



# 4-H SHOOTING SPORTS ADVANCEMENT GUIDE



4-H 360R • October 2013

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## **Acknowledgments**

Portions of this publication were adapted with permission from:

- *Shooting Sports and Wildlife Member Advancement Guide* (FO-2411-C). Minnesota 4-H Shooting Sports Program, University of Minnesota Extension.
- *California 4-H Shooting Sports Proficiency Level* publications. University of California 4-H Youth Development Program.

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Introductory material about Oregon 4-H Advancement Programs originally prepared by Mary Arnold, Extension 4-H youth development specialist, Oregon State University.

# Introduction

## Oregon 4-H Advancement Programs

### An Introduction for Leaders, Parents, and Members

Advancement programs encourage 4-H members to learn at their own speed based on their interests and abilities. Advancement programs are self-paced and age- and skill-level appropriate. Advancement programs can also be a tremendous help to members as they set their goals each year. In addition, advancement programs are useful to junior leaders and more experienced 4-H members who wish to work with younger or less experienced members.

The 4-H Shooting Sports Advancement Program consists of seven steps, each containing three domains. Each domain is subdivided into multiple options and assignments.

### Benefits of 4-H Advancement Programs

Advancement programs:

- Make projects more interesting
- Assist members in setting and achieving goals
- Encourage self-paced learning
- Help members learn more about their projects
- Encourage age-appropriate building of skill level
- Provide new, enjoyable experiences
- Help prepare members for participation in certain activities and events
- Provide recognition for work well done
- Provide incentive to members to stay in a project over a longer time period

### Life Skill Development and 4-H Advancement Programs

Participation in 4-H advancement programs is instrumental in the development of life skills, a major emphasis of 4-H programming. Young people who participate in 4-H not only gain knowledge about their project area, they also develop skills that they will use throughout their lives.

Specifically, the 4-H advancement programs are designed to develop life skills in:

- Learning to learn
- Making decisions
- Keeping records
- Planning and organizing
- Achieving goals
- Completing a project or task
- Communicating in many forms
- Being responsible
- Developing self-esteem

## About the Advancement Program Steps

The advancement steps are written to provide a learning sequence for all members. Although all members should start with Step 1, the advancement program is designed so a 4-H member may advance as fast as he or she desires based on interest, effort, and ability. A fourth or fifth grade 4-H member may take 2 or 3 years to complete Step 1; an eighth or ninth grade member may complete one or two steps per year.

Members should work on one step at a time. However, there are times when a member may accomplish an assignment in another step before completing the step on which he or she is working. Members may be working on several levels of the program at one time.

Much of the information that leaders and members need to complete advancement steps can be found in project materials and other sources.

## Recording Progress in the Advancement Program

Leaders should encourage members to keep the advancement program with their records. Doing so allows leaders and members to evaluate the 4-H experience, review progress, and establish goals for the future. Upon completing a step, the member fills in the name and date and obtains the leader's signature.

## Reviewing Advancement Progress

Once a member has completed an advancement step, the leader should then arrange for a review of the experience. This review is often conducted through an interview.

If it is feasible, someone other than the leader should conduct the interview. It is a valuable experience for members to be interviewed by others who have expertise in a particular area. Such interviews help prepare members for job interviews and other life experiences.

Leaders also might want to arrange for an advancement chairperson or committee to review each member soon after he or she has completed the step requirements.

The review is also an excellent opportunity to involve parents in club activities. Several parents can serve on the committee, and two or three of them can conduct the interviews. The reviewers should be familiar with the 4-H program, its objectives, and the project area.

The advancement chairperson or committee should approve the advancement only when they are satisfied the member is ready to continue on to the next step.

## How to Use the Advancement Program

The advancement program should be presented at the beginning of the 4-H year.

### ***Review What Was Done Last Year***

Before deciding on specific things to include in the club program, leaders should review what the members and club did previously. A review allows discussion on the following questions:

- What did we do?
- What did we like?
- What needs improvement or expansion?
- Was everyone involved?

### ***Review Members' Present Interests***

Encourage members and parents to express their interests, needs, and goals. This allows them to feel involved and committed to the final club program.

### **Share County/Statewide Special Programs**

Tell your members about activities available to them through your county or the state. Share your special interests with members and parents. This allows members and parents to learn about new opportunities and helps determine whether the club should set specific goals related to them.

### **Develop Your Program**

If your 4-H club is small, all the members should be involved in determining the group goals for the year. If the club is large, a special committee may identify the goals for the year's program.

Base your goals on the current members' range of grades, levels of achievement, and interests. Design the program to meet the needs and interests of each member. Establish goals to meet the interests and needs of youth, provide for individual achievement for each member, and be within range of accomplishment for each member.

If your 4-H club has a wide range of grades, interests, and abilities, divide the club into small groups to work with a junior leader. This enhances the learning and satisfaction of all members.

## **Recognizing Advancement**

The National 4-H Recognition Model outlines five different ways in which 4-H members can be recognized.

### **1. Participation**

This type of recognition program emphasizes the importance of acknowledging young people who have been involved in 4-H educational experiences. For some youth, participation in a 4-H learning experience is an accomplishment.

### **2. Progress toward self-set goals**

Parents and other adults can help youth set realistic goals. Recognition for progress toward self-set goals, no matter how small, is an integral part of this type of recognition.

### **3. Achievement of standards of excellence**

Standards of excellence are established by experts in a given area. By measuring personal progress against standards of excellence, youth can gain insight into their own efforts and abilities.

### **4. Peer competition**

Peer competition is a part of the model for recognition. This type of recognition subjectively identifies, in a concrete time and place, the best team or individual. It is a strong motivator for some youth but is inappropriate for youth under age 8.

### **5. Cooperation**

Learning and working together promotes high achievement. Cooperation takes advantage of all the skills represented in the group, as well as the process by which the group approaches the learning task or goal. Everyone is rewarded.

## **Advancement Certificates**

The 4-H advancement program is an excellent way to promote and recognize members' efforts in progressing toward self-set goals and achieving standards of excellence through learning. Advancement certificates that are customized for each project area are available from your local Extension office. Contact a county 4-H staff member to request advancement certificates in your project area.

Earning an advancement certificate deserves recognition. When a member completes a level of advancement, recognize it. You could do this at an achievement meeting or other community event. Extension 4-H staff members also can help leaders prepare pieces for newspaper and radio press releases about members' achievements.

# Using the Advancement Program in Your Shooting Sports Project

## A Note to 4-H Members

Do you like to learn new skills? Do you like to shoot archery or firearms? Do you like to participate in outdoor activities? Do you like to learn about animals and trees? Are you interested in the shooting sports field as a career?

Participating in the 4-H Shooting Sports Advancement Program is a great way to get more involved in your project. Although the advancement program does not replace your project work, it can become an important part of your project. If you use the series of steps outlined in this guide, you can set your own goals for learning and progress in your project at your own pace.

The 4-H Shooting Sports Advancement Program consists of seven steps, each containing three domains (life skills, shooting sports, and personal development). Each domain is subdivided into multiple options and assignments:

### Life skills domain

- Safety
- Natural resources conservation and use
- Sportsmanship, ethics, and responsibility
- Youth leadership
- History

### Shooting sports domain

- Archery
- Muzzleloading
- Pistol
- Rifle
- Shotgun

### Personal development domain

- Multiple assignments (see page 47)

### The 4-H Shooting Sports Advancement Program will:

- Help you learn more about your discipline.
- Help you improve your shooting skills.
- Give you new and enjoyable experiences.
- Allow you to advance according to your ability, interest, and willingness to work.
- Provide you with recognition for work well done.

## Instructions for Using the Advancement Guide

The 4-H Shooting Sports Advancement Guide is designed to accommodate youth participating in one or more of the shooting disciplines supported by your state 4-H Program. You should progress through each of the seven steps in order. The steps have been created with age and skill levels in mind and progress from Step 1 (basic) to Step 7 (advanced).

As you complete each assignment, fill in the date and have your leader or parent initial it. When you have completed the required number of assignments to complete a step, tell your leader you are ready to qualify for that step. After you complete a step, your leader will sign that step in your advancement guide, and you will receive a 4-H advancement certificate from your leader and local Extension office.

When you have passed Step 1, go in turn to Steps 2, 3, 4, 5, 6, and 7. You can do assignments for higher steps while you are working on a lower step, but you cannot qualify for the higher step until you have qualified for all preceding steps.

The advancement program is an important part of your shooting sports project. Your progress in the advancement program will become a part of your 4-H record book.

You can find much of the information you need to complete assignments in the advancement guide in your project materials, or you will learn it as you complete other project work. For more information about your project, you will need to study other 4-H and non-4-H resources such as trade journals, magazines, websites, and books. Your leader can help you with this process.

It is possible that some aspects of the 4-H Shooting Sports Advancement Guide may apply to your schoolwork. To advance through the steps, you will need to start a journal to record certain tasks associated with some of the assignments. You can keep your journal electronically; on paper in a binder, spiral notebook, or composition notebook; or in any other suitable format. Ask your teachers and counselors if the work you do can be used to meet a class assignment or receive extra credit.

# Step 1

This is the first step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 1 advancement certificate for each discipline selected when you complete:

- 10 assignments from any of the five options in the life skills domain
- 4 assignments from each of the discipline options in which you participate in the shooting sports domain
- 3 assignments in the personal development domain

For example: If you participate in shotgun and rifle and want to receive an advancement for both disciplines, you must complete 10 assignments from the life skills domain, 4 assignments from the shotgun discipline and 4 assignments from the rifle discipline in the shooting sports domain, and three assignments from the personal development domain.

## Life Skills Domain

Pick a total of 10 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Define the acronym M.A.T. and record the definition in your journal.		
Explain the four things you should do when you see a firearm in public or at a friend's house and record them in your journal.		
Demonstrate how to safely handle a firearm, including muzzle control, loading and unloading, and passing a firearm to another person.		
Describe the actions to take when you hear the words "cease fire."		
Name different types of eye protection and the merits of each.		
Name different types of hearing protection and the merits of each.		
Demonstrate the safety practices to follow when picking up a firearm or receiving one from another person.		
Attend orientation for participating in a competitive event (e.g., range etiquette).		

**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Start a shooting sports journal.		
Name four basic needs for all animals, including humans, and record them in your journal.		
Name and describe two big game animals and record them in your journal.		
Name and describe three waterfowl species and record them in your journal.		
Name and describe four upland game species and record them in your journal.		
Name and describe five furbearing species and record them in your journal.		
Read, read with an adult or other youth, or have read to you a nonfiction book about the out-of-doors.		
Start a wild game recipe collection.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Name three reasons for game laws and record them in your journal.		
Define “ethics” and record the definition in your journal.		
Define “sportsmanship” and record the definition in your journal.		
Complete a state-sponsored hunter education course.		

**Youth Leadership**

Assignment	Date passed	Approved by
Participate in a community, park, roadside, campground, or stream bank cleanup.		
Tell one or more of your friends about things you are learning and doing in the shooting sports project and report back to your leader.		
Demonstrate how shooting sports relates to the four H’s of the 4-H Pledge.		
Demonstrate that you can ask for help.		
Demonstrate that you can be respectful of others.		
Demonstrate that you can help clean up after a club meeting.		



**History**

Assignment	Date passed	Approved by
Study and report on the early history of the use of guns and traps in harvesting meats and furs, and record your findings in your journal.		
Research and report on the hardships faced by immigrants to your state from 1850–1900 and record your findings in your journal.		
Draw a timeline from 1850–1900 that shows major historical events in your state and record your findings in your journal.		
Identify the types of firearms and archery equipment used by early Native Americans in your state and record your findings in your journal.		

**Shooting Sports Domain**

Pick four assignments per discipline.

**Archery**

Assignment	Date passed	Approved by
Define what the acronym M.A.T. means in the archery discipline and record the definition in your journal.		
Determine your eye dominance and record it in your journal.		
Describe how you selected the bow or bows you intend to use.		
Demonstrate how to properly string and unstring a recurve bow.		
Name the basic rules of safe archery shooting and record them in your journal.		
Draw a timeline of archery history.		
Name the archery range commands and list them in your journal.		
Draw a diagram of an arrow and label the following parts: point, shaft, crest, fletching, index feather, and nock.		
Draw a diagram of a strung bow and label the following parts: tip, nock, back, face, handle, arrow rest, bowstring, and nocking point.		
Demonstrate the nine steps of shooting.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Muzzleloading**

Assignment	Date passed	Approved by
Define what the acronym M.A.T. means in the muzzleloading discipline and record the definition in your journal.		
Name the basic safety rules for muzzleloaders and record them in your journal.		
Name the three main parts of a muzzleloader and record them in your journal.		
Demonstrate the use of proper eye and ear protection.		
Demonstrate safe loading procedures.		
Determine your eye dominance and record it in your journal.		
Draw a timeline of muzzleloading history.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Define what the acronym M.A.T. means in the pistol discipline and record the definition in your journal.		
Demonstrate proper stance and grip.		
Determine your eye dominance and record it in your journal.		
Demonstrate how to load a smallbore/air pistol.		
Draw a timeline of pistol history.		
Name the pistol range commands and list them in your journal.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Define what the acronym M.A.T. means in the rifle discipline and record the definition in your journal.		
Demonstrate safe range and shooting procedures.		
Recognize and identify the basic parts of a rifle.		
Describe the function of basic rifle parts.		
Draw a timeline of rifle history.		
Determine your eye dominance and record it in your journal.		
Demonstrate how to use your safety equipment when firing a rifle.		
Point out and name the three major parts of a rifle.		
Explain the function of an action and list five different rifle action types in your journal.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Define what the acronym M.A.T. means in the shotgun discipline and record the definition in your journal.		
Describe the parts of a shotgun and their functions.		
Demonstrate safe shotgun handling practices and procedures.		
Determine your eye dominance and record it in your journal.		
Shoot a game of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Demonstrate how to safely handle a shotgun, including muzzle control, loading and unloading, and passing a shotgun to another person.		
Point out and name the three major parts of a shotgun.		
Explain the function of an action and list four different shotgun action types in your journal.		
Explain “gauge” and record this in your journal.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

## Personal Development Domain

Pick three assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 1 and is approved for advancement to Step 2 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 2

This is the second step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 2 advancement certificate for each discipline selected when you complete:

- 10 assignments from any of the five options in the life skills domain
- 4 assignments from each of the discipline options in which you participate in the shooting sports domain
- 3 assignments in the personal development domain

## Life Skills Domain

Pick a total of 10 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Name six range commands and record them in your journal.		
Name major range safety rules for participants and spectators.		
List at least three ways you can demonstrate safety and courtesy on the range.		
Give five examples of when you should unload a gun.		
Demonstrate proper off-season storage and transportation of firearms or archery equipment.		
Demonstrate how to safely load two types of firearms.		
Create a poster that shows 10 or more practical rules for firearms safety.		
Display your poster in a public location (e.g., fair, school, or library).		

**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Find, identify, and draw the tracks of five wild animals or birds, and record them in your journal.		
Identify three waterfowl species by wing patterns and record them in your journal.		
Identify and describe 10 songbird species and record them in your journal.		
Write a short life history for each of the 10 songbirds, including their four basic needs, and record them in your journal.		
Observe and identify birds of prey. Keep a record in your journal of what they were and where you found them.		
Give an oral report on two mammals that are common to your area and their habitat requirements.		
Read, read with an adult or other youth, or have read to you a nonfiction book about the out-of-doors.		
Study and report on what homesteaders in your state ate. Compare it to what you eat now.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Make a collage showing ethical and unethical shooting practices.		
Research and report on why hunting licenses are important in modern game management and wildlife conservation.		
Research and report on the need for daily and possession limits in game laws.		

**Youth Leadership**

Assignment	Date passed	Approved by
Make a poster using images, words, or both to define good leadership skills.		
Display your poster in a public location (e.g., fair, school, or library).		
Name 10 people you consider to be leaders.		
Demonstrate your ability to ask for clarification.		
Demonstrate your ability to work in groups.		
Demonstrate your ability to work independently.		
Demonstrate your ability to give directions or instructions.		

**History**

Assignment	Date passed	Approved by
Draw a timeline from 1900–1950 that shows major historical events in your state and record your findings in your journal.		
Report to your 4-H club on the history of hunting in your state.		
Report to your 4-H club on the effect of firearms on state and national history.		
Describe the general history of firearms.		
Read a nonfiction book, story, or article about hunting, wildlife, or a specific shooting sports discipline, and report to your 4-H club. Tell what happened and what you learned.		

## Shooting Sports Domain

Pick four assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Make a finger tab.		
Define the following terms and describe their purpose: armguard, crest, draw, and nock.		
Describe the merits of the three types of bows and record them in your journal.		
Demonstrate the fundamentals of proper archery shooting form.		
Describe the “10 steps to the 10 ring” when shooting and record them in your journal.		
Demonstrate your ability to shoot for groups using the instinctive shooting method.		
Demonstrate how to fit two kinds of bows.		
Demonstrate three methods of stringing a bow.		
Make a ground quiver for the range.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Muzzleloading

Assignment	Date passed	Approved by
Describe the differences among and uses of black powder, Pyrodex, and 777, and record them in your journal.		
Name the four grades or sizes of black powder and their uses.		
Name and demonstrate the use of seven pieces of special equipment necessary in all muzzleloading.		
Describe the use of muzzleloading cleaning jags, wad pullers, ball pullers, wedge pullers, and nipple wrenches.		
Demonstrate how to cross a fence with a muzzleloader.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		



**Pistol**

Assignment	Date passed	Approved by
Name the shooting procedure commands and record them in your journal.		
Shoot for groups using the supported shooting position.		
Demonstrate the supported shooting position.		
Draw a diagram and label the parts of a revolver and semiautomatic pistol.		
Identify at least three types of pistol actions.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Explain “caliber” and record this in your journal.		
Name the four components of a rifle cartridge.		
Explain the difference between a rimfire cartridge and a center-fire cartridge.		
Explain the different types of sights available for a rifle.		
Keep a shooting diary with notes and observations from at least three live-fire exercises.		
Demonstrate the basic rifle safety rules.		
Demonstrate how to properly fit a rifle to the shooter.		
Identify at least three types of rifle actions.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Describe the protective equipment used when shooting a shotgun.		
Explain the term “misfire,” describe the proper way to deal with one, and record this in your journal.		
Shoot a game of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Name the five components of a shotgun shell.		
Name the four internal sections of a shotgun barrel.		
Explain the term “choke” and give an example of choosing proper choke for a specific situation.		
Demonstrate how to check various types of shotguns to see if they are loaded.		
Demonstrate the six fundamental steps in shotgun shooting.		
Demonstrate how to properly fit a shotgun to the shooter.		
Demonstrate how to field strip and clean a shotgun.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Personal Development Domain**

Pick three assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 2 and is approved for advancement to Step 3 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 3

This is the third step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 3 advancement certificate for each discipline selected when you complete:

- 10 assignments from any of the five options in the life skills domain
- 4 assignments from each of the discipline options in which you participate in the shooting sports domain
- 3 assignments in the personal development domain

## Life Skills Domain

Pick a total of 10 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Demonstrate the 10 principles of firearm safety.		
Demonstrate how to cross a fence or ditch with a firearm.		
Demonstrate how to carry a firearm with someone to the right and left of you (two carries).		
Demonstrate how to carry a firearm with someone in front of and behind you (two carries).		
Name three of the game laws in your state written for the safety of people.		
Demonstrate how to tie a bowline, timber hitch, and slipknot.		
Name four common ways a hunter could have an accident and tell how to avoid each.		

**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Why do many animals migrate? Record the answer in your journal.		
What do predators do for wildlife? Are humans predators? Record the answers in your journal.		
Define and draw the “food chain,” give an example, and record this in your journal.		
Describe the difference between a wildlife refuge and a wildlife management area, and record it in your journal.		
Select four species of wildlife, describe their food and cover needs, and record this in your journal.		
Name five sources of water for wildlife and record them in your journal.		
Name five winter foods of pheasants and record them in your journal.		
Read, read with an adult or other youth, or have read to you a nonfiction book about the out-of-doors.		
Study and report on differences in cooking, nutrition, and availability between wild game and domesticated meats.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Research and report on why people hunt.		
Keep a detailed account of conservation practices you participated in for 3 months and record them in your journal.		
Name three reasons why a hunter should always first ask permission to hunt on private land and record them in your journal.		
Name the six rules that are a part of a hunter’s code of ethics and record them in your journal.		

**Youth Leadership**

Assignment	Date passed	Approved by
Demonstrate your ability to communicate effectively and encourage others.		
Recruit and enroll one other member and help them during their first year.		
Run for a club officer position.		
Demonstrate self-responsibility and self-motivation.		
Help keep members informed of meetings.		

**History**

Assignment	Date passed	Approved by
Read a nonfiction book, story, or article about a hunting, wildlife, or a specific shooting sports discipline, and report to your 4-H club. Tell what happened and what you learned.		
Draw a timeline from 1950–2000 that shows major historical events in your state and record your findings in your journal.		
Explain the difference between calibers in both American and European terms.		
Show the difference between caliber and gauge with drawings or a demonstration.		

## Shooting Sports Domain

Pick four assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Determine the nocking point on a bowstring.		
Define and explain the purpose or use of the following archery terms in your journal: anchoring, arrow rest, barebow, cast, creep, end, field, arrow, and freestyle.		
Explain the proper care and storage of the bow, bowstring, and arrows.		
Explain the differences in the following types of bows and when each is used: longbow, recurve bow, and compound bow.		
Practice the elements of safe, responsible, and accurate archery shooting in a coach-pupil context.		
Demonstrate your ability to shoot for groups and move them to the desired point of impact without the aid of sights.		
Describe how a bow sight works.		
Name three different kinds of gear used in archery.		
Demonstrate how to make (fletch) an arrow.		
Make a bow stringer.		
Define and describe the purpose of the following archery terms in your journal: bow sight, broadhead, flight arrow, flight shooting, overstrung, and understrung.		
Make an archery butt or mat.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Muzzleloading**

Assignment	Date passed	Approved by
Define and describe two main methods of ignition in muzzleloaders, and record them in your journal.		
Demonstrate the steps in loading a muzzleloading rifle.		
Name five common calibers of modern muzzleloaders and record them in your journal.		
Demonstrate how to determine if a muzzleloader is charged.		
Demonstrate your understanding of safe storage for powder and percussion caps.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Define proper sight alignment and record the definition in your journal.		
Demonstrate the two-handed standing position.		
Demonstrate the two-handed grips (thumb lock and palm rest).		
Shoot for groups using the two-handed standing position.		
Demonstrate how to care for and maintain a pistol.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Describe how an air rifle works.		
Demonstrate how to clean an air rifle.		
Demonstrate the sequence required to fire a shot using a center-of-mass hold.		
Explain what happens inside the .22 rifle ammunition when the trigger is pulled.		
Demonstrate the sequence required to fire a shot using a proper bench-rest shooting position.		
Demonstrate your understanding of trigger control.		
Demonstrate and explain the four common shooting positions allowed in rifle competition.		
Explain the importance of sight alignment and sight picture and their effect on bullet placement on the target.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Demonstrate and explain the six fundamentals of shotgun shooting.		
Name the four main parts of a shotgun stock, and explain how the dimensions of a stock affect gun fit and shot placement.		
Explain the content of the label on a shotgun ammunition box and how to match ammunition to your shotgun and intended use.		
Describe and explain trap, skeet, 5-Stand, and sporting clays.		
Define the differences between rifles and shotguns, and record them in your journal.		
Describe what “deadly combination” means in terms of shotgun shells. Explain what occurs and how to avoid it.		
List and explain at least three ways you can reduce recoil when firing a shotgun.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		



## Personal Development Domain

Pick three assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 3 and is approved for advancement to Step 4 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 4

This is the fourth step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 4 advancement certificate for each discipline selected when you complete:

- 15 assignments from any of the five options in the life skills domain
- 5 assignments from each of the discipline options in which you participate in the shooting sports domain
- 4 assignments in the personal development domain

## Life Skills Domain

Pick a total of 15 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Assemble a first-aid kit and demonstrate its use.		
Demonstrate how to make a survival kit.		
Research and name at least seven wilderness survival tips and record them in your journal.		
Build a safe campfire and put it out.		
Demonstrate how to read a contour map and use a compass.		
Give a talk, presentation, or demonstration about safety and survival in the woods.		

**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Identify 10 animal tracks and make castings of five of them.		
Find and identify 10 forest plants, trees, or wildflowers. Record in your journal what they were and where you found them.		
Select three upland game birds; describe how to improve their cover, winter food, and winter cover; and record this in your journal.		
Name five winter foods for deer in your area and record them in your journal.		
Explain the origins of igneous, sedimentary, and metamorphic rocks, and record this in your journal.		
Explain how a land feature such as a hill, canyon, or lake was formed.		
Visit a wildlife refuge and report on your visit at a 4-H club meeting.		
Read or read with an adult or other youth a nonfiction book about the out-of-doors.		
Research and report on six wild game cookbooks or recipe websites. Use your research to update your recipe collection.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Study and report on why Theodore Roosevelt and Aldo Leopold were important to hunting and wildlife conservation.		
Explain to your 4-H club or another group the steps required before someone may enter private land and record this information in your journal.		
If you previously defined “ethics,” make any necessary changes and record the revised definition in your journal.		
If you previously defined “sportsmanship,” make any necessary changes and record the revised definition in your journal.		

**Youth Leadership**

Assignment	Date passed	Approved by
Enroll as a junior leader in a 4-H shooting sports/wildlife project club.		
Arrange a field tour for your 4-H club, with help from your leader or another adult.		
Research vandalism by shooters in your area, take pictures, and give a report.		
Work with an adult to plan and conduct a project meeting.		
Seek a donation from a local business or organization for your 4-H Shooting Sports Program.		

**History**

Assignment	Date passed	Approved by
Give a report on the size and scope of the firearm or archery industry in your state.		
Give two examples of how different strengths of materials were needed to accommodate technical advances in the firearm or archery industry.		
Research how and when the .22 rifle was first introduced.		
Draw a timeline from 2000–present that shows major historical events in your state and record your findings in your journal.		

## Shooting Sports Domain

Pick five assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Make an archery target.		
Participate in a club-sponsored archery match or tournament.		
Explain how a compound bow functions.		
Explain how a recurve bow increases efficiency and smooth drawing quality.		
Explain three methods of aiming and the advantages and disadvantages of each, and demonstrate at least two of them.		
Demonstrate your ability to shoot for groups and adjust the sights to move the point of impact to the desired location.		
Write a 100-word essay about a local, state, or national archery organization.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Muzzleloading

Assignment	Date passed	Approved by
Demonstrate how to strip and reassemble a muzzleloader.		
Demonstrate how to load and shoot a muzzleloading rifle for groups.		
Demonstrate how to pull a ball.		
Demonstrate how to extract a patch.		
Make a target backstop for a tomahawk.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Name four common pistol calibers and describe how to identify the ammunition for each.		
Demonstrate how to properly fit a pistol to the shooter.		
Describe some of the accessories needed for smallbore/air pistol shooting.		
Make a pistol cover or case.		
Demonstrate the importance of proper sight alignment.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Demonstrate how to zero a rifle by adjusting the sights.		
Describe the different types of bullets (e.g., lead, hollow point, jacketed) and explain how and why they are used.		
Explain the different types of qualification and competition targets and their uses.		
Describe the following terms and explain the steps to take when they occur: misfire, hang fire, and squib.		
List and explain at least three ways to secure firearms and keep them safe from unauthorized users.		
Write a paper, give a talk, or make a poster to describe, in sequence, what occurs from when you pull the trigger to when the bullet exits the muzzle.		
Give your talk or display your poster in a public location (e.g., fair, school, or library).		
Participate in a range setup and cleanup.		
Demonstrate how to select accessories for shooting the air rifle and .22 caliber rifle.		
Name five different rifle calibers and describe where to find the caliber on the ammunition.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Explain the importance of a consistent gun mount and its effect on pattern placement.		
Write a paper, give a talk, or make a poster to describe, in sequence, what occurs from when you pull the trigger to when the shot charge exits the muzzle.		
Give your talk or display your poster in a public location (e.g., fair, school, or library).		
Shoot a game of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Participate in a field visit to a shotgun sports provider in your community and report on what you learned.		
Participate in range setup and cleanup.		
Demonstrate how to properly clean a shotgun.		
Describe four “chokes” and their function.		
Demonstrate three shotgun-shooting accessories.		
Draw a diagram and label the basic shotgun ammunition components.		
Demonstrate how to pattern your shotgun.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Personal Development Domain**

Pick four assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 4 and is approved for advancement to Step 5 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 5

This is the fifth step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 5 advancement certificate for each discipline selected when you complete:

- 15 assignments from any of the five options in the life skills domain
- 5 assignments from each of the discipline options in which you participate in the shooting sports domain
- 4 assignments in the personal development domain

## Life Skills Domain

Pick a total of 15 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Attend a first-aid course.		
Describe three main arterial pressure points on the human body that are used to stop bleeding.		
Explain hypothermia, what you should do to prevent it, and how to treat it.		
Demonstrate what you should do for frostbite and describe how to avoid it.		
Explain heat exhaustion, what you should do to prevent it, and how to treat it.		



**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Write a 200-word essay describing what conditions would be like if nothing ever died.		
List 10 careers associated with wildlife, competitive shooting, or hunting. For at least one of them, research and report on the number of years of education necessary for the career.		
Find, identify, and take pictures of 10 native forest trees, and add this information to your journal.		
Name and explain three water quality features, and record them in your journal		
Demonstrate the art of stalking by using a camera to take a picture of a wild animal or bird that you have followed.		
Organize a tree planting and plant at least 10 native trees or plants.		
Build a birdhouse or bat house and put it up in a location appropriate for that species.		
Read or read with an adult or other youth a nonfiction book about the out-of-doors.		
Research and report on how to prepare two kinds of wild game from field to table.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Keep a monthly account of your hunting practices for an entire hunting season and record them in your journal.		
Learn the state regulations for hunting for a discipline of your choice.		
Research and report on why some people do not hunt.		

**Youth Leadership**

Assignment	Date passed	Approved by
Work one-on-one and help to coach (using the leader/member method) and teach shooting fundamentals to one or more people.		
Work one-on-one and help younger members on the firing line.		
Work one-on-one and help younger members complete a project record.		
Plan and run a shooting sports event for your 4-H club, with help from your leader.		
Show leadership by helping plan and conduct a community service project related to wildlife or shooting sports.		
Work one-on-one and help younger members prepare a talk, presentation, demonstration, or fair exhibit.		

**History**

Assignment	Date passed	Approved by
Describe the contributions of Saxon Pope and Art Young to bow hunting.		
Visit a gun show and write a report of your observations.		
Write a 150-word essay on the history of bows.		
Write a 150-word essay on the history of the shotgun in the United States.		

## Shooting Sports Domain

Pick five assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Demonstrate how to adjust the brace height (fistmele) of a bow.		
Demonstrate proper form by coaching other shooters.		
Demonstrate how to attach a bow sight to your bow and learn how to use it.		
Name three things a good quiver should have.		
Demonstrate how to position the nocking point on a new bowstring.		
Demonstrate why the “spine” of an arrow is important.		
Make a bow case or cover.		
Describe the variety and function of compound bows.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Muzzleloading

Assignment	Date passed	Approved by
Demonstrate how to clean muzzleloading rifles.		
Demonstrate how to make lead balls safely.		
Participate in a muzzleloading competition.		
Keep a shooting log for muzzleloading for 1 year.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Demonstrate the importance of trigger control during a live-fire exercise.		
Shoot for groups using the thumb-lock grip.		
Describe how three pistol actions function and the parts involved.		
Demonstrate how to load each type of handgun action.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Demonstrate the sequence of elements required to fire a shot using the bench-rest position.		
Give a talk, presentation, or demonstration on some technical aspect of rifle shooting.		
Set at least three specific goals related to your shooting skills and develop a plan to accomplish these goals. Chart your progress in your journal.		
Name three types of rifle sights.		
Identify the three parts of air pellets and their function.		
Make a rifle case or cover.		
Identify two faults in shooting that cause inaccuracy.		
Demonstrate the sequence of elements required to fire a shot using an arm-rest standing rifle position.		
Demonstrate the sequence of elements required to fire a shot using a free-arm (off-hand) standing rifle position.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Shotgun

Assignment	Date passed	Approved by
Shoot a game of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Give a talk, presentation, or demonstration on clay target components and manufacturing.		
Give a talk, presentation, or demonstration on some technical aspect of a shotgun.		
Set at least three specific goals related to your shooting skills and develop a plan to accomplish these goals. Chart your progress in your journal.		
Name five different gauges and show how to identify the shot size, ounces of shot, and guns for each.		
Make a gun case for a shotgun.		
Demonstrate your knowledge of shot sizes and their uses.		
Identify two faults in shooting that cause inaccuracy.		
Demonstrate your proficiency in detecting and correcting shotgun shooting errors.		
Describe a regulation trap range with distances necessary for safety.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Personal Development Domain

Pick four assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 5 and is approved for advancement to Step 6 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 6

This is the sixth step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 6 advancement certificate for each discipline selected when you complete:

- 20 assignments from any of the five options in the life skills domain
- 6 assignments from each of the discipline options in which you participate in the shooting sports domain
- 5 assignments in the personal development domain

## Life Skills Domain

Pick a total of 20 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Give a demonstration on how to pack a backpack for an overnight hunting or camping trip.		
Demonstrate how to determine directions without using a compass.		
Organize an overnight camp and hike (of at least 1 mile) for which you must carry everything you need.		
Make a map that shows someone how to get to one of your favorite places.		
Explain if it is safe to set up an archery or shooting range at your home.		

**Natural Resources Conservation and Use**

Assignment	Date passed	Approved by
Define “carrying capacity” and explain why it is lower at the most severe times of the year and higher during breeding. Record your findings in your journal.		
Select four species of wildlife and describe how their space requirements differ.		
Define “wildlife management” and record the definition in your journal.		
Define “wildlife conservation” and record the definition in your journal.		
Define and describe what “succession” means in wildlife habitat, and record this in your journal.		
Research the following questions for a species of your choice: How many young must each breeding animal produce to maintain a stable population? How many young must survive? Record the answers in your journal.		
Read a nonfiction book about the out-of-doors.		
Write a 200-word essay answering this question: Do we need wild game anymore?		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
Describe to your 4-H club your understanding of the Second Amendment.		
Determine what the Pittman-Robertson Act is and explain why it is important to you. Report your findings to your 4-H club.		
Enter a state or national shooting sports or wildlife conservation essay contest.		

**Youth Leadership**

Assignment	Date passed	Approved by
Prepare a judging contest for your 4-H club with at least four items.		
Report on a local, state, or national association related to your project.		
Plan and conduct a wildlife skill-a-thon for your 4-H club.		
Organize and run a county shooting sports activity, with help from your leader.		
Plan and conduct a wildlife bowl event for your 4-H club.		
Coach a younger member at a tournament or match.		

**History**

Assignment	Date passed	Approved by
Write a 200-word essay on the history of the smallbore/air pistol in the United States.		
Write a 200-word essay on the history of the smallbore/air rifle in the United States.		
Write a 200-word essay on technical advances in arrows.		
Write a 200-word essay on the history of the muzzleloader in the United States.		



## Shooting Sports Domain

Pick six assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Demonstrate how to select compound bows for target shooting or hunting.		
Demonstrate how to select archery equipment for optimum performance.		
Describe what a hunter should do after striking a deer with an arrow.		
Write a 200-word essay on the need for camouflage while hunting.		
Shoot special games such as field archery.		
Make a bow rack.		
Make a set of arrows suitable for your bow and draw.		
Make selected pieces of archery equipment.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Muzzleloading

Assignment	Date passed	Approved by
Read a nonfiction book about muzzleloading and report to your 4-H club about what you learned.		
Describe the effective ranges for muzzleloading firearms (rifles, pistols, and shotguns) and why they are different from those of modern firearms.		
Demonstrate your understanding of safe storage for powder and percussion caps.		
Tell what black powder is made of and what makes it different from modern powder.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Shoot for groups using two different grips and record the results in your journal.		
Make or refinish a set of pistol grips.		
Explain why dry firing and firing at blank targets leads to greater accuracy.		
Demonstrate how to field strip and clean a .22 pistol.		
Participate in one or more rounds the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Demonstrate the use of triangulation.		
Demonstrate how to use different types of sights.		
Demonstrate your understanding of sight alignment.		
Demonstrate your understanding of sight picture.		
Demonstrate your proficiency in detecting and correcting rifle shooting errors.		
Demonstrate how to zero a rifle.		
Use a drawing or props to demonstrate how trajectory of a bullet works.		
Demonstrate how to field strip and clean a smallbore rifle.		
Demonstrate the supported position.		
Demonstrate the kneeling rifle position.		
Demonstrate the supported kneeling position.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Report on advantages and disadvantages of steel shot and why it is used to hunt waterfowl.		
Write a 200-word essay on one of the following topics: <ul style="list-style-type: none"> <li>• Evolution of shotgun techniques or shotgun games</li> <li>• History of a specific topic related to shotguns</li> <li>• Markets and methods of marketing shotgun products</li> <li>• Development of shotguns and equipment</li> <li>• Cultural influences in a specific topic related to shotguns</li> <li>• Ecological impact of shotgun shooting</li> <li>• Actual hunt you participated in</li> </ul>		
Shoot games of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Refinish a shotgun stock and forearm.		
Describe the safety precautions to use when the same person is using several gauges of shotguns and shot shells.		
Describe the basics of clay target flight.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest		

**Personal Development Domain**

Pick five assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 6 and is approved for advancement to Step 7 of the Oregon 4-H Shooting Sports Advancement Program.

*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_

*Club Leader*

# Step 7

This is the seventh and final step in the 4-H Shooting Sports Advancement Program. You are qualified to earn your Step 7 advancement certificate for each discipline selected when you complete:

- 20 assignments from any of the five options in the life skills domain
- 6 assignments from each of the discipline options in which you participate in the shooting sports domain
- 5 assignments in the personal development domain

## Life Skills Domain

Pick a total of 20 assignments from any of the five options.

### Safety

Assignment	Date passed	Approved by
Write a 250-word essay on safe handling and shooting of a bow and arrow.		
Write a 250-word essay on safe handling and firing of muzzleloaders.		
Write a 250-word essay on safe handling and firing of handguns.		
Write a 250-word essay on safe handling and firing of rifles.		
Write a 250-word essay on safe handling and firing of shotguns.		

### Natural Resources Conservation and Use

Assignment	Date passed	Approved by
Describe how hunting and trapping can be used as management tools.		
Describe how habitat improvement can be used as a management tool.		
Describe six steps in habitat improvement.		
Design and implement a habitat improvement project for a farm, ranch, riparian zone, or wetland in your area.		
Read a nonfiction book about the out-of-doors.		
Make a meal for your family or friends using wild game you or another person harvested.		

**Sportsmanship, Ethics, and Responsibility**

Assignment	Date passed	Approved by
If you previously defined “ethics,” make any necessary changes and record the revised definition in your journal.		
If you previously defined “sportsmanship,” make any necessary changes and record the revised definition in your journal.		
Describe to your 4-H club in your own words Jackson and Norton’s “Stages in Hunter Development” (shooter, limit bagger, trophy hunter, method hunter, and ethical hunter).		

**Youth Leadership**

Assignment	Date passed	Approved by
Participate in a county 4-H ambassador program.		
Participate in a state 4-H ambassador program.		
Seek membership in and serve on a county-level project development committee.		
Run for a youth officer position on your county 4-H leaders’ association.		
Promote the 4-H Shooting Sports Project by writing an article for a local paper or newsletter.		
Organize and lead a shooting sports game for your 4-H club.		

**History**

Assignment	Date passed	Approved by
Start a collection of antique or replica firearms, archery equipment, or associated gear.		
Recondition an old firearm or bow or associated gear.		
Write a 250-word essay on the history of shot shells, emphasizing technical advances.		
Write a 250-word essay on the history of rifle ammunition, emphasizing technical advances.		
Write a 250-word essay on the history of the 4-H Shooting Sports Project in your state.		

## Shooting Sports Domain

Pick six assignments per discipline.

### Archery

Assignment	Date passed	Approved by
Make a longbow.		
Write a 250-word essay on the history of archery, emphasizing important technical advances in bows and arrows.		
Read a nonfiction book about archery and report to your 4-H club about what you learned.		
Demonstrate how to tune a bow.		
Demonstrate how to set up a bow for a particular shooting style and purpose.		
Demonstrate the relationships among various bow-tuning factors.		
Describe some of the shooting games available in the archery discipline and record them in your journal.		
Investigate and report on some of the shooting opportunities available in your area.		
Participate in one or more rounds of the 4-H Archery Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

### Muzzleloading

Assignment	Date passed	Approved by
Demonstrate how to sharpen a pocketknife, hunting knife, or patch knife.		
Make a powder horn or possibles bag.		
Build a muzzleloading stand of your own design.		
Demonstrate how to sharpen (knap) a flint.		
Participate in one or more rounds of the 4-H Muzzleloading Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Pistol**

Assignment	Date passed	Approved by
Read a nonfiction book about pistols and report to your 4-H club about what you learned.		
Write a 250-word essay on today's uses of handguns and the necessary safety practices for each.		
Demonstrate how to adjust sights using standard bull's-eye targets.		
Demonstrate how to score paper or silhouette targets for smallbore/air pistols.		
Participate in one or more rounds of the 4-H Pistol Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Rifle**

Assignment	Date passed	Approved by
Prepare a demonstration (experiment) to compare measurable differences in some aspect of rifle shooting and report the results to your 4-H club.		
Write a 250-word essay on one of the following topics: <ul style="list-style-type: none"> <li>• Evolution of rifle techniques or rifle competitions</li> <li>• History of a specific topic related to rifles</li> <li>• Markets and methods of marketing rifle products</li> <li>• Development of rifles and equipment</li> <li>• Cultural influences in a specific topic related to rifles</li> <li>• Ecological impact of rifle shooting</li> </ul>		
Make or refinish a rifle stock.		
Demonstrate the sequence of elements required to fire a shot using the prone rifle position.		
Demonstrate how to score targets.		
Demonstrate your ability to properly adjust sights to move the point of impact to a desired location.		
Demonstrate proper sight adjustment on rifles.		
Participate in one or more rounds of the 4-H Rifle Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Shotgun**

Assignment	Date passed	Approved by
Shoot games of trap, skeet, 5-Stand, or sporting clays for record, and record the scores in your journal.		
Demonstrate how to shoot a moving target using the fundamentals of shotgun shooting.		
Write a 250-word how-to guide for two of the following: duck hunting, pheasant hunting, turkey hunting, rabbit hunting, or squirrel hunting.		
Demonstrate the fundamental shotgun shooting skills in a ball-and-dummy exercise.		
Demonstrate the knowledge, skill, and mental attitudes necessary for safely firing shotguns at moving targets.		
Demonstrate how to use a spring-powered trap.		
Demonstrate the equipment for and proper methods of cleaning a shotgun.		
Understand and demonstrate the proper way to care for, store, and transport a shotgun.		
Participate in one or more rounds of the 4-H Shotgun Mail-in Tournament.		
Participate in the State 4-H Shooting Sports Contest.		

**Personal Development Domain**

Pick five assignments from page 47 and list them below.

Assignment	Date passed	Approved by

\_\_\_\_\_ has completed all requirements for Step 7 and is approved for final advancement.  
*Name of 4-H Member*

Approved by: \_\_\_\_\_ Date: \_\_\_\_\_  
*Club Leader*



# Personal Development Domain

## Assignments

1. Lead the Pledge of Allegiance and 4-H Pledge at a 4-H meeting.
2. Lead a song or game at a 4-H meeting.
3. Preside over a meeting of your 4-H club.
4. Write a news story for a local or community paper.
5. Give a talk, presentation, or demonstration for a group other than your 4-H club.
6. Serve as a host for a 4-H club meeting. Make sure everyone is welcomed and feels comfortable.
7. Serve as a junior leader for a club.
8. Serve as a teen leader for a club.
9. Participate in a radio or TV program.
10. Tell others in your community about your 4-H shooting sports activities.
11. Present a talk, presentation, or demonstration at a 4-H club meeting.
12. Participate in a community service project.
13. Serve as a chairperson of a club committee.
14. Participate in a shooting sports event outside of your 4-H club activities.
15. Attend a 4-H camp.
16. Attend a statewide 4-H conference.
17. Develop an exhibit for the county fair.
18. Give a talk, presentation, or demonstration at the county fair.
19. Arrange a tour for your 4-H club.
20. Arrange a speaker for a 4-H club meeting.
21. Complete your annual 4-H records.
22. Help keep score for a state mail-in tournament and ensure that the scores are sent in.
23. Participate in a shooting sports organization or other group that supports habitat development.
24. Explore jobs and careers related to natural resources or shooting sports.
25. Start and keep a list of wild game you have prepared and eaten.
26. Start a club Facebook account, blog, or webpage (with 4-H Extension staff and club leader approval).
27. Plan some personal development options of your own (with club leader approval).

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This publication replaces OSU Extension publication 4-H 3613R, *4-H Archery Advancement Guide*.

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Published October 2013.