

## 12<sup>th</sup> Grade Archery Study Guide

### Archery Facts:

Properly played indoor or out, all year round, and by people of all ages archery is rated extremely high in leisure time and carry-over values. This sport attributes to the development of strength of the chest, abdomen, arms, and back in addition to enhancing correct posture.

At the beginning of the seventeenth century as gun powder was developed and used in warfare archery began to gain popularity as a sport. More than five million people participate in target and field archery in the United States.

### Archery Technique:

The stance of an archer should be upright and perpendicular to the target. You should stand flat-footed with your weight evenly balanced and your feet a comfortable distance apart. A right-handed person should have their left foot forward (it is opposite for a left-handed person). Both feet should be **completely behind** the shooting line.

A right-handed person will hold the bow in their left hand and draw the bowstring with their right hand (the opposite for a left-handed person). Your draw hand should have the arrow nocked on the bow between your 1<sup>st</sup> and 2<sup>nd</sup> fingers. Only the first joint of your first three fingers should be in contact with the bowstring. Your little finger and thumb do not touch the bowstring and are cupped into the palm. When you draw the bow back your bow arm should be straight out at shoulder height.

### Archery safety:

Bows and arrows are deadly weapons. If misused, the consequences may be fatal. It is therefore **essential** that **safety** regulations be observed at **all times**.

### **Safety Rules:**

1. Check the bow and string for damage before shooting. Do not shoot with a bow that is over or under strung.
2. Wear an arm guard and a finger tab.
3. Do **not** use an arrow that has been cracked or splintered; inform the teacher immediately. Only use arrows that are of the correct length.
4. Aim and shoot **only** at the target directly in front of you. **Never** aim at anyone or anything else, even in fun.
5. Do **not** draw the bow, unless you are in shooting position **and not until the following commands have been given**. The shooting commands are:
  1. Nock your arrow
  2. Draw (Bows Up)
  3. Aim and Fire (Release)
6. If the “**stop shooting**” signal has been given, stop all action immediately.
7. Do not retrieve the arrows until after **all of the bows are placed in the quivers** and the command to “**retrieve**” has been given by the teacher.
8. Only students properly dressed for class can shoot (it is unsafe to shoot while wearing jewelry or clothing that has buttons or is very loose fitting).

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### **Archery Definitions:**

**Arm guard:** A leather device that protects the bow arm from the bowstring.

**Back (of the bow):** The part of the bow opposite the side that faces the string.

**Belly (of the bow):** The part of the bow that faces the string.

**Bow arm:** The arm that holds the bow.

**Brace:** To string the bow so it is ready to shoot.

**Cock feather:** The odd colored feather that is at right angles to the bow when the arrow is shot.

**Draw:** The position in which the arrow is ready to be loosed or released and the bow is bent.

**Handle:** The middle of the bow where it is held.

**Head:** The point of the arrow.

**Hen feathers:** The two feathers of the same color that are not at right angles to the bow.

**Holding:** The hesitation at full draw for aiming.

**Limbs:** The ends of the bow past the handle.

**Loose:** To shoot or let fly the arrow.

**Nock:** The north end of the arrow.

**Nocking point:** The point of the bowstring to which the arrow is fitted (arrow should be at a right angle to the bowstring).

**Over draw:** To draw the pile of the arrow back past the arrow rest of the bow.

**Pile:** The pointed metal tip of an arrow.

**Quiver:** A receptacle for carrying or holding a quantity of arrows.

**Shaft:** The main part of the arrow.

**Tab:** A flat piece of leather used on the hand to protect the fingers of the archer.

**Tackle:** The name for all of the archery equipment

**Target face:** The painted front of the target that is usually replaceable.

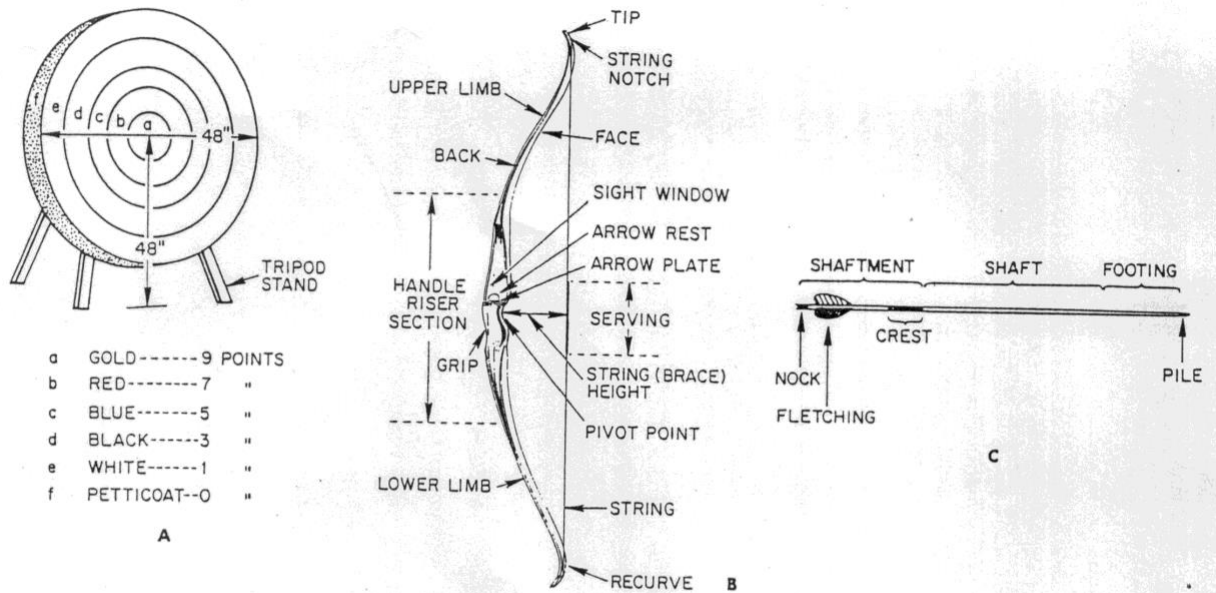


FIGURE 6-1. (A) Target. (B) Bow. (C) Arrow. (A and C from Donna Mae Miller and Katherine L. Ley, *Individual and Team Sports for Women*. Englewood Cliffs, N.J.: Prentice-Hall, Inc., 1955; B from Donald W. Campbell, *Archery*. Prentice-Hall, 1970.)

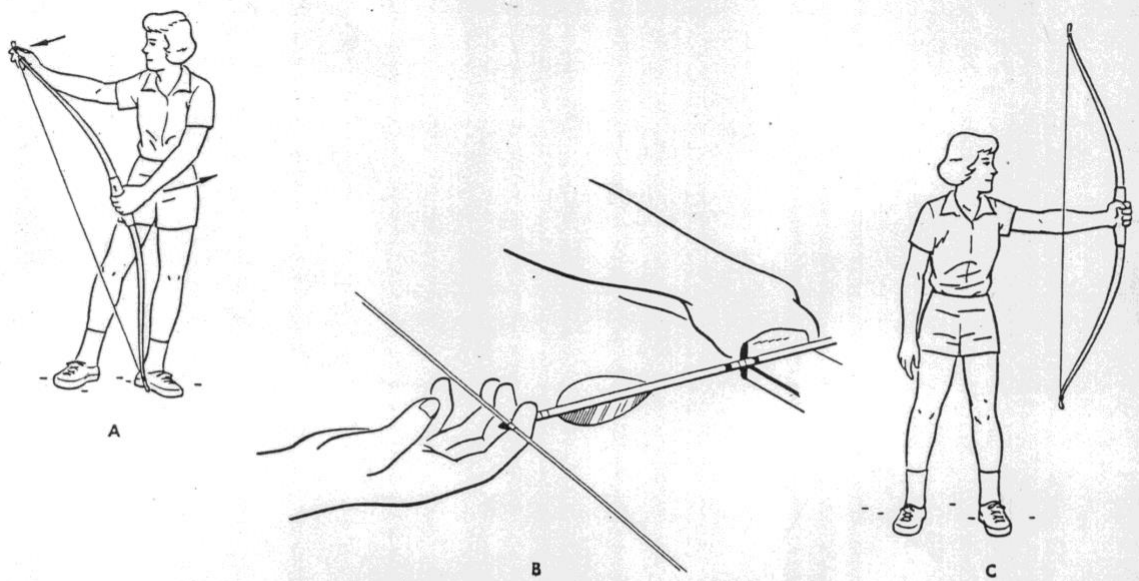


FIGURE 6-2. (A) Stringing the bow. (B) The fingers in position on the string. The archer has purposely discarded her finger tab in order to show how the string should lie in the joint of the three fingers. (C) Addressing the target. (A and C from Miller and Ley, *Individual and Team Sports for Women*; B from Margaret L. Klann, *Target Archery*. Reading, Mass.: Addison-Wesley Publishing Co., Inc., 1970.)