



ARCH-ED

HORSEBACK ARCHERY EDUCATION
FOR SPORT PROMOTION



Co-funded by
the European Union

The Methodology of Teaching Horseback Archery (HBA).

A compendium outline.

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1. Foreword
2. Acknowledgements
3. Introduction to the Sport of Horseback Archery (HBA)
 - 3.1. Horseback Archery - a Definition
4. Specific Objectives to Be Achieved with the Compendium
 - 4.1. The status quo
 - 4.2. The expected improvement
5. A Historical Overview of Horseback Archery
 - 5.1. What is the historical background of HBA?
 - 5.2. How did it survive until today?
 - 5.3. The evolution of HBA into a modern sport;
 - 5.4. A reference list for further reading on HBA history
6. Horseback Archery as a Contemporary Sport
 - 6.1. Tracks: types of tracks used to compete today, their origins and modifications over time (the Korean, Hungarian and Polish tracks)
 - 6.2. Equipment: bows, arrows, quivers, saddles, zekiers and other equipment
 - 6.3. Shooting techniques explained: drawing and releasing the arrow, understanding how the bow work, understanding the physics behind archery, consequences of choosing a given technique
 - 6.4. The evolving environment for training and competing
 - 6.4.1. IHAA
 - 6.4.2. National HBAs in Europe
 - 6.4.3. Including all in HBA: the existing opportunities for a para-HBA

6.4.4.Coach training

6.4.5.Conditions, requirements and centres for coach education

6.4.6.Levels of coach qualifications

7. Overall Goals for Teaching HBA

8. A General Methodology of Teaching

8.1. A brief overview of the pedagogy of teaching and sports education

8.2. Teaching HBA with no previous experience in teaching

8.2.1.drive to teach

8.2.2.own strengths and weaknesses

8.2.3.caring for the student - extending and encouraging empathy during practice

8.2.4.purposes of training and methods to achieve the goal

8.2.5.being a role model

8.3. a definition of trainer practical skills

8.4. a definition of a skill set needed by the trainee;

9. A Specific Methodology of Teaching HBA

9.1. Preparing and fitting the equipment, including step-by-step bow set up and fine tuning

9.2. Developing Proper Riding Skills

9.2.1.Riding

9.2.2.Other physical activity

9.3. Working on a Chosen Shooting Technique

9.3.1.how to fine-tune equipment and technique

9.3.2.how to shoot in an anatomically correct way

9.3.3.how to use ground archery for own development

9.3.4.how to ride a horse in a way supporting the shot while reducing the risk of an injury

9.4. Cooperating with the Horse

9.4.1.Practical advice on training a horse for horseback archery, including horsemanship and respect

9.4.2.Desensitising the horse to feel safe and collaborate with the rider

9.5. Theory vs. practice

10. Lessons and exercises

10.1.Safety considerations

10.2.Explaining the exercise and its benefits

10.3.Warm-up exercises

10.4.Games

10.5.Ground exercises

10.6.Exercises on the horse

10.6.1.Balance

10.6.2.Agility

10.6.3.Shooting exercise

10.7.Templates: a lesson plan, a risk assessment template, an accident form

11. **Competing:**

11.1.Types of competition at world, European, and national levels

11.1.1.European Grand Prix, European Championship HBA Eventing etc.

11.1.2.Postal matches

11.1.3.Qualifications

11.1.4.Grading (H1-H6, S1-S6)

11.1.5.Judges, IHAA referees and volunteers

11.1.6.Binding rules

11.1.7.Principles of fair play and fairness in HBA as a sport, especially in postal matches and grading; ethics in sport

11.1.8.Preparing for the competition

11.1.8.1.Physical and psychological preparations

11.1.8.2.Strategy planning and implementing

11.1.8.3.Dealing with stress

12. Track design and preparation

12.1.Korean

12.2.Hungarian

12.3.Polish

13. Examples of good practice

NOTE: We have decided to refrain from printing the outline - or, in the future, the compendium. At the moment the HBA sport and its rules are volatile as they are in a constant process of shaping and reshaping. The IHAA rules and grading get updated frequently as the HBA community is searching for the suitable fit. Based on our experience and good practice gathered during the Project, in the future we would like to expand the above outline into a compendium, reflecting the current environment for this sport development. (31.12.2019)

This compendium outline has been prepared by the team of HBA organisations participating in this project:

- Kawalkada Sports Club - Poland (leader)
- Association Cheval d'Arc - France
- Austrian Horseback Archers - Austria
- British Horseback Archery Association - UK
- Finnish Mounted Archery Association - Finland