ARCHERY STUDY GUIDE

COMMANDS:

1. ADDRESS THE TARGET
* Standing sideways
* Shoulder at target
* Feet shoulder width apart
* Toes lined up with the center of the target
* Everyone should be lined up evenly on the shooting line
1. NOCK AND HOOK
* Hold the bow with the left hand with palm facing the ground for right handed archers. Opposite for left handed archers.
* Place the nock of the arrow on the serving, be sure the arrow is perpendicular to the string and index feather to the sky
* Set the hook by using 3 fingers around the string (index, middle and fourth finger)
* Hook the first three fingers around the string at the first knuckles of these fingers
* The thumb and pinkie touch each other over the palm and should not be on the string
1. RAISE THE UNIT
* Bow raised to an upright position facing the target
* Bow arm extended toward the target, shoulder height
* Drawing arm is forming an extension of the arrow
* Keep elbow up
* Look directly at the center of the target
1. DRAW & ANCHOR
* Draw hand is relaxed
* Elbow slightly elevated
* Pull bow string into the shooting position, shoulder and back muscles pull
* At full draw the string should make contact with the center of nose, lips and chin
* Anchor must be done at the same point for each draw
* Index finger under tip of jawbone
* While drawing take a deep breath, exhale ½ and hold remainder until arrow is released
1. AIM
* Concentrate while aiming
* Sight the center of the target with both eyes or with dominant eye
1. RELEASE
* Relax entire drawing hand and let the string roll off the fingers
* Keep hand in anchor position when releasing
* Keep aiming
1. FOLLOW THROUGH
* Maintain body position and mental condition assumed at release until the arrow hits the target
* Slightly squeeze shoulder blades together

TERMINOLOGY:

END – a set number of arrows that are shot before going to the target to score and retrieve

FLETCHING – the feathers that are attached to the arrow shaft to stabilize arrow flight

HEN FEATHERS – the two feathers of the same color

INDEX FEATHER – the odd colored feather

NOCK - to place an arrow on the bowstring. The attachment on the rear end of the arrow which is placed on the bowstring and holds the arrow on the string

QUIVER – a device used to hold arrows

TARGET FACE – placed over the target consisting of 5 concentric colored zones arranged from the center outward as follows: GOLD, RED, BLUE, BLACK, WHITE

ARM GUARDS – a piece of leather that protects the bow arm from the slap of the bowstring

SAFETY:

* Always check the bow and string to see if it is properly placed at both ends. Check for frayed strings.
* Obey all commands given for shooting and retrieving arrows.
* Never go to the target while others are shooting. All participants go to retrieve arrows at the same time. (On teacher command)
* Do NOT take an arrow out of the quiver until instructed to do so.
* Draw an arrow only when directed. Only aim at the target. Never draw if someone is between you and the target.
* Never shoot straight up into the air.
* When nocking an arrow, be sure to keep the bow and arrow pointed toward the ground. If you drop an arrow when nocking, hooking, or raising the unit, do not move forward to pick it up. The fallen arrow will be retrieved when all other arrows are retrieved.
* Always be sure that the area in back of the target is clear.
* Do not overdraw the arrow.
* Inspect arrows for cracks and broken nocks.
* Do not release a fully drawn bow without an arrow. (String or bow could snap and easily result in injury)
* Do not wear bulky clothing when shooting. If you have long hair, it needs to be pulled back.
* Absolutely no jewelry.
* Everyone must at all times stand behind the shooting line. If you are shooting you are at the line. If you are waiting your turn, you are 10 YARDS behind.
* Pay attention to the groups that are shooting in front of you.
* When you finish shooting place your bow down and step back from the shooting line.
* Never take chances or be the least bit careless or negligent. Archery can be an exciting and challenging sport. But, understand it can also be hazardous to your health and the health of others if you do not abide by the rules.