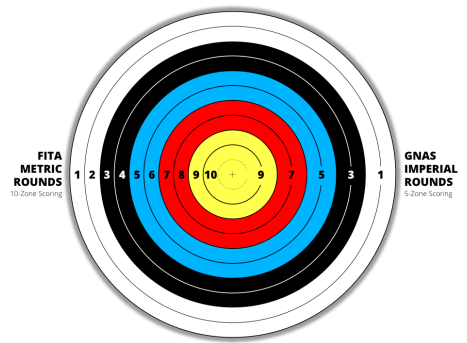




ARCHERY STUDY GUIDE



HISTORY

The origin of archery is unknown; however, archery has been an activity with varied objectives for human beings since the beginning of recorded history. The successful use of archery skills by primitive people literally meant survival for them by providing food. Skilled archers through the ages were able to win battles, and that changed the course of history for many nations. In contemporary society, target archery is considered a challenging sport for the competitor who places value on the pursuit of excellence. Target archery was adopted into the Olympics in 1972. The oldest tournament on record is the Ancient Scorton Silver Arrow Contest in Yorkshire, held every year since 1673, excluding the 2 World Wars. The National Archery Association (NAA) is the governing body of target archery, founded in 1879. The National Field Archery Association (NFAA) was established in 1936, sets rules and regulations governing field archery competition.

SAFETY RULES AND PRECAUTIONS

1. Do not touch any equipment unless told to do so by the instructor.
2. Never use inferior equipment (i.e. split arrows, frayed strings, etc.).
3. Do not draw and release a bow string without an arrow.
4. Do not wear jewelry.
5. Wear simple clothing.
6. Keep the bow arm elbow turned out to avoid string slap.
7. Never run with equipment.
8. Never nock an arrow if someone is in front of you. Nock arrows only when given the command to do so by the teacher.
9. **NO HORSEPLAY!**
10. Retrieve arrows **ONLY** when given the command to do so by the teacher. Never cross the shooting line while others are shooting (wait for command).
11. All non-shooters should stand behind the safety line and not bother the shooter.
12. Never point bow and arrow anywhere other than the target.
13. Shoot only at the target.
14. Never draw and shoot when anyone is between you and the target.
15. Make sure the area in back of the target is clear.
16. Never shoot in the air or in any direction where you might destroy property or endanger life.
17. Pull arrows out of target with two hands carefully as to not break the arrow. Place one palm against the target as a brace, and pull the arrow out of the target with the other hand.
18. Bows and arrows are not toys. Safety precautions must be followed.



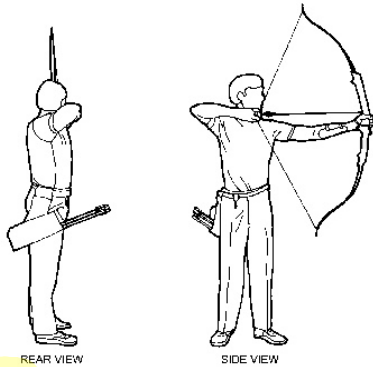
SHOOTING: 10 BASIC STEPS

*The steps described are for the right-handed person; adjustments will need to be made for a left-hander.

1. Establishing a Proper Stance (the foundation of good Archery form)

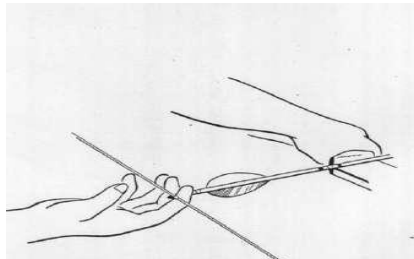
- Feet shoulder width apart, standing perpendicular to the line
- Weight equally distributed upon both feet and knees locked to maintain balance
- Body should be upright with head turned toward the target.
- **Open** stance- front foot slightly backward
- **Closed** stance- front foot slightly forward
- **Square** stance- feet parallel to each other and toes line up with the center of the target

*Note the square stance is recommended for beginning archers.



2. Nocking the Arrow

- Nocking the arrow means placing the arrow on the bowstring in preparation for drawing.



- Make sure the arrow nock groove is completely seated on the string. The arrow should be 90 degree (right angle) to the string.

3. Setting the Hook

- The hook is set using three fingers (index, middle, and fourth fingers) of the archer's right hand.
- Hook first three fingers around the string at the first knuckle of these fingers.
- Hold the arrow lightly between index and middle fingers but do not squeeze the arrow.
- Thumb and little finger of the right hand should be touching each other over the palm.
- It is important to keep the back of the right hand straight.

4. Establishing a Bow Hold

- Extend your left arm at shoulder height toward the target with left hand in a “handshake” position, then place the pivot point of the bow handle (midsection of the bow) in the “v” formed by the thumb and index finger.
- Now the handle of the bow should rest against the base of the thumb, and other fingers should be placed lightly around the handle. This keeps the bow from falling at release of the arrow.
- Before releasing the arrow, the elbow of the bow arm must be turned down to avoid slapping by the bowstring.

5. Raising the Head

- The archer’s head should be in a natural position turned to look directly at the center of the target without any tilt.

6. Raising the Unit

- The archer raises the entire unit (bow with a nocked arrow) to shoulder height.

7. Drawing and Anchoring

- Drawing is the act of pulling the bowstring into the shooting position, and anchoring is the point where the drawstring hand is placed.
- The drawing and anchoring should be done with one smooth deliberate motion.

8. Aiming and Holding

- Concentration may be the single most important part of aiming.
- You should hold your breath and relax a few seconds until the arrow is released.

9. Release

- Releasing the arrow should be done with unconscious effort.
- The archer simply relaxes the entire drawing hand and lets the string roll off the fingers by itself.

10. Follow Through

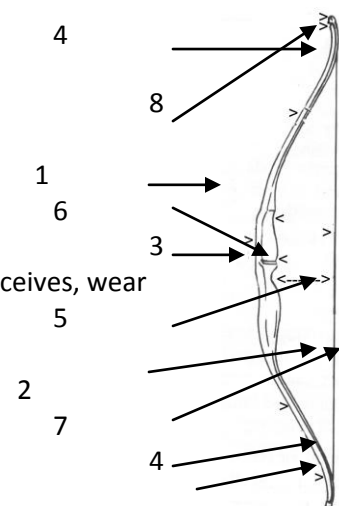
- Follow through is the act of maintaining the body position and mental condition assumed at the release until the arrow hits the target.

EQUIPMENT

All equipment is called tackle.

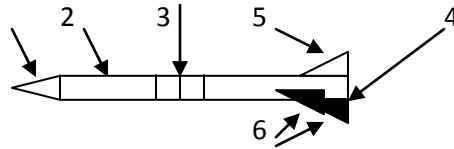
Bow

1. Back – side of bow that faces the target when shooting
2. Belly – side of bow that faces the archer when shooting
3. Handle – held in archer’s hand
4. Limbs – above and below the handle
5. Arrow Serving – wrapping of string in the center of the string that receives, wear from nocking and drawing
6. Arrow Rest or Plate – top of handle where arrow sits
7. String – linen with loops at either end
8. Upper Nock – where the loop of the string fits into the groove
9. Lower Nock – tie end of the string



Arrow

1. Pile – tip of arrow
 2. Shaft – the length of the arrow
 3. Crest – painted colors on the shaft
 4. Nock – the groove on the end of an arrow into which the string goes, also the grooves on the bow where the string is attached
- **Fletching**- the feathers on the arrow
5. Index (cock) Feather – the odd colored feather 1
 6. Hen Feathers – the two like colored feathers



Quiver

- Receptacle used to hold bow and arrows

Target

- Face made of oil cloth or paper with painted colors on it

SCORING

Six arrows shot in succession are called an end.

Values

- Yellow – 9/10 points
- Red – 7/8 points
- Blue – 5/6 points
- Black – 3/4 points
- White – 1/2 points
- Petticoat (area outside the white circle) – 0 points
- Arrow cutting two colors receives higher point value

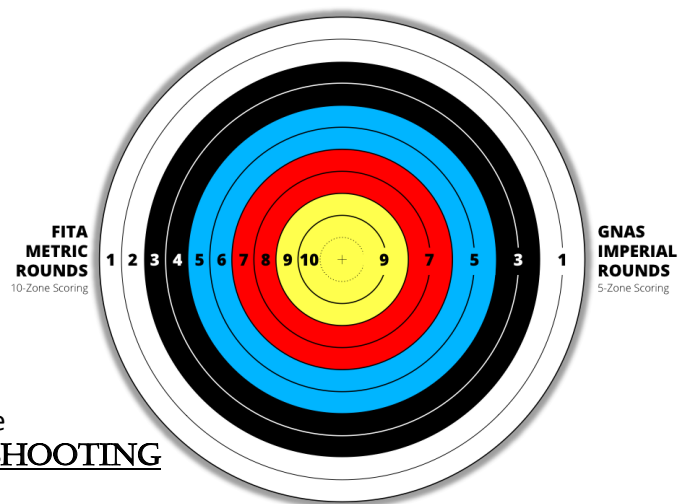
PROBLEM SOLVING – COMMON FAULTS OF SHOOTING

Nocking

- Index feather not at right angle to the bow string
- Arrow not at right angle to string
- Pinching arrow nock
- Arrow not resting on hand and against the bow
- Thumb on arrow nock

Why Arrows Go Right

- “Creeping” (relaxing chest and back muscles as draw is released)
- On the release, jerking the drawing hand out away from the face from the anchor point instead of back toward the ear.



Why Arrows Go Left

- Hunching the left shoulder
- Using a bow that is too heavy
- Jerking the drawing hand as the arrow is released
- Aiming with the wrong eye
- Pinching arrow so it moves away from the bow
- Throwing the bow arm (string slaps arm)
- Using an under strung bow

Why Arrows Go High

- Point of aim too high
- Nocking arrow too low on the string
- Overdrawing
- Peeking (looking up before or after you shoot; you should not know where your arrow goes until after it hits or lands)

Why Arrows Go Low

- Point of aim too low
- Nocking arrow too high on the string
- Not completing a full draw
- Failure to anchor index finger under jaw bone
- Creeping
- Dropping the bow arm
- Slumping

TERMINOLOGY

Aim- to correctly direct an arrow by sight

Anchor Point- a certain spot on the shooter's face, which the index finger of the string hand comes to on the draw

Draw- the act of pulling the bowstring to the proper distance, this distance is also known as the anchor point

End- six arrows shot in succession as in a tournament

Holding- holding the draw a moment before release

Overdraw- pulling an arrow past the handle of the bow

Over Strung- using a string that is too short for the bow

Point of Aim- an object so situated that if the tip of a fully drawn arrow be brought into the imaginary line between it and the eye, the arrow when released will hit the center of the target

Release or Loose- to let the strings go, to shoot an arrow

Round- shooting a specific number of ends at a specific distance

Shooting Line- the line the archer straddles when target shooting

Trajectory- the path of the arrow in flight

7 Steps of Archery:

- 1- **Stance**- Square stance , equal distribution of weight.
- 2- **Nock**- Place one finger above, two below arrow. String in first joints finger.
- 3- **Draw**-Use shoulder and back muscles. Rotate bow elbow. Elbow of string arm up.
- 4- **Anchor**- String to nose and chin. Hand under jawbone .
- 5- **Aim**- Hold breath -- **CONCENTRATE!**
- 6- **Release**- Relax the fingers -- Hand moves backwards.
- 7- **Follow Through**- Release hand . Keep aiming

