**Archery Study Guide**

**Range Safety and Set up**

* A person should always **walk** whileon the archery range.
* 5 whistle blasts stands for **EMERGENCY**. If you have an arrow nocked and are in full draw, carefully let the string down, remove the arrow and place it in the quiver and return to the waiting line. If there is no arrow nocked, simply return bow to rack and return to the waiting line.
* 2 whistle blasts stands for **GET BOW**.
* 1 whistle blast stands for **SHOOT**.
* 3 whistle blasts stands for **GO GET ARROWS**
* The dry-fire rule states that a person should never release the bowstring from full draw without an arrow nocked on the string.
* Arrows should be facing down or toward the targets at all times.

**\*Waiting Line**

Bow Rack Bow Rack

**\*Shooting Line**

**\*Target Line**

Targets

Curtain

**Arrows**

* The end of the arrow that should always point to the target is called the **point**.
* The long part of the arrow is the **shaft.**
* The end of the arrow that hooks onto the bowstring is called the **nock.**
* The **index** **fletching** is the one fletch that is not the same color as the other two

 fletchings. When an arrow is nocked, the index fletching should point **toward** the

 shooter.

 

**Shooting**

* The arrow should be nocked **below** the nock locator.
* A person should pull the string back with **three fingers**.
* The string should be pulled back to the corner of their **mouth** when shooting an arrow. (anchor)

The 11 steps to archery success: be able to name at least 6

 1. **Stance-** open foot and shoulder width position

 2. **Nock Arrow-** grab arrow below the fletching, up and over vertical bow

 3. **Draw Hand Set-**hook bow string in archer’s groove

 4. **Bow Hand Set-**center grip under lifeline of relaxed bow hand, knuckles form a 30-45

 degree angle

5. **Pre-Draw-**hinge the bow arm and drawing arm to eye level. Rotate bow arm elbow

 down and away from bow string

6. **Draw-**with draw arm parallel to ground, smoothly pull string toward face

7. **Anchor-**index finger tip placed touching the corner of mouth

8. **Aim-**align the string and arrow point to target

9. **Shot Set up-**eye continues to aim, using 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-** drawing hand continues rearward, under the ear and

 painting the face until the thumb touches or is near the shoulder. The drawing

 elbow should relax and hinge downward. The bow arm moves slightly forward,

 left and down for a right eye dominant archer (reverse for left eye dominant). Did

 the shot process feel and look right?

* When retrieving arrows from the target a person should :

 1. support the target with side of body

 2. start with nearest and highest arrow

3. place one hand flat above arrow and on the target

 4. other hand is around arrow as close as possible to the target

 5. look behind you and slowly pull the arrow straight out, twisting if necessary

 6. place arrow on the floor

* When carrying the arrows back to the quiver a person should:

 1. even out the tips on top of the target

 2. cover the points with one hand

 3. the other hand is around the shafts, just below the fletching