

# **The Methodology of Teaching Horseback Archery (HBA).**

## **A compendium outline.**

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.