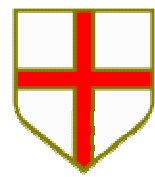


St George's Archery Club
Harrogate



A Beginner's Guide

Welcome to St. George's Archery Club.

We are a friendly club primarily involved in Clout and Target Shooting with Archers of all ages and abilities, shooting traditional *Longbow* and the more modern *Recurve* and *Compound* bows. We welcome all archers be they beginners or long established and encourage them to enjoy their shooting whether their interest is in socialising, fun or competition.

This booklet is particularly aimed at new members to help them have an idea of what the Club is involved in, how it works, and who the people are that you can ask for advice.

The Club was formed in 1968 in response to a request from the members of the Sports and Social Club of the St. George's Home for the physically handicapped. The original membership of the Club was primarily disabled with some able bodied helpers. None of the founder members were involved in, or knew a great deal about archery. However, to their credit they worked hard at educating themselves and their new members, and within a short period of time, from a scratch start the club had qualified coaches and instructors.

During the Club's existence its members have represented both county and country.

Shooting originally took place at the St. George's Home until just before its closure when the club moved to our present ground at St. John Fisher School. It is here, each year we hold our open shoots, shooting a Western Round in June. This is followed in July with an Open Double Clout Shoot. We have on occasions hosted other Clout events such as the Northern Counties Archery Society (N.C.A.S) and the Grand National Archery Society (G.N.A.S.) National Championships.

Shooting - Times and Venues

The archery year is divided into two seasons: -

Outdoor - April to September

Indoor - October to March

Outdoor

During the summer outdoor season the club shoots at the rear of St. John Fisher School, Harrogate. We can shoot here at any time the school is not in session, our recognised shooting times are Tuesday and Thursday evenings commencing 7:15 p.m., Sunday commencing at 10:00 am.

Indoor

Shooting during the indoor season is dictated by the venue we can obtain and will be a minimum of one night per week. Due to the cost of hiring indoor venues the Club requests that people shooting make a contribution to offset the cost of the hall.

Currently this is on Tuesday evenings in the Adult Training Centre, Audby Lane, Wetherby and Friday evenings in the St. John Fisher Sports Hall. Both sessions start from 7:00 p.m.

Please note that there must be a minimum of two adults present before any shooting can take place.

Members

A club is as strong as its membership - We try hard to ensure that new members feel welcome and that all members new or old are treated as equal and able to benefit from the club and contribute to its running.

The club requests its members to participate by volunteering to help on working parties, at the clubs open shoots, "have a go" sessions, beginners courses, maintenance of club equipment and property.

You may wish to help by joining the Committee. You do not have to be an expert archer or long-standing member - The Club welcomes fresh ideas.

Committee

The Committee normally consists of eight members; four officers, Chairman, Vice Chairman, Secretary and Treasurer, who are elected annually, and four elected members who serve for two years.

The **Chairman's** duties are to ensure the club runs smoothly and to Chair the club committee meeting's which take place on the first Wednesday of each month.

The **Secretary** is the contact point for the club, receiving membership queries, competition details, rule changes, correspondence and is responsible for notifying members of information and change by post and the updating of notice boards and also minutes of meetings.

The **Treasurer** is responsible for dealing with all financial aspects of the club, such as the administration of membership fees and payments to other archery associations like G.N.A.S. The Treasurer produces an annual financial statement of Club accounts in September

The **Vice Chairman** carries out the function of the Chairman when that person is absent.

Other roles fulfilled by Committee members are:-

The **Field Captain** whose responsibility it is to ensure the Field has been properly laid out, that safety rules are observed and to control the shooting. If the club's nominated Field Captain is not on the field then the most senior member shooting should adopt the role.

The **Handicap Officer** who will work out and publish handicaps, classifications and club records from information supplied to him by members submitting scores for any rounds they have shot. Traditionally, the Handicap Officer organises the club's annual "Peter Cooper" Members Handicap Shoot.

The **Equipment Officer** who ensures we have sufficient equipment to meet our requirements and that it is kept in good, safe condition.

There are other posts to be considered, for example Publicity Officer, Junior Club Organiser, Web site Design/Administration.

Membership

All our members have completed an approved G.N.A.S. beginner's course either at this club or elsewhere. This is a requirement before anyone can shoot or be accepted as a full member of any club. Existing archers can apply for immediate membership, however, both practising archers and beginners must have their applications approved by at least four members of the committee before being allowed to shoot or becoming a full member.

Membership fees are payable in the first week of September prior to the A.G.M., which is normally held in the third week of September. We combine our A.G.M. with a barbeque for members and their families, and our annual shoot for members which is known as the Peter Cooper Handicap in remembrance of a past member.

The membership fees that are collected are shared between the club and the following bodies:-

The Grand National Archery Society (G.N.A.S.) the governing body of the sport in the U.K. They provide an administrative function and cover clubs and archers with insurance. All G.N.A.S. members receive the society's magazine Archery U.K., four times a year.

The Northern Counties Archery Society (N.C.A.S) which covers Yorkshire, Durham and Northumberland, Cumbria, Lancashire, Isle of Man and Cheshire and represents our region on G.N.A.S. Committees. The N.C.A.S. organises competitions in various archery disciplines and holds regular meetings to discuss issues affecting clubs and archers in its area of influence.

The Yorkshire Archery Association (Y.A.A.), which governs the sport in this county, has its committee made up of members from different clubs within the region. Its role is not dissimilar to that of the N.C.A.S covering the same issues at a more local level.

FITA is the governing body of the Archery sport throughout the world.

PROTECTION OF CHILDREN AND VULNERABLE ADULTS POLICY STATEMENT

St. George's Archery Club and the St. Georges Junior Archery Club.

The St. George's Archery club aims to create an enjoyable environment for all juniors who wish to take part in archery and the social activities within the club.

This club believes that when dealing with children and vulnerable adults, their welfare should always be of paramount importance. We are committed to providing an environment where young people can learn and participate free from harassment and abuse. All club members and those people working with children have a moral responsibility to safeguard and promote a child's welfare. This club has therefore adopted the GNAS Protection of Children and Vulnerable Adults policy to ensure peace of mind for both adults and children.

The club has an adult who is specifically responsible for young people and vulnerable adults. For further information please contact any member of the committee.

Beginners Training - Coaching

The club runs regular beginners courses throughout the year. These provide us with a healthy expanding membership. They are also of benefit to existing members giving them the opportunity to assist in instructing the beginners in basic technique and skill. Please don't think you can't help because you're new, believe it or not, assisting can boost your confidence and increase your knowledge. Members being involved in beginners courses also ensure that if beginners join the club they don't feel isolated as there will be familiar faces around.

During the first year of membership the novice archer will need help. There are qualified coaches within the club. There are other members with qualifications and a great deal of experience and expertise. They, along with every archer in the club are willing to assist and will not let anyone struggle. If you are experiencing difficulty then ask for assistance that is if no one has offered to help.

Equipment

The club has a selection of bows and arrows suitable for beginners. These are available for use, free of charge, throughout beginner's courses and after becoming a club member. It should be noted that given regular practice using beginner's equipment, it will only be a short while before improvement becomes more difficult. This is due to the limitations of the equipment you are using and is the signal to seriously consider obtaining your own.

Club members always have, or know of, equipment for sale. The local archery shops have both new and second hand equipment at prices to suit all budgets. There is also a thriving mail order trade, which will supply any item you might need.

Please do not buy anything without seeking the advice of fellow club members. This will ensure that you are buying equipment that is suitable, in good condition and reasonably priced.

Also available through the club, at a very reasonable price, are sweatshirts and polo shirts embroidered with the club logo.

Safety - Archery is a very safe sport

In order that this remains the case, particularly at St. George's, members are reminded that we all have a responsibility for the safety of ourselves and of others. This includes the general public. It is therefore important that we know, understand and comply with the following safety rules.

Safety falls into three areas

- **Commands**
- **Field/Range Layout**
- **Actions**

Commands

All shooting takes place under the control of a Field Captain, whose role has been outlined earlier in this booklet. The Field Captain will generally control shooting by blowing a whistle.

Single blast indicates shooting can commence.

Two blasts on the whistle indicates that all archers on the line have completed shooting and that it is safe to collect arrows.

Three blasts on the whistle signifies the day's shooting is finished.

A series of rapid blasts is to be taken to mean the same as the shouted command "**FAST**" explained in the next paragraph on verbal commands.

The whistle signals to start shooting and to collect arrows can be replaced by the verbal commands to "commence shooting" and "collect arrows". Whistles must only be used for command in areas where no other whistles are in use.

Verbal Commands.

Basically there are only two, these are:-

"Come Down" on hearing this - relax the tension on the bowstring without letting go of it. Then lower the bow so the arrow is pointing at the ground.

"Fast" this is normally shouted when unsafe situations arise.

It is of vital importance that whatever point of shooting you are at, you **MUST STOP IMMEDIATELY - DO NOT SHOOT**. Follow the procedure for "Come Down", when the tension has been relaxed and the bow lowered the arrow **MUST** be removed from the bow and replaced in the quiver. No further shooting must take place until a command to start shooting is given.

Field/Range Layout

The Field or Range is divided into areas, each with a specific purpose, these are:

The shooting range is between the targets and the shooting line. For safety purposes this is surrounded by a zone that extends 20 yards to either side of the outermost bosses and a minimum of 50 yards to the rear of the target line. This is to provide a safe overshoot area for arrows that miss the boss.

No one is allowed in these areas while shooting is taking place.

Shooting Line.

This is the point from which arrows are shot at the targets. Archers may stand astride the line to shoot but can only cross it on instruction from the Field Captain. The area between this line and the Waiting Line is normally kept clear.

Waiting Line.

This is situated a minimum of 5 yards behind the shooting line. After completing shooting archers retire behind the waiting line, taking their equipment with them to wait their next turn on the shooting line, or a command from the field captain to collect their arrows. Unless they are instructing archers should be behind the waiting line at all times when not shooting.

The area between this line and Tent Line is where archers normally leave their equipment.

Spectator or Tent Line

This is situated a minimum of 10 yards behind the waiting line. It is where archers pitch their tents and shelters when competing. It is also the point that any spectators should remain behind.

Actions

Approach to the target.

Always approach the targets by walking towards the gaps in between the bosses. **NEVER** walk directly towards the target, there may be arrows sticking in the ground - these should be looked for even if approaching from the sides of the target. There are arrows protruding from the target which can be difficult to see if an approach is made directly from the front, a moments inattention when close to the target could result in serious injury from walking on to these.

Pulling arrows.

When people are pulling arrows, which is done while standing at the side of the boss, other archers should stand well clear. never stand in front of the target as serious injury could result if the person pulling arrows has not looked to make sure all was clear before pulling. A great deal of force is used to remove the arrow from the boss, resulting in it travelling backwards at some speed, and in this situation the nock can be as dangerous as the point.

General Safety - Do's & Don'ts

- Never point a bow, with or without an arrow, anywhere other than towards the target, or at the ground in front of the shooting line.
- Never draw and loose a bow without an arrow being in it. This can cause severe damage to the limbs of the bow. Try never to draw a bow other than on the shooting line.
- Never shoot vertically upwards - what goes up must come down - it is very difficult if not impossible to see an arrow when it is travelling at speed towards you.
- Always look out for arrows on the ground - you can damage them, they can damage you!
- Never pull arrows from the boss without looking to make sure nobody could be injured.
- Always stand well back from the target boss when arrows are being pulled.
- Never cross the shooting line unless you have heard two blasts on the whistle, even then always check that all shooting has ceased.
- Never walk directly towards the target.
- Never run towards the target.
- Always remember the bow and arrows was, and can still be, a lethal weapon, therefore no acts of foolishness or misuse by our club members here or at any other venue can be tolerated and will be the subject of discussion and possible action by the committee.

Classification and Handicaps

How do you get them?

In target archery formal shooting takes the form of **rounds** - a round comprises of a stated number of arrows shot over stated distances. There are many different types of round - each one has its own name to identify it, for example a Western round involves shooting 4 dozen arrows at 60 yards followed by 4 dozen arrows at 50 yards. A listing of the different types of round is displayed in the Clubhouse and at the back of this booklet.

When a member shoots one of these rounds, either at the club or in competition elsewhere, they should submit their score to the handicap officer who will then calculate, from the tables in their possession, the handicap value for that score and round.

A handicap is finally given after three such scores have been submitted and an average of the three handicap values has been calculated.

The Handicap Officer, using the scores, handicaps and tables will also define personal classifications, i.e. 3rd Class, 2nd Class, 1st Class, Bowman, Master Bowman, Grand Master Bowman.

Should you wish any further details on handicaps or classifications please just ask the handicap officer who will be glad to help.

Communications

Mostly done by word of mouth at the club, or, if matters are particularly urgent by telephone. There are also notice boards at the club, which we try to keep up to date, with the latest information regarding club news, events, competitions, minutes of committee meetings, county matters and items of general interest.

We now have a club news letter which should be published and circulated 3 or 4 times a year. If you have anything of interest we would welcome your contribution. . . please don't be shy.

The club also has a website that will have all of the latest information.

The website is <http://www.st-georges-archery.co.uk>

Bows

Longbows

In various forms, are among the oldest styles of bows known to man. They are more truly in the category of "straight" bows, descending from their shorter ancestors used by early man and still prevalent in many tribal civilisations.

Straight bows grew longer and more powerful in the need to reach farther and hit harder as it became more of a weapon than a tool for hunting. The English longbow is perhaps the culmination of this type of bow. Its mark in history places it at the highest rank of respect in the world of archery.

The Medieval English longbow was a superb weapon, and used most effectively by the English from the end of the thirteenth century to the beginning of the sixteenth, many battles being won on its deadliness. It was particularly decisive in the battles at Crécy and Agincourt against the French. Its long range and armour piercing qualities made it a formidable weapon.

Traditional style longbows are difficult and time consuming to master, but have their benefits. Modern longbows utilise advances in design that make them more efficient with greater speed and accuracy. Many people have turned back to longbows because of their inherent "pointability" and instinctive accuracy. The lack of a "cutout" shelf is less distracting to the vision and helps bring the shooters focus to the mark, thereby reducing the time between target acquisition and release to a scant few seconds.

The English longbow can be made from several different types of wood. It can be crafted from either a single piece of wood (self bow) or from a mixture of different woods glued together to form a laminate.



Recurve (take-down bow)

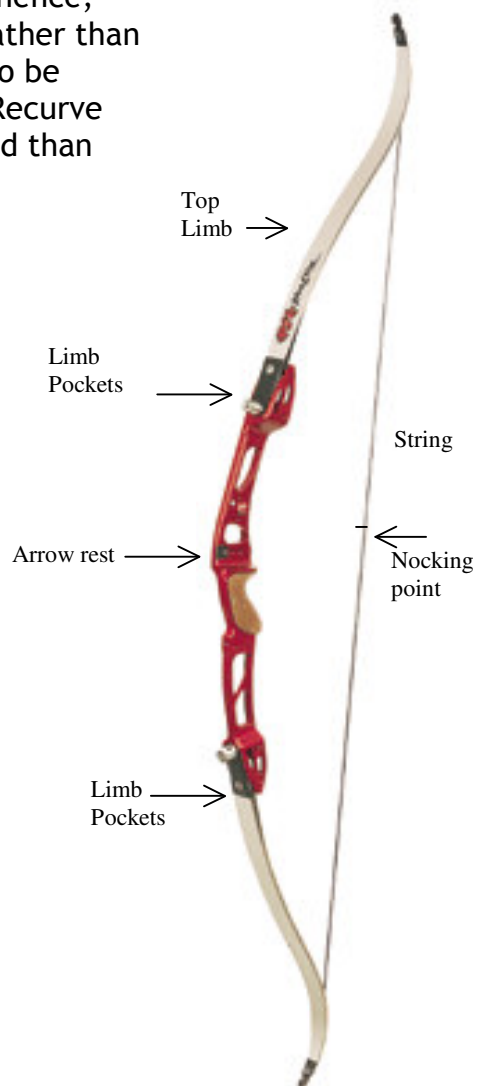
Target archery bow.

The recurve bow, as we know it, traces its ancestry to the Mediterranean region - Turkey in particular. The Turks were among the first to put a double bend in their bows, although this design could also be found in ancient Japan and other Asiatic countries. The recurve design is a stroke of genius for the age of its conception - some thousands of years BC. The "recurve" is simply refers to the shape and the way the limbs are constructed.

Building the limbs pre-curved at rest (hence, "pre-stressed"), the energy is gained rather than lost when drawn. This enables a bow to be compact, but with very great power. Recurve bows typically give greater arrow speed than longbows of equal strength.

A modern Recurve bow provides the shooter with more easily attainable accuracy and is therefore a good choice for both beginners and experienced archers'.

Other equipment can be added to the bow to help improve shooting accuracy, such as sights, stabilisers and clickers.



Compound

The Compound bow was invented in 1967 by Holless Wilber Allen, from Missouri, USA.

Originally developed for hunting Allen spent six years developing this revolutionary bow.

The compound bow relies on a range of cams and pulleys positioned at both ends of the limbs to provide its unique characteristics. Basically, as the bow is drawn to its full extent the “draw” weight is absorbed by this system of cams and pulleys. This means that at full draw the archer is required to hold significantly less weight on their draw arm, obviously allowing for a much more comfortable and controlled aiming. It also helps to offset the effects of fatigue, especially when a large number of arrows are being shot.

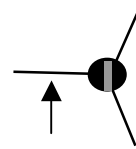
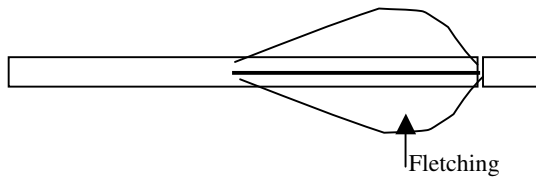
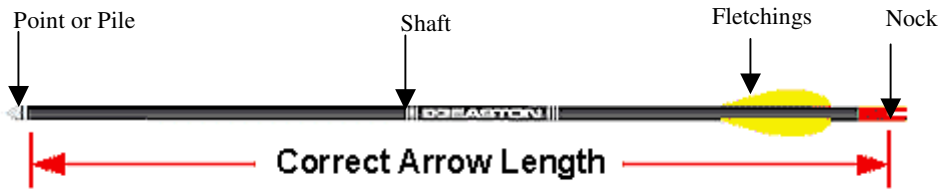
Similarly with the Recurve bow sights and Stabilisers are usually added to the Compound bow in order to improve accuracy.

Also a special release aid “trigger” is normally used to release the string when shooting the bow.



Arrows

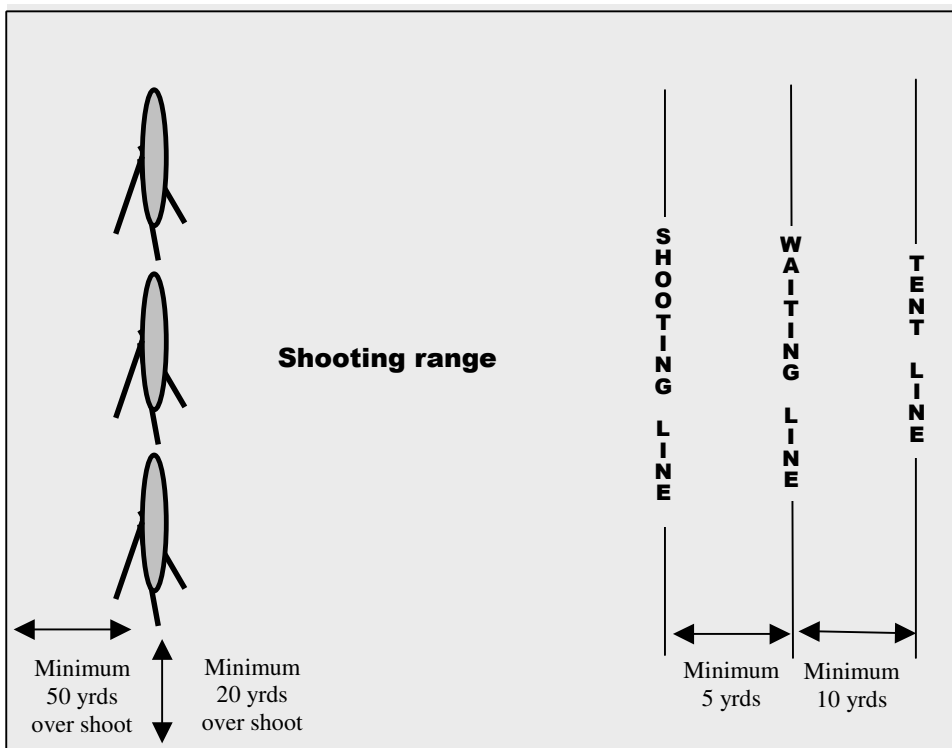
The three main materials used for arrows are wood, aluminium and carbon fibre. All arrows comprise of the same components irrespective of the material they are produced from.



For Recurve and Longbow the Cock Fletching is at right angles to the string position in the nock.

Vertical in line with string for Compound bows

The Field



Shooting line - the point from which arrows are shot at the target. Archers may stand astride the line but must only cross it on instruction from the field captain.

Waiting line - archers should retire behind this line on completion, taking their equipment with them.

Tent (Spectator) Line - All spectators should remain behind this line.

Minimum spacing between bosses is dependent on the number of archers per boss.

2.5 metres for 4

3.66 metres for 6

If space allows, bosses can wider apart.

Scoring

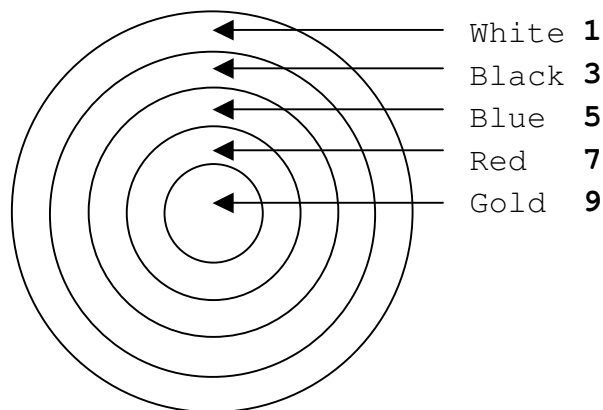
Standard Target Faces which are made in different sizes are generally of five colours: gold, red, blue, black and white.

Each coloured circle is divided by a central line, this format is used by both G.N.A.S. and F.I.T.A.

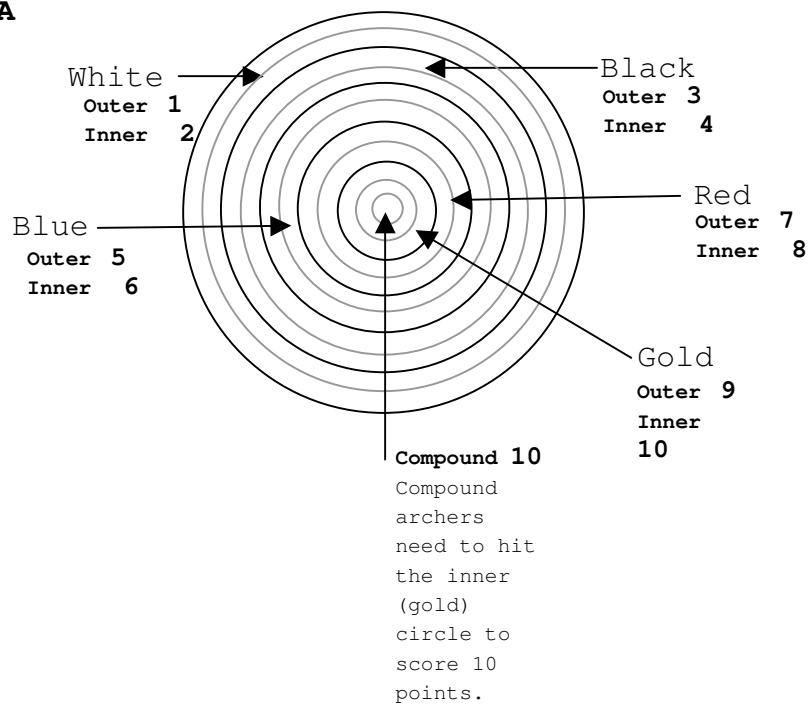
Depending on the type of round being shot the colours can have different scoring values.

These are shown in the diagrams below.

G.N.A.S.



F.I.T.A.



Score Sheets

Most score sheets follow a similar format, however, despite the differences in design, scoring always follows the same pattern. Examples of a score sheet and how to use it are show below. The first example is a of a score sheet suitable for a single distance round, e.g. a Portsmouth (5 dozen arrows at 20 yards).

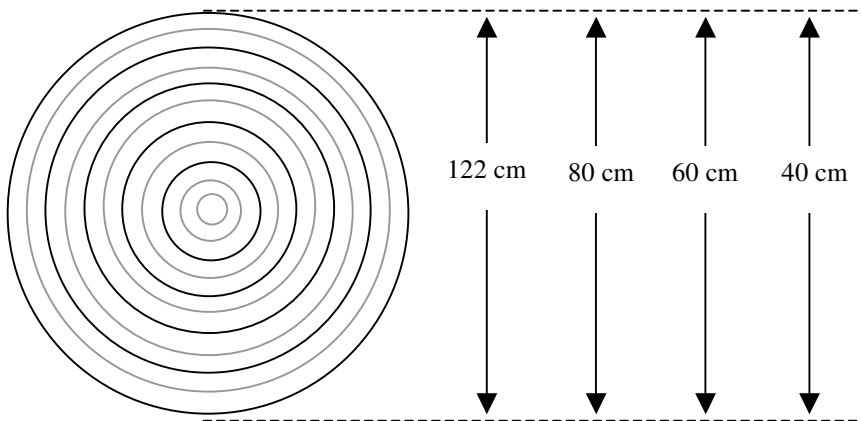
Name							Target No.			
Club										
		$\frac{1}{2}$ doz tot		$\frac{1}{2}$ doz tot	H	SCORE	R-TOTAL	G	R	B
1	10 9 8 10 10 7	54	10 9 9 10 8 7	53	12	107	107	5		
2										
3										
4										
5										
Target Captain:					TOTALS					
Archers Name:										

Arrows would be shot in threes. The score for the first three would be entered on line one - left to right - highest to lowest. The next three arrows would also be entered on line one using the same criteria. The score for the half dozen would then be totalled. The scores for the next half dozen would also be entered on line one, totalled and then added to the previous half dozen to give the score. The same format is followed through lines 2,3,4 etc. The score for each dozen is added to the previous score to form a running total.

Example score sheet

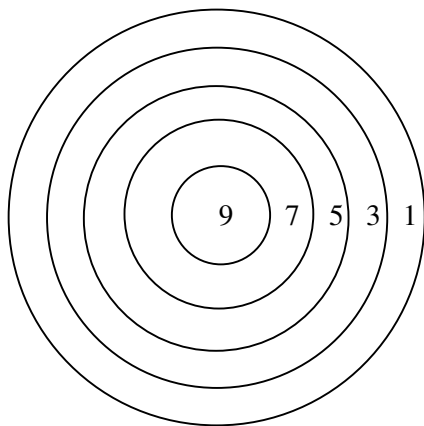
St Georges Archery															
Archer's Name						Club									
Place						Score Sheet			Date						
Round															
						1 st 6				2 nd 6	Dozen	Running	Hits	Gold	X's
						TOTAL				TOTAL	TOTAL	TOTAL			
DISTANCE TOTAL															
DISTANCE TOTAL															
GRAND TOTAL															

Target Faces & Rounds



Above is the standard Metric Target (122 cm) with 10 zone scoring.

In the centre of the gold is an extra ring which if hit is scored as an X (which indicates a score of 10, within the inner circle). If at the end of a tournament there is a tie on scores, then the archer with the most Xs is declared the winner.



Opposite (left) is the standard Imperial target face showing the 5 scoring zones (9,7,5,3,1) from the gold outwards. Most Imperial or GNAS tournaments use the Metric Target, ignoring the intermediate scoring zones and simply using the coloured rings.

Some points to observe when scoring:

1. Never touch the target face until scoring is completed.
2. Never touch your arrows. To call your score point at the nock end of each arrow and call its value clearly. Arrows scores should be called in groups of three working from the highest values to the lowest.
3. If an arrow is touching one of the dividing lines on the target it will score the higher value - it is for this reason it's important not to touch the arrows or the target face. In the case of a line cutter being disputed, a decision should be given by the Target Captain - if that is not accepted then a judge should be called to give a final decision.
4. Do not look for arrows behind the target until all the arrows in the target have been scored.

GNAS Outdoor Rounds

The following tables list all outdoor GNAS Rounds that can be shot. They are self explanatory giving the names of the Round, the size of the target face and the number of arrows that need to be shot, expressed in dozens, at each distance									
GNAS Outdoor Rounds - 5 zone scoring i.e. (9,7,5,3,1) On 122cm Target Face - Distances in yards - Number of Dozens to be shot at each distance.									
Round	100	80	60	50	40	30	20	15	10
York	6	4	2						
Hereford		6	4	2					
Bristol 1		6	4	2					
Bristol 2			6	4	2				
Bristol 3				6	4	2			
Bristol 4					6	4	2		
Bristol 5							6	4	2
St George	3	3	3						
Albion		3	3	3					
Windsor			3	3	3				
Short Windsor				3	3	3			
Junior Windsor					3	3	3		
New Western	4	4							
Long Western		4	4						
Western			4	4					
Short Western				4	4				
Junior Western					4	4			
Short Junior Western						4	4		
American			2.5	2.5	2.5				
St Nicholas				4	3				
New National	4	2							
Long National		4	2						
National			4	2					
Short National				4	2				
Junior National					4	2			
Short Junior National						4	2		
New Warwick	2	2							
Long Warwick		2	2						
Warwick			2	2					
Short Warwick				2	2				
Junior Warwick					2	2			
Short Junior Warwick						2	2		

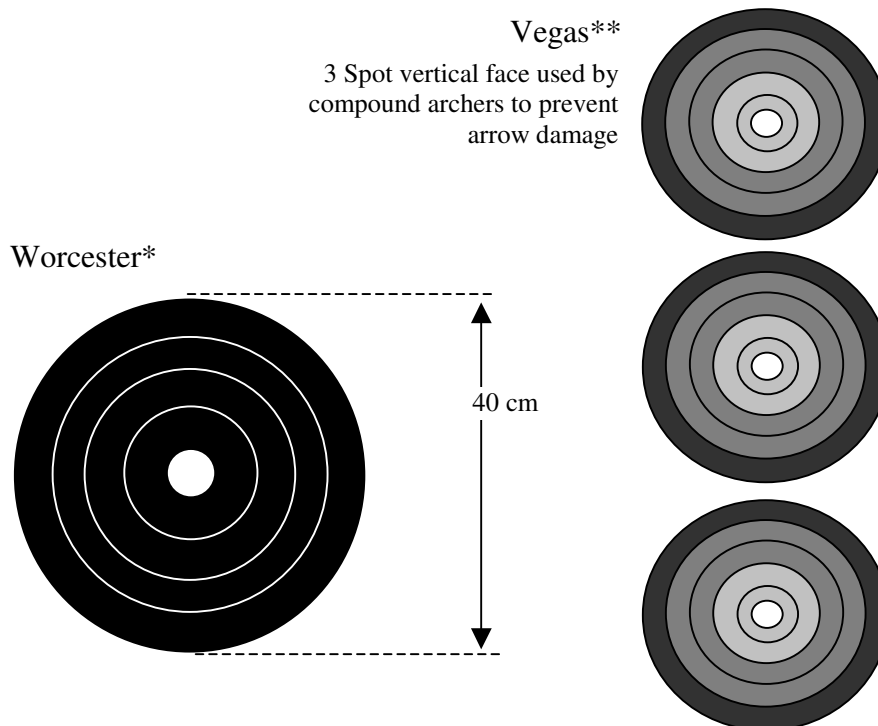
FITA Outdoor Rounds

Metric Outdoor Rounds - 10 zone scoring														
	122cm Target Face							80cm Target Face						
Round	90	70	60	50	40	30	20	15	50	40	30	20	15	10
FITA Gents	3	3							3		3			
FITA Ladies		3	3						3		3			
Metric 1		3	3						3		3			
Metric 2			3	3						3	3			
Metric 3				3	3						3	3		
Metric 4					3	3					3			3
Metric 5							3	3					3	3
Long Metric (G)	3	3												
Long Metric (L)		3	3											
Short Metric									3		3			
Long Metric (1)		3	3											
Long Metric (2)			3	3										
Long Metric (3)				3	3									
Long Metric (4)					3	3								
Long Metric (5)							3	3						
Short Metric (1)									3		3			
Short Metric (2)										3	3			
Short Metric (3)											3	3		
Short Metric (4)												3		3
Short Metric (5)													3	3
Half FITA (G)	1.5	1.5							1.5		1.5			
Half FITA (L)		1.5	1.5						1.5		1.5			
Half Metric (1)		1.5	1.5						1.5		1.5			
Half Metric (2)			1.5	1.5						1.5	1.5			
Half Metric (3)				1.5	1.5						1.5	1.5		
Half Metric (4)					1.5	1.5						1.5		1.5
Half Metric (5)							1.5	1.5					1.5	1.5
FITA														
Standard Bow				3		3								

Indoor Rounds (GNAS Recognised)

GNAS Recognised Indoor Rounds (Metric & Imperial) 10 zone scoring (except *)							
Round	80 cm Face	60 cm Face			40 cm Face		
FITA 18m	30 metres	25 metres	18 metres	20 yards	18 metres	18 metres	20 yards
FITA 25m					5 dozen		
Combined FITA		5 dozen					
Bray 1		5 dozen					
Bray 2		2.5 dozen			2.5 dozen		
Portsmouth				5 dozen			
Double Portsmouth				10 dozen			
Stafford	6 dozen						
Worcester							
Double Worcester							5 doz*
Vegas						5 doz**	10 doz**
* 40-64cm (16") 5 zone black face with white centre scoring 5,4,3,2,1 ** 40cm three spot. 5 zone face. scoring 10.9.8.7.6							

Worcester and Vegas Target Faces



THE FIRST TWO YEARS

You've been taught the basics of shooting, the safety rules, field layout and etiquette. You will have been made aware of different forms of archery and of different types of bow. You've completed your beginner's course and joined the Club - ***where do you go from here?***

For your first year you will be classed as a novice archer obviously there is still much to learn. As with all sports or skills improvement is achieved through practice and analysis. However, practice alone may not bring the improvement you seek, it needs to be structured and have benchmarks which you can measure against. In addition to this it also requires other more experienced archers to be available to help you over the frustration and difficulty you might experience when encountering a problem you cannot readily solve.

Your aim now is to improve your skill and technique you can achieve this by practising as much as possible. Set yourself goals, monitor and measure your performance, analyse your shooting, but remember it's just as easy to practice bad technique as it is to practice good. Don't feel shy about asking more experienced archers to watch you and comment on your technique and style.

In short the things you need to do are:

- **Keep your equipment in good order, find out about its function and how to maintain it and tune it.**
- **Practice regularly you can do this physically and mentally - it is important to develop a positive mental attitude towards your shooting.**
- **As an individual or in conjunction with a coach/instructor set some goals to be achieved.**
- **Try to achieve continual improvement - monitor your performance, keep your scores for various rounds - try to improve you personal best.**
- **Gain experience wherever you can. Enter competitions - your coach/instructor/fellow club member can advise you when you're ready and indicate suitable events. You may have already been to watch a competition so you will have a good idea of if you're ready and what's expected.**

THE BEST ADVICE OF ALL -

RELAX AND ENJOY YOUR SHOOTING.

St. George's

Ten Basic Steps in Archery

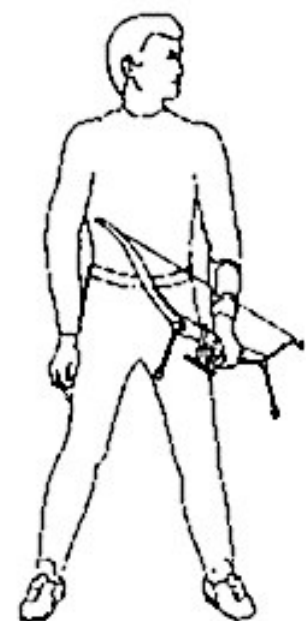
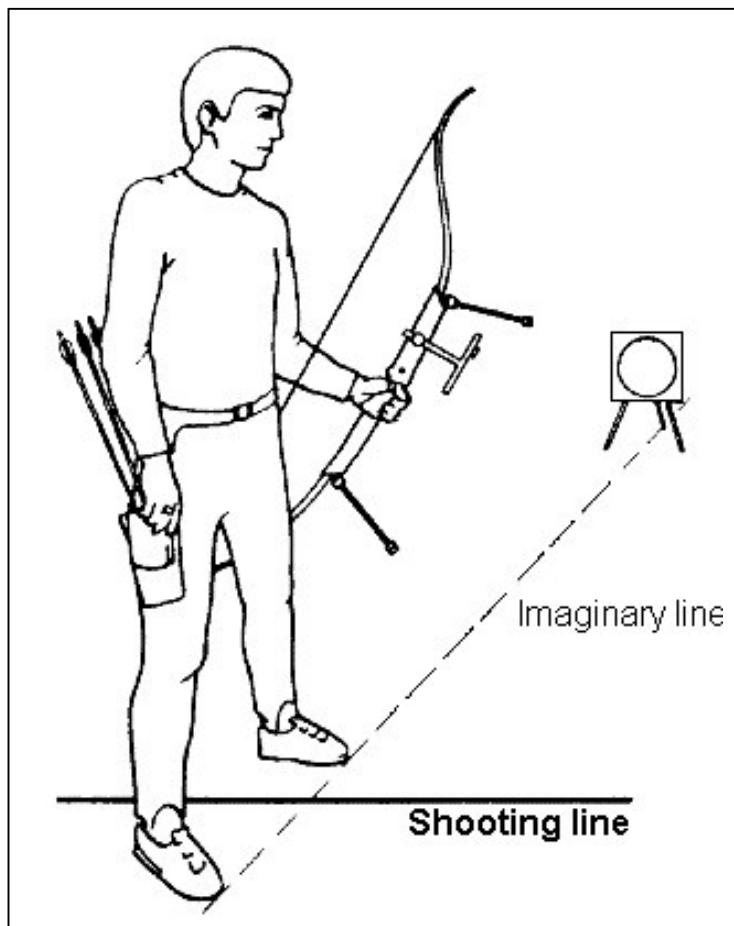
The following sequence of figures shows the basic steps of shot execution.

Although it is depicted as a sequence of separate events, you should execute these steps in one single smooth motion.

*Also keep in mind that these are **Basic** steps, individual adjustments are possible, but these are usually given by the instructor/trainer.*

1 - Stance:

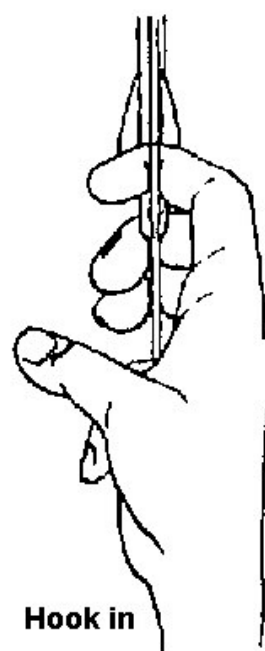
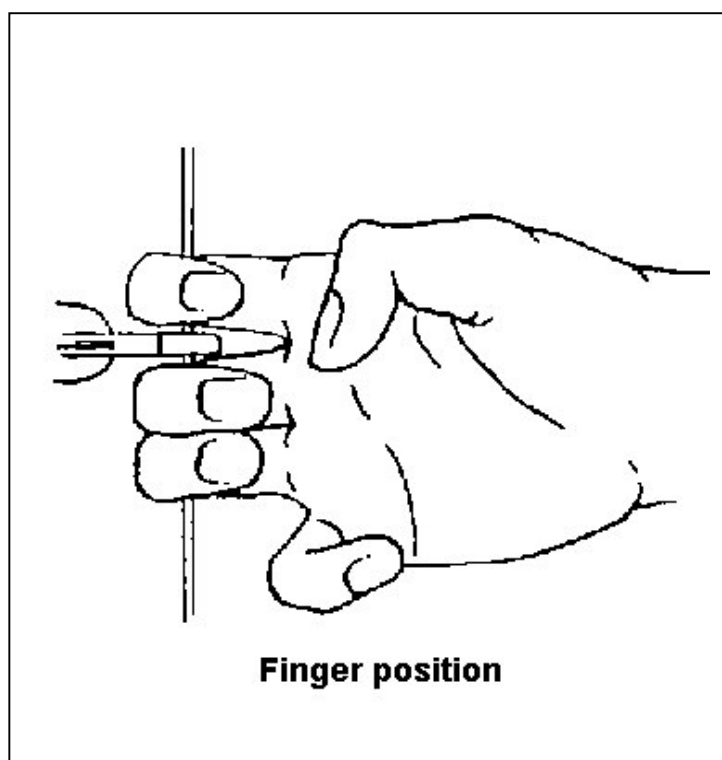
- Put the tip of your toes against an imaginary straight line towards the centre of the target.
- Put your feet on both sides of the line.
- Put your feet about shoulder's width apart.
- Try and relax.



Shoulder width

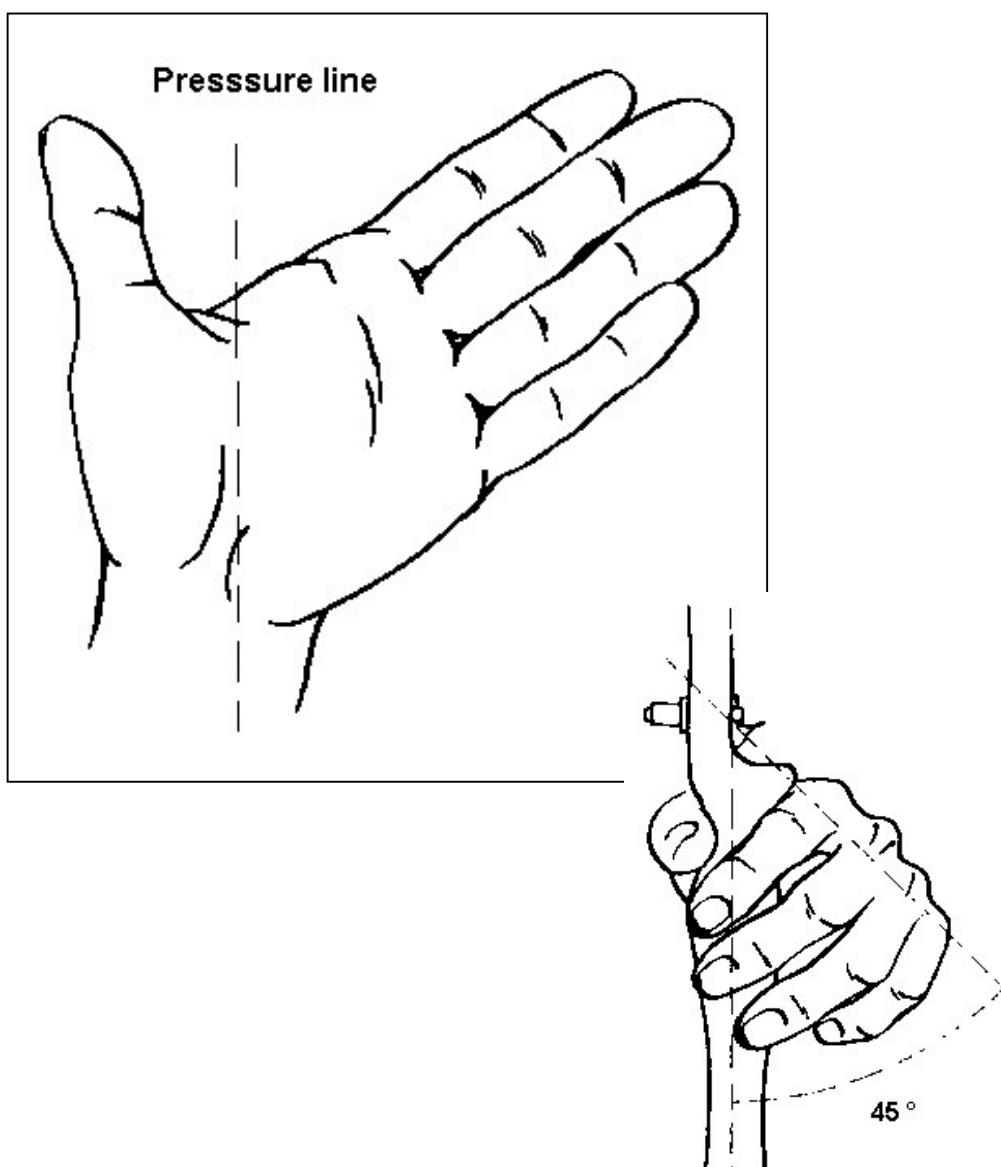
2 - Finger placement

- * Place your fingers in such a way, that you hold the string with your index finger above the nock and middle and ring finger under the nock
- * Hook the string between first and second joint.
Make sure to maintain a deep hook.



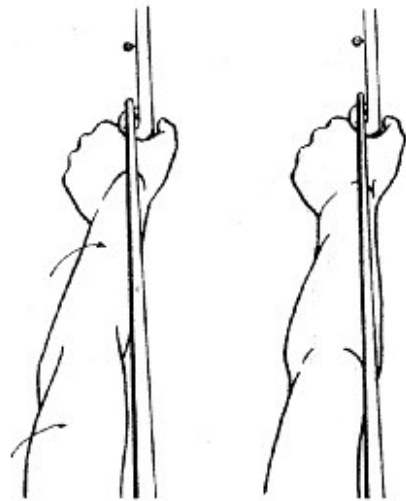
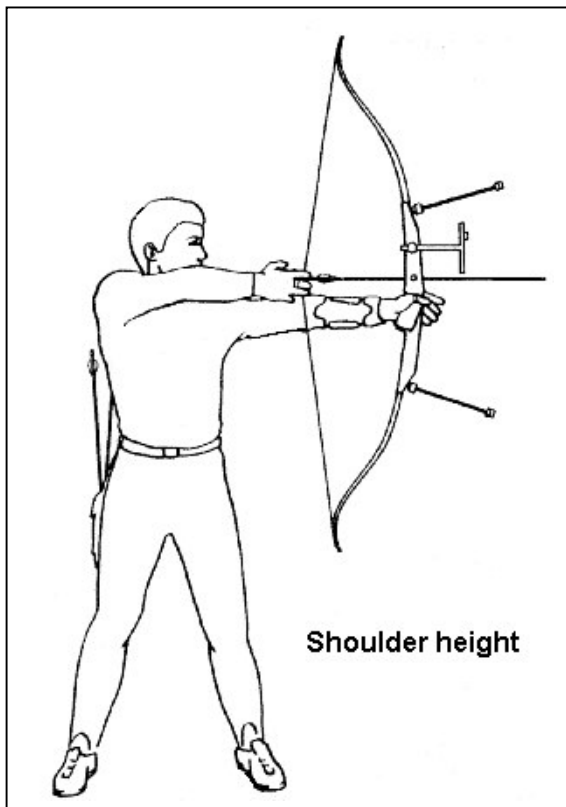
3 - Bow hand placement

- * The pressure of the bow should be distributed along the pressure line.
- * Relax your fingers. The back of your hand should make an angle of 45 degrees.
- * The tips of thumb and index finger are may touch each other in a relaxed way.



4 - Extending the bow arm

- Bring the bow arm to shoulder height
- The elbow of the bow arm is turned away from the string



Right:
Turned away

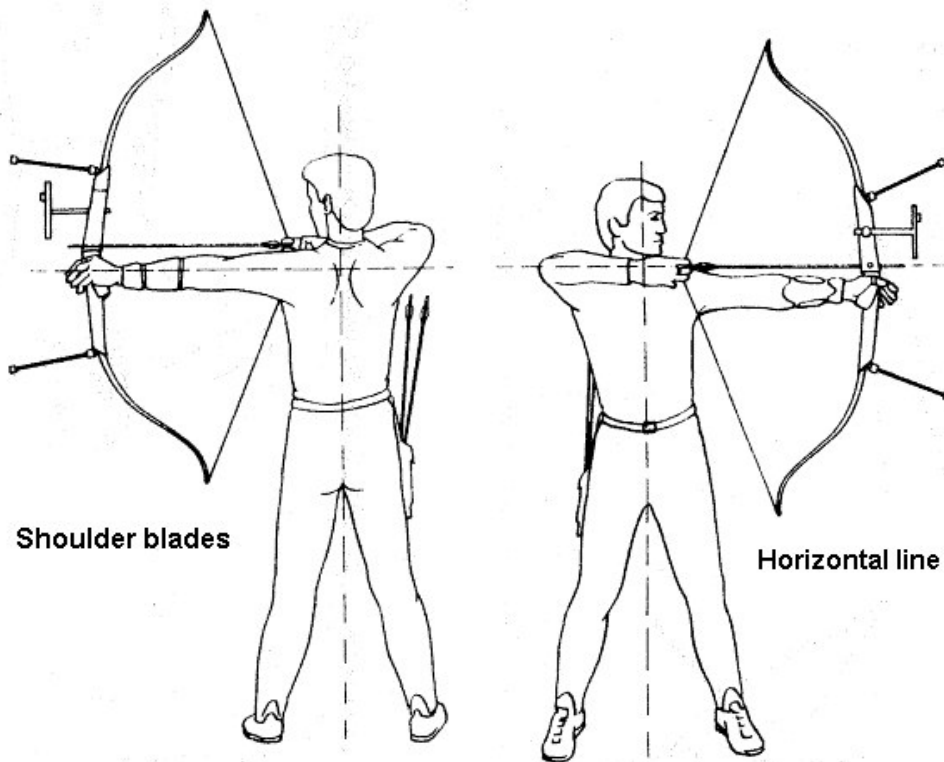
Wrong



One straight line

5 - Drawing the bow

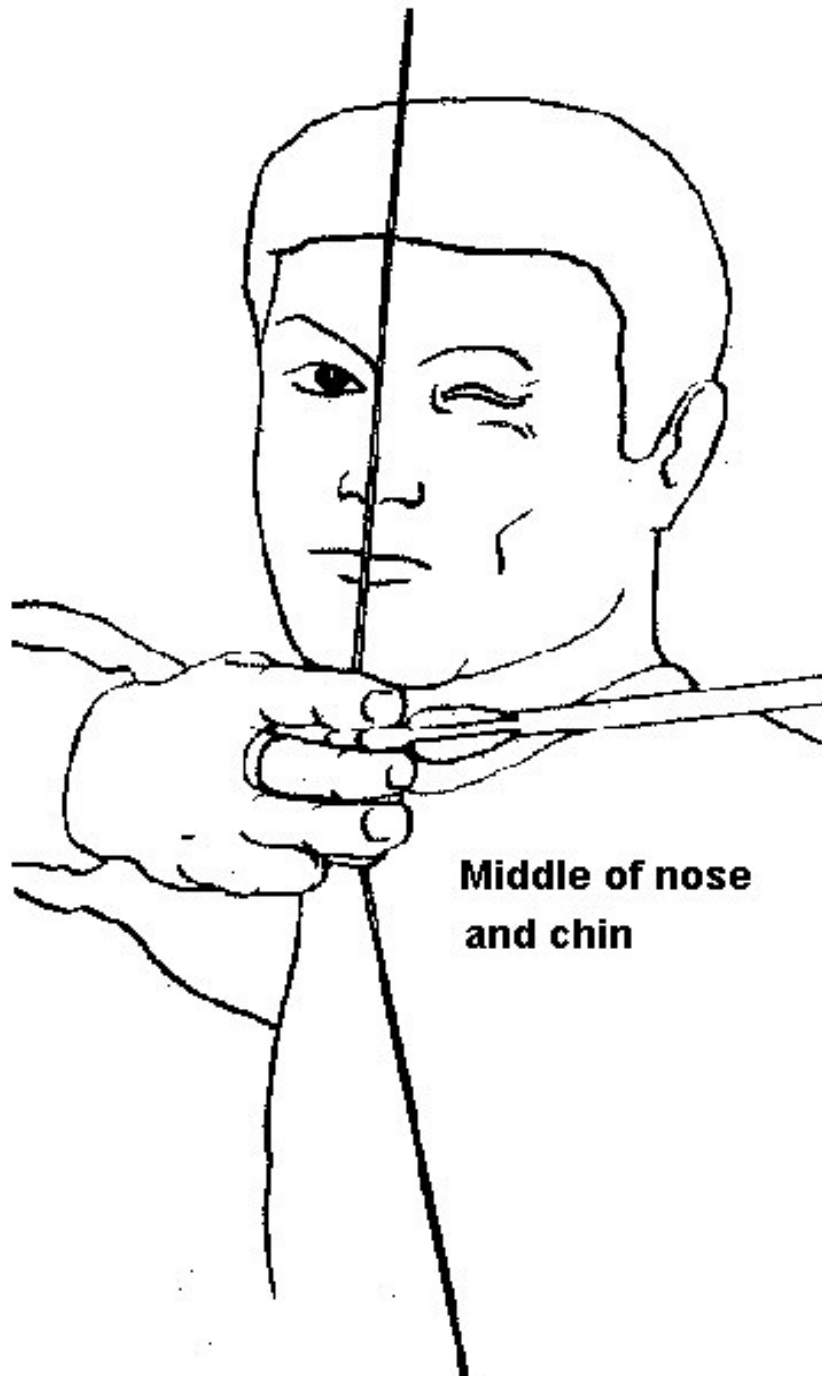
- Draw the string along the bow arm in a straight horizontal line to the anchor point.
- Draw with your back muscles, moving the shoulder blades towards each other.
- Stand straight up and relaxed
- Keep both shoulders as low as possible.



Draw the string
along the bow arm

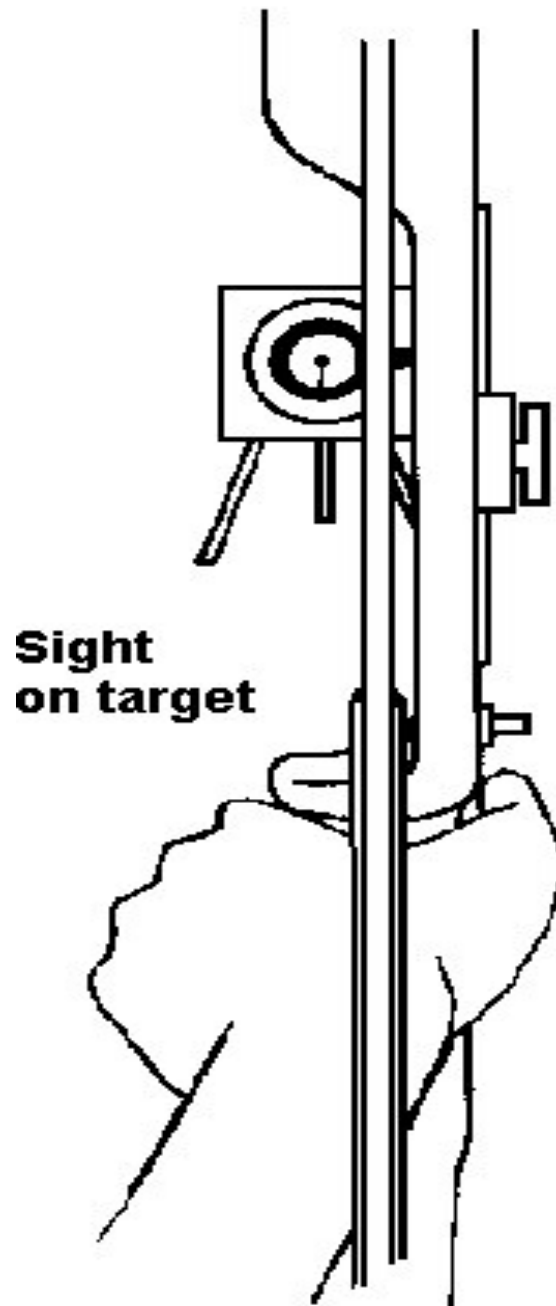
6 - Anchoring

- The string should touch the middle of the chin
- The index finger is placed under the chin
- Keep your teeth together



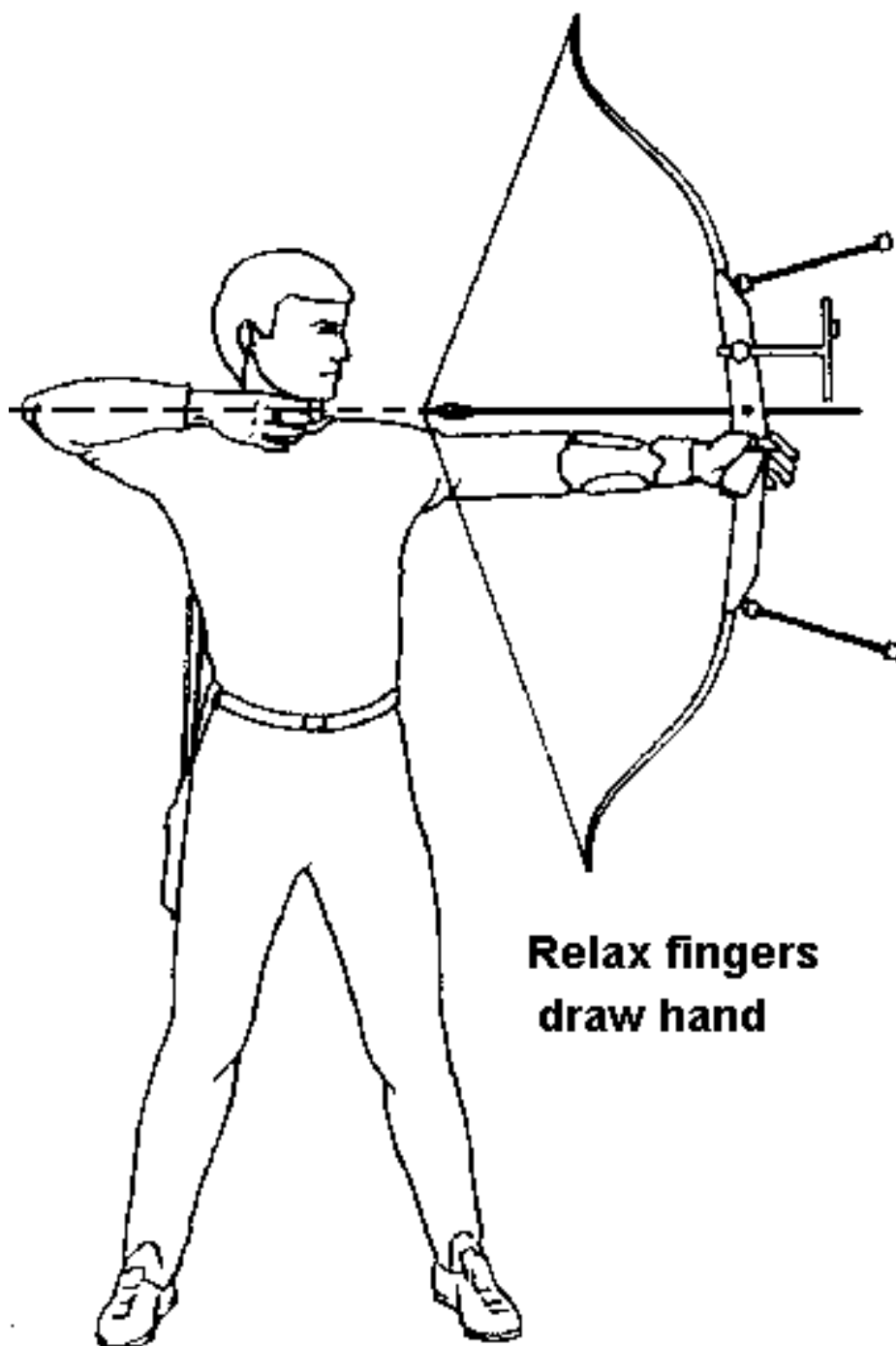
8 - Aiming

- * Aiming is done with the dominant eye. Shut the other eye
- * Keep the sight at the target
- * Keep the string a little left of the sight



9 - Release

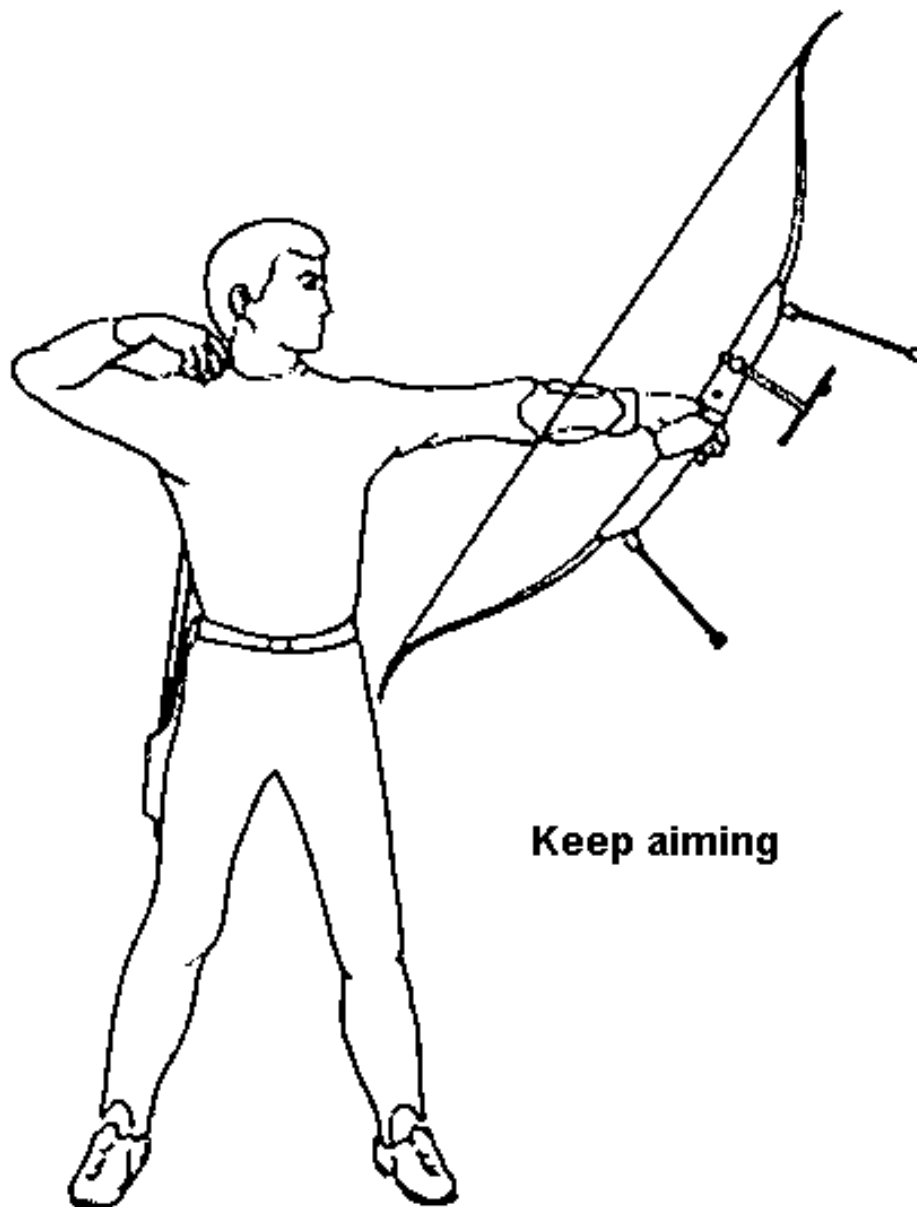
- * Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand
- * A relaxed bow hand will automatically move backwards
- * Relax your bow hand. Let the bow drop.



**Relax fingers
draw hand**

10 - Follow through

- * The draw hand should be relaxed and near or behind your ear.
- * Keep aiming until after the arrow hits the target



A few useful Archery terms

A

Alborium:

A bow made from hazel, 11th century.

Anchor:

The location to which the hand that draws the bow string is positioned to when at full draw.

Anchor point:

The place where an arrows nock is drawn to before release, usually the chin, cheek, ear or chest. Used to help aiming.

Archer's guard:

See bracer.

Archer's paradox:

In period bows (without a shelf or centre shot) the arrow which is properly shot will fly in the line of aim, although the string propelling the arrow moves directly to the centre of the bow. The arrow in fact bends around the bow after release but after passing the bow returns to its proper line of flight.

Archer's Stake:

A sharpened wooden stake driven into the ground pointing away from an archer to protect against cavalry.

Arrow:

The missile shot by an archer from a bow.

Arrowhead:

The striking end of an arrow, usually made of a different type of material from the shaft such as iron, flint or bronze, depending the purpose of the arrow.

Arrowsmith:

A maker of metal arrowheads.

Ascham:

[1] A tall narrow cupboard for storage of bows and arrows.

[2] Roger Ascham, 1515 - 1568, author of Toxophilus (1545).

Arrow spacer:

A circular piece of leather pierced by 24 holes used to keep the shafts of a sheath of arrows apart from each other and prevent damage to the flights during transport.

B

Back of the bow:

The surface of the bow furthest from the archer when they hold the bow in the firing position.

Backed bow:

A bow consisting primarily of wood but having a thin strip of a material (wood or hide) attached to the back of the bow.

Barb:

A rearward turned point on an arrow head.

Barrelled:

An arrow which is thickest in the middle and tapers to the ends.

Belly of the bow:

The surface of the bow closest to the archer when they hold the bow in the firing position.

Bodkin:

A type of arrow head.

Bow:

A projectile weapon consisting of a shaft with the two ends joined by a string used to shoot arrows.

Bow arm:

The arm which holds the bow.

Bowman:

An archer.

Bow marks:

Archery targets.

Bow release:

The way a bow string is released when loosing an arrow. Varieties of release techniques included; primary, secondary, tertiary, Mediterranean, Flemish and Mongolian.

Bow stave:

A roughly trimmed length of wood from which a complete self bow is fashioned.

Bowstring:

The string of bow made from such materials as; plant fibre, silk or sinew, used to transfer the energy from the bow to the arrow.

Bowyer:

A maker of bows.

Brace:

To string a bow.

Bracer, Archer's guard, Arm guard:

A covering for an archer's left wrist, used to protect the wrist from the slap of the string.

Breast:

The part of an arrow which touches the bow when the arrow is placed on the string ready to be drawn.

Broad arrow:

An arrow with a broad barbed head.

Broadhead:

A wide steel arrowhead used on hunting arrows.

Butt:

[1] An earthen mound used as a backing for a target.

[2] A target made from compacted straw.

Butt fields:

English public archery practice grounds, 15th century.

C**Cast:**

The ability of a bow to project an arrow.

Chrysal:

A transverse crack in the belly of a wooden bow caused by the crushing of the fibres.

Cloth yard arrow:

An arrow of a certain length used for medieval English arrows, about 36 inches in length.

Clout:

A white cloth placed on the ground as a marker for long distance shooting.

Clout shoot:

An archery contest where the aim is to hit a target laid out horizontally on the ground.

Cocker:

A quiver.

Cock feather:

The feather at right angles to the string position in the nock on three feathered arrows.

Compound bow:

A modern bow using a system of one or more pulleys to develop mechanical advantage.

Composite bow:

A recurve bow made from a number of materials laminated together (eg. wood, sinew and horn).

Corytus, coryto:

A bow case.

Creep:

Allowing the arrow to edge forward at full draw just before the release of the arrow.

Cresting:

The identifying coloured rings applied to the arrow shaft forward of the fletchings used to mark ownership.

D**Dornlach, Dornloch:**

A Scottish quiver.

Draw:

The act of bending the bow to full arrow length by drawing the string backwards while holding the bow steady.

Draw length:

The length the bow is drawn to the anchor point.

Draw weight:

The force required to draw a bow to full arrow length, usually measure in pounds at a certain draw length measured in inches.

F**Feathers:**

The flights on an arrow to aid in stability in flight.

Fistmele:

The measurement of the distance from the grip to the string of a bow, usually measured by placing a fist on the grip with the thumb extended towards the bowstring.

Flatbow:

A modern bow with flat section limbs made from fibreglass and wood laminations, often referred to as a longbow.

Fletcher:

[1] An arrow maker.

[2] A person who attaches fletches to arrows.

Fletching:

To add flights to an arrow.

Flemish loose:

A loose using two fingers only.

Flemish string:

A bow string made in such a way that the loops are plaited from material without the addition of serving.

Flight shoot:

An archery distance shooting competition.

Flo:

A swift arrow.

Flu Flu arrow:

An arrow with large feathers used for targets thrown in the air or shooting birds.

Footed arrow:

An arrow reinforced with a spliced hardwood foreshaft.

Fore shaft:

A supplementary hard wood shaft added to the front end of a shaft.

G

Gonfalon

Hanging banner

Group:

Used for a number of arrows close together on a target.

L

Limb:

One of the arms of a bow, from grip to tip.

Longbow:

A self bow, usually the height of the user, preferably made of yew and made famous by the English at Crécy, and Agincourt.

Loose:

To release the string of a bow to propel an arrow towards it's target.

M

Mediterranean loose:

The three fingered loose used by Western archers.

Mongolian loose:

The loose used by Asiatic archers where the thumb is hooked around the string.

N

Nock:

[1] The end of an arrow with a notch in it for the string.

[2] The grooves in the tips of the limbs of bow to fit the bowstring.

[3] The act of fitting an arrow to the string.

Nocking point:

The place on the bowstring where the arrow is placed for firing.

P

Peacock arrows:

Arrows of the 14th century fletched with peacock feathers.

Pile:

A type of arrow head used for target shooting

Q

Quiver, Querquer:

A bag or case to carry arrows.

R

Recurve bow:

A bow where the limbs bend away from the archer when held in the firing position.

S

Self bow:

A bow made from one piece of wood.

Shaft:

The body of an arrow.

Sheath of arrows:

A bundle of twenty four arrows.

Short bow:

A bow usually half the height of the archer using the bow.

Speed shooting, Shower shooting:

A contest to fire as many arrows as possible into the air at one time.

Spine:

A measurement of the amount of elasticity of an arrow shaft.

Stave:

A piece of wood destined to be shaped into a bow.

Steelbow:

A bow made of steel, usually a flattened pipe (Europe) or a spring-like device (India)

Stele:

The wooden shaft of an arrow.

Stone bow:

A bow which is used to shoot stones, pellets or balls.

String:

[1] A bowstring.

[2] To fit a bow with a string.

Stringer:

[1] An aid to stringing a bow.

[2] A maker or seller of bowstrings.

T**Tackle:**

Archery equipment.

Toxophilite:

A devotee of archery.

Toxophily:

The love of archery.

W**Wand shoot:**

An archery contest where the target consists of a piece of peeled willow about 6 foot in length placed upright in the ground.

War bow:

A bow primarily used for use in war.

Whistling arrow:

An arrow with a large hollow head with openings in front and sides. When shot the air rushing through the openings make a whistling noise.

Acknowledgements

The Committee would like to thank the following people for producing this guide

- Bill Spencer
- Robert Smith

Additional information