

Archery Study Guide

Brief History

For the past several years, not only has interest in Archery grown throughout the world, but also many schools and college's include Archery in their physical education program. In the 1972 Olympic games held in Munich, Archery appeared for the first time.

First the bow was originally the man's weapon of survival. With it he no longer had to meet wild animals in physical combat. The bow also aided in the love for music, which led to the making of the harp. Robin Hood used the famous English Longbow to terrorize the rich and feed the poor.

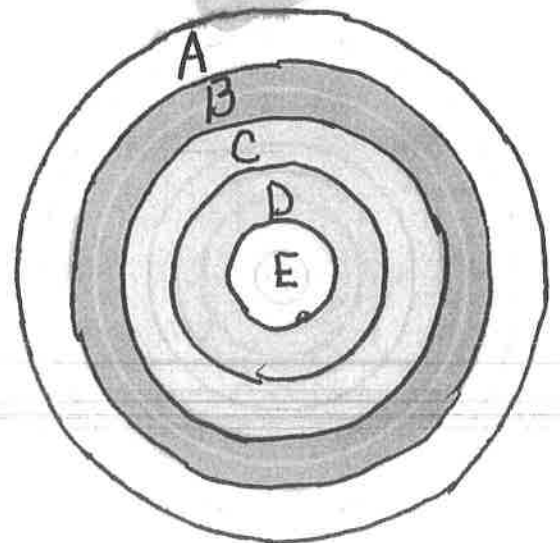
Interesting Facts

- Archery is thought to have been in existence as a sport since 1545 in Old England.
- The word "archery" derives from the Latin term *arcus* meaning bow and arrows.
- Splitting an arrow down the middle by shooting another one in the middle of it is called a "Robin Hood."
- Archery is the national sport of Bhutan. It's so popular that nearly every village has its own archery range.
- Arrows shot at the Olympics fly more than 200 miles per hour
- When competing in the Olympics, archers must engrave their initials on each arrow.

The Target

- A. White.....1 point
- B. Black.....3 points
- C. Blue.....5 points
- D. Red.....7 points
- E. Yellow.....9 points (bull's-eye)

- Arrows hitting or passing through the outside of the area or the wrong target is 0 points
- An Arrow landing between two colors results in the archer counting the higher color

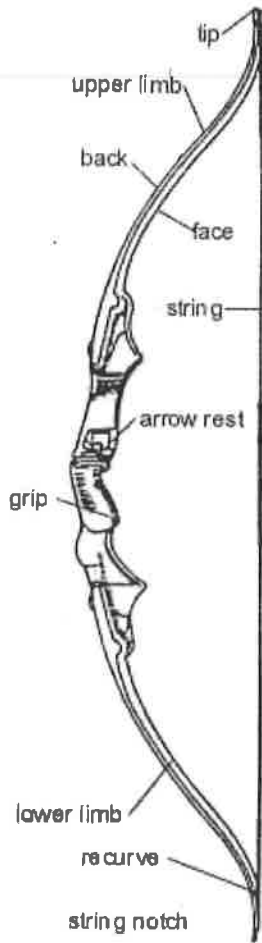


Archery Terms

Addressing the Target: Standing ready for target shooting with the body at a right angle to the target, feet straddling the shooting line (Side to the target)

Anchor Point: A definite spot on the face to which a finger of the string hand must come when drawing. Usually the corn of the mouth, the corner nearest to the ear, touching the strong to the lips, or touching the string to the nose

Retrieving an arrow that has fallen from the bow: Pulling the arrow towards the archer's feet with the bow, if the arrow cannot be reached with the bow, it must be left where it is and is considered a shot



The Bow

Arrow Plate/Rest: The part of the bow on which the arrow rests

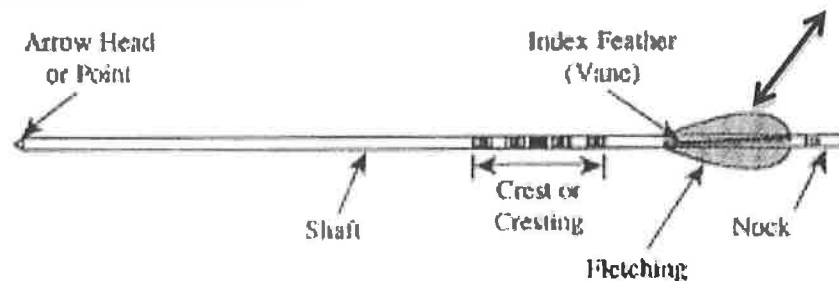
Back: The flat rounded surface of the bow, which faces the target

Belly: The founded surface of the bow, which faces the string

Draw: The pulling back of the bowstring

Handle or Grip: The mid section of the bow, which the bow hand grips

Nocking Point: The point on the string at which the nock of the arrow should be placed



The Arrow

Hen Feather: The two feathers on the shaft end that are not at the right angles to the nock and are the same color

Index Feather: The feather set at the right angles to the arrow nock and is usually a different color than the other feathers

Nock: The groove in the end of the arrow. The groove at each end of the bow for the reception of the string; the act of placing the arrow on the string

The Quiver: The piece of equipment that holds the unused arrows