  - Mechanical Triggers
  - ...
- Name and explain a few different kinds of archery competitions:
  - Target / Olympic style
  - 3-D shoots / Field Archery
  - Flight
  - Mounted
  - Archery Games League
  - ...
- Discuss three human societies who use(d) archery, and the equipment they employ(ed)
- Analyse and explain the various energy transfers from “Archer to Arrow”, and elaborate on their efficiencies.

### Practice:

- Release/loose of arrow at different targets and distances with non-dominant draw while rotating into standing backwards to target out of walking forward towards target.
- Hit 30 cm diameter target from 25-meter distance five consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter target from 25-meter distance five consecutive times with dominant draw while walking parallel to target.
- Hit 30 cm diameter target from 25-meter distance three consecutive times with non-dominant draw while walking parallel to target.

- Hit 30 cm diameter target from 15-meter distance five consecutive times with non-dominant draw while walking parallel to target.
- Clout Shooting, hitting target at 100-meter distance three consecutive times with non-dominant draw while standing.
- Release/loose twelve arrows in 1 minute time with dominant draw.
- Release/loose six arrows in 1 minute time and hitting a 50 cm diameter target at 15-meter distance five out of six times with non-dominant draw.
- Hit 15 cm diameter swinging target from 15-meter distance five consecutive times with dominant draw while standing.
- Hit 15 cm diameter swinging target from 15-meter distance three consecutive times with non-dominant draw while standing.
- Hit 15 cm diameter swinging target from 10-meter distance five consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 15-meter distance three consecutive times with dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 5-meter distance five consecutive times with dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 10-meter distance three consecutive times with non-dominant draw while standing.
- Hit 100 cm diameter target from 40-meter distance three consecutive times with dominant draw while standing.
- Hit 100 cm diameter target from 30-meter distance three consecutive times with non-dominant draw while standing.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
Varied	Varied	-	Non-Dominant	Rotating facing backwards out of walking forwards	<input type="checkbox"/>
30 cm Stationary	25	5	Non-Dominant	Standing	<input type="checkbox"/>
		5	Dominant	Walking	<input type="checkbox"/>
		3	Non-dominant	Walking	<input type="checkbox"/>
	15	5	Non-Dominant	Walking	<input type="checkbox"/>

Clout	100	3	Non- Dominant	Standing	<input type="checkbox"/>
50 cm	-	12 arrows / 1 min	Dominant	Standing	<input type="checkbox"/>
		6 arrows/1min 5 out of 6	Non-Dominant	Standing	<input type="checkbox"/>
15 cm Swinging	15	5	Dominant	Standing	<input type="checkbox"/>
	15	3	Non-Dominant	Standing	<input type="checkbox"/>
	10	5	Non-dominant	Standing	<input type="checkbox"/>
30 cm Thrown	15	3	Dominant	Standing	<input type="checkbox"/>
	5	5	Dominant	Standing	<input type="checkbox"/>
	10	3	Non-Dominant	Standing	<input type="checkbox"/>
100cm	40	3	Dominant	Standing	<input type="checkbox"/>
	30	3	Non-Dominant	Standing	<input type="checkbox"/>

Notes:

## **Second Milestone Assessment:**

- Reflect on your archery experience”, and (optional) talk about it.
  - Which bow types have I shot?
  - Which arrow types have I shot?
  - Which arrow release styles have I tried out?.
  - Which aiming methods have I tried out?
  - At what types of targets and at what distances have I launched my arrows?
  - What types of archery have I done so far?
  - How do I execute / perform a shot? How do I prepare? On what do I focus?

Notes:

## LEVEL EIGHT:

### Theory:

- Explain some different aiming methods:
  - “by feeling” / “subconscious” / “instinctive”, “intuitive”...
  - Gap
  - Split Vision
  - String Walking (*Note: not advised for wood bows due to uneven stress on limbs*)
  - Point of Aim / Bow marking
- Explain some different draw styles:
  - Two-Finger/Three-Finger Draw
  - Thumb Draw
  - Pinch Draw
  - Supported Pinch Draw
  - Persian / Slavic Draw
  - Inverted Two-/Three-Finger Draw
  - ...
- Talk about three significant events in human history involving archery
- Give a short presentation on an aspect of archery, for example:
  - “Physics of Archery”, e.g.:
    - Force/energy transfers
    - Kinetic energy calculations of arrow
    - Arrow Speed; Impact of gravity on arrow flight
    - Impact of mass distribution (of bow, string, arrow) on bow efficiency or arrow flight
  - “History of Archery”,
  - “Archery of a Certain Culture”,
  - “Archery Discipline”,
  - ...

**Practice:**

- Hit 30 cm diameter target from 25-meter distance five consecutive times with non-dominant draw while walking parallel to target.
- Release/loose twelve arrows in 1 minute time and hitting a 50 cm diameter target at 15-meter distance ten out of twelve times with dominant draw.
- Release/loose twelve arrows in 1 minute time with non-dominant draw.
- Holding five arrows in bow or arrow hand and have one arrow nocked, release/loose all six arrows in 45 seconds time and hitting a 50 cm diameter target at 15-meter distance five out of six times with dominant draw.
- Hit 15 cm diameter swinging target from 15-meter distance five consecutive times with non-dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 10-meter distance five consecutive times with dominant draw while standing.
- Hit 30 cm diameter thrown (flying) disc target from 15-meter distance three consecutive times with non-dominant draw while standing.
- Hit 100 cm diameter target from 50-meter distance three consecutive times with dominant draw while standing.
- Hit 100 cm diameter target from 40-meter distance three consecutive times with non-dominant draw while standing.

**Overview:**

<b>Target size</b>	<b>Distance (m)</b>	<b>Consecutive Hits</b>	<b>Draw Hand</b>	<b>Action</b>	<b>Progress</b>
30 cm Stationary	25	5	Non-Dominant	Walking	<input type="checkbox"/>
50 cm stationary	15	12 arrows/1 min 10 hits out of 12	Dominant	Standing	<input type="checkbox"/>
		12 arrows/1min	Non-Dominant	Standing	<input type="checkbox"/>
50 cm stationary	15	Hold 5 arrows + nock 1 arrow 6 arrows/45 sec 5 hits out of 6	Dominant	Standing	<input type="checkbox"/>
15 cm	15	5	Non-	Standing	<input type="checkbox"/>

Swinging			Dominant		
30 cm Thrown	10	5	Dominant	Standing	<input type="checkbox"/>
	15	3	Non-Dominant	Standing	<input type="checkbox"/>
100 cm	50	3	Dominant	Standing	<input type="checkbox"/>
	40	3	Non-Dominant	Standing	<input type="checkbox"/>

Notes:

## LEVEL NINE:

### Theory:

- Discuss some different draw styles (i.e., dis-/advantages, use, preferences, your thoughts, ..), e.g.:
  - Two-Finger/Three-Finger Draw
  - Thumb Draw
  - Pinch Draw
  - Supported Pinch Draw
  - Inverted Two-Finger/Three-Finger Draw
  - Slavic / Persian Draw...
- Compare a traditional Crossbow with a traditional Bow (e.g., Recurve, Long, Horse), and explain their respective dis-/advantages.
- Compare a modern bow (e.g., Olympic Recurve, Compound) with a traditional bow, and explain their respective dis-/advantages.

### Practice:

- Release/loose twelve arrows in 1 minute time and hitting a 50 cm diameter target at 15-meter distance ten out of twelve times with non-dominant draw.
- Holding five arrows in bow or arrow hand and have one arrow nocked, release/loose all six arrows in 45 seconds time and hitting a 50 cm diameter target at 15-meter distance five out of six times with non-dominant draw.
- Hit 30 cm diameter thrown (flying) disc target from 15-meter distance five consecutive times with dominant draw while standing.
- Hit 100 cm diameter target from 50-meter distance three consecutive times with non-dominant draw while standing.
- Downhill Shooting: shoot at a 30 cm diameter target positioned downhill at an approximately 10-15-meters distance on a 30°-45° slope with dominant draw while standing.
- Uphill Shooting: shoot at a 30 cm diameter target positioned uphill at an approximately 10-15-meter s distance on a 30°-45° slope with dominant draw while standing.

- Downhill Shooting: shoot at a 30 cm diameter target positioned downhill at an approximately 10-15-meter s distance on a 30°-45° slope with non-dominant draw while standing.
- Uphill Shooting: shoot at a 30 cm diameter target positioned uphill at an approximately 10-15-meter s distance on a 30°-45° slope with non-dominant draw while standing.

Overview:

Target size	Distance (m)	Consecutive Hits	Draw Hand	Action	Progress
50 cm	15	12 arrows/1 min 10 hits out of 12	Non-Dominant	Standing	<input type="checkbox"/>
		Hold 5 arrows +nock 1 arrow 6 arrows/45 sec 5 hits out of 6	Non-Dominant	Standing	<input type="checkbox"/>
30 cm Thrown	15	5	Dominant	Standing	<input type="checkbox"/>
100cm	50	3	Non-Dominant	Standing	<input type="checkbox"/>
30 cm	10-15	30-45 degree Downward slope to target	Dominant	Standing	<input type="checkbox"/>
		30-45 degree Uphill slope to target	Dominant	Standing	<input type="checkbox"/>
		30-45 degree Downward slope to target	Non-Dominant	Standing	<input type="checkbox"/>
		30-45 degree Uphill slope to target	Non-Dominant	Standing	<input type="checkbox"/>

Notes:

## **LEVEL TEN:**

### **Theory:**

Prepare a presentation on what archery means to you and how it has affected or changed your life. Discuss the “Philosophy of Archery” from your own perspective. Has it aided in your personal development?

Resolve to further the acquired theoretical archery skills by following the spirit of this program and applying it to additional educational challenges, for example but not limited to, reading various books and treatises on archery.

## Practice:

Resolve to further your newly acquired archery skills by following the spirit of this program and applying it to additional shooting challenges, such as but not limited to:

- Downhill shooting at differently-sized targets with varying distances and stances.
- Uphill shooting at differently-sized targets with varying distances and stances.
- Roaming and shooting at differently-sized targets with varying distances and stances.
- Shooting at ground target from elevated stand.
- Shooting at elevated target from ground (e.g., steep uphill shooting, Mast shooting, Popin' Jay Shooting, etc.).
- Peg Shooting, Wand Shooting, Rim Shooting (i.e., shoot at variously shaped small objects).
- Ring Shooting (i.e., shoot through a small ring-shaped object).
- Shooting at aerial target.
- Shooting at moving target.
- Shooting from non-fixed, unstable ground (e.g., sitting/kneeling/standing on an exercise ball, while balancing on a teeter-totter, on a slack line, on a tight rope, on a swing, on a mini-trampoline, etc. **Keep it safe !!**).

Notes:

## Further Challenges:

Explore and discover different bows and arrows.

Explore and discover different archery disciplines, for example:

- Mounted Archery in different disciplines, or from different cultures
- Archery Tag / Archery Games
- Tournaments
- Field Archery / 3-D Parkour
- Re-enactment Archery / LARP Archery / SCA Combat Archery
- Meditative Archery
- Culture-specific / Historic Archery
  - Korean
  - Japanese
  - Turkish / Ottoman / Osman
  - English Longbow / Warbow
  - Arab
  - Dhanurveda / Dhanurvedya (Classical Indian Archery)
  - Etc.
- ...

Notes: