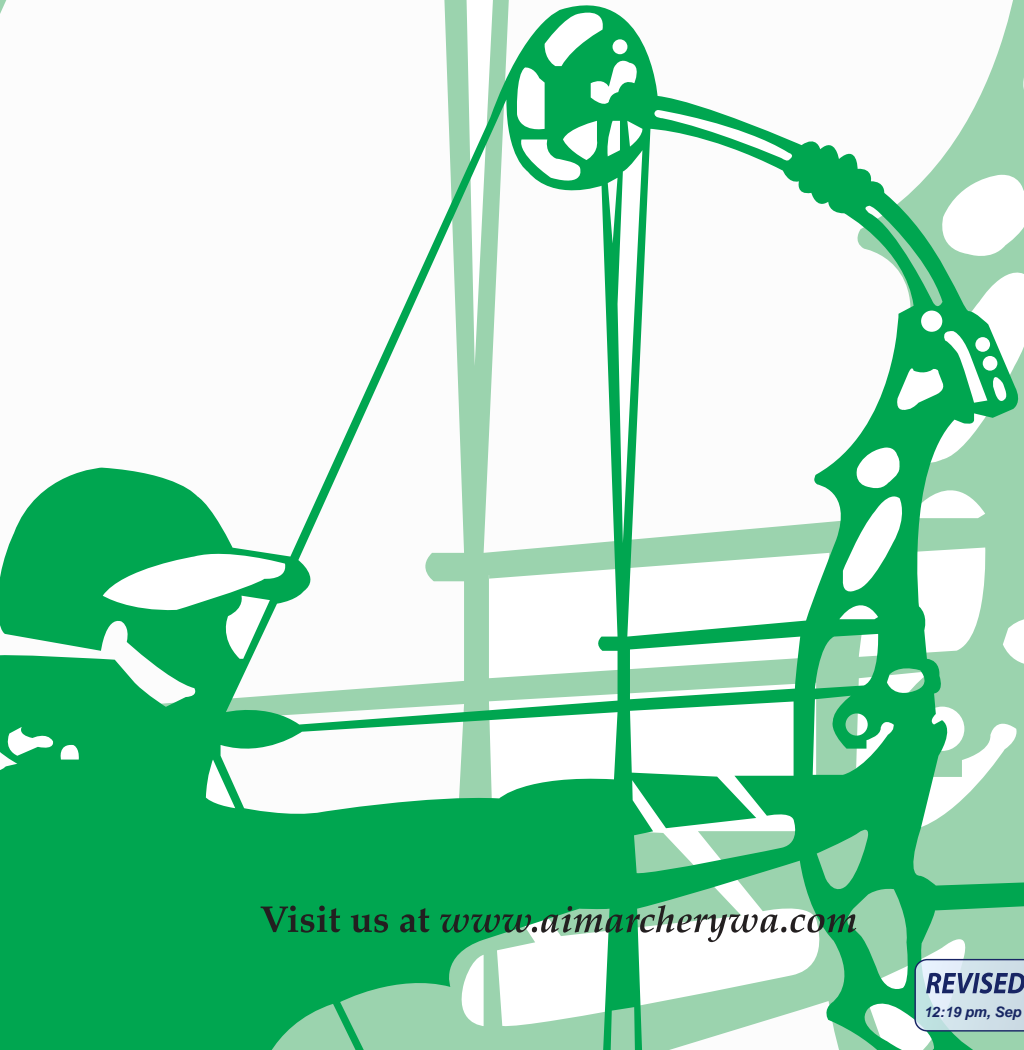


AIM ARCHERY GROUP INC.

How to Use a Bow & Arrow
and The Safety Rules That Apply

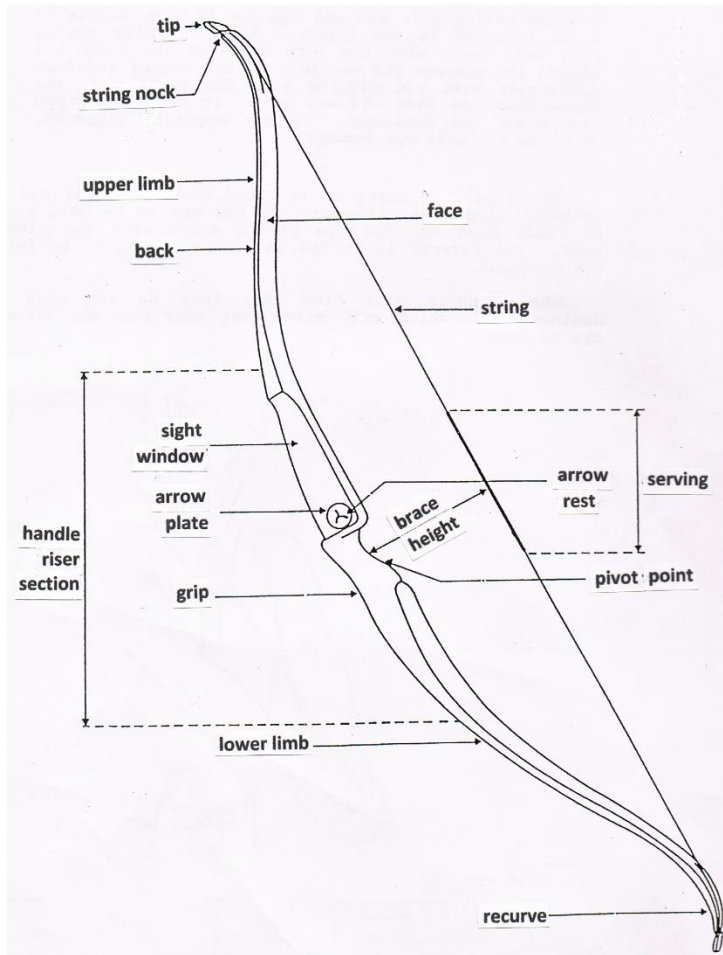


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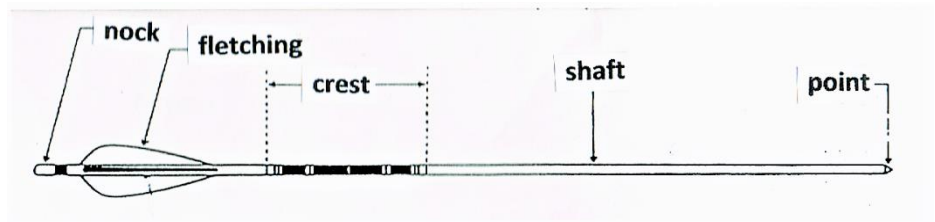
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12:19 pm, Sep 22, 2020

Essential equipment....'The bow'



Essential equipment... 'The arrows'



Essential equipment....see left page.

- Suitable bow to fit your strength/draw weight and draw length (either recurve, longbow or compound), arrows (to fit your draw length and the required spine), quiver, armguard, either a finger tab for recurve bow and longbow or release aid for compound bow, foot markers (not essential), bow-stringer and definitely solid enclosed shoes and close fitting upper garments.
- It is recommended that you purchase your equipment from a reputable archery supplier and that you test the equipment before purchasing. If you do not, then you could be very disappointed with the final result.

Before we start, let's look at the safety rules of archery.

Archery is a safe sport. It is only some archers who make it unsafe through careless and thoughtless acts. To avoid becoming an unsafe archer, you should give serious consideration to the lethal nature of bows and arrows which can inflict fatal results if not used properly. Therefore certain rules apply and must be rigidly observed. These rules may be divided into five main groups.

(1) Shooting instructions

All shoots are under the direct supervision of the 'RANGE CAPTAIN' or 'DOS' (Director of Shooting) whose duties include the control of the shooting by whistle instruction and the setting out of the field prior to the shoot.

- **One blast of the whistle** instructs you to move up to and straddle the shooting line and release all 6 arrows. It is not a race so you can proceed at a moderate pace. Once all arrows are released, move back to the waiting line.
- **Two blasts of the whistle** instructs the completion of the 'end' (6 arrows) and to move out onto the field and collect your arrows.
- **Three or more blasts of the whistle** or someone yelling out loud "STOP SHOOTING" means exactly that! Something has happened out on the field that the DOS is not happy with: usually a dog has entered the live shooting field or an archer has entered the live field to retrieve an accidentally released arrow.

(2) Range safety rules

- There is no place on or off the shooting line for any form of horseplay.
- Any drawn bow with arrow, must be pointed towards your designated target from the shooting line and only if it is intended to be released.

- Under no circumstances should anyone release an arrow if someone is on the live field.
- You can only release an arrow under the DOS instructions.
- A common shooting line should be straight and under no circumstances can a staggered shooting line be used.
- Please use the 'waiting or equipment line' 1.5 metres behind the shooting line while waiting.
- All archers must straddle the shooting line facing your designated target when releasing arrows.
- When finished please return to the 'waiting or equipment line'.
- Do not distract other archers while they are releasing arrows.
- Please use common sense while on the shooting line.
- All spectators to be kept behind the 'waiting and equipment line' which is usually 2 metres further back.
- Always allow sufficient open space behind the targets for safety: ie: 50 metres.
- Avoid jabbing other archers with your bow tips, arrows or stabilisers.
- If you need to carry arrows, hold them one-third of the way up the shafts with points pointing down.

(3) Individual safety

- When stringing a bow, please use the recommended method.
- A bow must not be drawn and released without a suitable arrow on the string. To do so could cause severe damage to the bow and injury to the archer.
- Take care when approaching targets. Always approach the target from the side just in case an arrow has fallen short and lodged in the ground. They can inflict serious injury if you accidentally walk into one. Be careful of the arrows in the target as well because the nocks are also sharp.
- Always use arrows of correct spine and draw length.
- Never run on an archery field with or without arrows.
- Please wear close fitting clothing and enclosed safe footwear.
- Never smoke or drink alcohol on an archery field.

(4) Equipment safety

- Regularly check your equipment for wear, damage or unusual rattles and investigate immediately.
- Regularly maintain your equipment.
- Before releasing any arrows, check the target face and butt for any damage and that it has been set up correctly with a back tie-down. Report any discrepancies to the DOS.

(5) Range etiquette

- The preceding rules help to make archery a safe and enjoyable sport. Range etiquette must be used.
- Respect the rights of others, their equipment and above all display courtesy and sportsmanship.

...now let's get into the nitty-gritty of archery...

Eye dominance

A simple eye check is to extend one arm with both eyes open and point a finger at a distant object. Next, close the left eye without moving your arm and observe if your finger is still pointing at the object. Again, without moving your arm, close your right eye and sight with your left eye and observe the result. If the object remained stationary when you sighted with the right eye and moved when the left eye was used, it means you are right eye dominant. If the opposite happened then you are left eye dominant.

If as in most cases it is found that the archer has a dominant right eye, it means the bow is to be held in the left hand and the bow string drawn by the right hand. The reverse is so for the archer proven to be left eye dominant.

Some archers will find that they do not have a dominant eye which means they may use either eye to sight with. However, if they are right handed in everyday work then go with the right eye and vice-versa if they are left handed in everyday work.

BASICS OF ARCHERY FORM

To obtain any degree of excellence in the sport, each shot must be made with controlled strength and consistency. For archers to maintain a consistent form it is essential for them to adopt a cycle of ten major steps. Each of the following have a direct bearing on the end result of every shot.

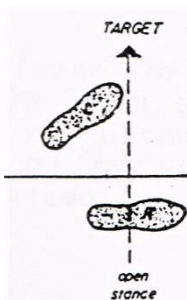
1. Stance.
2. Nocking the arrow.
3. The drawing hand.
4. Bow hand, bow arm, pre-draw.
5. Drawing the string and arrow.
6. The 'anchor-point'.
7. Holding and aiming.
8. Releasing the arrow.
9. The follow-through.
10. Relaxing.

It is essential to make sure the arrow is the correct draw length otherwise it can be very dangerous.



And the best way to test the length is to put the nocking tip up against your throat with both arms extended equally out in front but well away from other archers. The arrow must protrude beyond your fingertips by at least 20 to 25mm otherwise the arrow is too short, therefore you can overdraw the arrow and the arrow could fall off the arrow rest. Remember your bow hand is then in a perilous position and prone to injury!

(1) The Stance.

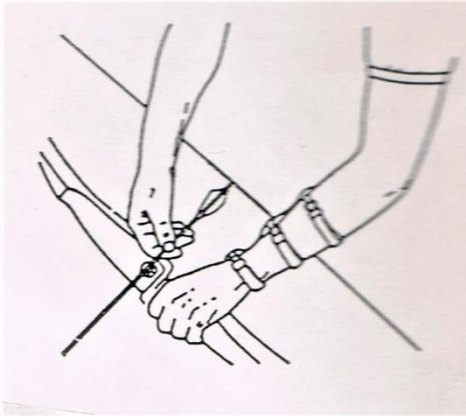


You must stand astride 'the shooting line' in an upright, comfortable and relaxed position with your front shoulder in line with the centre of the target and your body at 90 degrees to the target. Your body weight evenly distributed on both feet which are a comfortable distance apart: ie. about the same width as your shoulders or slightly wider, with your back foot about 50mm in front of your front foot.

Stand tall, weight evenly balanced on both feet with the slightly open stance (back foot about 50mm in front of front foot). The reason is to give string clearance on the bow arm and chest. The back foot needs to be parallel with the shooting line but the front foot can rotated slightly as illustrated. Now lean forward ever so slightly from the waist up.

Once you are happy with your stance, it is suggested you mark the position with foot markers making it easier to position yourself correctly throughout the shoot.

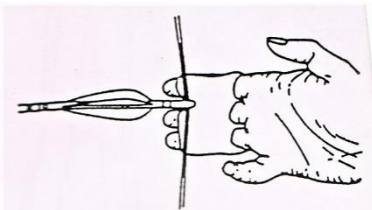
(2) Nocking the arrow.



Hold the bow across the body with the lower limb between your legs, canted at a slight angle. Draw an arrow from the quiver holding it by the cresting between the thumb and index finger, nock the arrow first on the string (under or between the nocking points) and then place it on the arrow rest. You need to feel the nock engaging with the string. Make sure you rotate the arrow so the cock

feather is pointing away from the bow at right angles (recurve or longbow) or vertical (compound bow).

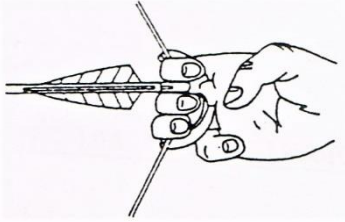
(3) The drawing hand.



Position the first three fingers onto the string, index finger above the arrow/nock and the next two fingers below the arrow/nock making sure the fingers do not pinch or touch the arrow. If they do, sometimes when drawing, the string will rotate thus forcing the arrow off the rest.

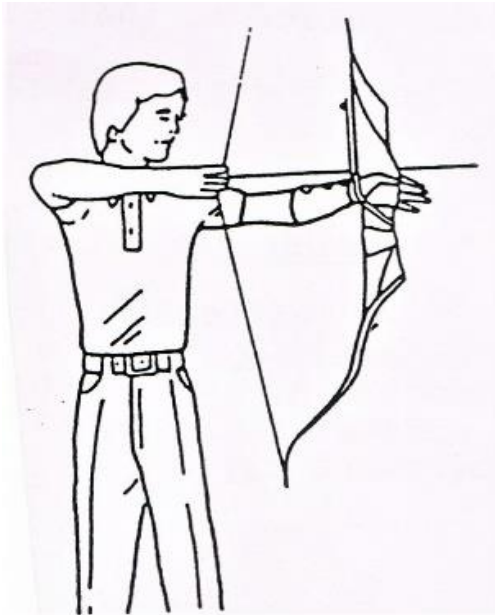
Grip the string at the first joint of the fingers, curling them into 'hooks' and maintaining the back of your hand vertical and flat. When ready to draw, raise the bow arm using a-towards-the-body-arc-motion to the 'preparation position' in line with your aiming eye, with about quarter tension on the string. Use this position to ready yourself for the shot as this is the foundation on which all good shots are made. Stay relaxed.

(4) The bow hand, the bow arm and pre-draw.



From the 'preparation position' above, move to the 'pre-draw position', which has the bow arm extended and moved to shoulder level parallel to the ground with the elbow locked if possible. Do not 'grip' the bow but rather the bow is pressed against the base of the thumb by the tension of the 'pre-draw'.

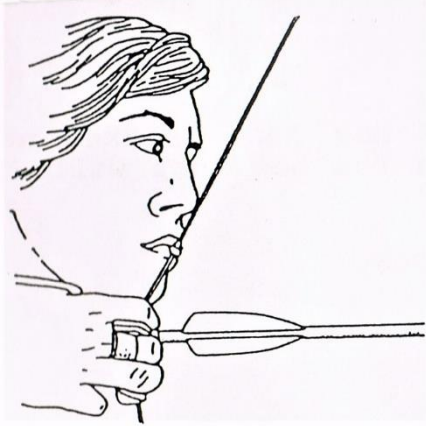
(5) Drawing the string and arrow.



Draw the string back to the centre of the chin with the index finger under the chin pressed hard against the jaw and the string touching the point of your nose, then press the bow forward to your full draw length. This is called 'the-anchor-point'. Keep this position constant throughout the draw to release and follow through. Keep the bowhand fingers relaxed and avoid side pressure on the bow that could interfere with the release and arrow flight. Let your fingers uncurl slightly at 'anchor-point' ready to release. The draw

position must be in a straight line along the arrow axis and continue through to the elbow of your drawing arm. It is best to have your string arm elbow at the same level or slightly above centre of arrow axis. Try and keep the back of your hand vertical as possible.

(6) The anchor-point.



Specifically 'the anchor-point' is the relationship between the string's position touching the face, the fingers on the string, the archer's eye and the stance in the full-draw position. As mentioned previously, the index finger of the string hand is pressed firmly against the underside of the jaw with the string pulled into the chin centre and touching the tip of your nose.

(7) Holding and aiming.



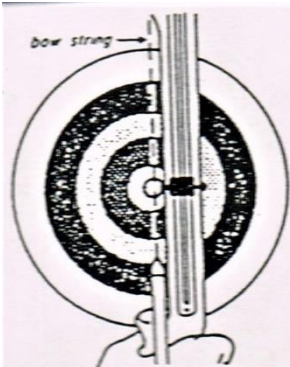
This is the pause at full draw at which the line of sight is established and is also a convenient moment for the archer to assess his movements up to this point. If there is any doubt, let down, relax, then redraw from the 'preparation position'.

At full draw, the elbow of the string arm should be in line with the shaft of the arrow or slightly above centre, the back of the string hand vertical, the three fingers of the string hand in contact with the string and the bow arm straight with the elbow rotated away from the string if possible. This is essential with people who have hyperextending elbow problems (the elbow is not straight but protrudes inwards). Try and keep your bow hand knuckles at 45° angle to the bow. It is a comfortable position to start with.

A constant 'anchor-point' and string alignment must be maintained during aiming. String alignment is the relationship

between the blurred image of the bow string and the sight-pin. The area of concentration is reduced by aligning the bow string with the inside edge of the sight-pin.

String alignment can be adjusted by slightly moving your head in a horizontal plane and any variation will show as a position change in arrow grouping. If all of the above are correct and a constant 'anchor-point' and string alignment has been obtained, the line of sight may be established.



Try aiming with both eyes open at first and let your brain decide the correct eye image. If you find this difficult, then close your non aiming eye. The sight-pin should be held on the centre of the target as steady as possible before the release. Any changes made for arrow grouping should be made with the sight-pin adjustment and not the point of aim unless you are allowing for slight variations in wind speed or direction.

Assuming there are no other faults or errors in arrow grouping (not individual arrows), positions may be corrected by 'follow-the-error' rule: eg: if the arrow group is high, then move the sight-pin up; likewise if the arrow group is low, move the sight-pin down; if left move left; if right move right.

Never move the sight-pin to overcome errors in form.

(8) Releasing the arrow.

The release is the most critical of all points of archery and must be correct for good and consistent arrow flight. At anchor, the string is held by bent fingers under tension by the back and shoulder muscles with the arm muscles relaxed. The fingers should also be relaxed and not stiff at the moment of release, allowing the string to roll off the fingers and propel the arrow forward towards the target. This

action is achieved through a further slight contraction of the shoulder blade of the string hand at the point of release.

Care should be taken to maintain the 'anchor-point' by keep the string pulled into the chin centre at all times plus the back of the string hand vertical during the release so that all three fingers will leave the string simultaneously to ensure a good follow-through.

If the draw was achieved through the use of the drawing arm muscles instead of the back muscles, it will result in a snatched or plucked release with very little accuracy and little or no follow-through.

(9) The follow-through.



If the release is correct, the removal of tension on the fingers will cause the string hand to move backwards towards the shoulder/neck caused by final contraction of the back and shoulder muscles. Ideally the fingers should touch the shoulder/neck but any backwards movement is acceptable. Keep the wrist and fingers relaxed and avoid turning the hand during the release and follow-through.

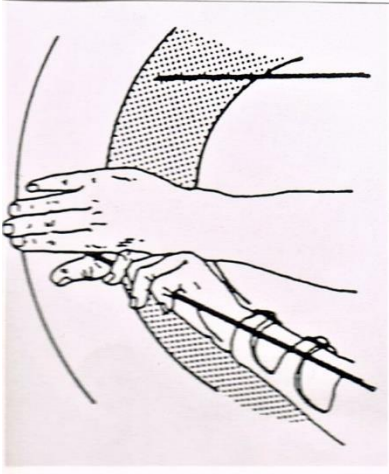
It is also important not to drop the bow arm during release and follow-through as any slight movement will influence the arrow as it is still in contact with the bow. Maintain the sight-pin on the target until the arrow has struck the target.

10) Relaxing.

After each arrow release, the archer must relax to allow muscles used to complete their cycle. If muscles have not completed their cycle and are re-tensed, it will cause the archer to tire quickly with sore back and shoulder muscles. This condition will directly affect draw-length and shooting form.

Withdrawing arrows from target.

After all arrows have been scored/recorded for an end, the process of withdrawing the arrows may commence. But check to make sure no one is standing close behind you before pulling the arrows as sometimes the arrow exits the target rather fast. Allow a metre if possible.



The best method is to draw arrows gently from the target in the exact and opposite direction to which they entered. Care should be taken to grasp the arrow as near as possible to the face of the target while the other hand is held flat against the face with the shaft between the thumb and index finger. Try and rotate the arrow at the same time as this helps to free the arrow. Or use an arrow grip/puller to make the job even easier.

Care must be taken not to bend any arrows during the process and to protect faces/bodies from injury, especially the younger and shorter people. You must take very good care!

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