



Knowledge Sharing Archery Course

Latvia, Riga (5-7 December 2025)

Course Expert: Coach Christos KARMOIRIS (GRE) World Archery Coaches Trainer

Friday - Dec 5, 2025

09:00-09:55	Introduction of Participants and expert
10:00-10:55	Introduction of Participants and expert
11:00-11:55	Archery Safety
12:00-13:00	Archery Equipment (basics)
13:00-14:00	Lunch Break
14:00-14:55	Archery Equipment (How to choose equipment)
15:00-15:55	Recurve bow (basics - Alignment -Tunning)
16:00-16:55	Recurve bow (basics - Alignment -Tunning)
17:00-18:00	Compound Bow (Basics- tuning)

Saturday - Dec 6, 2025

09:00-09:55	Shooting Process
10:00-10:55	Feet position - Arrow loading
11:00-11:55	String grip
12:00-13:00	Bow hand settings
13:00-14:00	Lunch Break
14:00-14:55	Body preposition
15:00-15:55	Bow raising - Predraw
16:00-16:55	Draw - Face marks and anchor
17:00-18:00	Full Draw Form

Sunday - Dec 7, 2025

09:00-09:55	Expantion - Aiming
10:00-10:55	Release and string clearance
11:00-11:55	String arm and bow arm follow through
12:00-13:00	Mental / Visual and respiratory Follow Through - Continuity & Feedback
13:00-14:00	Lunch Break
14:00-14:55	Shooting sequence practice with plastic tube bows
15:00-15:55	Mental preparation practice with plastic tube bows
16:00-16:55	Shooting evaluation / correction from expert and participants (Plastic tube Bows)
17:00-18:00	Final course feedback - Certifications - Closing Ceremony