

Archery Study Sheet

11 Steps to Archery Success

1. **Stance:** stand side-on to the target
2. **Nock arrow:** snap the arrow into bowstring with different color fletching facing out
3. **Draw Hand Set:** grasp the string with three fingers
4. **Bow Hand Set:** grasp the black bow grip handle
5. **Pre-Draw:** raise bow to set position
6. **Draw:** smoothly pull/draw the string towards the side of your face
7. **Anchor:** set by touching your ear, chin, mouth or cheek with your finger or thumb
8. **Aiming:** align your dominant eye and point of the arrow with the target
9. **Shot Set-up:** Slight backwards movement of drawing elbow before the release
10. **Release:** relax your fingers to let go of the bowstring
11. **Follow-through:** in releasing the bowstring, let your thumb drop to your shoulder

Safety Rules

1. All non-shooters should be behind the safety line
2. Check equipment for damage
3. Do NOT nock arrows until time to shoot and you are in your shooting stance
4. Always point arrows towards the target
5. Do NOT shoot straight up or in any other direction that might hit someone
6. Do NOT dry fire (shoot without the arrow nocked)
7. Wait for the signal from the instructor before going to get arrows

Terms to know

Parts of the arrow: fletching (feathers), nock (plastic end of arrow that fits into string), point

Parts of the bow: bow grip, arrow rest, bowstring

Other Terms: quiver (where you put the arrows), bull's-eye, shooting line,

Points on the Target

