

# Archery Study Guide

Name \_\_\_\_\_

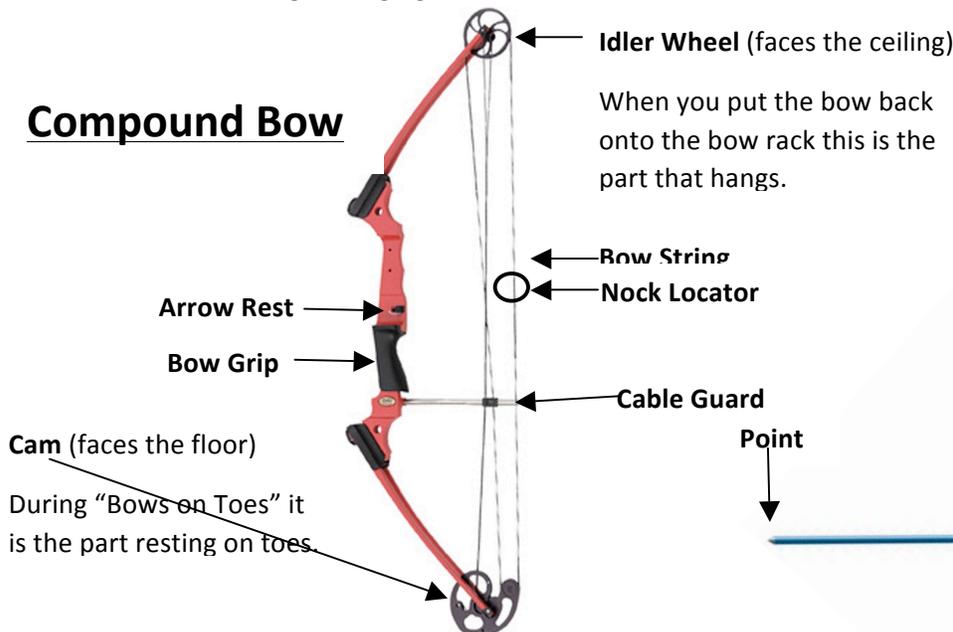
Pd. \_\_\_\_\_

## Safety

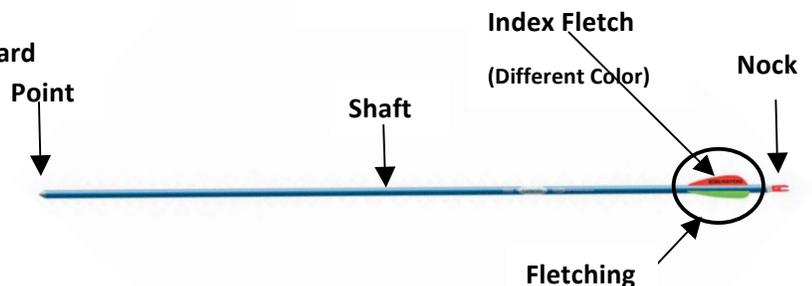
1. Do not fool around or horseplay. While on the observation line they will quietly sit and watch their peers shoot their arrows.
2. Before shooting, check your equipment.
3. When getting your bow, always walk, straddle the shooting line, and place "bows on toes"
4. Always keep the tip of the **arrow pointing at the target**
5. Only draw a bow when an arrow is nocked on the bowstring and it is pointed safely towards the target. To shoot a bow without an arrow is called a dry-fire and can harm people and equipment.
6. Only nock and **shoot when told to do so by the teacher.**
7. Only go **in front of the shooting line when told to do so by the teacher.**
8. **Never step across the shooting line to reach an arrow or bow that has fallen.** Leave arrow, **raise hand for a replacement arrow**, and teacher will pick up when we "go get arrows".
9. **Walk** to the target line only when you hear the 3-whistle signal "go get arrows". **Wait until the instructor says "Retrieve arrows" before you approach the target and pull out the arrows.**
10. Whenever retrieving arrows keep the point towards the ground covering the tips with your hand around the side of the arrow.
11. When finished shooting your round of arrows, return bow to the rack and walk behind the waiting line.
12. Signals:  
**EMERGENCY SIGNAL = "Cease Fire" 5 or more whistle blasts = stop, let down, re-quivier, re-rack, and return behind the waiting line.**  
2 whistle signal = "get bow"  
1 whistle signal = "shoot"  
3 whistle signal = "go get arrows"

## Equipment

### Compound Bow



### Arrow



**Eye dominance-** Right eye dominant/Right handed bow/Draw hand will be with your right hand

Left eye dominant/Left handed bow/Draw hand will be with your left hand



After you have completed shooting all of your arrows, you hang your bow on the rack and stand behind the waiting line. When the instructor blows the whistle 3 times you may “go get arrows”.

## 4 Target Line



Teacher Command-  
Retrieve your arrows

While sitting behind the observation line the instructor will blow the whistle 2 times to alert students to “get bows” and stand behind the shooting line with their feet straddling the line and their bows on toes. When the instructor blows the whistle 1 time student’s will “shoot” their arrows at their targets using the 11 steps for archery success.

## 2 Shooting Line



One Whistle- Shoot



After the students have completed shooting their arrows they will wait behind the waiting line. The instructor will blow the whistle three times to alert the students to “go get arrows”. Students will wait behind the target line until the instructor gives the command to retrieve their arrows.

## 3 Waiting Line

Three Whistles- Go get arrows



You will quietly sit behind this line while observing students who are shooting their arrows at their targets. You are never to yell or get up from this line without permission.

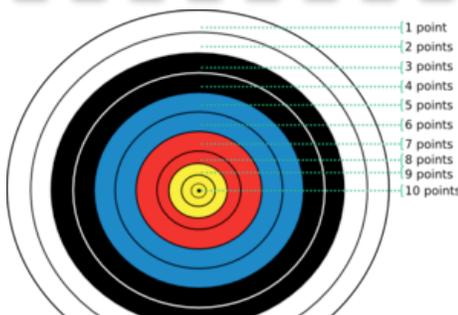
## 1 Observation Line

Two Whistle- Get Bows



X X X X X X X X X  
 X X X X X X X X X  
 X X X X X X X X X

**Emergency Whistle “Cease Fire”** – 5 or More whistles stop, let down, re-quiver, re-rack, and return behind the waiting line



## Scoring

Start at the bullseye (10) points and count down each line going outward 9,8,7,6,5,4,3,2,1.

0 Points are earned for all missed shots outside of the scoring ring.

If the arrow touches the line you will receive the higher score.



# 11 STEPS TO ARCHERY SUCCESS



## Bows on Toes



## 1. Stance

Start feet together

Half step back

Shoulder width apart

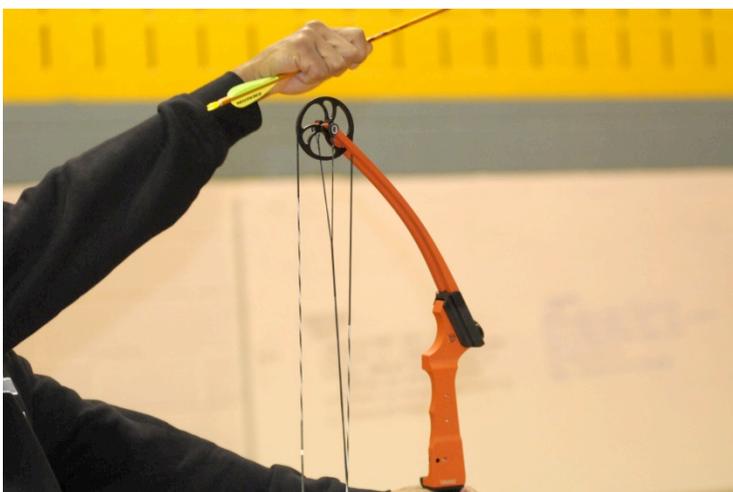
Open the toe

## 2. Nock Arrow

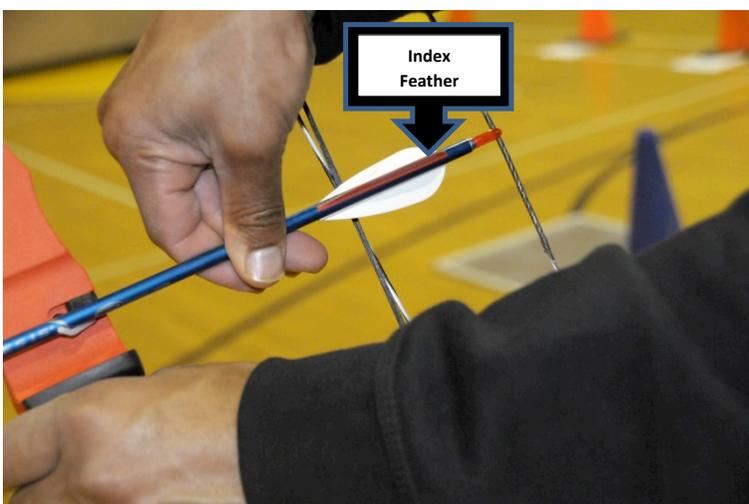
Grab below fletching



**Up & over a vertical bow**



**Turn different color "feather" (index feather) away from the bow and towards your body.**

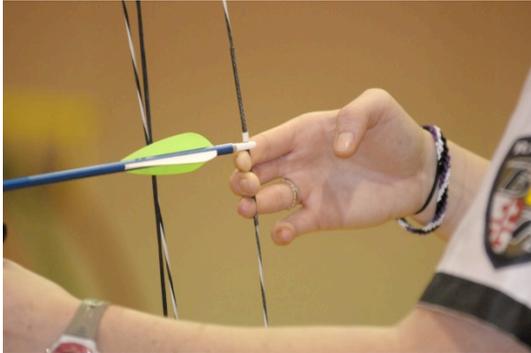


**Snap the nock on the bowstring under the nock locator.**



### **3. Draw Hand Set**

Hook the bowstring in the 3-finger archer's groove. The back of the hand should be relaxed and flat.



### **4. Bow Hand Set**

Center the bow's grip under the lifeline of the relaxed bow hand. Bow hand knuckles should form 30-45 degree angle. Wrist should form an "L". The fingers are lightly closed on the bow.



### **5. Pre-Draw**

Bring the bow arm and drawing arm to eye level keeping the shoulders level. Rotate bow arm elbow down and away from the bow string.



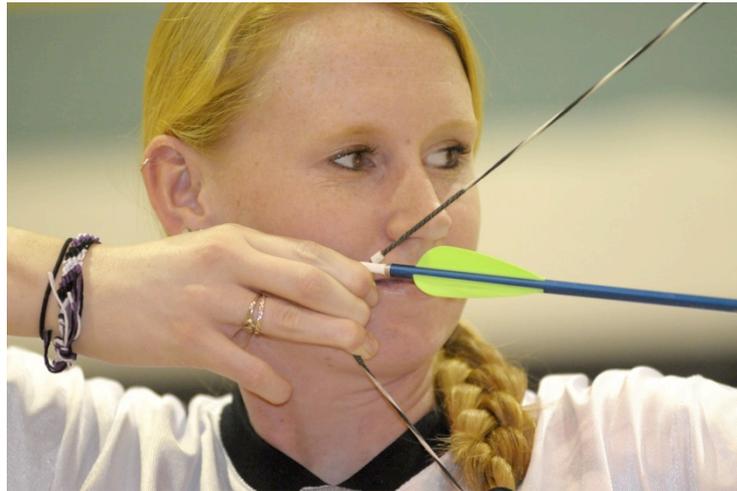
## 6. Draw

With draw arm parallel to the ground, smoothly pull the string towards the face.



## 7. Anchor

Index finger tip placed touching the corner of the mouth.



## 8. Aim

Align the vertical bow string and line up the arrow point on the target.

## 9. Shot Set-Up

- a. While the eye continues to aim....think about and....
- b. Maintain active bow arm and drawing muscles
- c. Using your back muscles, begin a slight rearward movement of the drawing elbow.

## 10. Release

Relax the hooked fingers and the back of the drawing hand all at once

## 11. Follow Through / Reflect

Upon release:

- a. The drawing hand continues toward the face, under the ear and painting the face, until the thumb touches or is near the shoulder.
- b. The drawing elbow should relax and go downward.
- c. Reflect – did the shot process feel and look right?

