



# SWORDSMEN MARTIAL ARTS

## MFA ARCHERY SCHEDULE

Day	Activity 1	Activity 2	Activity 3
1 <sup>st</sup> Tuesday	Fixtures	Moving Target	Walking or Team shooting
2 <sup>nd</sup> Tuesday	Fixtures	Patterns	Wand, Tic Tac Toe or Corners
3 <sup>rd</sup> Tuesday	Fixtures	Throwing Target	Handicap or Distances
4 <sup>th</sup> Tuesday	All Patterns	Basic Draw	Positional or Elimination
5 <sup>th</sup> Tuesday	Fixtures	Stances	Alternating
1 <sup>st</sup> Thursday	Fixtures	Throwing Target	Handicap or Distances
2 <sup>nd</sup> Thursday	All Patterns	Basic Draw	Positional or Elimination
3 <sup>rd</sup> Thursday	Fixtures	Moving Target	Walking or Team shooting
4 <sup>th</sup> Thursday	Fixtures	Patterns	Wand, Tic Tac Toe or Corners
5 <sup>th</sup> Thursday	Fixtures	Stances	Alternating

**Fixtures:** 5 rounds of 5 arrows - score and number of scoring arrows recorded for each round. If two people have the same total score, the one with the highest total arrows wins. Results should be noted down by individuals on their score cards.

**Moving Target:** Swinging target - count the number of hits not the score - stand at own grade distance

**Throwing Target:** Score = number of hits - stand at own grade distance.

**Patterns:** Practice all patterns up to your current Grade and next Grading.

**Wand:** Put the sheets with a black line down the middle on targets. Shoot 5 arrows, starting at 8M and increasing by 2M for each arrow (ending at 16M). Score 10 points for a full hit, 5 for a partial hit.

**Walking:** Set up a target in the middle. Shoot 3 arrows walking forward and 2 walking backward. Shoot from your Grade distance. Maximum time 60 seconds. Score=(60-time) + score (as in Fixtures).

**Stances:** Natural, Back, Long, Sumo, Kneeling, Leaning Kneeling, Crouching.

**Alternating:** Shooting with left arm if right-handed and vice versa.

**Handicap:** Everyone shoots from the same distance (8M or 10M), but depending on their grade they have to hit smaller parts of the target (e.g. White can hit white, red or black, Yellow can hit second white ring and any red or black, Orange can hit any red or black). The number of arrows count, not the score.

**Distances:** Each person shoots 1 arrow at 5 different distances. You can start anywhere and move in any forward or backward direction provided each shot is at a different distance.

**Team:** Line the teams up then each person shoots one arrow then moves to the back of the line, circling through until all team members have shot all 5 of their arrows. There is no predetermined distance. Add up the score for all scoring arrows and then the number of scoring arrows (as in Fixtures).

**Positional:** Each person shoots their 5 arrows, 1 from each of 3 shooting positions (1, 2, 3, 2, 1) into the same target - there is usually a nominated stance which must be shot from any one position.

**Elimination:** Everyone starts with 5 arrows and shoots from the same distance. Move back 2 meters each round. The number of arrows in the next round is limited to the scoring shots from the previous round.

**Corners:** Aim one arrow at each of the 4 corners of the target and the last in the middle.

**TIC TAC TOE:** In pairs, take it in turn to shoot 1 arrow - standard rules to get three squares in a row apply. If a square is already taken, then the arrow doesn't count.

**Basic Draw:** Back to basics. Go through the 7 steps for shooting: Stance, Nock, Thumb, Chamber, Draw, Release, Rest.

