

FRISKNEY BOWMEN

ARCHERY BEGINNERS MANUAL



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Introduction

The course will teach you the basics of shooting safely and include 6 sessions of tuition from one of our qualified archery GB coaches. You will learn the basic techniques of shooting and scoring and be able to shoot arrows into a target at 20 yards. Archers will learn: -

- Set up and take down a recurve bow.
- Types of Bows and their components
- Archers' equipment finger tab, guards etc.
- Adopt an appropriate stance for shooting.
- Nock an arrow onto a string correctly.
- Correct body posture.
- Execute a basic draw and release.
- Pull arrows from a target safely and correctly.
- Rules of shooting safely and club Rules
- Adjust a bow sight to compensate for shooting distance and sideways drift.
- Safely setup the clubs Target bosses

After completing the course coaches will be available most club nights to help further your archery development.

	Session Date Completed	Coach Signature
1		
2		
3		
4		
5		
6		
	Completed	

Getting Started

Archery is a safe and enjoyable sport for all the family. However, bows used carelessly can cause serious harm. Bows (including the fiberglass bow kits) are toys. A straightforward, common sense approach to safety should be adopted by all.

- Make sure the area you are using the bow in is completely clear, and that no one could accidentally walk within range of your bow. Be aware of arrow deflection should you miss, as it may travel at extreme angles to the target.
- Spectators must always stand behind the archer.
- Inspect your arrows for damage before shooting. If an arrow is damaged, do not shoot it as it may break upon release.
- Make sure arrows are long enough so they cannot be drawn off the rest and fall inside the bow.
- When pulling arrows from a target make sure no one is standing behind you.
- Never let anyone draw or shoot your bow if their draw length is longer than yours. Over drawing of the bow can cause damage to the bow.
- When drawing the bow, keep it level with the target. Drawing high and then lowering the bow could be very dangerous should a premature release accidentally happen.
- Children must be supervised by an adult at all times
- **FAST and Come Down!!**
The command '**FAST**' can be yelled by any person on the range who sees a safety issue. Upon hearing the command all archers must stop shooting and immediately 'come down' to the resting position.
- **Never Run.** Archers must always walk
- When shooting indoors and where space is restricted, equipment not in use may be stored at the sides of the Shooting Zone.
- All archers, officials and spectators must be behind the Shooting Line before shooting can commence.
- Only those shooting on that detail, (and anyone instructing or coaching them at that moment), may enter the Shooting Zone.
- **No opened toed shoes should be worn.**

i Safety Notice

Do not fit an arrow to the bow until: -

- YOU ARE ON THE SHOOTING LINE
- YOU ARE FACING THE TARGET
- THE FIELD CAPTAIN HAS SIGNALLED THAT YOU CAN SHOOT
- YOU ARE SURE THAT IT IS SAFE TO SHOOT
- EVERYONE IS BEHIND THE SHOOTING LINE.

Friskney Bowmen Archery Field Rules.

Failure to following these rules may result in cancelling of membership or prosecution.

- Under 16years must always be accompanied by an adult or guardian on our Archery Field.
- Parent /Guardian – Serious injury may occur if you do not properly supervise your children.
- The responsibility for the care of the child will always remain the parent/guardian's duty.
- Any person's actions that are deemed unsafe by a committee member or the coaching team will be asked to leave the field immediately.
- Only current Friskney Bowmen members can shoot on this field on non-club days/nights.
- Anyone shooting on this field that are not members at any time other than a club night or an organised event will be prosecuted.
- Crossbows cannot be shot unless they have been authorised by a committee member, and the bow meets all the necessary requirements.
- Please ensure before shooting you are aware of how targets are set up, and where the shooting lines are. This is for your safety and all other archers.
- Each archer has a duty of care, to ensure that his/her actions do not compromise the safety of himself/herself or others.
- Please note no open toe shoes are to be worn on the archery field.
- No running is allowed during practise.
- If pet dogs are brought to the field they must always be kept on a lead and never walked near the targets.

Membership

The first 6 months you will be classed as a novice archer.

After 6 months you will have access to our field facilities, given a key code for the hut where bosses are stored; this is in line with our Club Insurance Policy.

Current membership fees are:

Adult £40 PA

Child/Junior £20 PA

Equipment

Clothing

The key to good shooting is being relaxed and comfortable. Archery is an informal sport and most definitely not a fashion show! Clothing should be suitable for you to shoot in and appropriate to the weather conditions when outside.

ⓘ Safety Notice Close fitting tops such as a tee-shirt, polo shirt or similar is ideal. Avoid anything baggy as it can become tangled in the string, spoiling your score and the clothing! No ties (remember, relaxed and informal!), chains or necklaces visible outside your clothing and no open toed shoes.

Long Hair should be tied back to prevent interfering with the bow string.

Bracer

Bracers are used to keep loose clothing from touching the string and prevent the string from contacting the arm. There are many different sizes, shapes and styles



Tab

A finger tab provides protection for the fingers which draw the string. For a secure fit, the middle and ring fingers are placed through the holes. The nock slot should be wide enough to easily accommodate the arrow nock and the leather face should cover the end of the fingers when holding the string. There are many different sizes, shapes and styles.



Chest Guard

A chest guard is worn on the same side of the body that holds the bow. The guard is used to keep loose or baggy clothing from touching the string when the bow is drawn.



Finger and Wrist Sling

A Sling is a cord or strap used to secure the riser (handle) to the archers bow hand. A finger or wrist sling may be used to help archers achieve the correct position with their 'bow hand' and ensures the bow doesn't fall to the floor on release.



Quiver

Every archer needs a quiver. Holds you arrows and equipment while shooting on the line. There are many different types of quivers, in a range of sizes and colours.



Arrow Pullers

Use an arrow puller to safely and easily remove your arrows from a target. The only safe way to pull out arrows that contain carbon, the arrow puller protects your hand from any possible splinters. Pullers also help you to grip the arrow, making it easier to pull out arrows that have got really stuck in the target. Arrow pullers come in different shapes, but all perform the same job.



Purchasing your own equipment.

We recommend that **you do not** purchase your own bow for the first 2-3 months as your body is adjusting to archery. You will be drawing more weight after the first weeks and draw length will change as accordingly. Once you have got good archery form this would be a good time to purchase your new equipment.

If you need advice on what bow and related equipment to purchase, please speak to one of our club coaches.

Eye Dominance

Most right-handed people are right-eye dominant and most left-handed people are left-eye dominant. But this certainly isn't true for everyone. For some people, hand and eye dominance are opposite - which creates a dilemma for participating in the shooting sports

Shooting with both eyes open will work for some archers but for others it is not the best idea.

For example, roughly 70% of men have an eye dominance that matches their handedness (right eye dominant, right hand dominant and vice versa).

For those people it is likely that they can effectively shoot with both eyes open.

If you are cross dominant (e.g. right handed and left eye dominant) then it may be difficult for you to distinguish the actual target location due to the parallax effect.

ONE EYE OPEN VS TWO EYES OPEN

So what does all this have to do with shooting a bow? In some cases, nothing. If you plan to shoot your bow by closing one eye and sighting with the other, it doesn't really matter whether your hand and eye dominance match or not. However, most serious archers sight and shoot their bows with...

BOTH EYES OPEN

Shooting with both eyes open gives you a much brighter and more natural field-of-view, even when looking through a peep sight. The dominant eye focuses crisply and does the actual "sighting" through the restricted area of the peep sight, and the other eye "fills in the gaps" in the picture (though not in complete binocular focus).



NOTE

Don't worry if you don't know your eye Dominance. One of coaches will be able to help

Hand Dominance

If you are one of the lucky people who are right handed and right eye dominant or left handed and left eye dominant, then selecting archery equipment becomes obvious.

- Left hand/Left Eye dominant = **Left Hand Bow**
- Right Hand/Right Eye dominant = **Right Handed Bow**

If you happen to be cross dominant (many of us are), meaning you are right handed but ocular dominance is on the left side or vice versa, it is possible to shoot well if you understand and learn how to compensate for the parallax effect.

Serious competitive archers may want to consider re-training so they are shooting a bow that matches the dominant eye side. *This is personal preference and you need to see what works for you*

Arrow Length

ⓘ Safety Notice The length of the arrow is very important from a safety perspective, as obviously you don't want to pull the arrow all the way past the arrow rest.

Also, you don't want too much of the arrow in front of the bow, as this will result in the arrow being too heavy and although it may fly, you may have to aim much higher than you need to with an arrow of correct length. Your arrow length is derived by your draw length

- **Arrow Length** - refers to the length of the arrow shaft.
- **Arrow size** - refers to the spine (stiffness) of the arrow. The shaft size is always referring to the diameter of the shaft, the wall thickness of the shaft and the distance that the arrow shaft will flex before it bends or breaks.

Bow Length

The process of finding your proper draw length is not rocket science but getting it correct is vital to your success.

Selecting your proper draw length is equally important as choosing the right size shoe.

If the bow is too large for the archer, then you will be missing out on the full potential of the stored energy in the bow limbs.

The chart on the right is a guide to the bow size based on your draw length.

Bow Size Guide

24" to 26" = 64" to 66" bow

26" to 28" = 66" to 68" bow

28" to 30" = 68" to 70" bow

31" and longer = 70" to 72"
bow

Draw Length

Don't worry if sounds complicated a coach can help find your draw length. A very simple why is to:-

1. Measure your arm span
2. Divide by 2.5

For example, a man with an arm span of 71 inch are span would have a draw of 28.4 inch draw.

Draw Weight

Your physical condition, stamina and motor skills will change the more often you shoot.

Don't worry too much when you are starting out about the Draw length and bow size. These figures will change as your body and muscle develop the more you shoot.

If your draw weight is too heavy, the likelihood that you will learn proper biomechanical form is greatly diminished and the experience will be less than enjoyable.

This commentary is focused mainly on beginner archers or those who are making a leap from recreational to competitive archer for the first time.

Regardless of your age, gender, body type or willingness to learn; selecting the proper draw weight is important and again, the learning experience is hampered if you are over bowed.

Safe Arrow Handling

Arrows can be dangerous if not handled correctly. Arrow points can be sharp even on junior arrows, the nock end of the arrow can just be a dangerous. Injuries to eyes, face and other body parts if incorrect procedures are followed. You should: -

- Never run with arrows
- If walking with the arrow hold the point/pile end down by your side.

Arrow Collection

Most injuries happen when archers are collecting arrows.

To remove arrows from a boss:

1. Walk to the side of the boss; a maximum of two people can remove arrows from a single boss;
2. Stand perpendicular to the boss, facing the arrows;
3. Keep the hand nearest to the boss on the boss at the base of the nearest arrow;
4. With your other hand, firmly grasp the arrow as close to the boss as possible (bottom of the shaft);
5. Check that nobody is behind the arrow;
6. Pull the arrow directly from the boss using your whole body, while still keep pressure with your other hand on the boss.
7. Transfer the arrow to your other hand, place it in your quiver or carefully pass it to someone else;



If you are unsure on how to collect, your arrows safely a club coach can demonstrate the correct procedure.

Damaged Arrows

Arrows can get damaged from time to time. Do not shoot an arrow that is damaged. Please speak to a club coach if you are unsure.



Warming up/down Exercises

You can use these exercises for warming up the muscles before shooting and for stretching and cooling down the muscles after shooting.

These exercises will help prevent damage to muscles, tendons and joints and increase flexibility.

When performing these exercises, do not hold your breath at any stage, as it may cause dizziness. As you do each exercise the muscles will require more oxygen, so your breathing and heart rate will increase.



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Remember you should warm the muscles up (but do not stretch). You can stretch the muscles on a warm down.

Performing a series of short warmup/warmdown exercises we will increase heart rate, blood flow and core body temperature which all enables for greater muscle contractions as warm muscles can contract at a faster rate than cold muscles

Failure to warm up may not result in short term injury, like many people have been told, but will almost certainly result in an accumulation of injury risk and performance decrements.

REMEMBER Warmup exercises or stretches should not hurt.

Strength

Strength in Archery is not only the muscle power required to draw a bow, but also to maintain balance and stay steady as you aim.

How strong you currently are dictates what poundage of bow you can use. A bow that is too strong for you will only do possible damage to your muscles and joints.

A light draw weight bow will generally be used for beginners to learn basic skills without the need for strength. As skills are developed, then a stronger draw weight bow may be used and so strengthening of muscles will be required. Some of the above stretching exercises can also be used to strengthen muscles.

Archery Equipment and Range

Layered Foam

Kind to arrows and weatherproof. They are easier to remove arrows and are general the prefer choice of target.

Please do not try and lift the clubs target bosses on your own. The clubs have a trolley for moving the targets. If you are unsure on how to setup and handle the target bosses, please speak to a club coach.

Bag Targets

Bag Targets are a great all-round solution for leisure bows and high-performance bows alike. They are weatherproof, easily transported, and hard wearing, but more importantly have tremendous stopping power.

Straw Bosses

Nothing beats the traditional look of a straw target.

3D Animal Targets

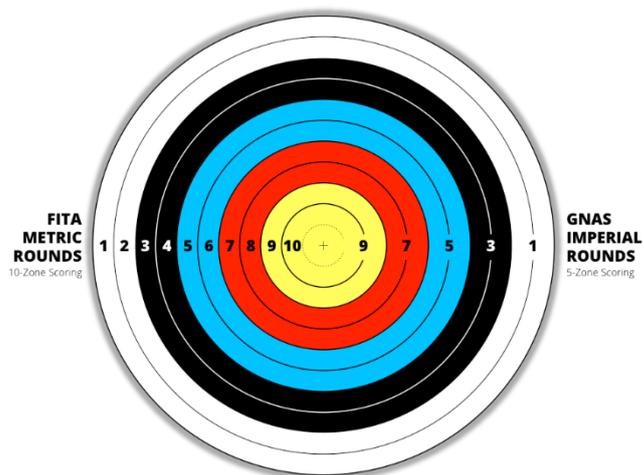
Fun, attractive and hugely popular with field archers. 3D targets enhance the shooting experience and add to the enjoyment.



Archery Rounds

Target archery rounds provide a standardised method for archers to compare scores. There are many different rounds each with its own name and consisting of a set number of arrows at one or more distances and target sizes. There are two basic types of rounds imperial and metric. Imperial rounds are also known as GNAS or English rounds, whilst metric rounds are also known as FITA rounds

Below is a list of typical round and their distances shot.



GNAS metric rounds

Scoring: 5-zone imperial scoring, all shot on 122cm face.

Table shows number of dozen at each distance

	Yards	100	80	60	50	40	30	20
York		6	4	2				
Double Hereford			12	8	4			
Double York		12	8	4				
Hereford/Bristol I			6	4	2			
Bristol II				6	4	2		
Bristol III					6	4	2	
Bristol IV						6	4	2
Bristol V, new (30/20/10yds)							6	4
Bristol V, old (20/15/10yds)								6
St George	3	3	3					
Albion		3	3	3				
Windsor			3	3	3			
Short Windsor				3	3	3		
Junior Windsor					3	3	3	
Short Junior Windsor							3	3
New Western	4	4						
Long Western		4	4					
Western			4	4				
Western (two-way)			4	4				
Short Western				4	4			
Junior Western					4	4		
Short Junior Western							4	4
American			2.5	2.5	2.5			
Double American			5	5	5			
St Nicholas					4	3		
New National	4	2						
Long National		4	2					
National (two-way)			4	2				
National			4	2				
Double National			8	4				
Double National (two-way)			8	4				
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

GNAS Indoor rounds

Scoring: 10-zone metric scoring.

Compounds: Compound must only score X-ring as 10.

Round	30m	25y	20y	18m	Target face
Bray I			2.5		40 cm
Bray II		2.5			60 cm
Stafford	5				80 cm
Portsmouth			5		60 cm
Worcester			5		Worcester face
Vegas				5	40cm triangular triple

GNAS Metric rounds

Scoring: 10-zone metric scoring. Most rounds split between 122cm and 80cm faces.

Inner ten ring recorded as 'X' for all disciplines.

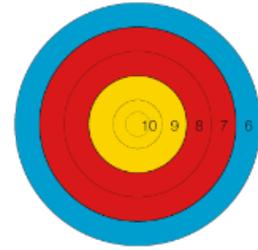
Table shows number of dozen at each distance.

Metres	These distances shot on 122cm face							These distances shot on 80cm face					
	90	70	60	50	40	30	20	50	40	30	20	15	10
Metric I		3	3					3		3			
Metric 122-50				6									
Metric 122-40					6								
Metric 122-30						6							
Metric 80-40									6				
Metric 80-30										6			
Double Metric 122-50				6									
Double Metric 122-40					6								
Double Metric 122-30						6							
Double Metric 80-40									6				
Double Metric 80-30										6			
Metric II			3	3					3	3			
Metric III				3	3					3	3		
Metric IV					3	3					3	3	
Metric V						3	3					3	3
Half Metric I		1.5	1.5					1.5		1.5			
Half Metric II			1.5	1.5					1.5	1.5			
Half Metric III				1.5	1.5					1.5	1.5		
Half Metric IV					1.5	1.5					1.5		1.5
Half Metric V						1.5	1.5					1.5	1.5
Long Metric (Gents)	3	3											
Long Metric (Ladies / I) *		3	3										
Long Metric II			3	3									
Long Metric III				3	3								
Long Metric IV					3	3							
Long Metric V						3	3						
Short Metric *								3		3			
Short Metric II									3	3			
Short Metric III										3	3		
Short Metric IV											3	3	
Short Metric V												3	3
Frostbite										3			

FITA Indoor Rounds

For indoor FITA rounds (only), compound archers must score with inner-10 ring only.

Indoor rounds		
FITA 18m	5 dozen at 18m	40cm face
FITA 25m	5 dozen at 25m	60cm face
Indoor match round	1 dozen at 18m	40cm triple face
Combined FITA	A FITA 18m, and a FITA 25m, shot in any order	

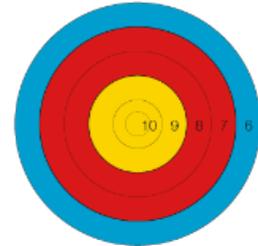


FITA Outdoor Rounds

Double FITA means two identical FITA rounds shot sequentially.

Half FITA means a FITA shot with half the indicated number of arrows at each distance. Dozens at each distance:

Metres	122cm faces					80cm faces			
	90	70	60	50	40	30	50	40	30
FITA Gents	3	3					3		3
FITA Ladies		3	3				3		3
FITA Cadet Ladies			3	3				3	3
FITA 70m		6							
FITA 60m			6						
FITA 900			2.5	2.5	2.5				
FITA Standard Round				3		3			
Olympic elimination		1							



Recurve Bows

The recurve bow is the most widely used bow by beginners. It is made of three main sections; a 'riser' (the middle section) connects with two limbs. These sections are assembled before use and dismantled once shooting is finished. When a recurve bow is strung, the limbs recurve away from the archer at each end, hence the name for the bow. It can be used without a sight to shoot 'Barebow' and with a sight to shoot 'Freestyle'.

Recurve bows are available in mirror image designs for both types of handed archers; right handed archers (string pulled with right hand) or left handed archers (string pulled with left hand)

For your training, we will be using sights. The is called the Freestyle Method

Parts of the Bow

Arrow Rest – device to support the arrow during the stages of shooting

Back (of bow) – the face of the bow on the side opposite to the string

Belly (of bow) – the face of the bow nearest the string

Sight – an aiming device attached to the riser

Riser - the centre section of a bow which includes the grip, and to which the limbs attach

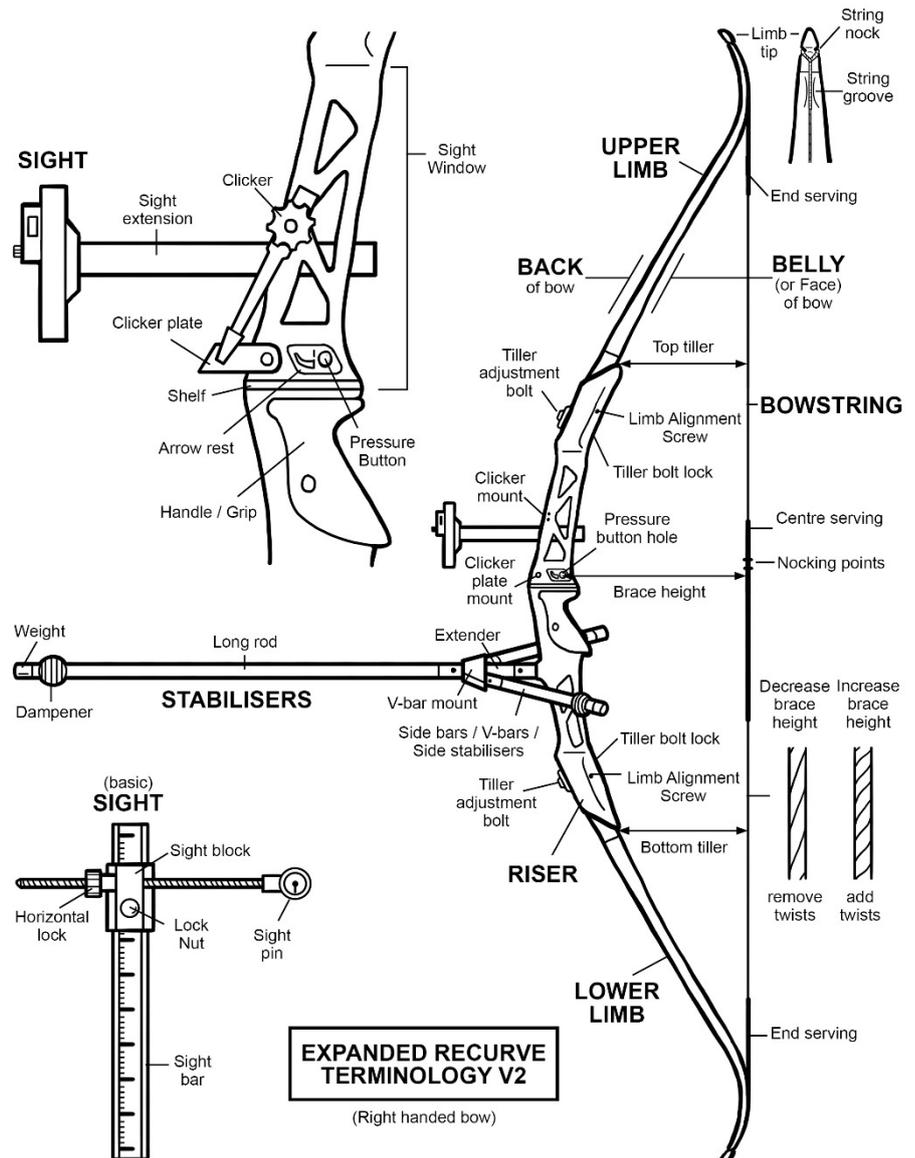
Handle/Grip – the part of the riser held by the bow hand

String – the cord that attached to both limb tips

Nocking Point – the position on the bow string where the end of an arrow (nock) is fitted.

Limb – The 'working' part of the bow which flexes when the bow is drawn

Limb tip – very end of the bow limb, which includes a groove for the string to rest.



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Setting up a Recurve Bow

Stringing a Bow

ⓘ Safety Notice When Setting up or taking down a bow please take care if the bow is wet or damp. You could be injured if the stringer slips.

Step 1 - Identify the top and bottom limbs.

The bottom limb will have the bow weight and length written near the butt of the limb. The limb will also have the word 'lower'. This is the bottom limb.

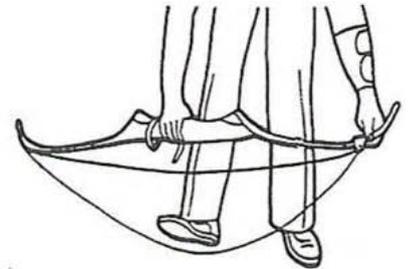
Step 2 - Attaching the limbs.

Slide the bottom limb into the bottom limb pocket making sure the limb is fully seating in the limb pocket.

Repeat with the top limb.

Step 3 - Fitting the string.

Loop one end of the bow string completely over the top limb tip and slide approximately 1/4 of the way down the limb. One end of the string may have a larger loop than the other. If this is the case, the largest loop should be fitted over the limb tip.

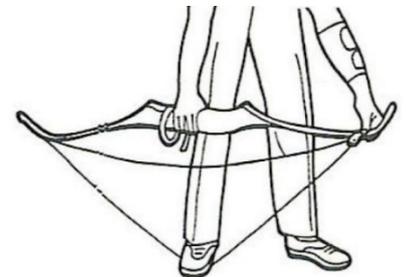


Step 4 - The bow stringer.

Push the pouch end of the bow stringer onto the bottom limb tip, trapping the bow string into position around the limb tip.

Step 5

Loop the 'saddle' end of the bow stringer over the top limb tip. Slide the bow string as far up the top limb as possible, and rest the 'saddle' just below the string on the side nearest the centre of the bow.

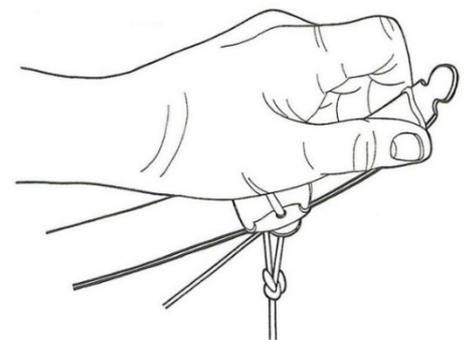


Step 6 - Flexing the limbs.

With one hand, hold the bow handle around the centre.

With one-foot treading on the cord of the bow stringer, and your hand still firmly pinching the saddle, raise the bow handle to bend the limbs.

When the limbs are bent enough to allow the string to reach the top limb tip, let go of the saddle and use that hand to slide the top string loop up the limb and fit it around the top limb tip. Once you are sure the string is fitted securely, slowly relax the bow and remove the bow stringer.



Step 7 - Inspection

Inspect both limb tips BEFORE drawing the bow to ensure that the string loops are securely fixed around the limb tips.

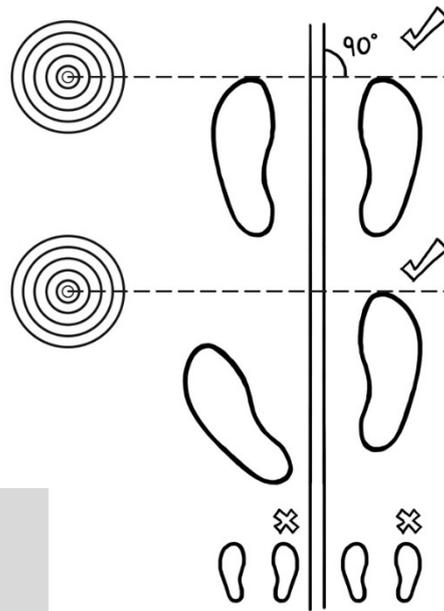
To disassemble the bow, use the same procedure in reverse.

T-Draw Shooting Technique

Stance

Foot placement during a shot can affect arrow flight. Your body has a natural centring point and if your feet are not positioned properly, your shot may be directed towards your centring point in a fraction of a second during the shot.

There are three basic foot positions all of which should be shoulder's width apart:



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Squared stance

feet are in line with each other, drawing a line perpendicular to the target.

Closed stance

Archer's hips are closed to the target.

Open stance

Archer's hips are open to the target.

It is important because when an archer assumes the wrong stance, he or she is unconsciously fighting their body while it tries to "center" itself. Archery form imperfections show up and affect your arrow flight from the point you release the arrow until the arrow leaves the bow.

During the shot, when your hold slips and your body tries to center itself, your arrow will go off course. If you have the proper stance, unique to you, you can eliminate this possibility and your accuracy will improve.

Grip/Holding the Bow

Grip

DON'T "Grip" the bow

The number one mistake is "gripping" their bow. Think of your hand as nothing more than a cradle for your bow handle, or as a solid resting place that exerts absolutely zero force in any direction.

Your hand should be at an angle about 35 degrees from perpendicular to the ground. Let the grip settle into the natural "cradle" your hand forms in this position.

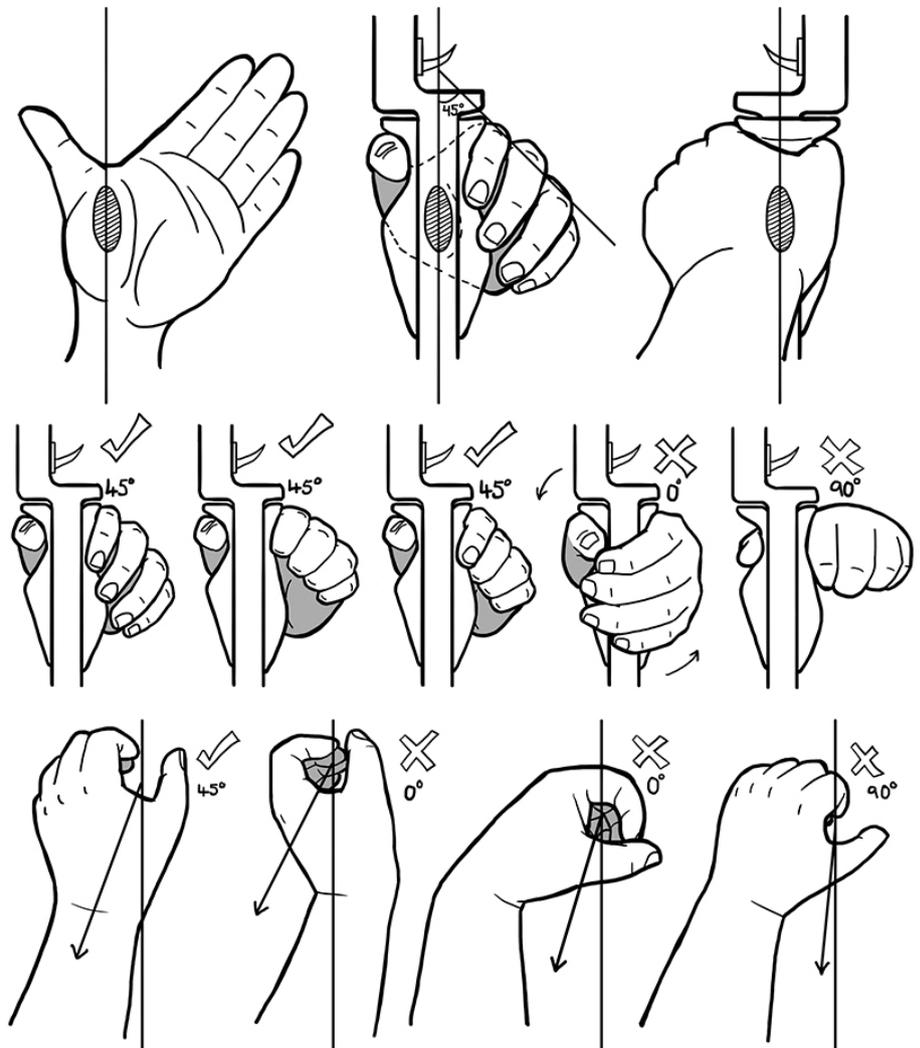
It is very important to have a relaxed hand when letting the bow settle into the "cradle" formed by your muscles and bones. If you tense your muscles, this "cradle" tends to disappear.

Let your muscles completely relax. Your fingers should hang freely.

Wrist Position

The position of your wrist is also an extremely important factor in a good grip.

RELAX. This is probably the most important factor in a proper grip. Every shooter's grip will be slightly different.



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Nocking the Arrow

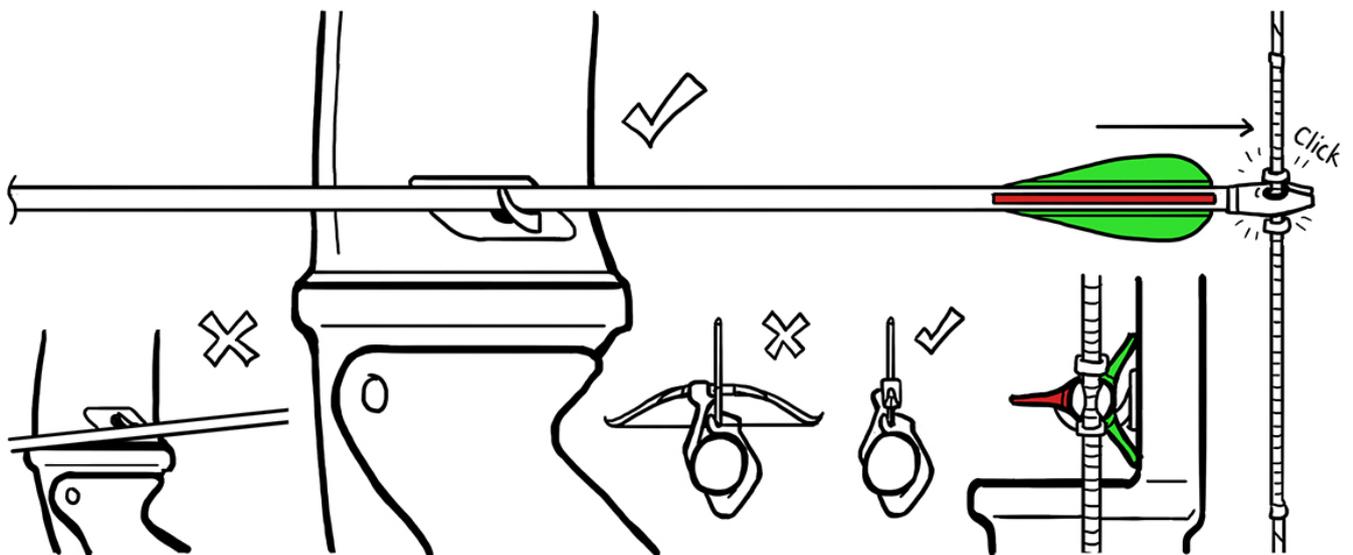
Nocking the arrow is the process of holding the arrow so you can snap the nock onto the bowstring.

It also means checking that the arrow's index vanes or fletching are orientated on the bowstring for proper clearance as the arrow passes the riser.

- A. Hold the arrow shaft close to the nock behind the fletching or vanes.
- B. Place the arrow shaft on the arrow rest.
- C. Rotate the shaft so the index vane is pointing in the right direction.
- D. Recurve Bow - the index vane should be pointing away from the riser. In other words, rotate the shaft until the index vane is between your body and the riser.
- E. When the index vane is properly aligned or orientated, SNAP the nock of the arrow onto the bowstring under the nock locator or nock-set (Recurve Bow) or between the nock locators if you use two nock sets.

Safety is paramount.

Keep the arrows **pointed down range at all times** while nocking the arrow on the bowstring.



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If you are unsure of how to nock an arrow to the string please ask our club coaches who will be able to demonstrate.

Setting the Hands

The key to correct bow hand position is to firstly start with the correct left/right position. The centre part of the web of your hand should be in line with the centre line of the recurve grip.

Secondly, it is important to place the hand in the grip at the pivot point first, using the slightly stretched web of the hand to initially position your hand. Later in the shot you can then place your pressure point in contact with the surface of the grip.

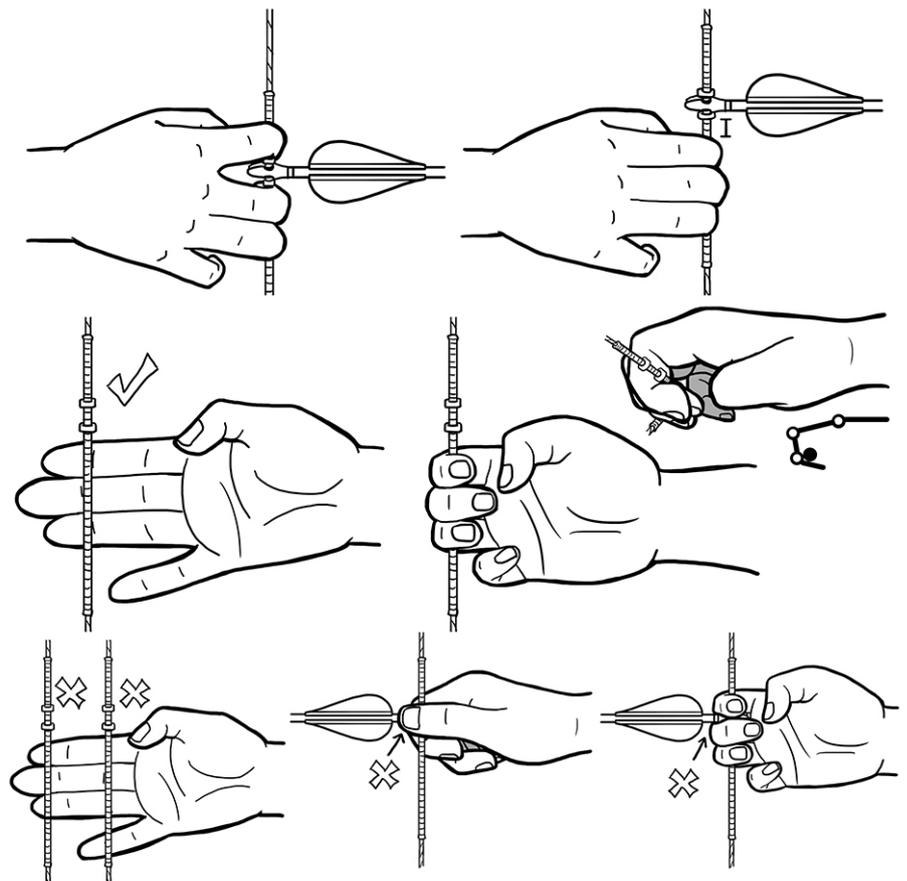
At full draw, the bow hand knuckles should be at least at a 45 degree angle. This helps you direct your pressure onto the bow more consistently and prevent your hand slipping around the left side of the grip.

THE DRAW HAND (HOOK) FINGER PLACEMENT

As with many areas of recurve archery, there is a lot of individuality that makes up your exact hook on the string. As a result, it is possible that you might need to adjust your hook slightly to account for your hand or face shape. Focussed experimentation and good feedback is key.

The start of any hook is where you place your fingers on the string. You should place the string in the groove of the top and middle finger and slightly in front of the groove on the bottom finger. For most people, the top two fingers should be in the groove, with the third finger placement varying slightly to accommodate individual hand sizes.

The thumb and pinky finger are positioned out of the way to show the finger placement properly, this is not the position they will be in during the shot!



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Drawing the bow

Posture and shoulders

As you lift the bow from the foot, it is very easy to lose the connection with the core and allow your posture to weaken. This commonly can cause you to lose engagement in the core and allow the ribcage to lift. As a result, it could compromise your shoulder position and make it harder to feel where your shoulders are positioned.

It is very important whenever you are lifting the bow against gravity to make sure to maintain your core and posture as a result. You can see examples of doing this correctly and incorrectly in below. Although the difference may seem subtle at first, this will have a huge impact on your shot and how it feels.



Positioning the bow & hands

The overall position at set is extremely important to help you open and draw the bow efficiently. This is a combination of your body position, hand position and bow position. The position of the bow is often completely ignored but it is of great importance. We will assume here that your posture is good and overall body position has been set.

Bow & Hand Positioning

At the set position it is important to place the bow in a position which allows you to set your hook and grip. Also, the position should not compromise your draw hand wrist angle which we addressed previously. Furthermore, the position of the bow should encourage you to open the bow properly with proper shoulder positioning.

Archery Equipment Suppliers

Custom Built Archery	Web: www.cbarchery.co.uk Telephone: (01623) 871560	Unit 1-4 Ryalls Farm Church Lane Eakring, Newark Nottinghamshire NG22 0DD
Merlin Archery	Web: www.merlinarchery.co.uk Telephone: 01509 233555	Unit Trading Park Unit 1 Great Central, 1 Great Central Rd, Loughborough LE11 1RW
Bowsports	Web: www.bowsports.com Telephone: 01902 791891	Calibre Park/Laches Cl, Wolverhampton WV10 7DZ
Archery Shop	Web: www.thearcheryshop.co.uk Telephone: 01202 745065	Unit 4, Cortry Close Poole, BH12 4BQ
Quicks	Web: www.quicksarchery.co.uk Telephone: 02392 254114	18-22 Stakes Hill Road Waterlooville Hampshire PO7 7JF
KG Archery	Web: www.kgarchery.com Telephone: 01623 835050	King Stand Farm, Mansfield Rd, Ollerton NG22 9DU

Archery Terms

Actual Draw Weight

The measured or calculated draw weight of an Archer.

Aim

To superimpose a sight pin on the centre of a target or, when not using a sight, the placement of the tip of the arrow on a particular point for a given distance.

Anchor

A combination of points to which the bowstring and/or index finger of the drawing hand are drawn to on the face and neck.

Anchor point

Definite spot on the archers body, normally the face, on which string and index finger come to rest.

Arm guard

A piece of stiff material used to protect the bow arm from the bow string upon release, and to hold back clothing. Worn on the inside of the bow arm.

Arrow point or pile

Metal point inserted into end of arrow shaft. Can also be that the shaft fits inside the point as in wooden shafts and some carbon shafts.

Arrow rest

A projection or support on the bow or the arrow plate located in the sight window on which the arrow lies when nocked on the bowstring.

Barebow

The discipline of shooting without a bow sight, stabilisers and release aid.

Bow arm/Bow hand

The arm that holds the bow. Right handed archer holds the bow in the left arm

Bow sight

A mechanical device attached to the bow with which the archer can aim directly at the target.

Bow sling

A leather or nylon strap, fastened to either the bow or the archer's hand, which prevents the bow from falling to the ground when the archer shoots without gripping the bow.

Bowstring

A multi stranded string of either Dacron, Kevlar or Fastflight looped to the bow nocks or teardrops.

Bow stringer

Cord with two pockets of dissimilar size or one pocket and one saddle, used to string a recurve bow.

Brace height

Shortest distance from the string to the pivot point of the bow when strung. This can be measured with a brace height gauge

Bracer

A name used for an armguard. Usually used to describe the leather armguard used with a longbow.

Cant

To hold the bow to the right or left while at full draw. The reference to right or left is determined by the position of the top limb.

Centre serving

The protective winding on the centre of the string where the arrows are nocked.

Centreshot bow

A bow where the sight window has been cut past the bow's centreline.

Clicker

Small strip of metal mounted on the sight window in front of the arrow rest giving precise indication of full draw by snapping off the arrow point with an audible "click".

Cock feather

The feather or vane set at right angles to the slot in the nock (also called the index fletch).

Compound bow

A hand-drawn, hand-held bow that for similar poundage at full draw, stores more energy than a recurve bow through the use of two cables and two eccentric wheels.

Creep

Letting the arrow move slowly forward before release (not maintaining draw length). Usually caused by loss of shoulder/back muscle tension.

Dead release

A release where the drawing hand remains at the anchor point after releasing the bow string. (No follow through of the drawing hand).

Damper

A rubber vibration dampener fitted to the ends of stabilizer bars.

Drawing hand

The hand which draws the bow string back to the anchor point.

Draw length

The distance, measured in inches, from the pivot point of the bow to the slot in the arrow nock when at full draw.

Draw weight

The force, in pounds, required to draw a bow a distance. (Usually stated '# xx @ 28', where xx = lbs at 28 inch draw length).

End

A set number of arrows that are shot before going to the target to score (usually 3 or 6).

Face

The surface of the bow that faces the archer.

Finger tab

A piece of smooth material worn on the drawing hand to protect the fingers and to give a smooth release of the bow string.

Fletch

To glue a feather or vane to an arrow shaft.

Fletching

The feathers, plastic vanes or other devices attached to the arrow shaft which stabilise the flight of the arrow.

Follow through

Movement of the drawing hand/arm and bow arm after the release.

Free style

A method of shooting using a bow-sight to aid the archer in aiming.

Full draw

The position of the archer when the bow string has been drawn and the drawing hand is at the anchor point.

Grip

To hold the bow, used in reference to holding the bow, too tightly. The handle of the bow held by the archer.

Ground quiver

A device, generally metal, pushed into the ground to hold arrows and/or bow.

Group

The pattern of arrows in the target.

Handle

The centre part of the bow exclusive of the limbs.

Heel

Exert pressure with the heel of the hand on the lower part of the handle during the shot.

Left-handed archer

An archer who holds the bow in the right hand and draws with the left hand to bring the arrow back under the left dominant eye.

Left-handed bow

A bow with the sight window cut out on the right hand side when viewed from the face of the bow.

Limbs

The energy storing parts of the bow above and below the riser.

Limb Pocket

A recessed slot in the top and bottom of the riser, shaped to fit the ends of the bow limbs and maintain correct limb alignment.

Limb Twist

A failure in the bow limb where the bow tip turns away from aligning with the bowstring. Can be caused by over-stressing or over-exposure to very high temperatures making the laminations deflect.

Longbow

Self bow in the tradition of the old English bows, slightly deflexed and without or with minimal reflex at the bow tips, approximately 1.7 metres (5 ft. 6 inches) in length.

Nock

To place an arrow on the bow string.

Nocking point

The specific point where the arrow is to be nocked on the string.

Open stance

The position of the feet on the shooting line, where the left foot is behind an imaginary line extending between the archer's right foot and the centre of the target (for a right handed archer).

Pinching

The squeezing of index and middle fingers against the arrow nock during the draw, causing deflection of the arrow.

Poundage

Draw weight of a bow.

Pressure button

A spring loaded button in the sight window against which the arrow lies and compensates for side-ways bend of the arrow.

Quiver

Device for holding arrows. Different forms are back, belt, bow, and ground quivers.

Recurve

The end of the bow limbs that curve away from the archer when the bow is held in the shooting position.

Recurve bow

A bow that has recurve limbs.

Release

To allow the string to leave the fingers or the release aid.

Release aid

A mechanical device for releasing an arrow (compound bows only).

Right-handed archer

An archer who holds the bow in the left hand and draws with the right hand to bring the arrow under the right dominant eye.

Right-handed bow

A bow with the sight window cut out on the left hand side when viewed from the face of the bow.

Robin-Hood

A bandit archer of legend who lived in Sherwood Forest, near Nottingham, UK. Also term given to two arrows shot end to end, the second arrow embedded into the rear of the first.

Round

The shooting of a definite number of arrows at specified target faces from set distances. "Rounds" are given names, usually of towns or cities, in the country of origin,

Serving

The protective wrapping of thread around the loops and centre of the bow string to protect it from wear.

Shaft

The arrow excluding the point, nock and vanes.

Shooting line

A line parallel to and a specific distance away from the targets from which all archers shoot.

Sight

Bow sight.

Sight extension

Bow sight extension which attaches to the bow .

Sight block

The movable part of the sight which holds the sight pin, aperture or scope.

Sight window

The cut out section of the bow above the grip.

Sling

Strap fastened to either the bow or the archer's wrist or index finger and thumb, to prevent the bow from falling when shooting with a relaxed bow hand.

Spine

The arrow's resistance to bending, classified by hanging a 2 lb. weight at the centre of an arrow resting on two supporting points 26" apart, and measuring the amount of the bend.

Stabiliser

An extension rod holding a small weight used to minimise the vibrations which occur during the release.

Stacking

A characteristic of bow performance where the force/draw curve rises more rapidly over the final part of the draw.



Stance

The position of the feet and body assumed when addressing the target.

String

A cord used to shoot a bow, ready for shooting and to propel the arrow in the act of shooting.

Stringer

A device to aid in the stringing of a bow.

String alignment

The placement of the string when at full draw in relation to the bow sight or the bow.

Target face

The paper which is attached to the butt and indicates the scoring areas.

Target Panic

A mental condition causing a loss of control in shooting form.

Symptoms can include; aim freezing, snap shooting, flinching and trigger punching.

Tiller

To shape the limbs of an unfinished bow for even bending.

Torque

Any rotation or twisting motion of the bow in the horizontal plane.

Tune

To adjust the arrow rest, pressure button, string height and nocking point height to achieve good arrow flight out of the bow.

Vane

Plastic fletching.

V-bar

A short extender fitted between the riser and long stabiliser that allows two short stabiliser rods to be added as a counter balance to the long stabiliser.

Windage

The adjustment of the bow sight or the pin on the bow sight to allow for the wind deflecting the arrow.