

## **Flying Dutchess Mounted Archery Clinic**

The Flying Dutchess Ranch, Arlington, WA  
June 29<sup>th</sup> – July 1<sup>st</sup> and August 3<sup>rd</sup> – 5<sup>th</sup>

### **Prices:**

Clinic - \$100 per person, per day. You may provide your own horse, or use one from the Flying Dutchess Ranch.

\*Full payment of clinic required upon arrival\*

**Introduction:** For hundreds of years mounted archery was a discipline that fed tribes and conquered enemies, helping horse cultures flourish on many continents before almost disappearing into history. We hope that by providing this clinic we'll help revive this art for new generations to enjoy.

The clinic will be taught by Katie Stearns, an international mounted archery competitor and medalist. For more information please visit her website at <http://www.mountedarchery.net>.

### **Requirements:**

- Basic horsemanship skills with ability to walk, trot, and canter. Participants new to riding are highly encouraged to take riding lessons prior to attending the clinic. Although, we will still accept people who are beginning riders.
- Students must have the ability to share the experience with others, with a willingness to teach and help your colleagues.
- A good team and competitive spirit – and praise for your horse.
- Students under the age of 18 must have parental consent.
- All students must fill out an application and a waiver!

**Clinic Schedule:** Students will be training 6 to 7 hours a day in a combination of ground and mounted archery skills. Students are expected to be punctual, and showing up early is greatly appreciated.

6/29 (8/3) – 9:00a.m.-12:00p.m. – Introductions with brief talk then practice basic principles in ground archery. Newcomer horses should be nearby, to help with desensitization.

12:00p.m. – 1:00p.m. - Break for lunch: provided by the Flying Dutchess Ranch.

1:00p.m.-5:00p.m. – Begin desensitizing new horses. Basic horsemanship for mounted archery and weapon safety around horses. Begin mounted archery.

6/30 (8/4) – 9:00a.m.-12:00p.m. – Continue basic principles in ground archery.

12:00p.m.-1:00p.m - Break for lunch

1:00p.m.-5:00p.m. – Repeat desensitizing horses. Continue with mounted archery.

7/1 (8/5) – 9:00a.m.-12:00pm – Warm up with some ground archery for about 30 min, and then begin mounted archery on stationary and rolling targets. Then play Mogu!

**Techniques that will be covered:**

- Holding the bow correctly
- Nocking arrows blindly
- Thumb draw – Eastern and Central Asian style
- Three finger draw – European
- Arrow release
- Drawing from quiver
- Drawing from the bow hand
- Aiming instinctively
- Timing of the release with speed of canter cycle (horizontal and vertical timing of the canter)
- Removing arrows from target safely
- General horsemanship skills
- Riding reinless with leg aids
- Archery equipment safety around horses

**Exercises:**

- Shooting from 10-60 feet, and 100 meters – start from close then work back
- Approach, lateral, and over the back shooting
- Rolling Targets “rollies,”– a) right to left b) left to right
- Aerial shooting – a) right to left b) left to right
- Shooting on the move
- Speed shooting – blind nocking

**Competition Styles:** We will give students an opportunity to try each style.

I – Korean: Draw from the quiver or boot.

- 1 Target run on a 120 meters course – 20 seconds limit
- 2 Target run on a 120 meters course – 20 seconds limit
- Serial run – 5 target runs – 150 meters course – 20 seconds limit
- Scoring depends on accuracy of the shots, and horses speed.

II – Hungarian – Draw from hand –held arrows

- 3 central targets – firing on approach, lateral, and Parthian – 90 meters course – 16 seconds limit
- Scoring depends on the accuracy of the shots, and horses speed.

III – Mogu – One rider pulls a ball (traditionally a bamboo or wicker frame, covered in fabric), on a 30 meter rope. One to two competitors at a time then chase the ball with

three blunted arrows dipped in ink – 150 meter run with no time limit. Scoring depending on how well the ink-dipped arrows mark the ball.

**Dress for riding!** Bring your own helmet if you wish to wear one, or borrow one from the ranch (limited supply!). Anyone under 18 is required to wear a helmet at all times while mounted. Riding boots are required to be worn by all clinic participants. Hiking boots may be substituted for riding boots if they have a heel and are narrow enough to easily slip in and out of stirrups; please bring your own footwear. Students are responsible for bringing clothing suitable for riding. Students will be spending long hours outdoors, rain or shine, and should bring appropriate gear: sunscreen, hat, rain jacket, etc.

**Required Equipment:**

- Recurved Composite Bow with bow string and nocking point - Bows cannot be compound nor have a mechanical trigger. We do not recommend long bows or bows with an arrow shelf. The bow should be able to accommodate an overdraw with a range of 30 to 40 pounds.
- Arrows – Wood, aluminum, or carbon fiber (at least a half dozen). Feather fletching preferred; plastic vanes are not suitable for mounted archery. We recommend a spine weight between 45 to 50, tips should be field points of 75 to 80 grams, or be compatible with the bow.

Thumb Protection Options:

- Golf glove
- Thumb glove
- Thumb ring
- Athletic tape.

Acceptable Quiver:

- Hip quiver
- Saddle quiver
- Over the back quiver
- A belt.
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The Horse:

Those bringing their own horses are responsible for providing all the necessary tack, grooming supplies, grain, and hay. Stalls are available on a first-come first serve basis.

Almost any calm, sensitive, and willing horse can be used for mounted archery; however, there are some qualities that we look for...

- Preferably middle sized, and reasonably good shape.
- A smooth, regular, and controllable slow canter, working canter, and gallop
- Must be trained with leg aids and eventually reinless riding
- Must be desensitized to bow, quiver, and the firing of arrows

- Needs to be able to work well with other horses

\*\*\* If at any time during the clinic a horse you are riding becomes uncomfortably tired, or frustrated, horses will be exchanged by Katie's discretions. Katie has full authority to dismiss a student from training for any unsafe, inappropriate, or disruptive behavior.

Tack:

- Saddle that allows for sitting in the seat and standing in the stirrups. Stirrup position vertical under the rider's weight.
- Leathers not too short that the rider loses grip on the saddle or too long that he/she cannot stand up in them (for light seat and two point position).
- Short reins, or reins with a knot tied in them so that they are short on the horse's neck, and can be reached easily.

**Group and private lessons:** Available by Katie Stearns at the Flying Dutchess Ranch on non-clinic dates. Please call or email Katie for scheduling.

Katie Stearns: (541) 280-6870

Katie@mountedarchery.net

Happy Trails!