

**ANKF Tournament regulations for three and five person shooting, effective 4/1/2014
(revised english translation of Aug. 22, 2014)**

**THREE PERSON SHOOTING SEQUENCE FOR COMPETITIONS
(TWO ARROWS, SEATED)**

(ANKF)

Shooting Sequence	#1	#2	#3
1st Arrow, 2nd Arrow			
Haya (1st Arrow)	Begin shooting without delay.	Stand when #1 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #1's <i>tsurune</i>.	Stand when #2 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #2's <i>tsurune</i>.
Otoya (2nd Arrow)	After shooting, sit, nock the arrow, and stand. Do <i>torikake</i> at #3's <i>tsurune</i>.	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #1's <i>tsurune</i>.	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #2's <i>tsurune</i>.

NOTES

1. When entering the *shajo*, always face the *joza* (high seat) and, with proper intention, #1 performs the *rei* and #2 and #3 perform the *yu* (2 breaths).
2. Proceed to the *honza*, assume the *kiza* position, execute the *yu* in unison (3 breaths), and proceed to the *shai*.
*when there is previous group, enter the *shajo* at the *tsurune* of #3's *haya*, assume the *kiza* position at *honza*, and wait.
*Perform the *yu* in unison at the final *tsurune*, stand at the *yudaoshi*, and proceed to the *shai* after the 3rd archer has retreated and taken the first step to the right.
*There are some cases where the archers perform the *yu* in unison and proceed to the *shai* after the facilitator gives the "Start!" signal.
3. Assume *kiza* at the *shai*, turn to the *wakishomen*, raise the bows, and nock the arrows.
4. After the shooting is completed, leave the *shajo* in sequence starting with #1.
5. At the exit, always face the *joza* (high seat) and, with proper intention, perform the *yu* (2 breaths).
6. Don't spend too much time on the pre- and post-shooting actions.
7. When 4 arrows are being shot, and when there are 4 archers, follow this procedure as closely as possible.
8. In the case where a time limit has been set, it is acceptable to speed up the proceedings so long as the shooting order is maintained.

**FIVE PERSON SHOOTING SEQUENCE FOR COMPETITIONS
(TWO ARROWS, SEATED)**

(ANKF)

Shooting Sequence	#1	#2	#3	#4	#5
1st Arrow, 2nd Arrow					
Haya (1st Arrow)	Begin shooting without delay.	Stand when #1 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #1's <i>tsurune</i>.	Stand when #2 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #2's <i>tsurune</i>.	Stand when #3 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #3's <i>tsurune</i>.	Stand when #4 has stood and placed his hand on his hip. Do <i>uchiokoshi</i> at #4's <i>tsurune</i>.
Otoya (2nd Arrow)	After shooting, sit, nock the arrow, and stand. Do <i>torikake</i> at #5's <i>tsurune</i> and proceed with shooting.	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #1's <i>tsurune</i> and proceed with shooting.	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #2's <i>tsurune</i> and proceed with shooting.	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #3's <i>tsurune</i> and proceed with shooting..	After shooting, sit, nock the arrow, and stand. Do <i>uchiokoshi</i> at #4's <i>tsurune</i> and proceed with shooting..

NOTES

1. When entering the *shajo*, always face the *joza* (high seat) and, with proper intention, #1 performs the *rei* and #2 and #3 perform the *yu* (2 breaths).
2. Proceed to the *honza*, assume the *kiza* position, execute the *yu* in unison (3 breaths), and proceed to the *shai*.
*when there is previous group, enter the *shajo* at the *tsurune* of #3's *haya*, assume the *kiza* position at *honza*, and wait.
*Perform the *yu* in unison at the final *tsurune*, stand at the *yudaoshi*, and proceed to the *shai* after the 3rd archer has retreated and taken the first step to the right.
*There are some cases where the archers perform the *yu* in unison and proceed to the *shai* after the facilitator gives the "Start!" signal.
3. Assume *kiza* at the *shai*, turn to the *wakishomen*, raise the bows, and nock the arrows.
4. After the shooting is completed, leave the *shajo* in sequence starting with #1.
5. At the exit, always face the *joza* (high seat) and, with proper intention, perform the *yu* (2 breaths).
6. Don't spend too much time on the pre- and post-shooting actions.
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**THREE PERSON SHOOTING SEQUENCE FOR COMPETITIONS
(TWO ARROWS, STANDING)**

(ANKF)

Shooting Sequence	#1	#2	#3
1st Arrow, 2nd Arrow			
Haya (1st Arrow)	Begin shooting without delay.	Do <i>uchiokoshi</i> at #1's <i>tsurune</i>.	Do <i>uchiokoshi</i> at #2's <i>tsurune</i>.
Otoya (2nd Arrow)	After shooting, nock the arrow and wait. Do <i>torikake</i> at #3's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #1's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #2's <i>tsurune</i> and proceed with shooting.

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1. When entering the *shajo*, always face the *joza* (high seat) and, with proper intention, #1 performs the *rei* and #2 and #3 perform the *yu* (2 breaths).
2. Proceed to the *honza*, assume the *kiza* position, execute the *yu* in unison (3 breaths), and proceed to the *shai*.
*when there is previous group, enter the *shajo* at the *tsurune* of #3's *haya*, assume the *kiza* position at *honza*, and wait.
*Perform the *yu* in unison at the final *tsurune*, stand at the *yudaoshi*, and proceed to the *shai* after the 3rd archer has retreated and taken the first step to the right.
*There are some cases where the archers perform the *yu* in unison and proceed to the *shai* after the facilitator gives the "Start!" signal.
3. Assume *kiza* at the *shai*, turn to the *wakishomen*, raise the bows, and nock the arrows.
4. After the shooting is completed, leave the *shajo* in sequence starting with #1.
5. At the exit, always face the *joza* (high seat) and, with proper intention, perform the *yu* (2 breaths).
6. Don't spend too much time on the pre- and post-shooting actions.
7. When 4 arrows are being shot, and when there are 4 archers, follow this procedure as closely as possible.
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**FIVE PERSON SHOOTING SEQUENCE FOR COMPETITIONS
(TWO ARROWS, STANDING)**

(ANKF)

	#1	#2	#3	#4	#5
Haya (1st Arrow)	Begin shooting without delay.	Do <i>uchiokoshi</i> at #1's <i>tsurune</i>.	Do <i>uchiokoshi</i> at #2's <i>tsurune</i>.	Do <i>uchiokoshi</i> at #3's <i>tsurune</i>.	Do <i>uchiokoshi</i> at #4's <i>tsurune</i>.
Otoya (2nd Arrow)	After shooting, nock the arrow and wait. Do <i>torikake</i> at #5's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #1's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #2's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #3's <i>tsurune</i> and proceed with shooting.	After shooting, nock the arrow and wait. Do <i>uchiokoshi</i> at #4's <i>tsurune</i> and proceed with shooting.

NOTES

1. When entering the *shajo*, always face the *joza* (high seat) and, with proper intention, #1 performs the *rei* and #2 and #3 perform the *yu* (2 breaths).
2. Proceed to the *honza*, assume the *kiza* position, execute the *yu* in unison (3 breaths), and proceed to the *shai*.
 *when there is previous group, enter the *shajo* at the *tsurune* of #3's *haya*, assume the *kiza* position at *honza*, and wait.
 *Perform the *yu* in unison at the final *tsurune*, stand at the *yudaoshi*, and proceed to the *shai* after the 3rd archer has retreated and taken the first step to the right.
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HOW TO HANDLE 4 ARROWS (ABBREVIATED EXPLANATION)

1. Lower the bow as you turn to *wakishomen* (place the *urahazu* on the floor), and place one pair of the arrows in front of your body (with the arrow points in the center of the body).
2. Keeping the remaining pair of arrows in your hand (holding them either by the *itsukebushi* or by the arrow tips), place your hand on your hip.
3. Raise the bow in the center of your body so that it is between your body and the arrows, and nock the arrow.
4. For the next pair of arrows, take the arrows, (holding them either by the *itsukebushi* or by the arrow tips), and place your hand on your hip.
5. Raise the bow in the center of your body and nock the arrow.

(enacted 4/1/14)

(revised trans. Aug. 22, 2014)