**ARCHERY HONOR REQUIREMENTS NAD**

**1. Identify the parts of a bow.**

**2. Identify the parts of an arrow.**

**3. Name and explain the safety rules for archery.**

**4. Correctly and safely string a bow.**

**5. Describe and show how to use the following:**

**a. Arm guard**

**b. Finger tab or glove**

**c. Quiver**

**d. Bow sling**

**e. String kisser**

**6. Demonstrate the following shooting techniques:**

**a. The stance**

**b. Nocking the arrow**

**c. The draw**

**d. The anchor**

**e. The hold and aim**

**f. The release**

**g. The follow-through**

**7. Why is it necessary to have an arrow "nocking point" properly positioned on the bow string?**

**8. Using a standard (Olympic bow) score one of the following:**

**a. Indoors: 30 arrows (5 rounds) at 9 meters (30 ft.) score 40 points on a 60 cm (23.62 in.) target.**

**b. Outdoors: 30 arrows (5 rounds) at 15 meters (50 ft.) score 130 points on a 122 cm (48.03 in.) target.**

**9. Know and practice the archery safety rules.**