

# Archery



Complete one of the following:

- (I) Complete the following:
1. Know the different types of bows.
  2. Know the different types of arrows.
  3. Name the various parts of a bow and arrow.
  4. Know the method to nock an arrow and maintain the bow, arrow and bowstring.
  5. Demonstrate the posture for shooting an arrow, such as correct stance, draw the bow, pull, aim, release and follow-through.
  6. Know the importance of warm up and stretching exercises.
  7. Know the safety rules in archery.
  8. Know the competition rules and dress code.
  9. Know the scoring system and promotion system.
  10. Shoot 36 arrows each from a distance of 18 m and 25 m using a recurve bow, or a distance of 30 m and 40 m and 80 cm face using a compound bow, and obtain total scores of at least 300 points.
- (II) Take part in an elementary archery training course and at least one open tournament organized by the Hong Kong Archery Association or its affiliates, or Scot Archery Council, Scout Association of Hong Kong, and scoring at least 300 points.
- (III) Take part in three Beginners Archery Tournaments (Recurve) or Elementary Tournaments (Compound) approved by the Hong Kong Archery Association and score at least 300 points on each occasion.
- (IV) Take part in a Beginners Tournaments (Recurve) or Elementary Tournaments (Compound) and be promoted to a higher level.