## A. 基本資料

課程名稱: (中文)	中學箭藝教學班		
(英文) Archery Workshop for secondary school teachers			
編號:	W3		
日期:	7月 20, 21, 25 及 26 日		
時間:	0800 - 1500		
地點: (中文)	荃灣城門谷運動場		
(英文)	Shing Mun Valley Sports Ground		
對象:	在職中學教師		
名額:	20 人		

## B. 導師

導師名稱: (中文)	林兆棠
(英文)	Mr. Lam Siu Tong
資歷/ 簡介: (中文)	三級射箭教練, 高級射手
: (英文) Level III Archery Coach, Advance Archer of HKAA	

## C. 課程概要

課程大綱 (中文)	本課程分爲八節, 共十六小時.		
	內容包括:		
	安全守則		
	器材認識,器材使用		
	熱身方法		
	哨子訊號		
	射箭方法		
	射箭技巧		
	計分方法		
	箭的蛇行		
	比賽器材的認識		
	比賽方法及規則		
	香港射手等級及註冊方法		
(英文)	This course contains eight practical sessions totally sixteen hours.		
	The following are the course contents:		
	- Safety		
	- Equipment identification		

	- Exercise for archery	
	- Shooting signals	
	- The basic steps of shooting	
	- Techniques for shooting	
	- Scoring in archery	
	- Archer's paradox	
	- Introduction to intermediate archery equipment	
	- Introduction to archery tournament	
	- Introduction to HKAA archer registration system	
完成課程後可獲得的資格	不適用	
((如適用))(中文及英文)	Not applicable	
學員所需自備之裝束/ 設備	輕便體育服裝、運動鞋、帽子	
(中文及英文)	Sport wear, shoes and hat	

## D. 課程大綱及時間表 (中文及英文)

日期	時間	教授主題		
20/7/06,	08.00-15.00	Session 1 Appreciation		
21/7/06,		Introduction		
25/7/06 &		Roll call		
26/7/06		Target set-up		
		4. Establish dominant eye (assign appropriate students to bows)		
		5. Equipment identification (briefly)		
		- Handle - String (top & bottom)		
		- Grip - Serving		
		- Sight window - Nocking point		
		- Arrow rest - Arrow - shaft, nock, fletch & point		
		- Bow limbs (upper & lower)		
		Equipment set-up		
		- Stringing a bow by the step-through method		
		- Accessories: armguards, finger tabs, quivers etc		
		Safety rules		
		- Safety introduction		
		- Signing acceptance of rules		
		- Questions and answers.		
		8. Warm up/Stretch		
		Demonstration – the basic form of shooting		
		- Stance - Anchor		
		- Nocking an arrow - Aiming		
		- String fingers - Release		
		- Bow hand placement - Follow through		

	- Drawing			
	10. Mimicking basic form (prevent unnecessary injuries)			
	11. Release practice			
	12. <b>Practice</b> (shooting arrows at <b>7m</b> target)			
	13. Arrows removal safety and procedures			
	14. Method of aiming – point of aim			
	15. More practice and form corrections (shooting arrows at 8m target)			
	16. Questions and answers			
	17. Cool-down, unstring bows and pack equipment.			
	Session 2 Basic - Form			
	1. Roll call			
	2. Target set-up			
	3. Equipment set-up – stringing a bow by the step-through method			
	4. Warm up/Stretch			
	5. Review of shooting signals			
	6. Demonstration (review of the basic shooting form)			
	- Stance - Anchor			
	- Nocking an arrow - Aiming			
	- String fingers - Release			
	- Bow hand placement - Follow through			
	- Drawing			
	7. Mimicking basic form (prevent unnecessary injuries)			
	8. <b>Practice</b> (shooting arrows at <b>9m</b> target)			
	9. Review of arrows removal safety and procedures			
	10. The basic shooting form – Stance / String fingers / Bow hand			
	placement / Drawing			
	11. More practice & form corrections (shooting arrows at 9m target)			
	12. Method of aiming – by <b>bow sight</b> – sight adjustment and its effect			
	13. More practice & form corrections (shooting arrows at 9m target with			
	bow sight)			
	14. Questions and answers			
	15. Cool-down, unstring bows and pack equipment			
	Session 3 Basic - form 2			
	1. Roll call			
	2. Target set-up			
	3. Equipment set-up – stringing a bow by the step-through method			
	4. Warm up/Stretch			
	5. Review of drawing and the shooting form			
	6. Demonstration (review of the basic shooting form)			
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- Stance	- Anchor		
- Nocking an arrow	- Aiming		
- String fingers	- Release		
- Bow hand placement	- Follow through		
- Drawing			
7. <b>Practice</b> (shooting arrows at <b>11m</b> target with bow sight)			
8. More about the shooting form – Anchor / Release / Follow through			
9. More practice and form corrections (shooting arrows at 11m target)			
10. Questions and answers			
11. Cool-down, unstring bows and pack equipment			
Session A Accuracy			
Session 4 Accuracy			
C I	<b>X</b> 7		
<ol> <li>Equipment set-up – stringing a bov</li> <li>Warm up/Stretch</li> </ol>	v		
<ol> <li>Warm up/Stretch</li> <li>Bovious of the anabor and the shoes</li> </ol>	ting form		
5. Review of the anchor and the shooting form			
6. Demonstration (review of the basic			
- Stance	- Anchor		
- Nocking an arrow	- Aiming		
- String fingers	- Release		
- Bow hand placement	- Follow through		
- Drawing			
7. <b>Practice</b> (shooting arrows at <b>13m</b> target with bow sight)			
8. Method of aiming – <b>the sight picture</b>			
9. More practice and form corrections (shooting arrows at 13m target)			
10. Questions and answers			
11. Cool-down, unstring bows and pac	k equipment		
Session 5 Scoring			
1. Roll call			
2. Target set-up			
3. Equipment set-up – stringing a bow by the step-through method			
4. Warm up/Stretch			
5. Review of aiming			
6. Demonstration (review of the basic	-		
- Stance	- Anchor		
- Nocking an arrow	- Aiming		
- String fingers	- Release		
- Bow hand placement	- Follow through		
- Drawing			

	7. <b>Practice</b> (shooting arrows at <b>13m</b> target with bow sight)			
	8. More about the shooting form – the shooting sequence			
	9. More practice and form corrections (shooting arrows at 13m target)			
	10. Scoring			
	11. Scoring practice (shooting arrows at 13m target)			
	12	. Questions and answers		
	13	. Cool-down, unstring bows and pack ec	quipm	ent
	Se	ession 6 Paradox !!		
	1.	Roll call		
	2.	Target set-up		
	3.	Equipment set-up – stringing a bow by	the s	tep-through method
	4.	Warm up/Stretch		
	5.	Review of shooting sequence		
	6.	Demonstration (review of the basic sho	ooting	form)
		- Stance	-	Anchor
		- Nocking an arrow	-	Aiming
		- String fingers	-	Release
		- Bow hand placement	-	Follow through
		- Drawing		
	7.	Practice (shooting arrows at 15m targ	et witl	h bow sight)
	8.	More about the equipment – the interm	nediate	e archery equipment
	9.	Archer's paradox		
	10	. More practice and form corrections (sh	nootin	g arrows at 15m target)
	11	Questions and answers		
	12	. Cool-down, unstring bows and pack ec	quipm	ent
	Se	ession 7 Challenge		
		Roll call		
	2.	Target set-up		
	3.	Equipment set-up – stringing a bow by	the s	tep-through method
	4.	Warm up/Stretch		
	5.	Review of anchor, aiming and follow t	hroug	h
	6.	Demonstration (review of the basic sho	ooting	form)
		- Stance	-	Anchor
		- Nocking an arrow	-	Aiming
		- String fingers	-	Release
		- Bow hand placement	-	Follow through
		- Drawing		
	7.	Practice (shooting arrows at 15m targ	et witl	h bow sight)
	8.	Introduction to HKAA archer registrat	ion sy	stem

9. Introduction to archery tournament			
10. More practice (sighting for competition)			
11. Questions and answers			
12. Cool-down, unstring bows and pack equipment			
Session 8 Competition	/		
1. Roll call			
2. Target set-up			
3. Equipment set-up – stringing a bow by the step-through method			
4. Warm up/Stretch			
5. Review of the rules of competition			
6. Demonstration (review of the basic shooting form)			
- Stance	- Anchor		
- Nocking an arrow	- Aiming		
- String fingers	- Release		
- Bow hand placement	- Follow through		
- Drawing			
7. <b>Practice</b> (shooting arrows at <b>15m</b> target with bow sight)			
8. Sighting for competition			
9. Competition 15m/122cm			
10. Presentation			
11. Questions and answers			
12. Cool-down, unstring bows and pa	ck equipment		