

# Mamluk Academy

## EVALUATION FORM FOR BLUE TIRAZ CANDIDATES

Name of the Cülban: \_\_\_\_\_

Exam Date: \_\_\_\_\_

Instructor Number: \_\_\_\_\_

PERFORMANCE Exam Details	Rounds	Required minimum score					Round's Points	Total Result
		90 points						
<b>14 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>Farqa / String twist</b>	The twisting should start after anchor point		
	The string should be twisted to the face		
	The arrow should be straight on bow hand		
<b>Iflat Method / Follow through - Post release</b>	The elbow should hit back on line (alignment)		
	It should be done at the same time with release		
	The hand should come to rest between ear and shoulder		
	The little, ring and middle fingers are tight		
	The index and thumb fingers should do Hallale (Hilal)		
<b>Bird Nocking Technique</b>	Take the arrow from tirkesh with index and thumb finger like a bird beak		
	Give the arrow to bow hand's index and thumb fingers		

	Check the arrow with fingers		
<b>Bird Nocking Technique</b>	Hold the arrow with middle and thumb, touch to the arrow with index finger		
	The nock should touch to the hand close to the wrist		
	Touch to the string with wrist and nock		
<b>Knowledge</b>	<b>Key elements</b>	<b>Achieved</b>	<b>*Not yet achieved</b>
Practical exam	(What should be done)		
<b>Itlak-ı Sakin Method (5 arrows)</b>	Push and Pull Technique should be slow		
	Arrow alignment while drawing		
	Should wait 3 seconds before releasing		
<b>Seljuk techniques for fast shooting (3 arrows)</b>	Arrangement of arrows on fingers		
	The little, ring and middle fingers of drawing hand are tight		
	Giving the arrow to the bow hand is starting with inside arrow		
<b>Back shot position (2 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>21 positive evaluations are required</b>		

\* Just checkmark the final result of this evaluation.

Achieved

\*Not yet achieved

Name and signature of the instructor: