

ARCHERY STUDY GUIDE

(revised 09/09)

I. History of Archery

From the dawn of recorded history, archery has been part of the human race. Every civilization, from ancient Egypt to the present, has been influenced by its development. For thousands of years before the invention of firearms, archery was the primary tool used to hunt for food and to fight wars. Although archery is no longer used as a survival tool, its popularity still exists as a competitive sport around the world.

1. During prehistoric times, the bow and arrow was used for hunting and warfare.
2. Turks developed a curved bow in the 900s A.D.
3. The crossbow was used for warfare during the medieval times.
4. The long bow and straight bow were used in England and Scotland until the end of the 16th century.
5. In the United States, the bow and arrow was the primary weapon for Native Americans.
6. Archery was first included in the Olympics in Paris in 1900 for men.
7. In 1924, Archery was dropped from the Olympic program.
8. It was reintroduced as part of the Olympics in Munich in 1972 for both men and women.
9. Team competition was added in 1988 in Seoul for men and women.
10. FYI (for your information): usarchery.org

II. Eight Basic Skills of Archery

1. **Stance:** Assume a comfortable position with your feet slightly spread, weight equally on both feet. Stand with your body at a right angle to the target and one foot on each side of the shooting line.
2. **Nock:** Place the arrow nock groove on the string. The arrow should be 90 degrees (right angle) to the string.
3. **Set:** Grasp the arrow with three fingers around the string (set the hook). The arrow nock should be between the index and second fingers, holding the string in the curve of the first joint of the fingers. The thumb should consistently touch the same place along your jaw line. The little finger is turned into the palm of the hand.
4. **Draw:** Turn your head toward the target. Extend your bow arm with the bow. Draw the arrow back to its full length, placing your thumb along your chin or jaw line. Do not move your head. It remains in a natural position "looking at the target" position.
5. **Anchor:** The position of the thumb on the chin or jaw bone with the tip of the index finger at the corner of the mouth is called "anchor". The anchor must be the same for each shot. Inhale as you set the anchor and do not move.
6. **Aiming:** When the bow is at full draw, with the anchor in proper position, the aiming point is the tip of the arrow to the target. Adjustments are made based on where your arrow hits the target --- up or down, left or right.
7. **Releasing:** When the arrow has been aimed, it is released by simply relaxing and straightening the three fingers holding the arrow and the string. Exhale after the arrow hits the target.
8. **Follow-through:** Archery, like golf and bowling, has its "follow-through". The bow arm stays extended and stationary until the arrow hits the target. The release hand stays at the chin or jaw line. You should freeze (no body movement, not even your breathing) until the arrow hits the target.

III. Scoring: A perfect round is 6 arrows in the yellow = 54/60 points

Bullseye or Gold	= 10 or 9 points	The score is determined by where the arrow shaft is in the target.
Red	= 8 or 7 points	
Blue	= 6 or 5 points	Arrows touching two colors scores the higher value.
Black	= 4 or 3 points	Arrows passing through or bouncing off a target do not score.
White	= 2 or 1 point	

IV. Rules of Archery

BOWS AND ARROWS ARE NOT TOYS!!

BOWS AND ARROWS ARE WEAPONS CAPABLE OF INFLECTING SERIOUS INJURY AND SHOULD BE HANDLED WITH GREAT CARE!!!

1. Always remember, that a loaded bow is a deadly weapon!
2. Never show your skill by using a human target or permit someone to hold a target for you!
3. Be sure no one is standing in front of the archer while the bow is being drawn or shot. Everyone should be behind the archer.
4. Shoot only at the target. Never shoot into the air or in any direction where it might endanger life.
5. Never use arrows that are too short. Be sure arrows are the correct length and stiffness for the bow you are using.
6. Replace your bowstring when it becomes worn or frayed.
7. Always string your bow properly. Do not release a fully drawn bow without an arrow (dry fire).
8. Never use a target that cannot stop an arrow. Always be sure the area in the back of the target is clear.
9. Do not allow anyone to retrieve arrows until ALL arrows have been shot. **OBEY** all commands for shooting and retrieving arrows
10. Remember, always **LOOK** before you **SHOOT!!**
11. Never use a damaged bow or damaged arrows!! Inspect your bow and arrows periodically for imperfections such as cracks, splits or splinters. If any damage is detected, the bow or arrow should be destroyed.
12. Never overdraw the bow: drawing the arrow back so far that the pile/point is inside the bow.

V. Parts of the arrow

1. Point or Pile: The pointed medal tip of the arrow.
2. Shaft: Aluminum, fiberglass or cedar
3. Crest: Painted stripes on the shaft for decoration and/or identification
4. Fletchings: Plastic vanes or feathers for guidance or stabilized flight
5. Index feather: The odd colored feather set at a right angle to the nock.
6. Hen feathers: Two same colored feathers not set to right angles to the nock.
7. Nock: Slotted or grooved end of an arrow in which the string is placed.

VI. Parts of the bow

1. String notch
2. Nock locator
3. Serving
4. String
5. Upper limb and lower limb
6. Grip and arrow rest
7. Sight window
8. Face and back

VII. Other Equipment

1. Quivers
2. Finger protection: glove or tab
3. Arm Protection
4. Quick Release
5. Sights and Stablizers
6. Tackle: Archery Equipment
7. Target: 32" to 48" in diameter

VIII. Types of bows

1. Reflex
2. Recurve
3. Compound