

Archery



Complete the following:

1. Name various parts of a bow and an arrow.
2. Describe the correct method to nock an arrow and maintain the bow, arrow and bowstring.
3. Know the safety rules in archery.
4. Demonstrate the correct posture for shooting an arrow, such as stance, draw, pull, aim, release and finish.
5. Familiar with warm-up and stretching exercise.
6. Know the rules in an archery competition.
7. Know the scoring system and promotion system.
8. Practise archery for three months continuously.



Completion of this Badge, with a continuous participation of not less than twelve weeks (inclusive of a minimum of two hours every two weeks), implying a total of not less than twelve hours, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Hong Kong Award for Young People Bronze Award.