



# Archery

## History

Throughout history one can find references to the use of bows and arrows. Archery as a sport dates back to 17<sup>th</sup> century England. You know the old William Tell story. In 1826 the first United States archery club was started in Philadelphia. Since 1972, archery has been an Olympic event for both men and women.

## Rules and Information

### Safety Concerns:

1. All students will remain behind the cones when not shooting.
2. No one will pick up an arrow to shoot until given permission.
3. Never point a loaded bow at anything but the target.
4. When finished shooting place the bow on the ground – step away from the ground quiver and back to the cones.
5. Retrieve arrows only when everyone is finished and the instructor gives permission to enter the range.
6. Pick up arrows on the ground first – then from the target.
7. Do not run when carrying arrows.
8. Inspect all arrows before shooting for damage – When in doubt DO NOT SHOOT – ask for a replacement.

### **8 Simple Pointers to Archery Shooting:**

1. **ADDRESSING THE TARGET** – the tips of your toes should be in line with the center of the target.
2. **STANCE** – Assume a comfortable position with your feet shoulder width apart. Place equal weight on both feet. Straddle the shooting line with the ground quiver within easy reach.
3. **HOLDING AND NOCKING THE ARROW** – Hold the bow down at your side. Pick up the arrow by the nick. Place the arrow on the serving at a right angle to the string (odd colored feather upward). Grasp the arrow with three fingers under the string. The nock should be between the index and middle fingers. Hold the string in the curve of the first joint of the fingers. The thumb and little finger are turned into the palm of the hand.

4. **DRAW** – Turn your head toward the target. Extend your bow arm shoulder level toward the target. Draw the arrow back to its full length placing your hand along your jaw bone with the top of your index finger at the corner of your mouth. Do not move your head. Drawing arm elbow is held level with the shoulder.
5. **ANCHOR** – The position of the hand on the jaw bone with the top of the index finger at the corner of the mouth is called the “anchor.” To be consistent the anchor must be the same for each shot.
6. **HOW TO AIM** – Point of aim method: A method of aiming which uses an aiming point found by sighting with the top of the arrow to aid the archer in hitting the target. The point is usually in front of the target and below it. This point moves upward toward the gold as you increase the distance to the target. This allows for the arc or trajectory which the arrow travels.
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.
8. **THE FOLLOW THROUGH** – The bow arm stays extended and stationary until the arrow strikes the target. The release hand stays and the jaw bone or moves slightly to the rear along the jaw bone.

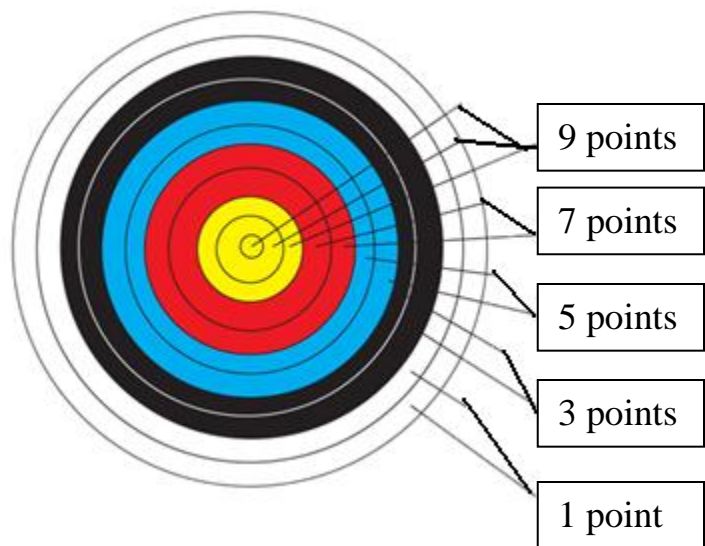
### Common Shooting Faults:

1. Head position
2. Release
3. Moving the bow arm
4. Alignment

### Archery Scoring System:

#### Target Face:

White = 1  
 Black = 3  
 Blue = 5  
 Red = 7  
 Gold = 9  
 Petticoat = NO POINTS



An arrow cutting two colors will be scored the higher color. An arrow that bounces off or goes through the target, IF SEEN, counts 5 points. If more than six arrows are shot, the higher ones are not counted.