

Archery Range Rules

1. **Know and obey all range commands**
2. **Keep your arrows in your quiver until you are told to shoot.**
3. **Always wear your arm guard and finger tab.**
4. **Only use the arrows the instructor gave you.
Remember what they look like.**
5. **Always keep your arrows pointed down or towards the target.
Shoot only at your target.**
6. **If you drop an arrow, leave it on the ground until you are told to get your arrows.**
7. **Always walk at the archery range.**

Archery Range Whistle Commands

Two Blasts — “Archers to the shooting line.”

One Blast — “Begin shooting.”

Three Blasts — “Walk forward and get your arrows.”

Four or More Blasts (series of blasts) — “STOP SHOOTING Immediately and put your arrows in your quiver.”

Archery Range Procedures

Stand behind the waiting line until you hear 2 whistles or “Archers to the shooting line.” Pick up your bow and straddle the shooting line.

Keep your arrows in your quiver until you hear 1 whistle or “Begin shooting.”

After you have shot all your arrows, step back from the shooting line, set your bow on the rack, and wait behind the waiting line.

After everyone is done shooting and behind the waiting line, the instructor will blow the whistle 3 times. “Walk forward to get your arrows...Stop at the target line.”

Pulling Your Arrows

Two archers at a time, from each target, may go forward from the target line to pull their arrows.

Stand to the side of the target and make sure that no one is standing behind your arrows.

Pull your arrows out one at a time, and put them in your quiver.

After you have pulled all of your arrows, return to the waiting line.



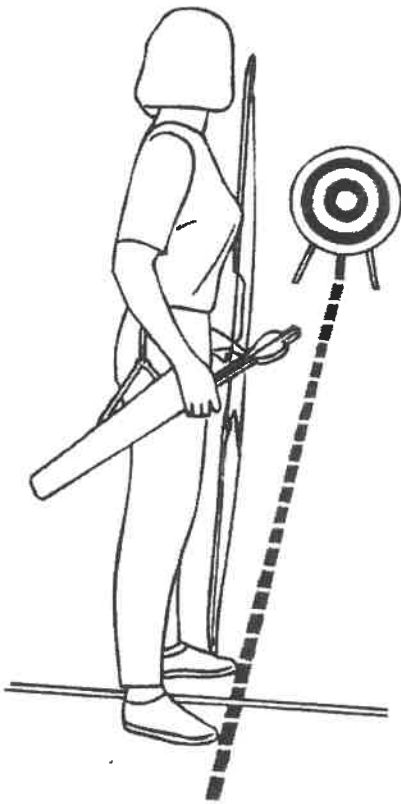
• 9 Steps to the 10-Ring

Lecture/Demo
- 30 Minutes

STEPS OF SHOOTING

4

“9 STEPS TO THE 10-RING”

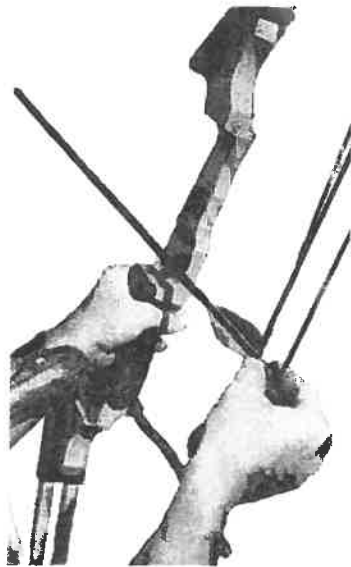
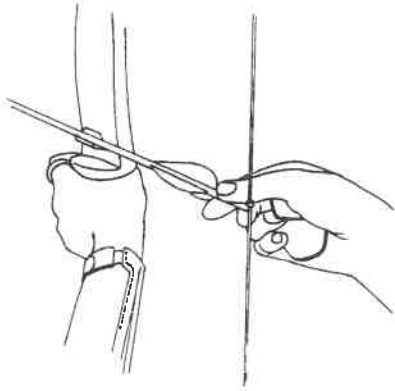


1. STANCE

Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder width apart.

Stand straight and tall, with your head up and your shoulders down and relaxed.

Archers shooting in a wheelchair should place one wheel on each side of the line.



2. NOCK

Place the arrow on the arrow rest, holding the arrow close to the nock.

Keep the index fletching pointing away from the bow.

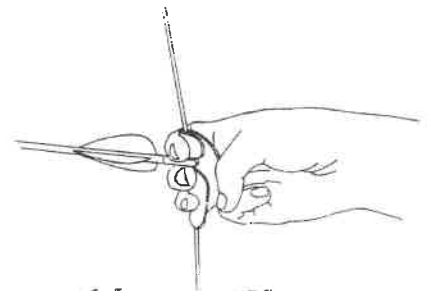
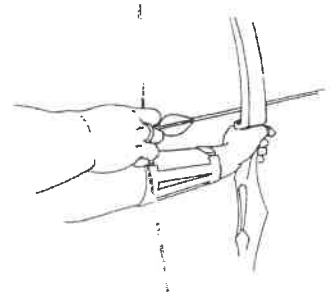
Snap the nock of the arrow onto the bowstring under the nock locator.

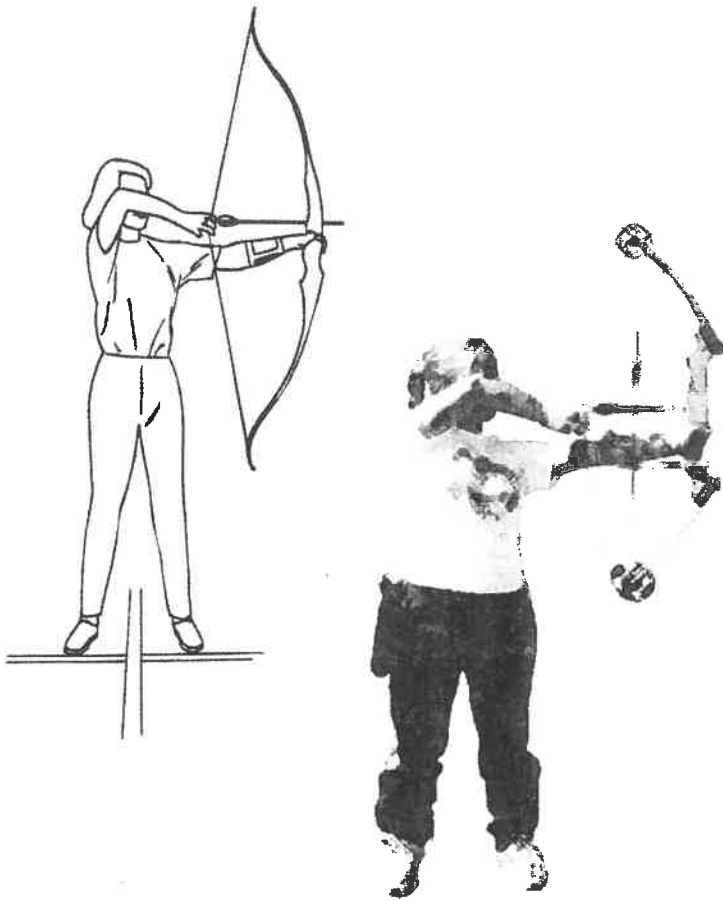
3. SET

Set your bow hand on the grip using only the web and the meaty part of your thumb.

Your bow hand should stay relaxed throughout the entire shot.

Set the first groove of your first 3 fingers around the bowstring creating a hook. Keep the back of your drawing 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 bow string with the center of the bow.

Rotate your bow arm elbow under.

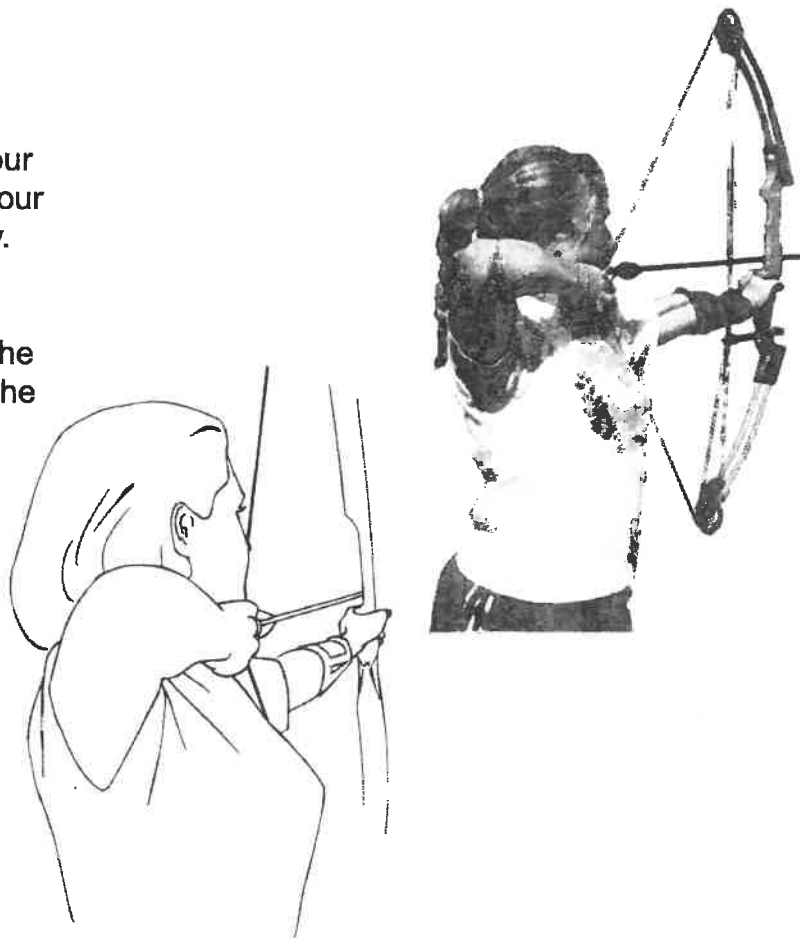
The elbow of your drawing arm should be near the level of your nose.

5. DRAW

Draw the bow back by rotating your draw arm shoulder around until your elbow is directly behind the arrow.

Continue looking at the target through the sight ring, and keep the string lined up with the center of the bow as you draw.

Maintain a continuous drawing motion throughout the shot.



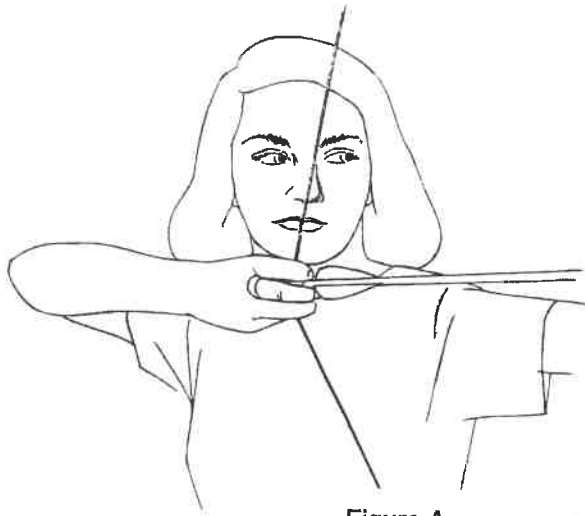


Figure A



Figure B

6. ANCHOR

Draw the string to the front of your chin, placing the knuckle of your index finger directly under the side of your jaw*.

The string and string hand should be felt firmly against your jaw bone (Fig. A).

Lightly touch the string to the center of your nose.

Continue to draw the bow smoothly, without stopping.

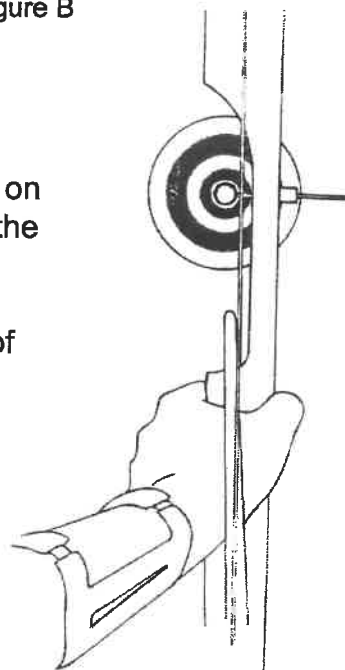
* Teach beginners to anchor with their first finger on the corner of their smile (Fig. B).

7. AIM

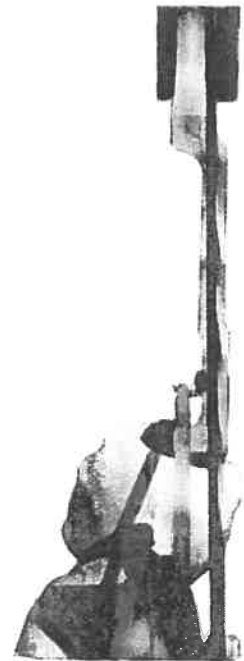
Focus your eyes and your concentration on the center of the target, looking through the sight ring.

Keep the string lined up with the center of the bow.

Continue your smooth gradual draw.



Recurve Bow



Compound Bow

8. RELEASE

Simply release all of the tension in your fingers and drawing hand, all at once, while you continue the drawing motion without stopping.

Continue extending the bow arm towards the target as you release.

Continue focusing on the target.



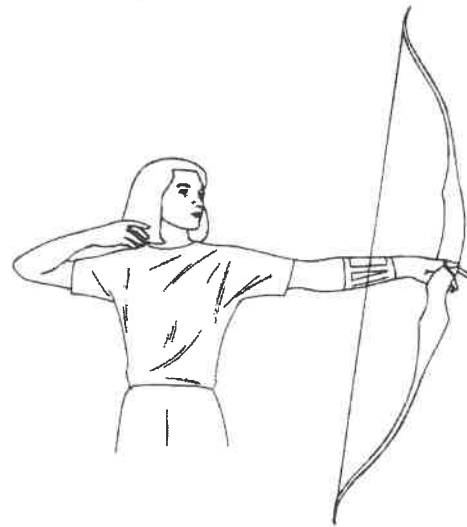
9. FOLLOW-THROUGH

Drawing hand continues back beside neck with fingers relaxed, ending up near shoulder.

Bow arm continues extension towards the target for a recurve, and maintains its position for a compound shooter

Continue focusing on the target.

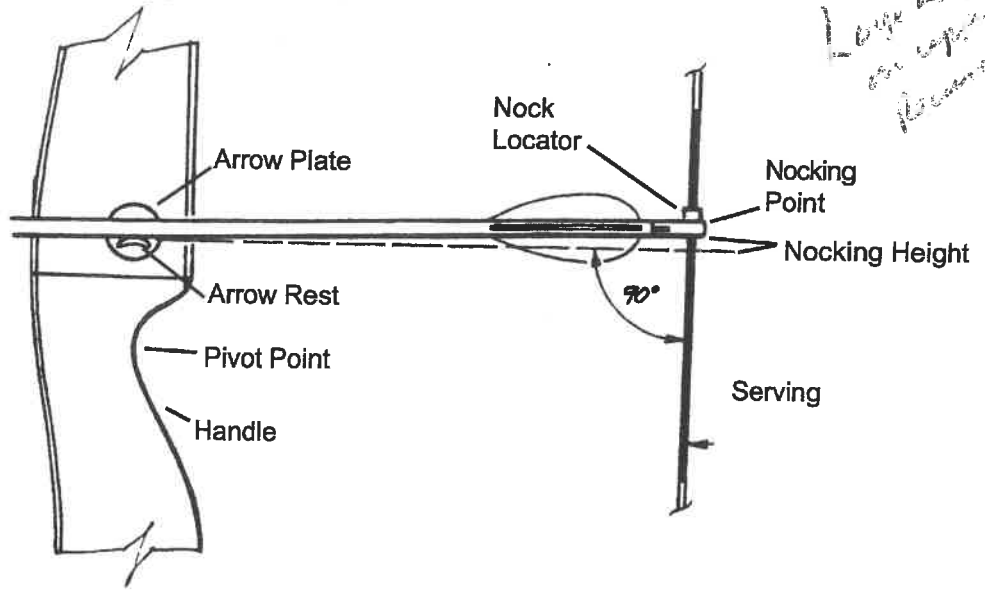
Maintain your follow-through until the arrow hits the target, or until your fingers touch your back shoulder for a compound shooter.



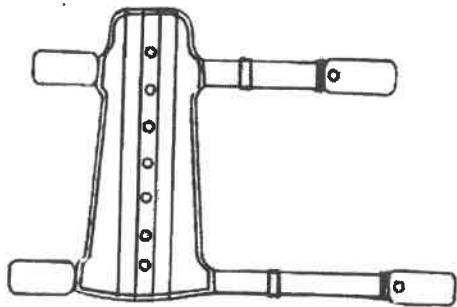
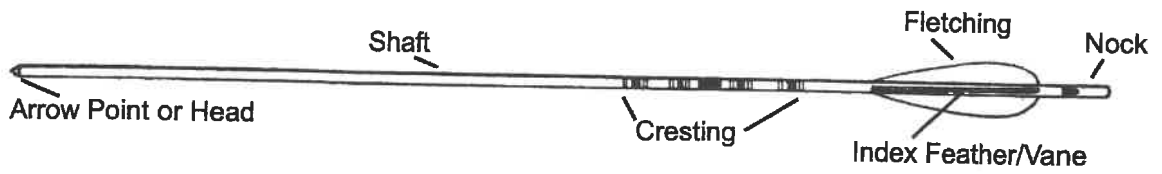
CLOSE UP OF BOW PARTS

*1/2 Nocks Point
2 Nocks Point
Arrow Plate 50mm*

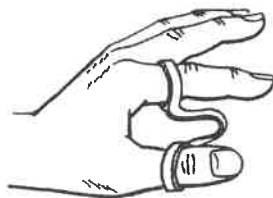
*Large bow 9mm
on upper limb
flange hole*



ARROW



Arm Guard



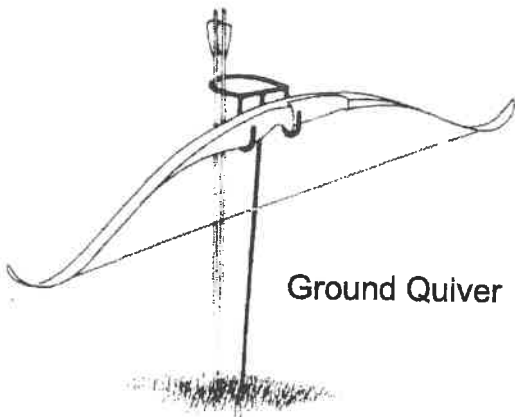
Finger Sling



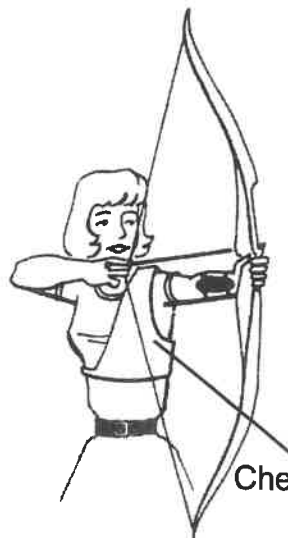
Release Aid



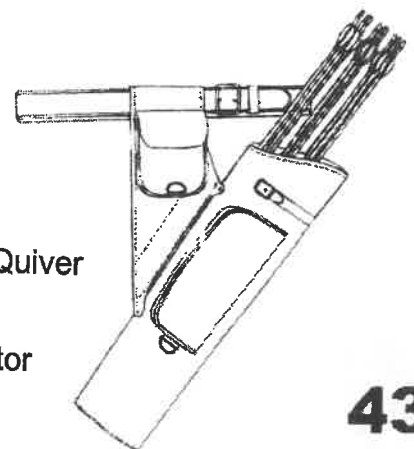
Finger Tab



Ground Quiver



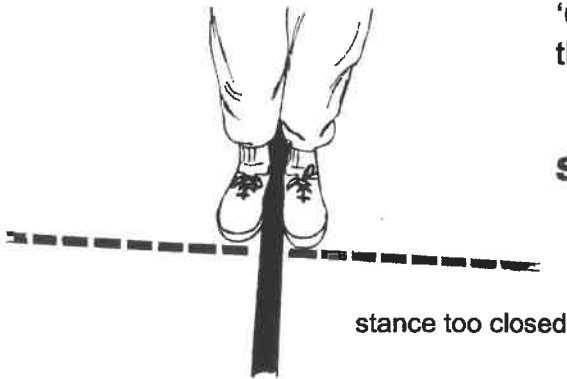
Chest Protector



Side Quiver

SHOOTING FORM DEVELOPMENT FOR EACH STEP OF SHOOTING

Here are some common mistakes made by beginning archers. Each step will be discussed and corrections suggested for common faults. These statements are the 'Cream' of the 'Oreo Technique'. Make sure to sandwich them between two cookies.



STANCE

Feet too far apart:

"Move your feet closer together" or "Keep your feet shoulder width apart."

Standing too open or too closed:

"Stand sideways to the target" or demonstrate with an arrow on the ground pointed towards the target with the archer's toes touching it.

Posture problems, slouching:

"Stand up straight and tall with equal weight on both feet."

Moving feet between shots:

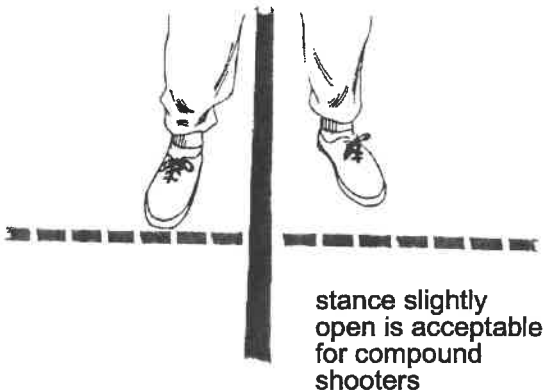
"Keep your feet still or in place" or "Glue or nail your feet to the ground."

Both feet in front of or behind the shooting line:

"Put one foot on each side of the line."

Shifting weight:

"Keep equal weight on each foot."



NOCKING THE ARROW

(Putting the arrow anywhere except on the arrow rest; on top of or through the sight ring, on the shelf, on their knuckle:)

"Put the arrow on top of the arrow rest." Do it for them so they can see what it looks like. Watch the next shot to see that it is done correctly.

Nocking the arrow anywhere but tight under the nock locator; not snapping it on; nocking above the nock locator, or with a space between the nock and nock locator:

"Snap the arrow on the string underneath the nock locator" and do it for them so they can see what it looks like. Watch the next shot to see that it is done correctly.

SET STRING FINGERS

Grabbing the string with the whole hand or fist, hooking with too many or too few fingers, hooking only on the finger tips:

Shape the archer's hand into proper position and hook the fingers onto the bowstring in the first groove of each finger.

Pinching the arrow so it comes off the arrow rest; may be caused by too much tension in the back of the hand or holding the arrow too tight between the fingers:

First try 3 fingers under the arrow for new shooters. Next, have them relax the back of their hand and keep their fingers away from the arrow.

This is also the time when the archer would attach a release aid to the string if using a compound bow. Depending on the type of release aid, it attaches directly to the string under the arrow or to a loop served into the string.

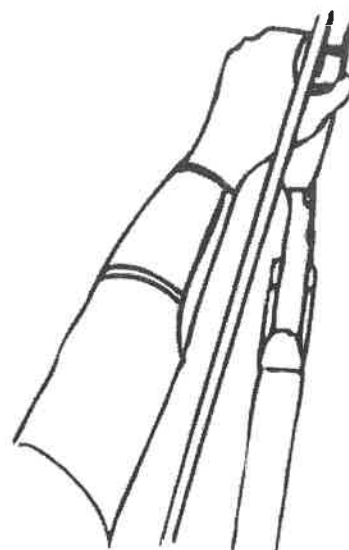


Figure A



Figure B

SET BOW HAND

**Holding with thumb only (Fig. A);
Gripping with the whole hand/heeling (Fig. B);
Gripping the bow too low (common on
straight fiberglass bows with flat grip):**

Place hand in proper relaxed position (Fig C).



Figure C

PRE DRAW

**Raising or moving bow shoulder forward
when raising bow arm:**

"Keep your bow shoulder relaxed." Ask permission to put your hand on their bow shoulder and tell them to relax their shoulder, then raise their bow arm towards the target without raising their shoulder.

Leaning back when raising bow arm:

"Stand up straight and tall." Ask their permission to place your hand on their right hip and under left arm and stand them up straight (right-handed archer).

General Alignment problems:

Mold them in to a "T"

DRAW

Drawing bow with low string hand elbow:

"Keep your elbow up near your face and your arm parallel to the ground." Lift elbow to proper position.

Moving head forward to meet the string:

"Keep your head straight and pull the string all the way back to your face." "Wait for the string to come to your face."

Folding the bow arm while drawing:

"Keep your bow arm extended towards the target."



Example of leaning

AT FULL DRAW

Canting (tilting bow to the left or right):

"Keep your bow straight up and down."

Creeping (reversing the drawing motion, or allowing the arrow to move forward before release):

"Continue pulling with one motion all the way through the release."

Leaning or rocking forward-nose dive:

"Stand up straight, keep your bottom under your head."

ANCHOR

Inconsistent:

Tell how the arrow goes where it is pointed. Help archer find a consistent anchor, such as the first finger on the corner of their smile for beginners.

Body Tension

Archery should be practiced with a natural relaxed body. New archers tend to be very tense when they shoot. Try to get them to relax, and use only the few muscles they really need to use for shooting.