



# FUNNY ARCHERY

## Summer Camp Class

training manual  
02~8. 2024

Every mon andwed  
1:00~11:45

US TAEKWONDO ARCHERY  
By Master Kim

## ➤ teaching timetable



TIME	Contents	detail	materials	note
10:50~11:00	Ready	- Equipment setting and name tag	그룹 네임택 구입 BGM	sound, video
11:00~11:05	stretching	- stretching and running	BGM	런닝, 기물
11:05~11:10	warm-up game Class 8 people 1 group group A, group B, training 16 people	➤ <b>Grouping 1st, 2nd group</b> - 마주보고 손뼉치기, 서로 손잡고 팔씨름 - 판뒤집기, 투호 등	칼라 판 투호 등	하체 교정 및 중심잡기 집중력 훈련
11:10~11:20 (10')	Safety training and shooting training (영상교육)	➤ <b>Safety training</b> - Waiting line / Shooting line / Arrow clear ➤ <b>Archery equipment training</b> - Archery Equipment Name & Archery Shooting (Stance, grip, Nocking,, drawing, aiming, shooting)	PPT	TV, 스피커, 노트북, 마이크
11:20~11:40 (20')	archery shooting	➤ <b>archery shooting</b> - 1 person to give: 1 bow, 3 arrows - Group A first move to the shooting lane, (A)shoot Group B waiting lane ➤ <b>team competition</b> 1. Practice 2. Team A, B total score match (winner award) ➤ <b>individual competition</b> - Individual Shooting Block Break - 활 교환, 장소 이동, 불력깨기 - 1st, 2nd, 3rd (Awards)	활, 화살, 불력, 타겟,	캔디 구매 타겟 뽁뽁이 구입
11:40~11:42	clean	➤ <b>Clean</b> - Bow, arrow, target, block, etc. are all cleaned	정리 박스 활, 화살 정리함	시뮬레이션 해보기
11:42~11:45	명상	➤ <b>meditation (명상)</b> - body and spirit meditation - Name tag return / launch move	meditation BGM	



## ➤ ARCHERY SAFETY RULE

01

연습장에서는 반드시 마스터(코치)의 통제 하에 있어야 한다.

In the practice range, it must be under the control of the master (coach)

02

마스터(코치)가 없을 때는 절대 쏘지 마세요.

Never shoot when there is no master (coach)

03

쉬거나 움직일 때 화살을 장전하지 마십시오.

Never load your arrows while resting or moving.

04

사격연습은 반드시 지정된 연습장에서 해야 합니다.

Shooting practice must be practiced at the designated practice area

05

연습뿐만 아니라 쉬는 시간에도 절대 사격선보다 앞서지 마세요.

Never go ahead of the shooting line not only during practice, but also during breaks.

06

슈팅 훈련중 양궁장비에 이상이 생겼을시 이동하지 말고 그자리에서 마스터(코치)를 부른다.

If something goes wrong with your archery equipment during shooting training, do not move and call the master (coach) on the spot.

07

다른 사람의 양궁장비는 만지지 말고, 장난해서도 안되며 절대 다른 사람을 향해 활시위를 당기지 않는다.

Do not touch other people's archery equipment, do not play with them, and never pull the bow towards others.

08

훈련중 옆사람과 이야기하지 말고, 정신집중 할것.

Don't talk to the person next to you during training, and focus on your mind.

09

다른 선수가 슈팅할때 절대 슈팅라인 앞으로 나가지 않아야 하며 예로 우 클리어는 마스터(코치) 통제하에 전체인원이 함께 움직인다.

When another player shoots, they must never go ahead of the shooting line. Under the control of the master (coach) the entire group will clear the arrows.



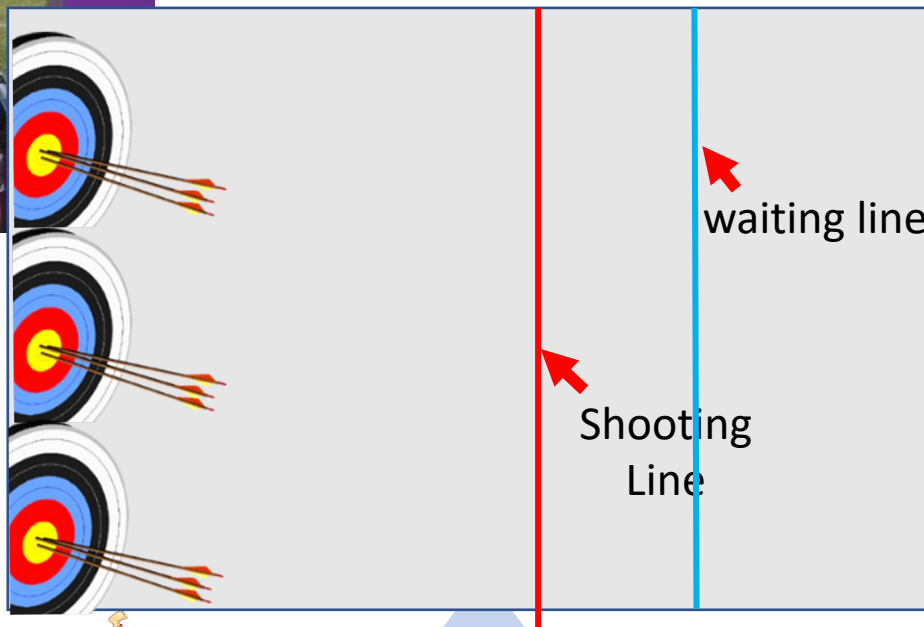
## ➤ Archery safety tips

- **Waiting line / Shooting line** / Arrow clear



- Group A : Shooting (Shooting Line)
- Group B : waiting line
- 3 arrow shooting / group change

- Group B : Shooting (Shooting Line)
- Group A : waiting line
- 3 arrow shooting
- Group A,B Arrow clear



## ➤ Archery safety tips

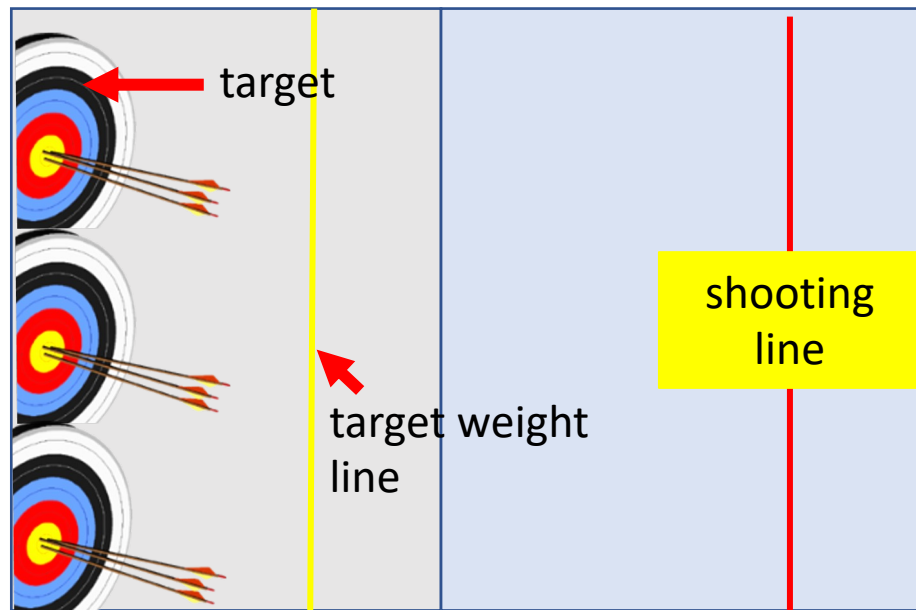
- Waiting line / Shooting line / **Arrow clear**



- Group A : arrow clear
- Group B : target waiting line
- Group A : 3 shots clear  
change Group B



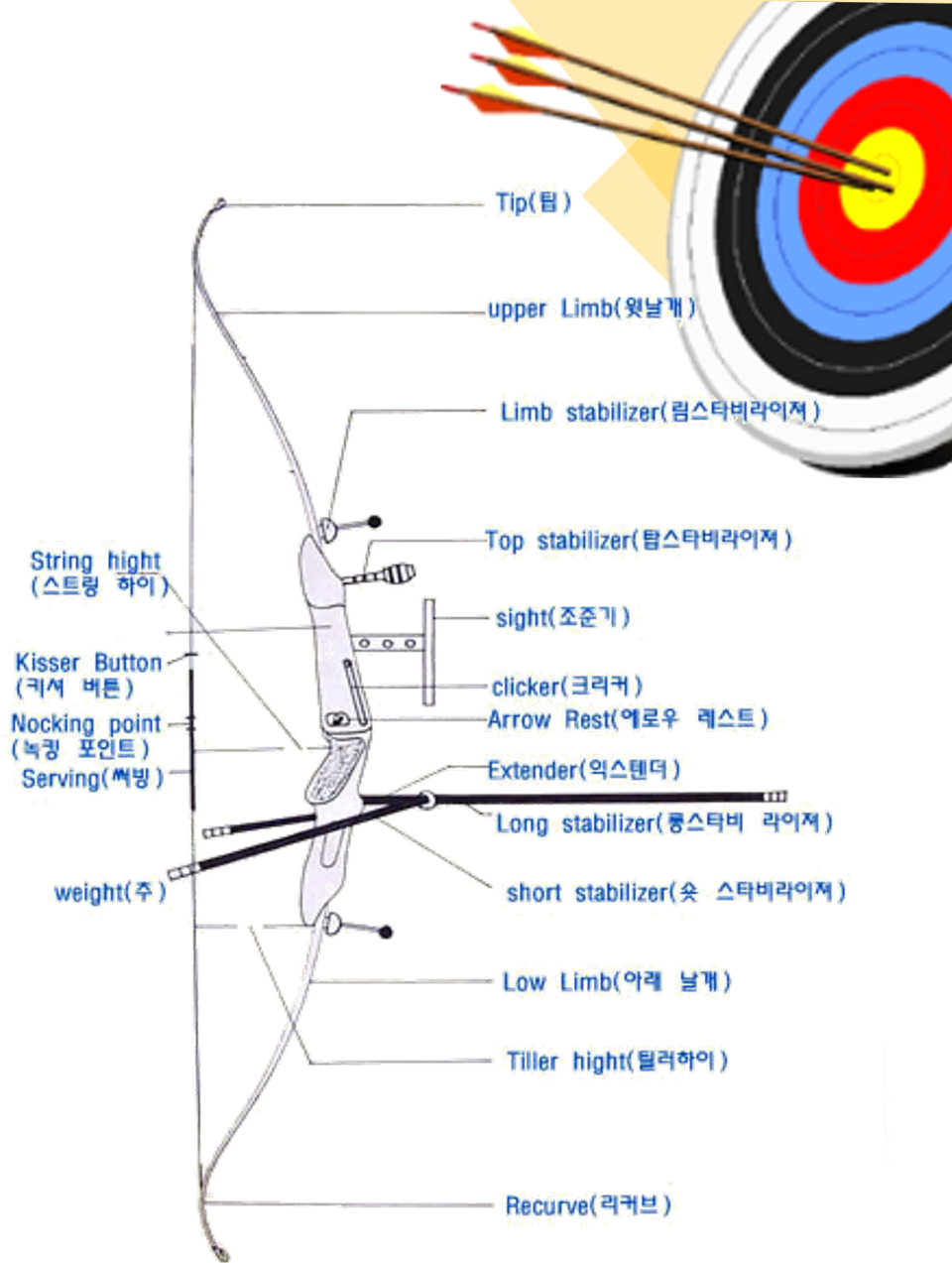
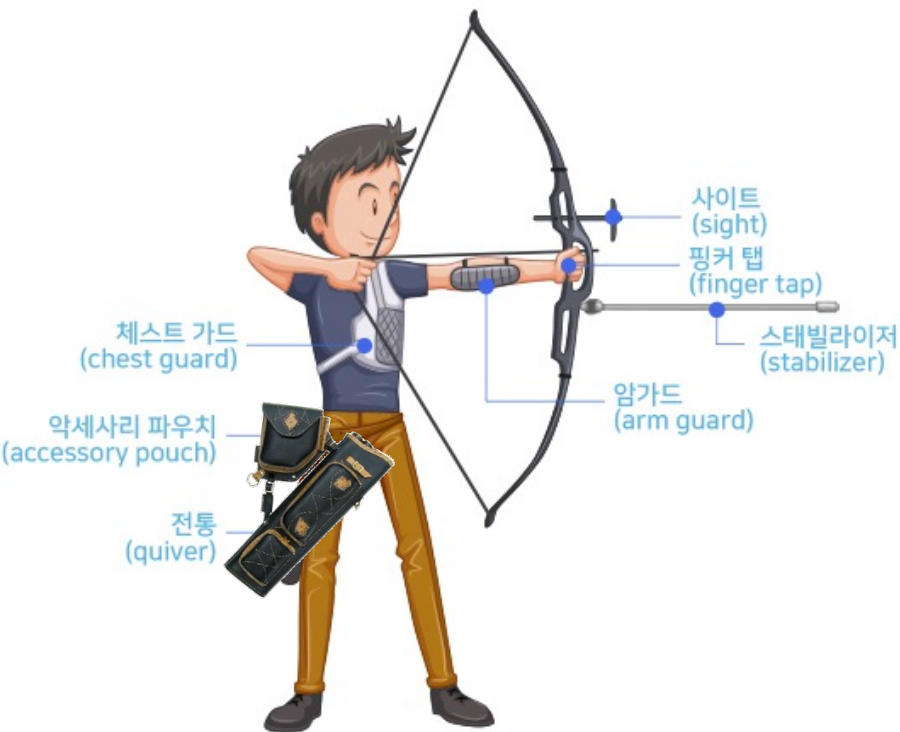
- Group B : arrow clear
- Group A : target waiting line
- Group A, B : Moving the shooting line





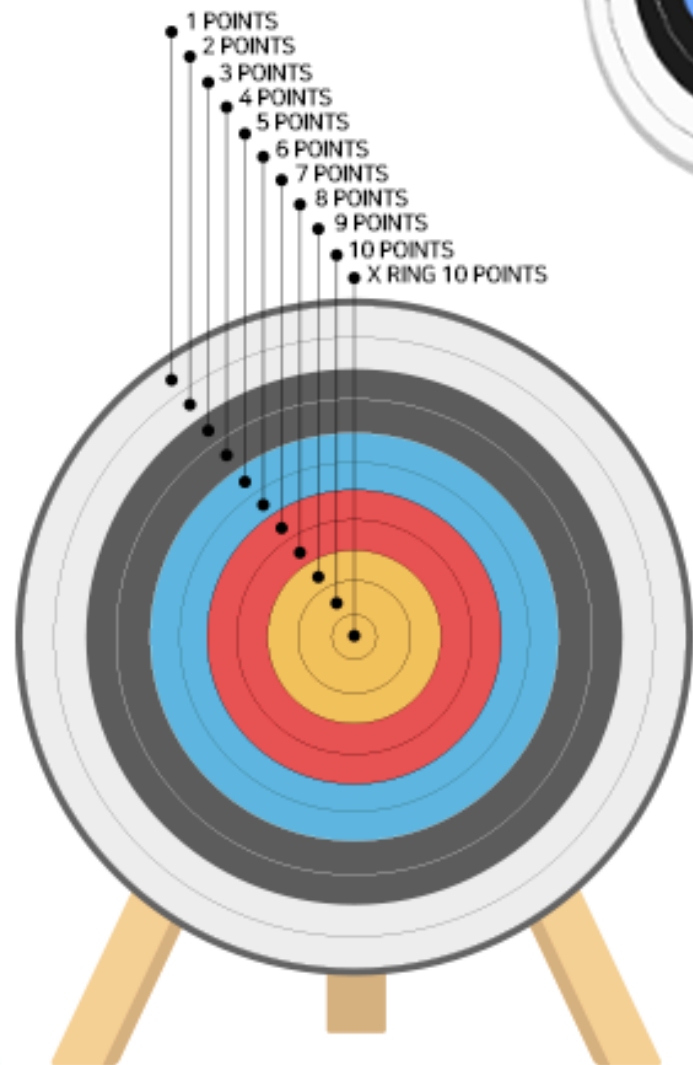
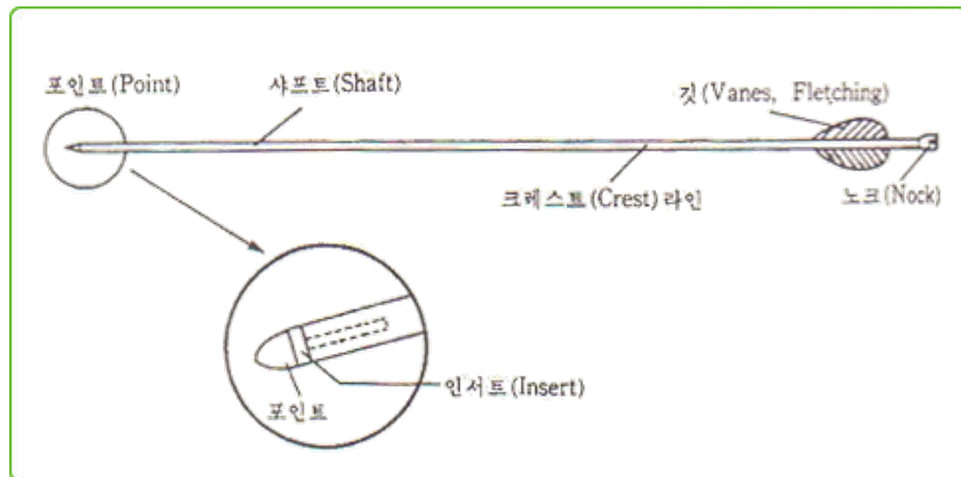
## ➤ Archery safety tips

### - Archery Equipment Name



## ➤ Archery safety tips

- Archery Equipment Name



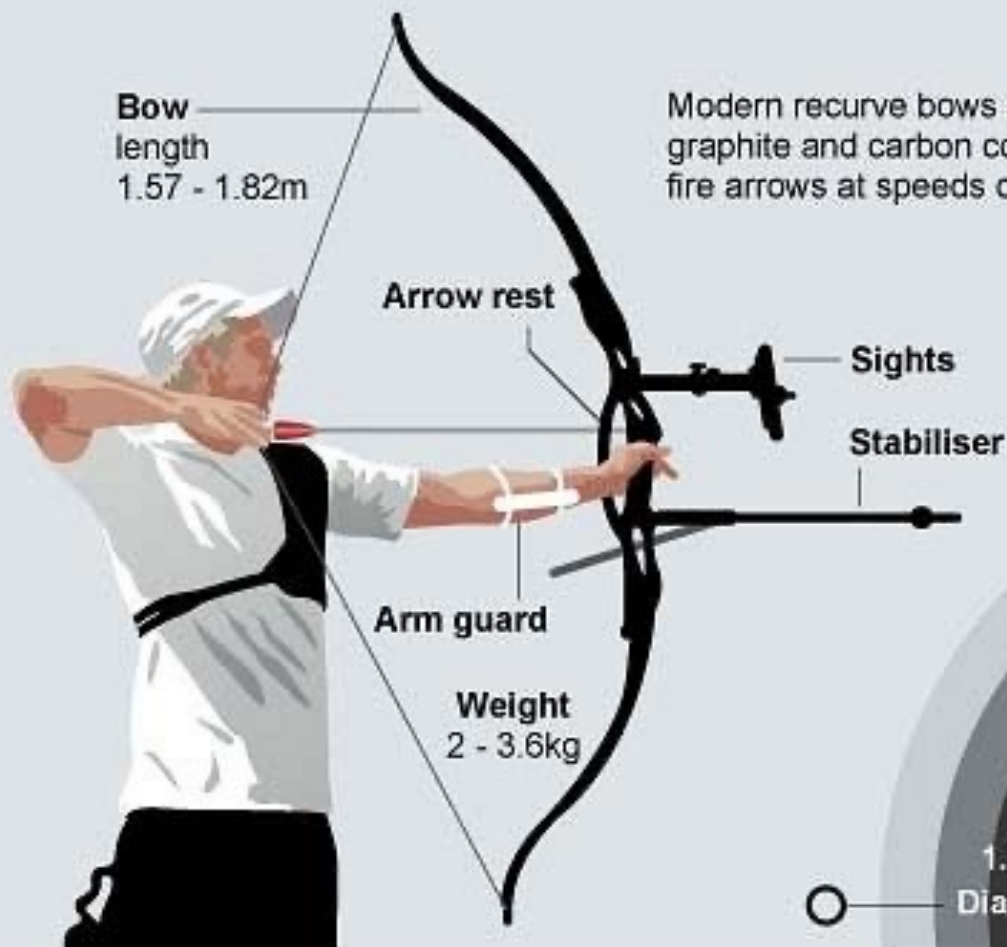
## ➤ Archery safety tips

- Archery Equipment Name

**ARCHERY** An athlete prepares to use his bow to launch an arrow from behind the designated line towards the archery target.

### HOW TO SHOOT

- Assume the stance
- Load
- Nock the arrow
- Hold
- Rise and draw bow
- Draw string hand towards face and rest
- Hold out bow arm to form 'T'
- Release arrow



### POINTS

1

2

3

4

5

6

7

8

9

10

1.22m  
Diameter



## ➤ Archery safety tips

- Archery Shooting



**Stance - Nocking - Grip - Hooking - Set up - Drawing**

- 스탠스

- 노킹

- 그립

- 후킹

- 셋업

- 드로잉

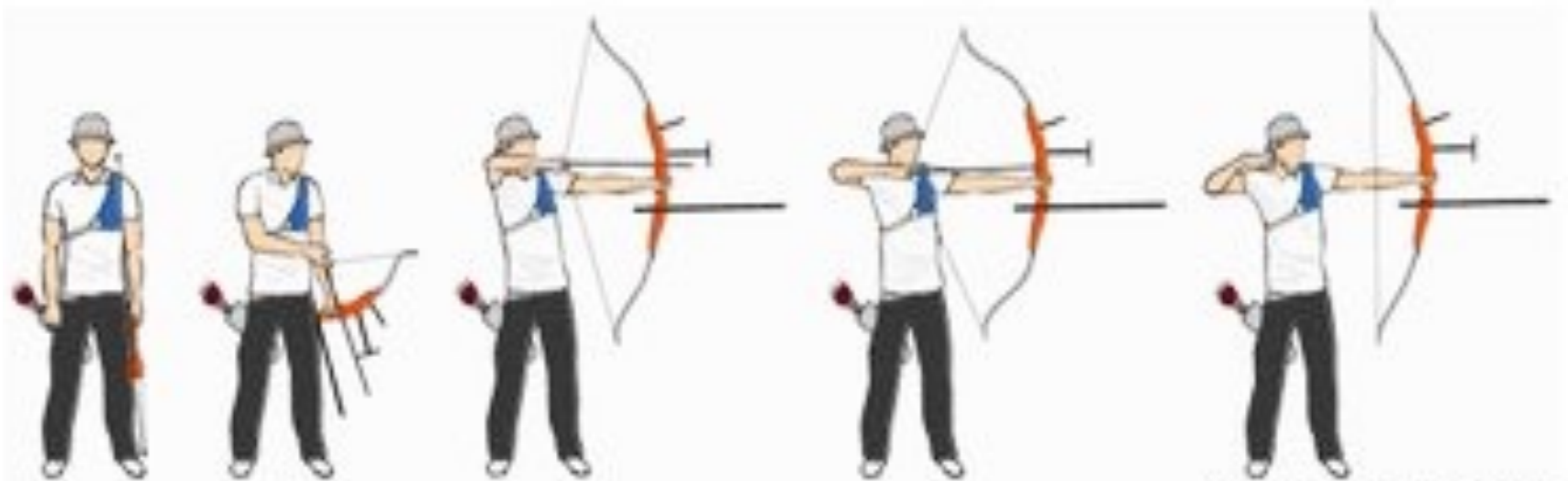
**Anchor - Full draw - Release - Follow through**

- 앵커

- 풀 드로우

- 릴리즈

- 팔로우 스루



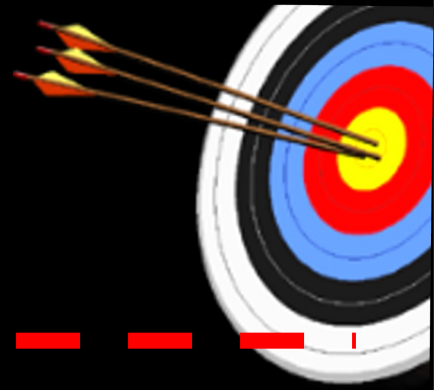
## ➤ Archery safety tips

- Archery Shooting (**Stance**, Grip, Nocking, Drawing, Aiming, Ahoooting)



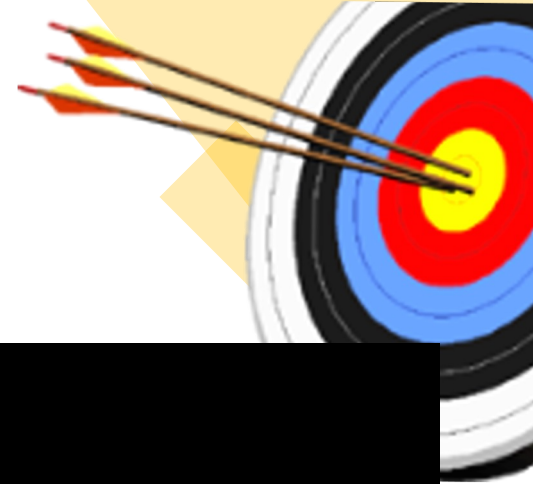
### 1 스탠스 Stance

1. Stand in the middle of the Shooting line. 슈팅라인 가운데 선다
2. Stand in line with the target. 과녁과 일직선이 되도록 선다.

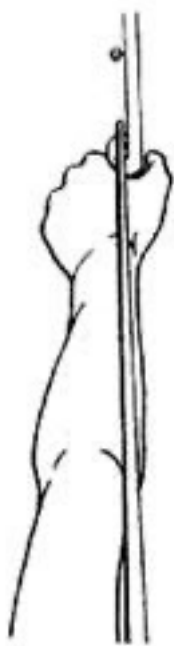


## ➤ Archery safety tips

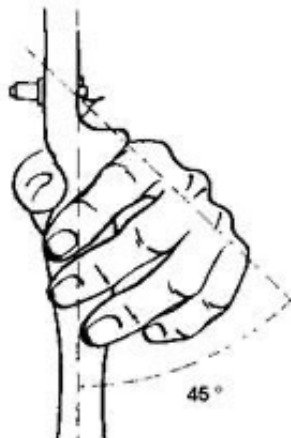
- Archery Shooting (Stance, **Grip**, Nocking, Drawing, Aiming, Shooting)



Right:  
Turned away



Wrong



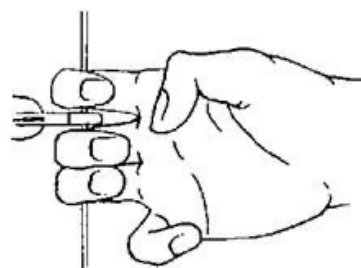
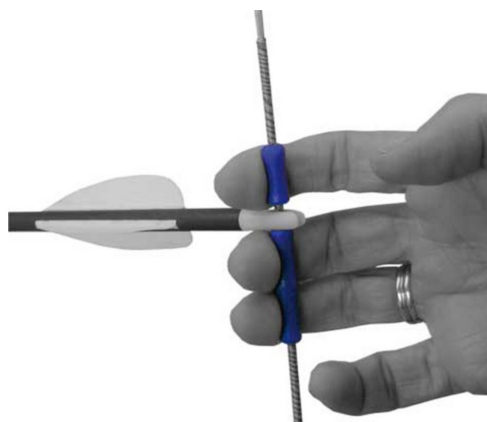
## 2. 그립 Grip

1. The picture is of a right-handed person holding a bow with his left hand. 사진은 오른손잡이가 왼손으로 활을 잡은 상태이다
2. Place the palm of your hand on the bow grip and use your index and thumb to grip the riser as if you were squeezing an egg. 활 그립에 손바닥을 대고 집게손가락과 엄지손가락으로 계란을 쥐듯 라이저를 잡는다.



## ➤ Archery safety tips

- Archery Shooting (Stance, Grip, **Nocking**, Drawing, Aiming, Shooting)



Finger position

## 3. 노킹 포인트 Nocking

1. Hang the arrow between the first and second fingers as shown in the picture.

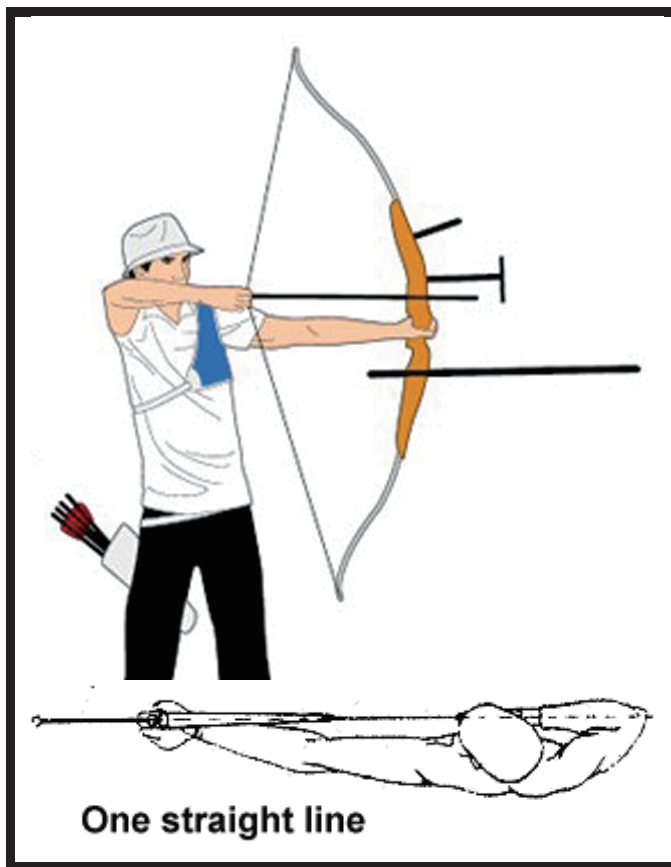
그림과 같이 에로우를 첫번째, 두번째 손가락 사이에 건다.

2. Hold the string with three fingers as shown in the picture.

그림처럼 3개 손가락으로 스트링을 잡는다.

## ➤ Archery safety tips

- Archery Shooting (Stance, Grip, Nocking, **Drawing**, Aiming, Shooting)



## 4. 드로잉 Drawing

1. Hold the bow at shoulder height and pull the string toward your body with the shoulder strength removed.

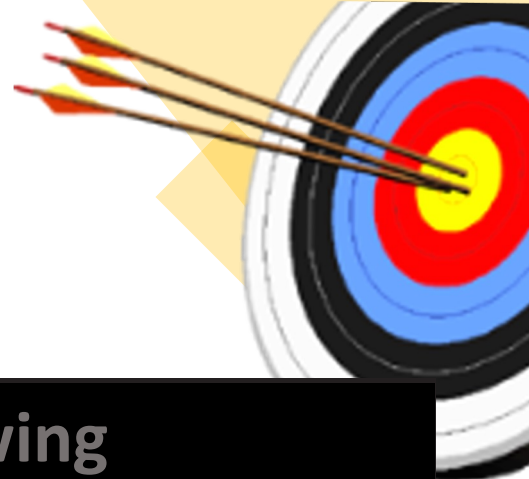
활을 어깨 높이로 들고 어깨 힘을 뺀 상태에서 스트링을 몸쪽으로 당겨준다

2. Both the top view and the front view should be in a straight line.

타입, 프론트 뷰 모두 일직선으로 되어야 한다.

## ➤ Archery safety tips

- Archery Shooting (Stance, grip, Nocking, **Drawing, aiming**, shooting)



## 4. 풀 드로잉 Full Drawing

1. Pull draw... When the string touches the nose and mouth,  
활을 어깨 높이로 들고 어깨 힘을 뺀 상태에서 스트링을 몸쪽으로 당겨준다
2. Aim... Aim to hold the anchor point accurately.  
조준... 기준점을 정확하게 잡는 조준.
3. Caution) Never point the arrow toward a friend and do not play pranks.  
주의) 절대 활방향을 친구에게 향하지 않게하고 장난은 금지한다.



## ➤ Archery safety tips

- Archery Shooting (Stance, grip, Nocking, Drawing, Aiming, **Shooting**)



## 4. 슈팅 Shooting

1. If you aim, you can shoot.  
조준을 하였으면 슈팅 하면 된다.
2. Left hand grip (pushing force in the target direction) when shooting,  
슈팅 할 때는 왼손 그립 (타겟 방향으로 미는 힘),
3. Keep the pulling force of the right hand (finger tap) as it is,  
오른손(핑거탭) 당기는 힘을 그대로 유지,
4. Release naturally without shaking.  
흔들리지 않고, 자연스럽게 릴리즈를 한다.