

ARCHERY STUDY GUIDE

Archery Range Lines and Procedures

	Whistle Commands	=	Student Action
Wait Line	****		Archers on deck
Shooting Line	Two Whistle Blasts	=	Go to shooting line
Shooting Line	One Whistle Blast	=	Begin shooting
Target Line	Three Whistle Blasts	=	Retrieve arrows
EMERGENCY	FOUR WHISTLE BLASTS	=	STOP,STOP,STOP

- After you have shot all your arrows, step back from the shooting line, set your bow on the rack, wait behind the waiting line; wait for the next whistle command.
- When pulling your arrows, stand to the side of the target and remove one arrow at a time with one hand on the target face, surrounding the arrow, and the other hand is placed near the base of the arrow

9 STEPS FOR PROPER SHOOTING

1. **Stance:** Straddle shooting line with weight evenly distributed; feet shoulder width apart.
2. **Nock:** Place the arrow on the arrow rest and snap the nock of the arrow onto the bowstring under the nock locator.
3. **Set:** Set your bow hand on the grip using only the web and meaty part of your thumb. Bow hand should be relaxed. Set the first groove of your first 3 fingers around the bowstring creating a hook. Keep back of hand relaxed.
4. **Pre-Draw:** Raise your bow arm towards the target, while keeping your shoulder down. Look at the target through the sight ring, and line up the bowstring with the center of bow.
5. **Draw:** Draw the bowstring back by rolling your shoulder.
6. **Anchor:** Draw the string to the front of your chin, placing the knuckle of your index finger at the “corner of your smile.”
7. **Aim:** Keep the string lined up with the center of the bow. Focus your eyes and concentration on the center of the target, looking through the sight ring.
8. **Release:** Simply release all of the tension in your fingers and drawing hand. Continue extending the bow arm towards the target as you release. Continue focusing on the target.
9. **Follow-Through:** Maintain the follow through until the arrow hits the target or until your fingers touch your back shoulder for a compound shooter.

*****NEVER DRY FIRE A BOW:** Dry fire refers to drawing the bowstring back and releasing it without an arrow in place.

ARROW FLIGHT PATTERNS:

High Arrows * Heeling the bow

* Low drawing elbow

Low Arrows * *Creeping* (draw hand creeps forward from anchor point)

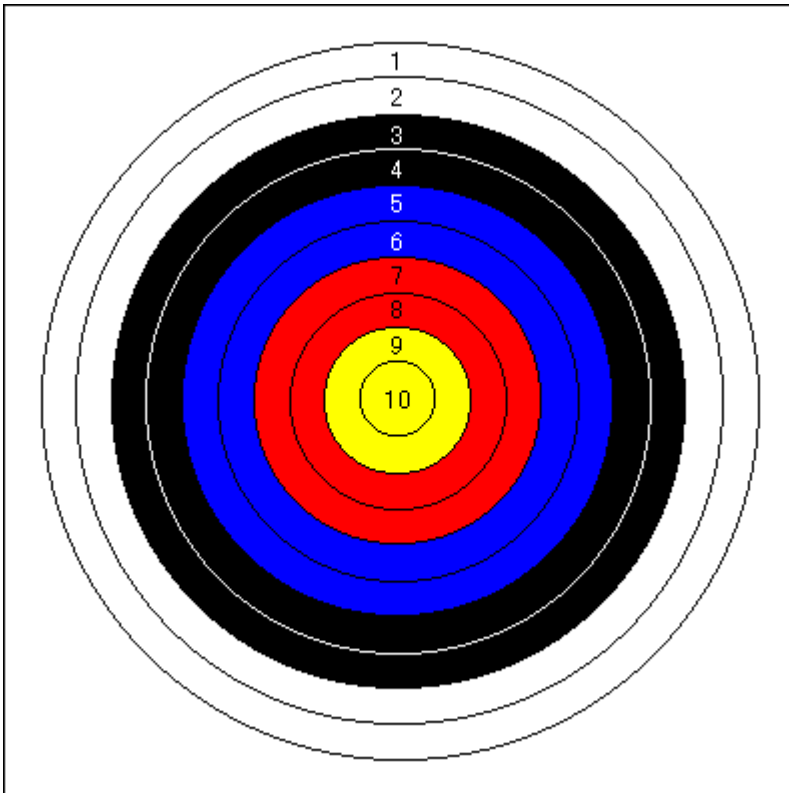
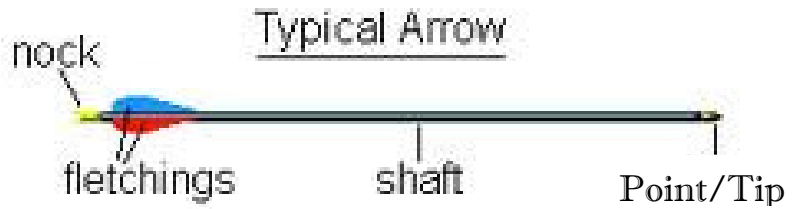
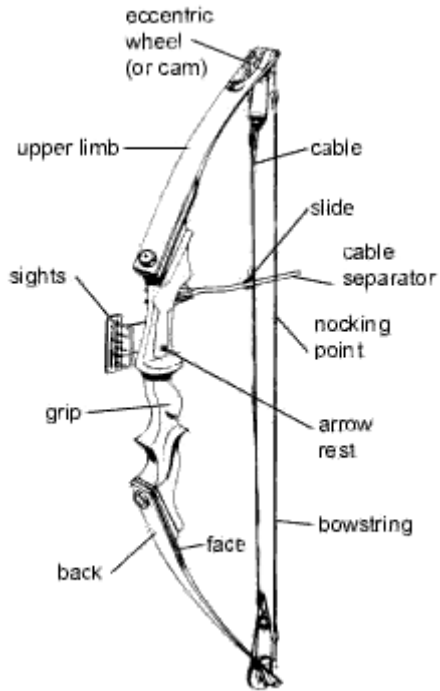
* Arrow nock placed above nock locator

* Arrow placed on shelf instead of rest

Left and Right Arrows**Canting* (tilting the bow to the left or to the right at full draw)

**Peeking* at the target upon release

* “*Plucking*” or pulling the string away from the face upon release



TERMINOLOGY

Grouping: To shoot arrows in a pattern. Or the pattern of the arrows in the target. (You want a tight placement or grouping of arrows on the target).

Tackle: equipment used for archery (ie. arm guard, release, quiver, finger tab).

T-position: Stand tall with good posture, with your draw arm and bow hand aligned.