

Mamluk Academy

EVALUATION FORM FOR BROWN TIRAZ CANDIDATES

Name of the Cülban: _____

Exam Date: _____

Instructor Number: _____

PERFORMANCE Exam Details	Rounds	Required minimum score					Round's Points	Total Result
		50 points						
10 meters 25 arrows 80cm Tabla Target Round time limit: 90 sec.	1st Round							
	2nd Round							
	3rd Round							
	4th Round							
	5th Round							

SKILLS	Key elements (What should be done)	Achieved	*Not yet achieved
How to give and receive the bow	While receiving the bow, the kabza is held from above.		
	While giving the bow, the kabza is held from below.		
Gripping of the kabza	The little, ring and middle fingers are tight		
	The thumb and index fingers are relaxed		
	The wrist is not too bent or straight		
Stance position & Anchor level	Abu Hashim / Taahir / Ishaq stance position (ask&select)		
	Abu Hashim / Taahir / Ishaq anchor level (ask&select)		
	Balance (60% on back foot - 40% on front foot)		
Draw hand position on the string	The little, ring and middle fingers are tight		
	The first knuckle of thumb is on string		
	The index finger is on the thumb		

	The thumb touches to nock		
	The index finger touches to (contacts the) arrow		
Body Setting	Draw hand, wrist, elbow alignment		
	Draw arm - elbow parallel to ground		
	Shoulders and neck should be relaxed (no tension)		
Push & Pull Technique	Shooting position before drawing the bow		
	Alignment of arrows		
	Two push, one pull the same time		
Releasing	Anchor position should be on cheek bone & finger release on the face		
	Only index and thumb fingers will open, others should be tight		
Safe arrow collection	Walk carefully to target (do not run)		
	Stand to the side of the target (not behind arrows)		
	Properly pull the arrow out of the target		
Total Result	20 positive evaluations are required		

* Just checkmark the final result of this evaluation.

Achieved

***Not yet achieved**

Name and signature of the instructor: