





CURRICULUM FOR THE FITA WHITE ARROW AWARD

PERFORMANCE:

Shooting distance: 10 meters Minimum required score: 115 points

SKILLS – Your shooting sequence should include the following:

<u>Feet position:</u> 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 <u>(Safe and proper)</u> 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;





- 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

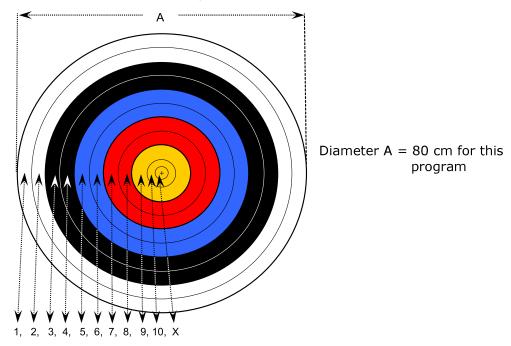
Feather curriculum.

Safety and etiquette on the shooting line: same as above.



Scoring:

You should be able to identify the arrows value.



• 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
10 s		Xs		



		15 A	rrows	
1	2	3	End	Total
Χ	8	5	23	
10	10	8	28	51
10	8	7	25	76
8	8	0	16	92
Χ	7	7	24	116
10	3	Xs	2	
S				

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	Required minimum score	Achieved	*Not yet	Number of
Shooting	Required illillillidin score	*	achieved	hits (result).
distance			demeted	into (result)i
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	Feet each side of the shooting line			#7.1.2.1
(Stance)	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	Implemented with bow <u>vertica</u> l			#3.2 Bullet 5 & #7.1.2.2
arrow loading	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	Vertical body			#7.1.2.4 & 7.1.2.5
(before drawing	Balance on 2 feet			#7.1.2.4 & 7.1.2.5
and at full draw)	Spine and shoulders making a cross shape.			#7.1.2.4 & <u>7.1.2.5</u>
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



KNOWI EDGE	Doguired Impulados as	Achieved	*Not vet	Commonts & /s-
KNOWLEDGE &/or	Required knowledge or know-how's	Achieved *	*Not yet achieved	Comments &/or references
KNOW-HOW	KIIOVV-IIOVV S		acilieveu	references
Bow safety	No dry fire (dry loosing)			#3.3. Bullet 2
	Place the bow in the			#4.4.5. Step 7 -
	equipment lane after end			#11.3
				#9. 2
Arrow loading	Load the arrow on the			#3.2 Bullet 2
safety	bow only when the Field of			
	play is empty and			
	To be done only when			#3.2 Two first bullets
	both feet are set each side			
Sofo	of the shooting line.			#2 2 Dll-+ 0
Safe arrow recuperation	Walk carefully to target (do not run – Watch			#3.3 Bullet 8
recuperation	his/her step)			
	Stand to the side of the			#3.2 Bullet 12
	target (not behind arrows)			" SIZ DUNCE IZ
	Properly pull the arrow out			#4.4.1. Step 8
	of the target (or grass).			
Bow	Know how to properly			This evaluation can be
preparation	assemble and disassemble			skipped if no take
	the limbs on/from the			down bow is available
	riser.			"
	Can brace his or her bow.			#4.3.1.1.
Shooting	Only draw towards the a			#3.2 Chapter 2 and
direction	clear target butt from the			Bullets 2 & 3
	shooting line ((not toward anyone or the sky)			
Safety and	Do not disturb (touch or			#3.2 Bullet 3
etiquette on	talk to) other shooting			#3.5Bullets 1&2
20.42.000	archers			5155411515 154
the shooting	How to retrieve an arrow			#3.2 Bullet 11
line	that dropped on the floor			
Scoring	Be able identify the			WA C&R Appendix 1
	arrows value.			Book 2
	Can complete a scorecard			WA C&R #7.6.1.4 &
	for a complete round			Appendix 3 Book 2
TOTAL	30 positive evaluations			** Awarded or
	are required			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.

Name and signature of the evaluator:

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

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^{**} Just checkmark the final result of this evaluation.



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	Required minimum	Achieved	*Not yet	Number of hits
		*	achieved	
Shooting	score		acilieveu	(result).
distance	445			
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.

Name and signature of the evaluator:



White Arrow Award.

 $[\]ensuremath{^{**}}$ Just checkmark the final result of this evaluation.