

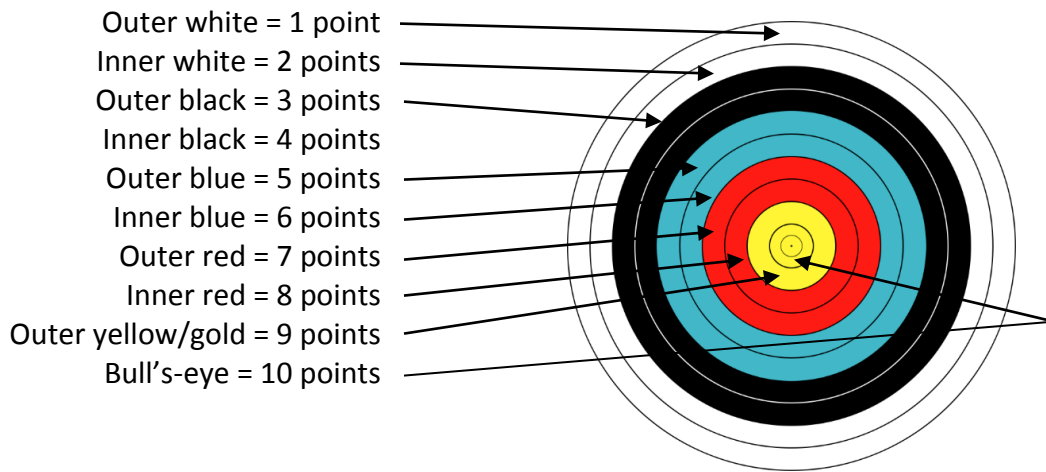
# Archery Study Guide

## History

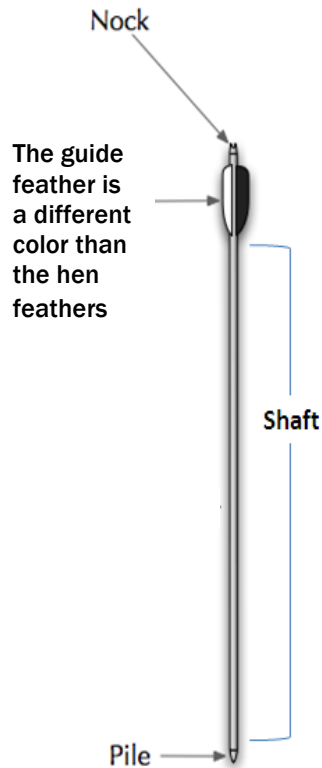
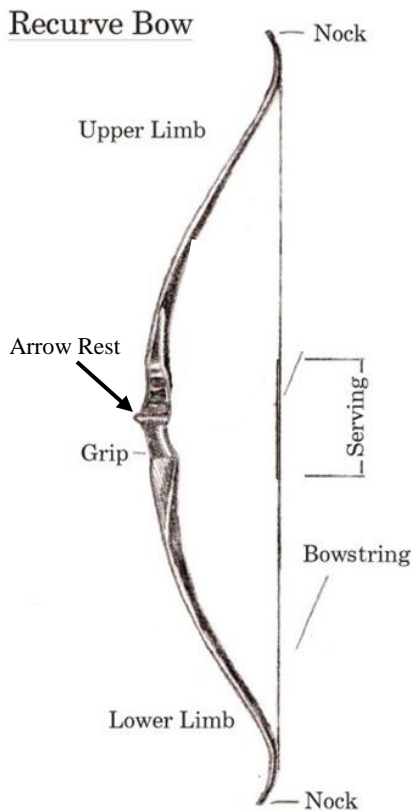
Archery is the art of propelling arrows with the use of a bow, from the Latin arcus. Historically, archery has been used for hunting and combat. Evidence of ancient archery can be found throughout the world as far back as 5,000 years ago. Archery is part of folklore. The most famous archer (or Bowman) is Robin Hood who split the arrow of his competitor. Today, the bow and arrow is used mainly as a recreational and competitive activity.

## Objective

The highest score is achieved by shooting an arrow into the center, or bull's-eye. A bull's-eye is worth 10 points. Arrows hitting the lines receive the higher point value. A miss results in a score of zero.



## Parts of the Bow and Arrow



## Range Commands

(must be in order word for word)

- 1) Ready the bow
- 2) Nock your arrow
- 3) Draw and fire when ready
- 4) Retrieve your arrow

## Rules – Safety Measures

- No horse-play on the range.
- Never point a bow or arrow towards another person.
- Follow all range commands.
- When waiting your turn to shoot, stay behind the safety line.
- Make sure the equipment fits you and is in good shape.

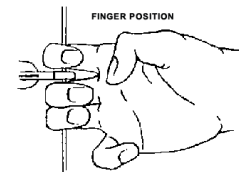
## Protocols

### READY THE BOW

- a) First person in each group approaches the firing line.
- b) Straddle the firing line with feet shoulder-width apart.
- c) Bow in target-side hand held against the body.
- d) Arrow rest above your thumb and string under your arm.

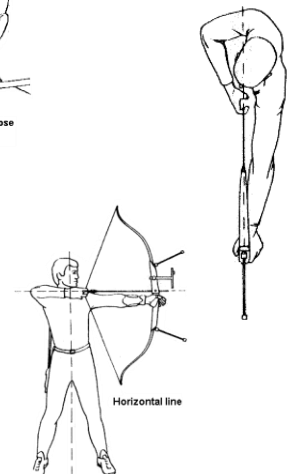
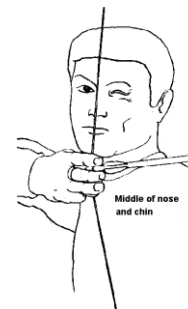
### NOCK YOUR ARROW

- a) Arrow over the top of the string and onto the front of the bow.
- b) Arrow pointed down and sitting on the arrow rest, guide feather facing the target.
- c) Pull up on the arrow until the nock catches on the string and can stay on by itself.
- d) Hold the string gently in your middle three fingers in the line of the outermost knuckle with the nock of the arrow between your index and middle finger. Do not use the thumb or pinky.
- e) Arrow should be pointed down and toward the target.



### DRAW AND FIRE WHEN READY

- a) Raise the bow and draw back the string at the same time.
- b) Keep the front arm straight.
- c) Keep the back elbow high and in line with the string.
- d) To aim, anchor the nock of the arrow against the corner of your mouth then sight down the shaft.
- e) To fire, simply release the three fingers holding the string.
  - Don't allow your arm to go forward with the string.
  - Don't pull back on the string as you release.
- f) After you are done firing all your arrow(s), lay the bow down on the quiver (cone) and walk back to the safety line. Keep an eye on your arrow.



### RETRIEVE YOUR ARROW

- a) Archers retrieve all of their arrows that were fired.
- b) Collect all arrows from the ground first.
- c) To release arrows from the target, place one hand against the target with the shaft of the arrow in-between two fingers. With the other hand, grab the shaft close to the target, twist and pull.
- d) Place the arrows point down in the quiver (cone) and go to the end of the line.

## Components of Fitness

Archery requires muscular strength to draw back the string and muscular endurance to hold the bow steady while you aim at the target.