

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.

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.

Archery first appeared as a sport in the 1900 Olympics Games in Paris and was held at the Games of 1904, 1908 and 1920. However, international rules had not yet been developed and each host country used its own format. As a result, archery events in these early Olympic Games varied widely. Because of the lack of uniform international rules archery was then dropped from the Olympic Games. Target archery was adopted back into the Olympics in 1972

There are four archery events held at the Olympics: Men's Individual, Women's Individual, Men's Team and Women's Team. Archers used to shoot a double FITA round of 288 total arrows, with the championship decided by the highest total score. In an effort to make the sport more exciting, the format was changed to head-to-head elimination for the top 64 competitors beginning with the 1992 Olympics.

Archery is a relatively easy activity to learn and one that can be enjoyed men and women of all ages. Archery would be considered an excellent “**lifetime sport.**”

SAFETY RULES

1. Check your tackle before starting to shoot.
2. Do not overdraw the bow or “snap” the string.
3. Shoot only at the target and never carelessly shoot into the air.
4. Obey all commands. Do not draw your bow or retrieve your arrows until the commands “draw” and “retrieve” are given.
5. Only one person at a time at the shooting line.
6. Do not touch any equipment unless told to do so by the instructor.
7. Never use inferior equipment (i.e. split arrows, frayed strings, etc.).
8. Do not “dry fire” or draw and release a bow string without an arrow.
9. Never run with equipment.
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. 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.
14. **NO HORSEPLAY!**

BASIC SHOOTING STEPS

*The steps described are for the right-handed person.

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. You should feel and hear a “clicking” noise as the arrow is nocked to the service. The indicator fletching should face the shooter. If there is a brass nock on the service the arrow will be nocked below the brass nock.

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. 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 straight and turned out to the side to avoid slapping by the bowstring.

5. Raising the Bow with the Arrow

The archer raises the entire unit (bow with a nocked arrow) to shoulder height the fingers should be on the string.

6. 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. You should anchor under the corner of your jaw, with the string touching your nose and your top finger touching the corner of your mouth.

7. Aiming and Holding

Concentration may be the single most important part of aiming. Close your non dominant eye and sight down to the tip of the arrow to some spot on your target.

8. Release and Follow Through

Releasing the arrow should be done with unconscious effort. You should take a deep breath and then exhale and relax while the arrow is released. The archer simply relaxes the entire drawing hand and lets

the string roll off the fingers by it self. The follow through is the act of maintaining the body position and mental condition assumed at the release until the arrow hits the target.

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

Thumb on arrow nock

Why Arrows Go Right

On the release, jerking the drawing hand out away from the face from the anchor point instead of back toward the ear.

Having both eyes open when aiming

Why Arrows Go Left

Aiming with the wrong eye or having both eyes open

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

Dropping the bow arm

Terms and Equipment

Anchor Point - The reference point that a person pulls the bow string to before releasing. This point should be the same for each shot and may be the side of the mouth, ear lobe, or other reference point.

Arm guard- Material attached to the forearm of the arm that holds the bow to protect it from a string burn or keeps the sleeve from catching on the string.

Arrow Shaft - The main body of the arrow before the nock, fletching, or point is installed. It can be made from several materials including wood, aluminum, carbon, fiberglass and composites.

Arrow Shelf - The area of the bow above the handle or grip where the arrow sits.

Back of Bow- The side farthest away from you when you hold bow in shooting position.

Bow Belly- The side closest to you when you hold the bow in shooting position.

Bow string- Several strands of material twisted together to form a strong string used to launch an arrow.

Compound Bow- A bow with one or two cams that provide let-off and power.

Field Points- Points that are round (no blades) with a sharp point, usually used for practice.

Fletching- The feathers or vanes used to stabilize an arrow in flight.

Hen Feathers- Two same colored feathers on an arrow.

Index Feather- (Indicator Feather) the feather of an arrow set at a right angle to the nock; the odd colored feather.

Limb - The ends of the bow that bend when the string is pulled back.

Nock on Arrow- An arrow part glued or snapped into the back of an arrow shaft that the bow string fits into. On early or very traditional arrows, the nock is cut into the shaft itself.

Nocking Point- The spot on bow string where the arrow nock is placed to be shot.

Quiver- A piece of archery equipment that holds arrows. It may be attached to the bow, placed on a belt, or carried on your shoulder or back.

Recurve Bow- A bow that has no cams or other method to lessen the amount of force to pull back the string. When strung, the string contacts the bow limbs a short distance from the limb tips.

Release- The action of letting go of the string to shoot an arrow.

Sight Window- The area of the bow above the grip and arrow shelf where you would mount a sight or as with a long bow, you see your target.

Scoring

The scoring system is based on a 10-ring target.

Each section of the target is worth from one to 10 points, with 10 being the best.

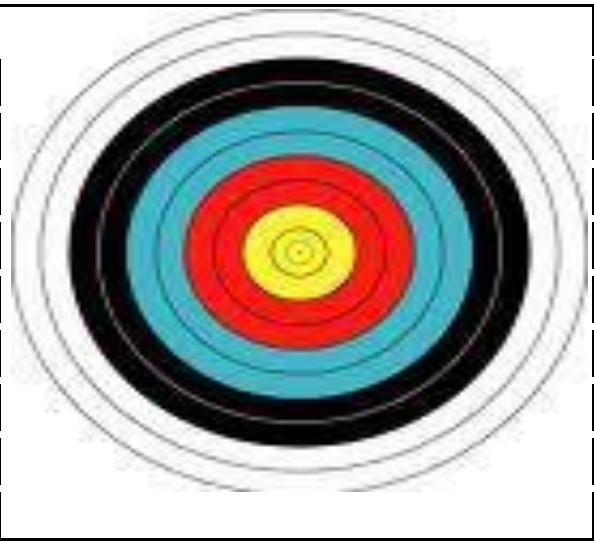
Arrows on the dividing lines are given the higher score and deflections score where they land.

Arrows that bounce off the target or pass through are also counted (7 points).

Arrows that “out” the petticoat are counted as a “hit” and are worth 0 points.

The rings and the corresponding point values are as follows (from innermost to outermost):

Gold inner	10 points
Gold outer	9 points
Red inner	8 points
Red outer	7 points
Blue inner	6 points
Blue outer	5 points
Black inner	4 points
Black outer	3 points
White inner	2 points
White outer	1 point



7 STEPS TO GOOD SHOOTING

(1) Stance (2) Nock (3) Draw (4) Anchor (5) Aim (6) Release (7) Follow Through