



# Archery

## Answer the questions.

1. What is a shooting line and why is it important?
2. Describe the check points of stringing a bow.
3. Describe how to nock the arrow.
4. What are the check points for the positioning of the arrow?
5. What is the proper way to remove an arrow from the target?
6. Describe how to draw and release the bow.
7. What can affect the trajectory of the arrow?
8. What does draw weight refer to?
9. Describe stance and arm positioning when shooting.
10. What was your favorite part of the archery unit?

**History** The bow and arrow is one of the oldest mechanical weapons and remains the weapon of many aboriginal people in certain parts of the world. The bow and arrow was first used by primitive people for hunting. It was the chief weapon of the American Indians, both for hunting and for wars. It was used as a weapon by the Egyptians over throwing Persia and in many other ways.

With the development of gun powder and firearms in comparatively recent times, the bow and arrow has been retired to the realm of sport. In this capacity it has sporadically interested groups in various parts of the world, particularly in England and the United States, but archery has not flourished to the same extent as many other sports.

The earliest archery contest, The Ancient Scorton Arrow, was created by the Ancient Scorton Arrow Society in England in 1673. This tournament is still in existence.

## Safety

- Always remember that a loaded bow is a deadly weapon!
- Never show your skill by using a human target or permit someone to hold a target for you!
- Be sure no one is standing in front of or to the sides of the archer while bow is being drawn or shot! Be sure everyone is standing behind the archer.
- Shoot only at the target. Try first shots at closer distances until the archer feels comfortable shooting the bow.
- Never use arrows that are too short!
- Replace your bowstring when it becomes worn or frayed.
- Always string your bow properly!
- Always use finger and arm protectors!
- Always have an adequate backstop in the area behind the target. Make sure the area behind the target is clear and free of objects that may cause the arrows to bounce off or be deflected. The target in this set is designed to have its base on the ground or close to the ground so that the arrow will not have to be shot upward.
- Do not allow anyone to retrieve arrows until **ALL** arrows have been shot!
- **Remember, look before you shoot!**

## Removing an Arrow

Use one hand to brace the target and the other to pull the arrow straight out.



## Vocabulary

**Arm Guard:** a protective cover for the lower part of the bow arm.

**Bow Arm:** the arm that is extended in preparation for release.

**Bow Sight:** a device attached to the bow used to assist in aiming

**Drift:** the motion of the arrow caused by wind or other weather.

**Eye:** the string loop

**Grouping:** Shooting a group of arrows close together on the target.

**Let Fly:** Release arrows.

**Nock:** the groove at the end of the arrow.

**Nocking Point:** the point of the string at which the arrow is placed.

**Point:** the metal tip of the arrow.

**Quiver:** a device to hold arrows.

**Release:** to shoot an arrow.

**Shooting Line:** the line where one stands to shoot; the archer straddles this line.

**Shooting Tabs:** a protective device for fingers.

**Stringing:** to place the string on the bow and make it ready to shoot.

## STRINGING THE BOW

1. Hook string onto the end of the lower limb so that the string runs along the face of the bow.
2. Grasp the loose end of the string with your left hand and grasp upper limb near the top with your right hand. Your right hand should be on the back of the bow.
3. Lay curve of lower limb over left ankle.
4. Step right foot over bow so that the face of the bow touches the back of your right thigh.
5. Push slightly against the bow with your right hand.
6. Raise left heel off ground, lock right knee and push forward with right hand so bow bends naturally. Insert string loop through hole and hook loop over limb end.

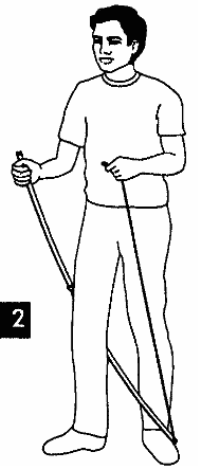


Figure 2

## The ARROW:

The arrow nock always has the groove positioned so that the index vane clears the bow in the best fashion.

## NOCKING THE ARROW:

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

If nock point is installed on string: Place arrow UNDER nock point.

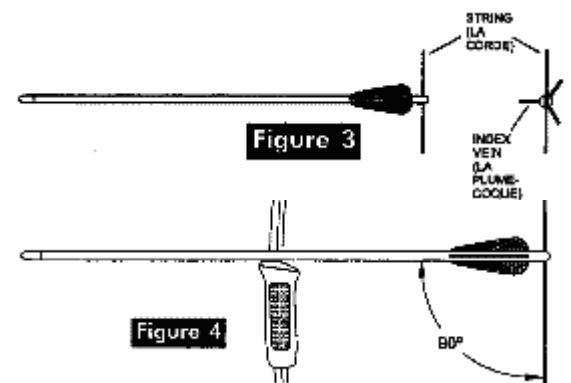
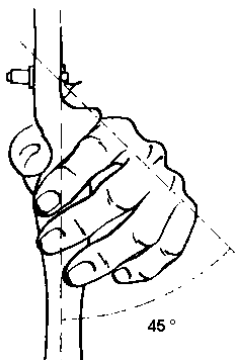
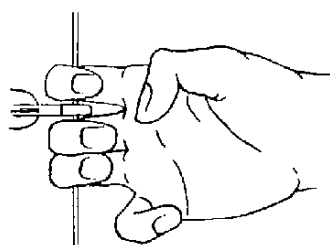


Figure 3

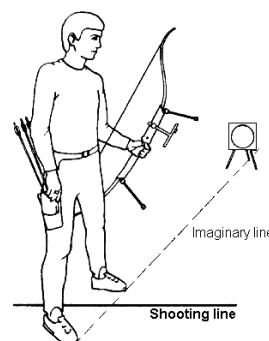
Figure 4



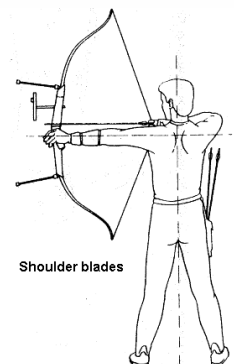
45°



Finger position



Shooting line



Shoulder blades