



ARCHERY STUDY GUIDE

HISTORY:

- ➡ Archery was first used for hunting, and then used in times of war.
- ➡ Time and place of origin is unknown.
- ➡ First used for hunting, and was changed into a weapon of war by the Egyptians.
- ➡ England was the first country to mount archers-which increased shooting range.
- ➡ King Charles II fostered archery as a sport in 1676.
- ➡ Was introduced in the U.S.A. as a sport in the 17th century.
- ➡ There was little following in the U.S. until 1879, which led to the formation of the national Association of Archery. This was later changed to the National Archery Association.
- ➡ The first archery tournament was started in 1879 in Chicago.
- ➡ Archery became an Olympic event for the first time in 1972 at the Munich Games....the Americans dominated these contests.

CLASS RULES:

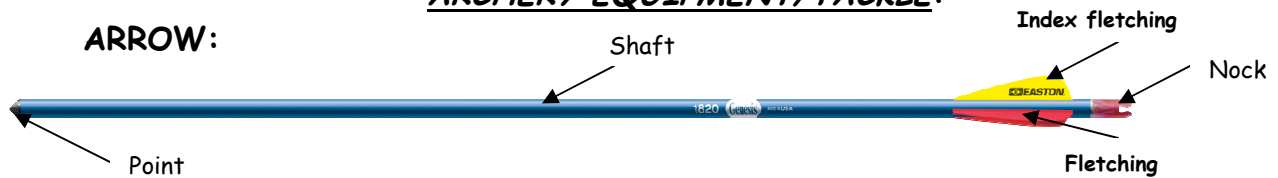
- ➡ FOLLOW ALL SIGNALS WHILE SHOOTING!
- ➡ WHISTLE COMMANDS: 1= SHOOT; 2= GET BOW; 3= GO GET ARROWS; 5= DANGER!
- ➡ Listen carefully. When you hear the 5 WHISTLE "DANGER" sounded stop shooting, hang up your bow, and return to the waiting line. If mid-draw, relax string...DO NOT RELEASE arrow. Put arrow in quiver, hang bow and return to the waiting line until all clear is signaled.
- ➡ When you finish shooting, hang your bow on the rack and stand behind the waiting line.
- ➡ Do not nock your arrow (put it on the string) until your teacher gives the "shoot" command. (One whistle).
- ➡ When you pull your arrows out, stand to the side of the target. Pull highest and closest to you first.
- ➡ Let your teacher know if any of your equipment is damaged.
- ➡ Do not use any equipment that is damaged.

VOCABULARY:

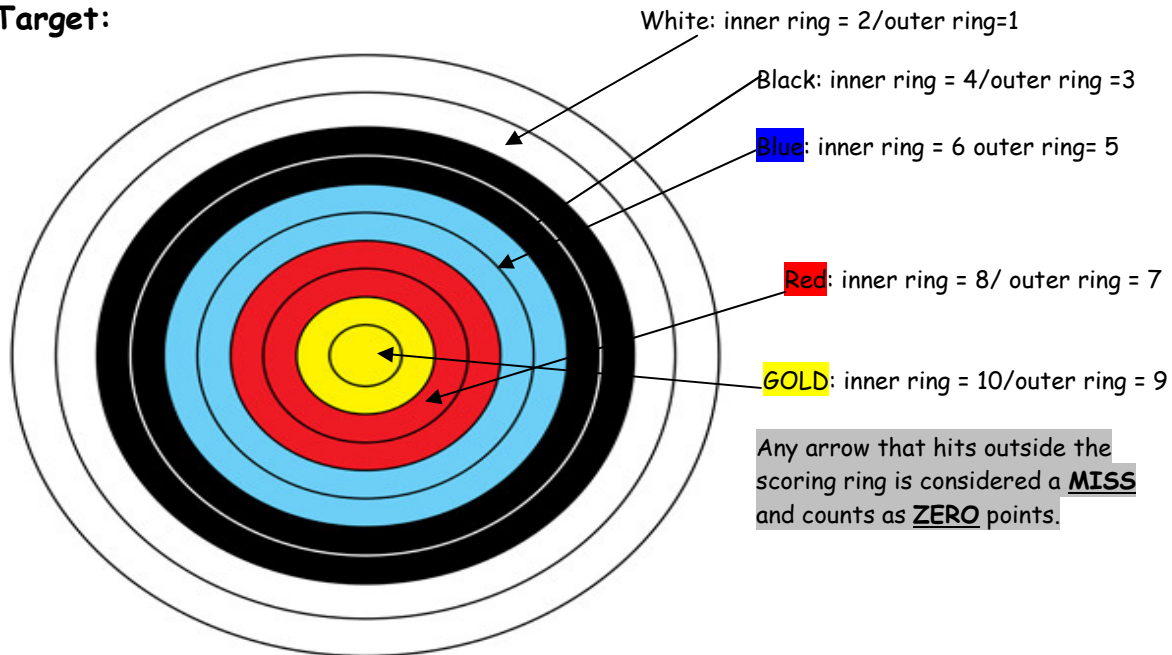
- ➡ ANCHOR POINT: This is the place you pull the string back to. Index finger tip at the corner of your mouth.
- ➡ ARM GUARD: A leather pad you wear on your arm for protection.
- ➡ ARROW REST: This is where you set the arrow on the bow before shooting.
- ➡ INDEX FEATHER/Fletching: The different colored feather. It should always be AWAY from the bow.
- ➡ HANDLE: The grip in the middle of the bow... Where you hold the bow.
- ➡ GROUPING: Arrows that are together on the target.
- ➡ HIT: An arrow that lands in the scoring area of the target.
- ➡ NOCK: The groove in the end of the arrow in which the string is placed.
- ➡ NOCK LOCATOR: The point on the string at which the arrow is placed.(below)
- ➡ POINT: The tip of the arrow....the sharp end! ☺
- ➡ POINT OF AIM: A mark used in sighting upon which the tip of the arrow is aimed.
- ➡ QUIVER: A receptacle for carrying or holding arrows.
- ➡ RELEASE: To let the arrow and string go; to shoot an arrow. Just open up your hand and let go.
- ➡ SHAFT: The main part of the arrow.
- ➡ TACKLE: All archery equipment.
- ➡ TARGET FACE: The front of the target where scoring occurs—usually replaceable.

ARCHERY EQUIPMENT/TACKLE:

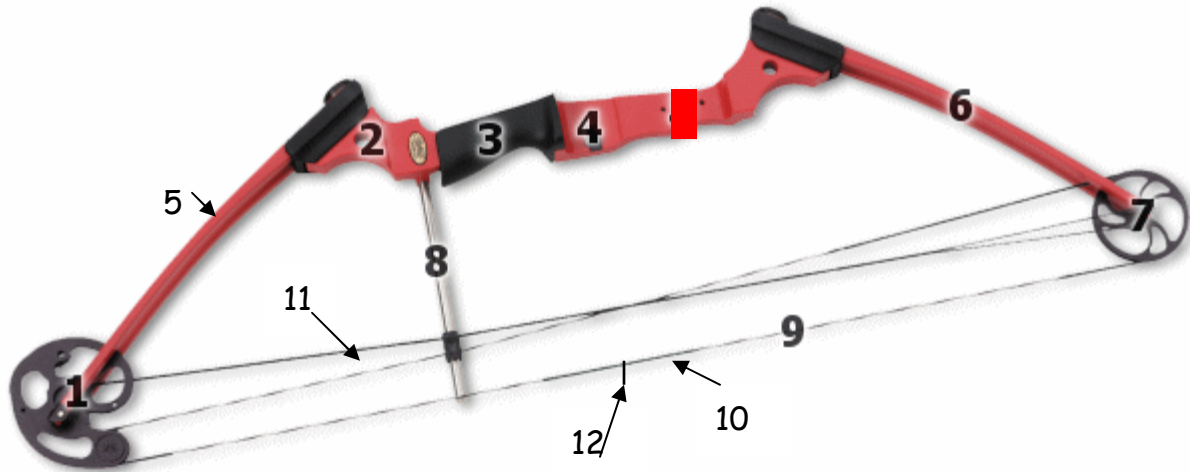
ARROW:



Target:



BOW:



1= Cam 2= Riser 3= Bow Grip 4= Arrow Rest 5= Lower limb 6= Upper limb
 7 = Idler wheel 8= Cable guard slide 9= Bow string 10= Serving 11= cable 12= nock locator

Avoid this:



Wear this!
 (Arm guard)



11 STEPS TO ARCHERY SUCCESS:

1. **STANCE**: Open foot & Shoulder width position. ("Bow's on toes".)
2. **NOCK ARROW**: Grab arrow below fletching, *up and over* vertical bow.
3. **DRAW HAND SET**: Hook string in "archers groove".
4. **BOW HAND SET**: Center bow's grip under the lifeline of bow hand. Bow hand knuckles should form 30-45 degree angle.
5. **PRE-DRAW**: Hinge the bow and drawing arm to eye level. Rotate arm, elbow down and away.
6. **DRAW**: With draw arm parallel to ground, smoothly pull string towards face.
7. **ANCHOR**: Index finger tip at corner of mouth.
8. **AIM**: Align string to dominate eye and arrow point to target.
9. **SHOT SET- UP**: While aiming: think about: use back muscle... begin slight rearward movement of draw arm and shoulder.
10. **RELEASE**: Relax hooked finger and back of draw hand all at once.
11. **FOLLOW THROUGH/REFLECT**: The drawing hand continues back..."paint the face"...until thumb touches or is near shoulder.

Pulling arrows from target:

Start with nearest and highest arrow first. Place one hand immediately above the arrow and on the target. The other hand is placed around the arrow, touching your first hand, as close as possible to the target. Check to see that no one is near you before pulling arrow. Slowly pull, twist only if necessary. Place arrows on the floor. Pick up arrows. You can tap them on top the target to straighten them. Carry with one hand covering the points and the other hand around the shaft under the fletching.

TARGET RANGE

