

Beginner's Course Syllabus

This course is designed to introduce beginners to the sport of archery, to train them to acceptable Grand National Archery Society (GNAS) standards, to provide a basic understanding of safety rules and shooting disciplines and to encourage participants to join an archery club.

Session 1

Welcome and introduction of tutors.

Introduction to basic range safety, safety commands, shooting etc.

Explanation of equipment assembly, arrow length and issue suitable equipment

Initial introduction to shooting

Session 2

Introduction to stance, balance and aiming point

Session 3

To continue with shooting including release technique

Explanation of various rounds and scoring

'Fun' targets

Demonstration of other bow types

Session 4

For your last session you will be invited to attend a club session.

Discussion on other clubs and equipment suppliers.

Discuss any questions you may have

Presentation of certificates