

# Archery: Review/Skill Sheet

Name \_\_\_\_\_

Class \_\_\_\_\_

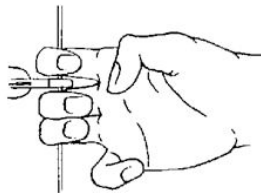
## Grading

Participation	/24
Skill development and application	/6
Use of strategy	/6
Knowledge	/6
Fitness	/12

### **SKILL 1:** Assume Stance

- Stands with one foot on chalk line, parallel to target.

### **SKILL 2:** NOCK & Draw



Finger position

- Nocking the arrow is the proper placement of the arrow in its shooting position on the bowstring. Shooting starts when the archer holds the bow next to the hip near the target. Draw is the motion of pulling the string back, and loading the bow.
- The Draw Executes a "Push/Pull" motion of the bow while the arrow is loaded on bow.



### **SKILL 4:** ANCHOR

- Places string of bow at side of chin.

### **SKILL 5:** AIM & RELEASE

- Aiming the arrow at the target, and letting go of the string at the side of the chin.

### **SKILL 6:** SAFETY

- Follows all safety signals to insure personal safety on shooting range

## **VOCABULARY:**

- **ARMGUARD** A guard that protects the arm from abrasion when an arrow is shot.
- **ARROW** Arrows have a maximum diameter of 9.3 millimeters. Each arrow must be marked with the competitor's name or initials, while archers use distinctive colors and patterns on the arrow fletching to distinguish their arrows.
- **BOW** The bows draw weight is around 22 kilograms for men's competition, and around 15kg for women's. The bow consists of a riser and two limbs.
- **BOWSTRING** The string of a bow. Most strings are made of a hydrocarbon product called dyneema.
- **FINGER TAB OR SHOOTING GLOVE** A flat piece of leather worn as a guard to protect the finger when the arrow releases.
- **FLETCHING** The real or artificial feathers at the back of an arrow designed to make it fly straight.
- **TARGET** The target may be 1.22 meters in diameter, but, to the archer standing those 70 meters away, it appears about the size of a thumbtack held at arm's length. The center of the bulls eye stands 1.3 meters above the ground. The bulls eye is 12.2 centimeters in diameter.

## **History**

Archery is one of the oldest arts still practiced. This history will not only take you through a journey on the evolution of archery, but also through the history of mankind. Indeed, both are closely linked. Evidence of ancient archery has been found throughout the world, even in Australia where it had previously been thought that the bow had not been used.

Although archery probably dates back to the Stone Age (around 20,000 BC), the earliest people known to have used the bow and arrow were the ancient Egyptians, who adopted it at least 5000 years ago for purposes of hunting and warfare. In 1200 BC the Hittites used the bow from light, fast chariots, enabling them to become dreaded opponents in Middle Eastern battles. Their neighbors, the Assyrians, used archery extensively. They built bows from several different types of material: tendon, horn and wood. They also gave the bow a new, recurved shape that was far more powerful and as it was shorter, it was more easily handled by an archer on horseback. In China, archery dates back to the Shang dynasty (1766-1027 BC). A war chariot of that time carried a three-man team: driver, lancer and archer. During the ensuing Zhou (Chou) dynasty (1027-256 BC), nobles at court attended sport archery tournaments that were accompanied by music and interspersed with elegant salutations.

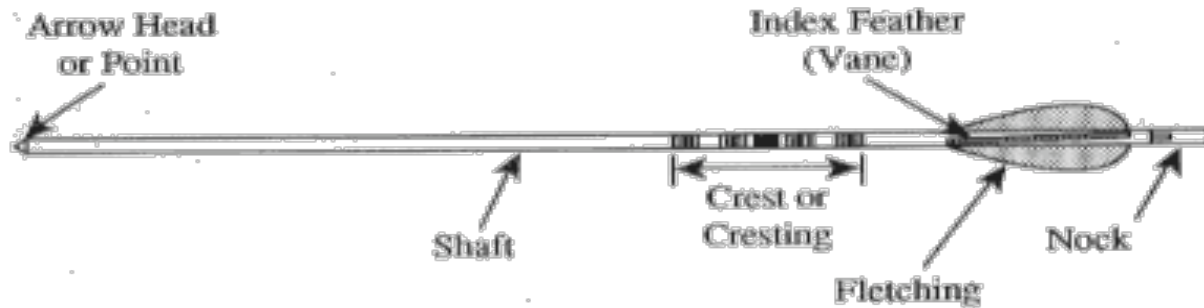
## **Over-view of Archery**

- Archery is a sport in which the participant uses a bow to shoot arrows at a target which has ten concentric circles. The score of each arrow depends upon where it lands on the target. The highest score, a ten, is achieved by shooting an arrow into the center, or bullseye. Scores go down from nine for the next circle out to one for the outermost circle. Missing the target results in a score of zero for that arrow. For indoor compound archery, a ten is scored only when the arrow lands inside the inner ten ring.
- After each end of arrows is shot, the arrows are scored. The number of hits (non-zero scores), tens and Xs (hits within the inner ten ring) are also recorded for the purpose of breaking ties in the final scores.

## Equipment:

### The Arrow

Arrows in the recurve (Olympic) bow events can travel in excess of 150 miles per hour, while compound arrows can fly in excess of 225 miles per hour. The shafts are made of cedar, aluminum, or aluminum with carbon fibers. Aluminum arrows are more uniform in weight and shape, while carbon arrows fly faster and provide less cross-wind resistance, and are therefore more useful in long distance outdoor archery.



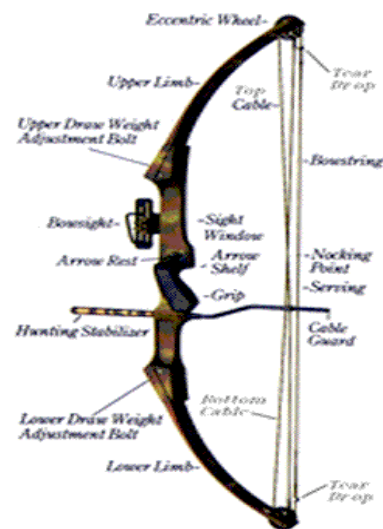
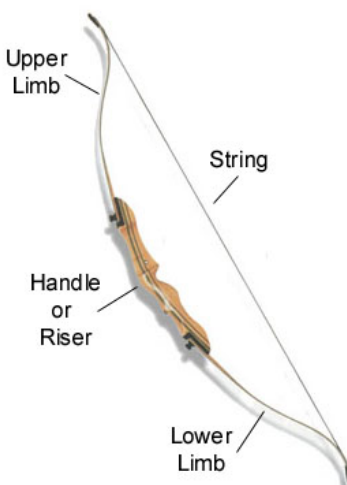
### Bows

**Olympic, or Recurve:** The only type of bow allowed in Olympic competition, as yet. Its limbs curve away from the archer. This is the direct descendant of the bows of antiquity, differing only in the materials used and refinements made.

The force required to pull an Olympic bow increases directly with the distance pulled.

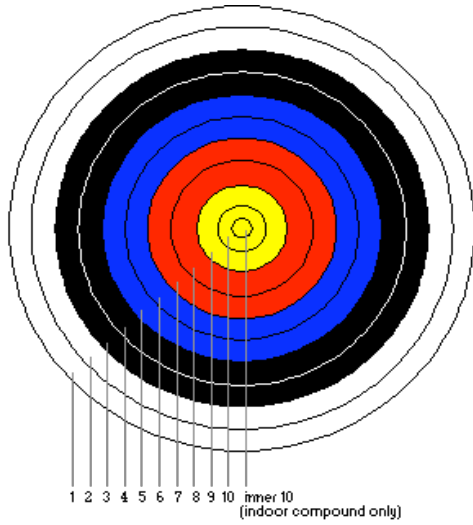
**Compound:** This bow uses cams and cables to make the holding weight less than half of the draw weight.

These bows are favored by bow hunters because of their greater accuracy, flatter arrow trajectory and their ease of use.



### History

## Scoring:



The **White** ring is scored as 1 point

The **Black** ring is scored as 3 points

The **Blue** ring is scored as 5 points

The **Red** ring is scored as 7 points

The **Yellow** ring is scored as 9 points