

Archery



Complete any one of the following from (A) to (D):

(A)

Complete the following:

1. Familiar with different types of bows.
2. Familiar with different types of arrows.
3. Name various parts of a bow and an arrow.
4. Describe the correct method to nock an arrow and maintain the bow, arrow and bowstring.
5. Demonstrate the correct posture for shooting an arrow, such as stance, draw, pull, aim, release and finish.
6. Familiar with warm-up and stretching exercise.
7. Know the safety rules in archery.
8. Know the rules and attire requirements in an archery competition.
9. Know the scoring system and promotion system.
10. Shoot 36 arrows each at a distance of 18 m and 25 m using a recurve bow, or at a distance of 30 m and 40 m using a compound bow at 80 cm target, and obtain a total score of 300 points or above.

(B)

Participate in an elementary archery training course and at least one open tournament organized by the Hong Kong Archery Association or its affiliates, or the Scout Target Shooting Club; and score 300 points or above.

(C)

Participate in three Beginner Archery Tournaments (Recurve) or Elementary Tournaments (Compound) recognized by the Hong Kong Archery Association, and score 300 points or above on each occasion.

(D)

Participate in a Beginner Tournament (Recurve) or Elementary Tournament (Compound) and advance to the next level.



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.