

# Mamluk Academy

## EVALUATION FORM FOR **WHITE TIRAZ** CANDIDATES

Name of the Cülban: \_\_\_\_\_ : \_\_\_\_\_

Exam Date: \_\_\_\_\_ Instructor Number: \_\_\_\_\_

PERFORMANCE	Rounds	Required minimum score					Round's Points	Total Result
Exam Details		100 points						
<b>16 meters</b> <b>25 arrows</b> <b>60cm Tabla Target</b> <b>Rounds' time limit:</b> <b>75 sec.</b>	<b>1st Round</b>							
	<b>2nd Round</b>							
	<b>3rd Round</b>							
	<b>4th Round</b>							
	<b>5th Round</b>							

SKILLS	Key elements (What should be done)	Achieved	*Not yet achieved
<b>Khatra Method / Forward Follow Through</b>	Only wrist movement		
	Bow's upper head should point to the target		
	Bow's lower limb should touch the body		
	It should be at the same time with Iflat		
	The bow should be straight		
	Bow arm shouldn't move to left, right, up or down		
<b>The Cup (Scoop) Loading Technique</b>	Take the arrow from tirkesh with index, thumb and middle finger		
	Give the arrow to bow hand's index and thumb fingers		
	Check the arrow with fingers		
	Hold the nock horizontal with middle, index and thumb fingers		
	The hand should move like scoop		

	The middle, ring and little fingers should touch to the string		
<b>Knowledge</b>	<b>Key elements</b>	<b>Achieved</b>	<b>*Not yet achieved</b>
Practical exam	(What should be done)		
<b>Itlak-ı Ihtilas Method</b> <b>(5 arrows)</b> <b>(30 sec.)</b>	Push and Pull Technique should be fast		
	Arrow alignment while drawing		
	When hand touches to the anchor point, the arrow should be released		
	Min. 3 arrows should be on target		
<b>Focusing</b> <b>(2 arrows)</b>	Before shooting, archer should wait in shooting position and focus		
	After shooting don't look at the other place, maintain focus		
	Don't look at the kock while loading		
<b>Front shot position</b> <b>(3 arrows)</b>	Open feet at shoulder width		
	Maintaining balance		
	Rotation of the upper body		
	Maintaining the Basic MA Shooting Rules		
<b>Total Result</b>	<b>19 positive evaluations are required</b>		

\* Just checkmark the final result of this evaluation.

Achieved

\*Not yet achieved

Name and signature of the instructor: