

Archery Review Sheet

The bow and arrow's history involves hunting animals for food, as a defensive or conquering weapon, and as an instrument in competition. Approximately, 2800 BC, the first bow and arrow were made by the Egyptians. In the early 1500's the bow and arrow were replaced by firearms as a military weapon. Nevertheless, the bow and arrow remained an important weapon in the Far East in warfare as recently as the 1900's, and the use of the bow and arrow in hunting and inter-tribal fighting continues in central Africa and South America up to the present day.

Target Scoring



Outer White: 1 point

Inner White: 2 points

Outer Black: 3 points

Inner Black: 4 points

Outer Blue: 5 points

Inner Blue: 6 points

Outer Red: 7 points

Inner Red: 8 points

Outer Yellow: 9 points

Inner Yellow: 10 points



Terms

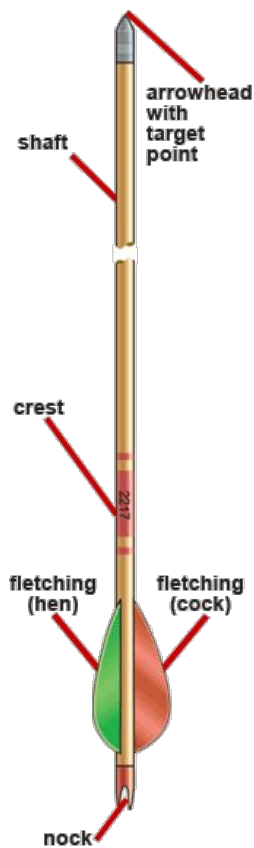
Recurve Bow: A recurve bow has tips that curve away from the archer when the bow is strung. By definition, the difference between recurve and other bows is that the string touches a section of the limb when the bow is strung. A recurve bow stores more energy and delivers energy more efficiently; giving a greater amount of energy and speed, to the arrow.

Archer: a person who shoots bow and arrows: especially as a recreational sport: YOU!



Parts of the arrow:

Arrow Parts



Fletching: feathers on the arrow

Shaft: length of the arrow

To nock: (verb) placing the arrow into the bowstring

Nock: (noun) plastic piece at the end of an arrow into which the bowstring fits

Nocking point: reinforced point on the bowstring where the arrow is nocked

Arm guard: protects your skin from extremely bad bruising from your bowstring

Range: an enclosed area with targets for archery practice

Fletching: color determine placement of the arrow on the bow

Anchor point: spot where the bow string is pulled (preferable the cheek bone) Accuracy is dependent upon a solid anchor point every time an archer shoots

The Nocking Point



Safety Guidelines

- The archer does not shoot until the "go ahead" signal is given.
- Once the archer is done shooting, they place their bow on the stand until all archers are finished.
- An archer retrieves their arrows when the "retrieve your arrows" signal is given.
- All students must stay behind the shooting line at all times (unless retrieving arrows).
- If a student needs to leave the archery room, they must ask permission and knock when they return. They may re-enter the room once waved in by the teacher.
- When taking arrows out of the target, place one hand on the target (to steady it) and carefully pull the arrow out with the opposite hand.