

ARCHERY

HISTORY

Archery skill was of vital importance for thousands of years. It literally provided means of survival. It is generally agreed that man started using crude archery tackle some ten to twenty thousand years ago.

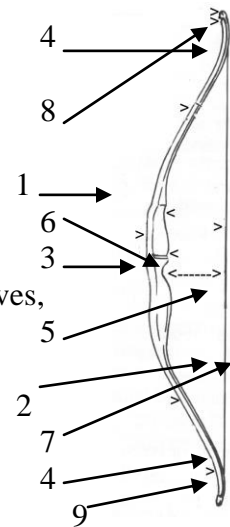
Archery became a sport in America after a group of Philadelphia gentlemen founded the United Bowmen in 1828. The National Archery Association was founded in 1879. Archery became a gold medal sport in the 1972 Olympic Games. The recurve bow is used by Olympic Archers. An arrow shot by this bow travels at more than 150 mph.

EQUIPMENT

All equipment is called **tackle**.

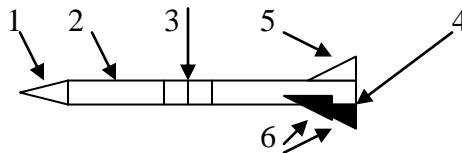
Bow

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



Arrows

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
5. Fletching- the feathers on the arrow
6. Index (cock) Feather – the odd colored feather
7. 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

SAFETY AND CARE OF EQUIPMENT

- Never draw and release the bow without an arrow in it
- Before shooting, be sure all archers are on or behind the shooting line
- Check arrows for cracks
- Make sure bow string is secured and not frayed
- Shoot only at assigned target
- Do not carry arrows by fletching
- Remove arrows from target correctly by placing hand against target face, twisting arrow out.

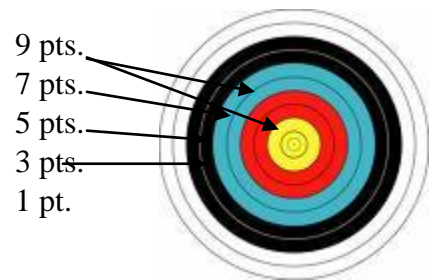
SCORING

Six arrows shot in succession are called an end.

The highest possible score for one end is (6 arrows) x 9 points = 54 points.

Values

- Yellow - 9 points
- Red - 7 points
- Blue - 5 points
- Black - 3 points
- White - 1 point
- Petticoat (area outside the white circle) - 0 points
- Arrow cutting two colors receives higher point value
- Rebound - 7 points
- Arrow shot completely through - 7 points from 60 yards or less; 5 points from more than 60 yards



SHOOTING TECHNIQUES

- Building - Everyone standing with backs against the building and quiet
- Straddle - Feet in athletic stance, with one foot on the sidewalk and one foot in the grass. Toes pointed toward the track with bow side shoulder facing target, if right-handed.
- Bow - Grabbing the bow from the quiver
- Thumb - Next to arrow plate
- Knuckles - Facing target
- Elbow Locked - Bow arm
- Nock - Putting the arrow on the string
- Side - Placing arrow hand next to the right side of their side, if right-handed

- Fingers – Index, middle, ring, placing arrow fingers on the nock/string, with the nock of the arrow between the index and middle fingers and the ring finger on the string for support. No thumb or pinky on the string or nock!
- Draw – Pulling the string back
- Anchor Point – Chin/side of jaw
- Aim – Close left eye if right handed archer
- Loose - Release

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

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| <ul style="list-style-type: none"> • Point of aim too low • Nocking arrow too high on the string • Not completing a full draw | <ul style="list-style-type: none"> • Failure to anchor index finger <u>under</u> jaw bone • Creeping • Dropping the bow arm • Slumping |
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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