ARCHERY

HOW TO SHOOT AND SCORE IN ARCHERY
DOMINATE EYE TEST

• PICK OUT OBJECT 30 ft. AWAY
• LOOK AT IT WITH BOTH EYES OPEN
• MAKE A DIAMOND WITH YOUR HAND
• OBJECT IN CENTER OF DIAMOND
• CLOSE ONE EYE - OPEN - CLOSE OTHER EYE
• MOVEMENT OF OBJECT IN DIAMOND
Bow Safety Check List

- Brace
- Defects before & after bracing
- Worn bow strings
- Properly limber bow before shooting
- DO NOT DRAW A BOW WITHOUT AN ARROW- except for limbering
- DO NOT release a bow string without arrow
STRINGING THE BOW

- Groovin’
- Step through the bow
- Curve on FOOT
- BEND – SLIDE - GROOVE
- RECHECK
Arrow Safety

• Carry arrows-pile
• Keep arrows in the quiver
• Use proper arrow length
TARGET/ARROW SAFTEY

Removing arrow

Gather your arrows
Fundamental Steps

- Straddle line
- Bow arm-facing target
- Chest perpendicular target
- Weight -BALANCED
- Flexed knees
- Relaxed at line
Knocking an Arrow

Wait for directions.

Place an arrow on the string.

Always point arrow at target
Finger position

- Draw hand
- Thumb and little finger
- Apply a small amount of pressure
Technique of the Draw

- Draw hand – claw
- Roll the wrist forward
- Draw hand – first joint of the phalanges.
- Use rhomboids & trapezes to pull the bow string back
AIMING THE ARROW

- Pile - center of the target - hold 3 sec.
- Draw - Anchor - thumb around mandible
- Fingers - close to mouth
- Draw arm - level with bow arm
- Hold 5-8 seconds
THE RELEASE

- Relax your fingers
- Keep bow level upon release
- Hold follow-through for 5 seconds
- Check your body position and flight of arrow
Scoring

- Point values are:
  - YELLOW  -  9
  - RED      -  7
  - BLUE     -  5
  - BLACK    -  3
  - WHITE    -  1

ARROW BOUNCED OFF TARGET = 7
Replace Equipment
Archery for a lifetime

Catherine’s web page
References


Snyder, L. (1990). lecture notes

www.archery/safety.com