

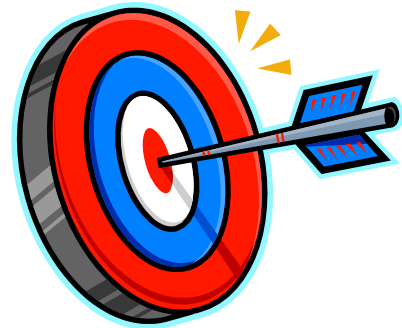
# ARCHERY STUDY GUIDE

## SAFETY AND CARE OF EQUIPMENT

- Do not draw arrow until given the command by instructor
- Never draw and release the bow without an arrow in it (dry fire)
- Before shooting, be sure all archers are straddling the line and wait for command from instructor
- Check arrows for damage
- Shoot only at assigned target
- If not shooting stay behind the assigned line
- When done shooting place bow by the cone and step back behind the safety line
- Do not carry arrows by fletching
- Do not retrieve arrows until given the command by instructor, all shooter go at once
- Remove arrows from target by placing hand against target face, twisting arrow out
- Misfired arrows should not be picked up if out of reach of shooting line
- A quiver (cone) is used to hold the arrows

## VALUES

- Yellow – 9 points
- Red – 7 points
- Blue – 5 points
- Black – 3 points
- White – 1
- Area outside the white circle – 0 points
- Arrow cutting two colors receives the higher point value



## COMMANDS FOR SHOOTING

1. **Stance** –Proper footing (straddle the line)
2. **Nock** – Attach arrow to serving “odd color up”
3. **Draw** – Pull back  $\frac{3}{4}$  of the way to use
4. **Anchor** – Draw back, hand locked under jaw line
5. **Aim** – Look thru the tip of the arrow, line up at target
6. **Release** – Let go of finger tips (pointer finger, ring finger and pinkie finger), do not pluck
7. **Follow Through** – Remain in stance for a couple seconds for analysis of your shot, see if corrections are necessary.
8. **The tip, nock, shaft and feathers make up the arrow.**