

ARCHERY WORKSHOP

+ shooting airgun
+ throwing atlatl

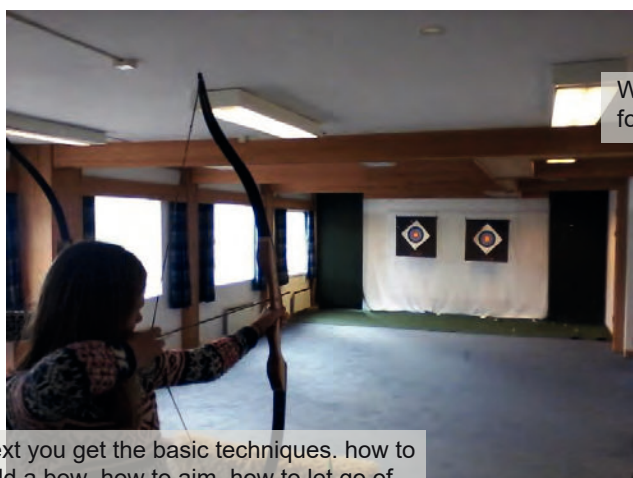
1 Book this activity at the B-Active center
(Situatued inside the Strand Fjordhotel)



2 First our instructor will teach you the basics of archery. Safety, types of bows and arrows and some facts about local history and tradition



We have archery equipment available for both children and adults



3 Next you get the basic techniques. how to hold a bow, how to aim, how to let go of the arrow, shortly, how to become a champion. There will also be time for some free shooting. Now you can practice what we taught you.



4 During the second part of the workshop we will try stone age 'atlatl's' and modern air rifles to hit the targets.

If you need extra inspirations for hitting the target, perhaps some poetry can help you.

The most famous poet in Norway, Olav H. Hauge lived most of his life in Ulvik and has written some nice poems about archery. His most famous statement: "you can never miss, because whatever your arrow hits, the arrow is the middle point".



5 After some practice we finish the workshop with a small competition among the participants



We are proud to say that one of the locals is the 2015 European champion in bow shooting