

ARCHERY

Pathfinder Level

Purpose

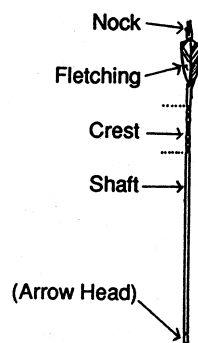
To learn the basics and safety aspects of the sport of target archery.

Exploring

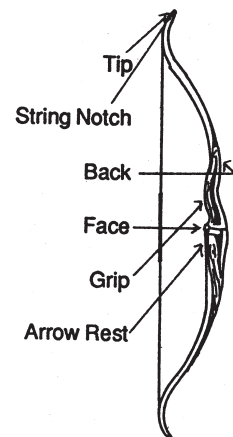
Archery has been used as a sport and also for hunting and fighting throughout the ages. We read about it in the Bible in Samuel 20: 20-40, 1 Kings 22: 34 and 2 Kings 13: 14-19.

Because archery is such a large field we will concentrate on simple target archery. Local or school libraries will often have information on archery or you may want to contact the Bow Hunters Association or other archery groups or clubs in your area.

Basic equipment required is: a bow, (to suit your size), arrows to suit the bow, quiver, arm guard and finger tab.



PARTS OF THE
BOW & ARROW

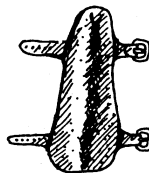


SAFETY ITEMS

Finger tab Protects the fingers on the hand that draws the string back.

Quiver Holds the arrows (point down!)

Arm guard Protects against the string slapping against the arm after releasing the arrow (a real problem for beginners).



BASIC OUTLINE

A Prepare to shoot.

1. Check bow, string, arrows, arm guard and finger tab.
2. Make sure quiver is in position.

B Take your stance (following one blast of whistle).

1. One foot either side of firing line.
2. Left side toward target (for right-handed) and feet parallel and far enough apart for good balance with weight evenly distributed.

3. Shoulders level, chest high, body erect and complete absence of tension.
4. Head toward target.
5. Bow held gently with left hand at top of handle.

C Nock your arrow.

1. Hold bow and string parallel to ground and place arrow on top of bow (left hand side of bow) and arrow rest.
2. First three fingers of right hand hold the string. One finger above arrow and two below.
3. Bend fingers at second knuckle.

D Draw.

1. Raise the bow to vertical.
2. Straighten left arm and raise to shoulder height.
3. Draw the bow allowing string to roll down fingers and making sure right elbow is at shoulder height.
4. Anchor right thumb against chin.

E Aim.

1. Hold long enough to be sure that the point of aim is lined up with the arrow tip (suggest point of aim well below centre of target, between black and blue).

F Release.

1. Simply relax and straighten fingers holding string.
2. Don't let hand 'creep' forward or jerk.
3. Avoid gripping bow too tightly.
4. After completing six shots step back three paces and wait for signal to retrieve.

G Retrieve the arrows.

1. Wait for signal (two blasts of whistle).
2. Don't step on arrows on floor.
3. Score arrows before removing from target.
4. Place left hand against target and right hand slightly further out and pull arrows straight out giving a slight twist while doing so.

NB: If at any time you hear one long loud blast of the whistle, immediately release and put your equipment down.

Doing

1. Be able to name all parts of both bow and arrow and be able to string the bow.
2. Read through the Basic Outlines and explain to your Counsellor how to proceed through them safely.
3. Shoot three ends (group of six arrows) at the target (suggest Stramit board backing) from each of the following distances: 5, 7.5 and 10 metres using the rules and directions as listed in 'Basic outlines'.