



Archery Victoria			
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OzBow Come'n'Try Program

(the pathway to archery excellence)

Introduction

This booklet provides you with an overview of what you will learn in the OzBow Come'n'Try Program. Please read it thoroughly and keep it for future reference. If you have any questions please feel free to ask your Come'n'Try Instructor.

From "Come'n'Try" to the Olympic Games

Michael Naray from Sydney tried archery in 2002 at a Come'n'Try course held at Sydney Olympic Archery Park.

In 2008 Michael made the Olympic Team to the 2008 Olympic Games in Beijing.

The possibilities are endless...



Who is Archery Australia?

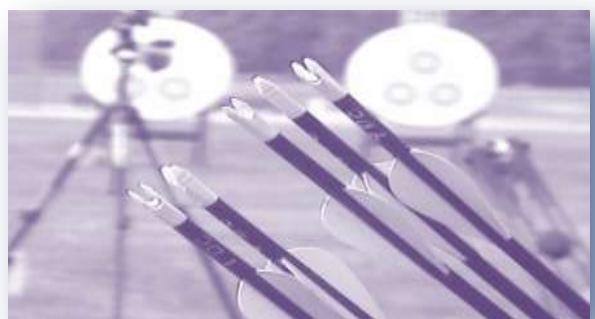
Archery Australia is the national governing body for Archery in Australia, catering for all archery disciplines and equipment styles. Archery Australia offers various coaching and development programs through the National Pathway Program which is delivered through the Regional Governing Bodies and clubs. These programs provide a pathway for archers to develop their skills and knowledge and advance through the sport from basic beginner, to club, state and national levels advancing ultimately to high performance international competitor competing in events such as the World Championships and Olympic Games.

What is the OzBow Come'n'Try Program?

The OzBow Come'n'Try Program is the entry level section of the Archery Australia Pathway Program. OzBow Come'n'Try is conducted in a uniform manner by schools, social and community groups as well as private operators and resorts. Each session can run from 30 to 120 minutes and is an organised program that can be conducted on an on-going basis.

The OzBow 'Come'n'Try Program is a simplified lesson plan catering for people of any age, gender and ability/disability.

This booklet is intended as a reference guide for people undertaking OzBow Come'n'Try sessions and fits within the frame work of the Archery Australia National Coaching Program, Coach Pathway Program and National Pathway Program.



The 10 Basic Steps



There are 10 basic steps to follow when learning to shoot a bow;

1. Stance
2. Nocking the Arrow
3. String Hand
4. Bow Hand
5. Drawing the Bow
6. Anchor
7. Target Alignment
8. Releasing the Arrow
9. Follow Through
10. Relaxing



Step 1 Stance

Stance or the standing position on the shooting line is the foundation of the shot and you should develop a consistent and repeatable position that is comfortable.

You should straddle the shooting line with one foot on either side of the shooting line; both feet should be shoulder width apart. The ideal starting foot position is to have your feet square to the target, this is known as the “Square Stance”. You should stand upright with leg and knee muscles relaxed but not locked.



Square stance, straddle the shooting with feet square to the target.

If you have a large frame or a large chest there may be clearance problems with the bow string. If this is the case you may need to try the open stance.

Also as you develop your skills it may feel more comfortable for you to open your stance.

With the “Open Stance” the rear foot is positioned in front of the centre line to the target, and this opens the body to the target. The angle of the stance should be somewhere between 10 and 25 degrees from the target centreline depending on your preference and comfort levels.



Open stance, straddle the shooting with rear foot in front of the line to the target.

What is important is that the feet must remain in a constant position until the completion of the shot/s.

Step 2 Nocking the Arrow

The arrow is placed on the string at the Nocking Point, which is positioned slightly above the centre of the string. The suggested method is;



Hold bow across body, canted at a slight angle.

Draw the arrow from the quiver, holding the arrow by your thumb and index finger between the nock and fletch just behind the fleches.

As you draw the arrow from the quiver ensure the point of the arrow is pointing toward the target.

Place the arrow onto the arrow rest.

Rotate the arrow until the index vane or fletch is square to the bow string.

Carefully draw the arrow back against the string until the nock engages the bow string between the nocking points.

The arrow must sit on the string between the nocking points or under the nocking point if only one is being used.

The arrow must sit on the string so the index fletch points away from the bow.

Always nock the arrow at the same point on the string.

Step 3 String Hand

The first three fingers of the string hand are placed on the string with the three fingers hooked around the string below the arrow. Take a deep hook with the string position in or behind the first joint of the fingers and the finger tip pointing back toward the wrist.



Your hand should be relaxed and most importantly, the back of the hand and wrist is kept flat, your knuckles should also be flat.

The wrist should be flat and stretched straight along the arm - there should be a straight line from the elbow to the fingers.

If a deep hook is not taken this will cause the hand to cup creating tension in the fingers, hand and wrist and will lead to soreness and calluses.



People assume that to obtain a good release, they should hold the string on the tips of their fingers. This is incorrect.

Holding the string by their finger tips, the fingers and hand must be under excessive tension to hold the weight of the bow, making it almost impossible to achieve a clean, smooth release.

If the string is on the finger tips, the back of the hand will be cupped and the wrist usually bent.

To emulate the correct way to hold a bow string, pick up a bucket or bag. You will automatically grip the handle with the first three fingers in or behind the first joints, with the finger tips pointing toward the wrist.

To achieve the feeling of release, relax your fingers and release the bucket or bag allowing it to fall to the ground, mimicking the release.

In comparison, pick up the bucket with your finger tips and feel the tension in your fingers, hand and wrist.

Allow yourself to experience how difficult it is to hold and smoothly release when using the finger tips, try letting go of the handle, you will notice how difficult this can compared to taking a deep hook with the fingers.

Step 3 String Hand (*continued*)

Once the fingers have been positioned on the bow string and the bow hand positioned, a slight tension is taken up on the string. You should begin to focus for the shot and enter a relaxed state. This is known as the preparation position.

You should stand with your head held upright directly over the spine. The head is turned to look directly at the target. You use the preparation position to begin to focus and to ready yourself for the shot about to be taken.

At the preparation stage you should develop a system that allows you to “Switch On” and focus. Being able to switch on and focus is important as it narrows your concentration removing external distractions and allowing you to only think of the task at hand.

Many archers see this as staring at the target (or where they want the arrow to land). You should learn to develop the technique of focusing which commences at the preparation stage. This must not be confused with aiming which comes later in the shooting sequence.

During the shooting sequence you should maintain your focus on the target until the arrow has struck the target. You must learn to focus at all times on where you want the arrow to go or want to aim the point of the arrow.



Predraw

The bow arm and drawing arm are raised together above shoulder height leaving the bow arm shoulder sitting down in its natural position; this is called “Predraw”.

The drawing arm elbow should be kept above the line of the arrow and as near as possible behind the bow and string hand.

The drawing hand should be relaxed with the back of the hand flat and in behind the string. The bow arm is kept elbow firm and turned down and out to give good string clearance.

Step 4 Bow Hand

The hand is placed on the bow handle so pressure is along the Thenar Eminence – otherwise known as the thumb muscle. Your Instructor can demonstrate this using the “Elastic String”.



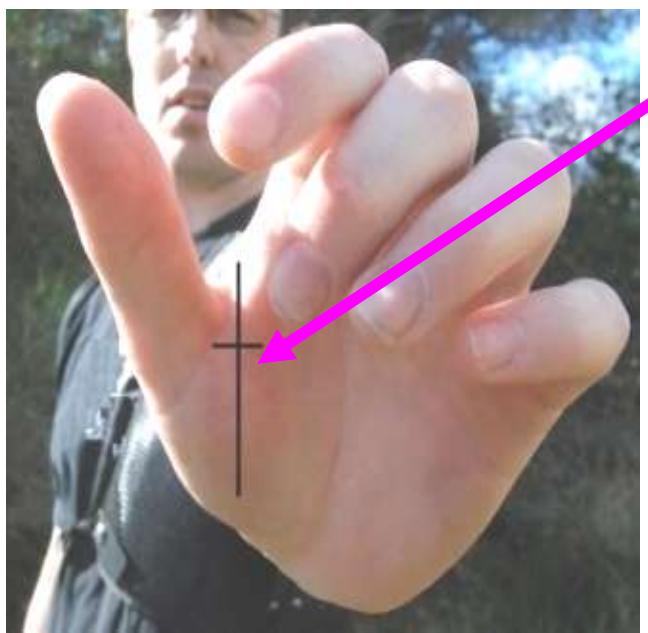
Ideally all fingers should be relaxed, slightly curled over in a natural position, not tucked in and curled right around.

Having the fingers open but not straight reduces tension in the hand, and removes the temptation to grab the bow upon release.

This requires the use of a wrist or finger sling.

For beginners a short sling is preferable until they have mastered correct bow hand follow through.

The bow hand should be positioned directly behind the centreline of the bow.



Place hand on the bow grip so the pressure point is as high as possible into the pivot point of the bow.

When the bow hand is set correctly the knuckles of the hand should be around 45°. This assists in setting the bow arm elbow thereby giving it clearance and also assists in the setting of the correct position for the bow shoulder.

Step 5**Drawing the Bow****Pre Draw**

Commence the draw by rolling the drawing arm shoulder down and back, bringing the elbow around and in line with the bow, feeling the upper muscles in your back tense.



As the drawing arm is moving back, the bow arm is extended pushing toward the target with the shoulder kept down.



Without moving your head, draw the bow string back to the side of your face coming to the corner of your mouth.



The draw must be along as straight a line as possible, finishing with bow and hand, arrow and draw arm elbow in line behind each other.

Full Draw

Step 6 Anchor

The anchor is the term used to describe the position where the drawing hand makes contact with the face.



A consistent anchor-point is vital and, along with many other aspects of correct archery technique, plays an important part in accuracy and should be considered as a rear sight.



The anchor is where the index finger of the drawing hand makes contact with the corner of the mouth.

The back of the hand should be flat so that the knuckles are not protruding outwards.

The wrist and forearm should be straight and relaxed.

Step 6 Anchor (continued)

The more natural you feel at full draw the more likely you are in the correct position. If you feel uncomfortable or you can feel pressure at a certain point then you should discuss this with your Instructor.



Full Draw

At full draw, the elbow of the drawing arm should be in line with the shaft of the arrow and the bow hand contacting the bow.



Body Alignment

From a front view you should be standing upright and not leaning backwards or forwards.

Your weight should be evenly distributed on both feet.



Looking from above

All key body joints must be in line eliminating the need for unnecessary use of muscles.

Ideally the drawing elbow should be in line with the arrow nock and pivot point of the bow, while the shoulder joint, elbow and wrist joint of the bow arm should be in line.

If the joints' are not in line, this will result in the need to use excessive muscular effort to hold the bow at full draw, and will result in fatigue.

Step 6 Anchor (continued)

From a rear view the student should be standing upright with a straight spine.

It is common to have the majority of weight on their heels, although this will cause the lower back to be arched backwards, causing a hollow back.

You should be standing upright, with 60% to 70% of your body weight distributed forward on the balls of your feet and 40% to 30% on your heels.

The line of force should be forward on the toes.

It is common for archers to develop a shooting technique that transfers the majority of the body weight onto their heels.

This will cause the lower back to be arched backwards, causing a hollow back and moving the centre of balance behind the archer.

Ideally the body's centre of balance should be below your spine toward the front of your body.

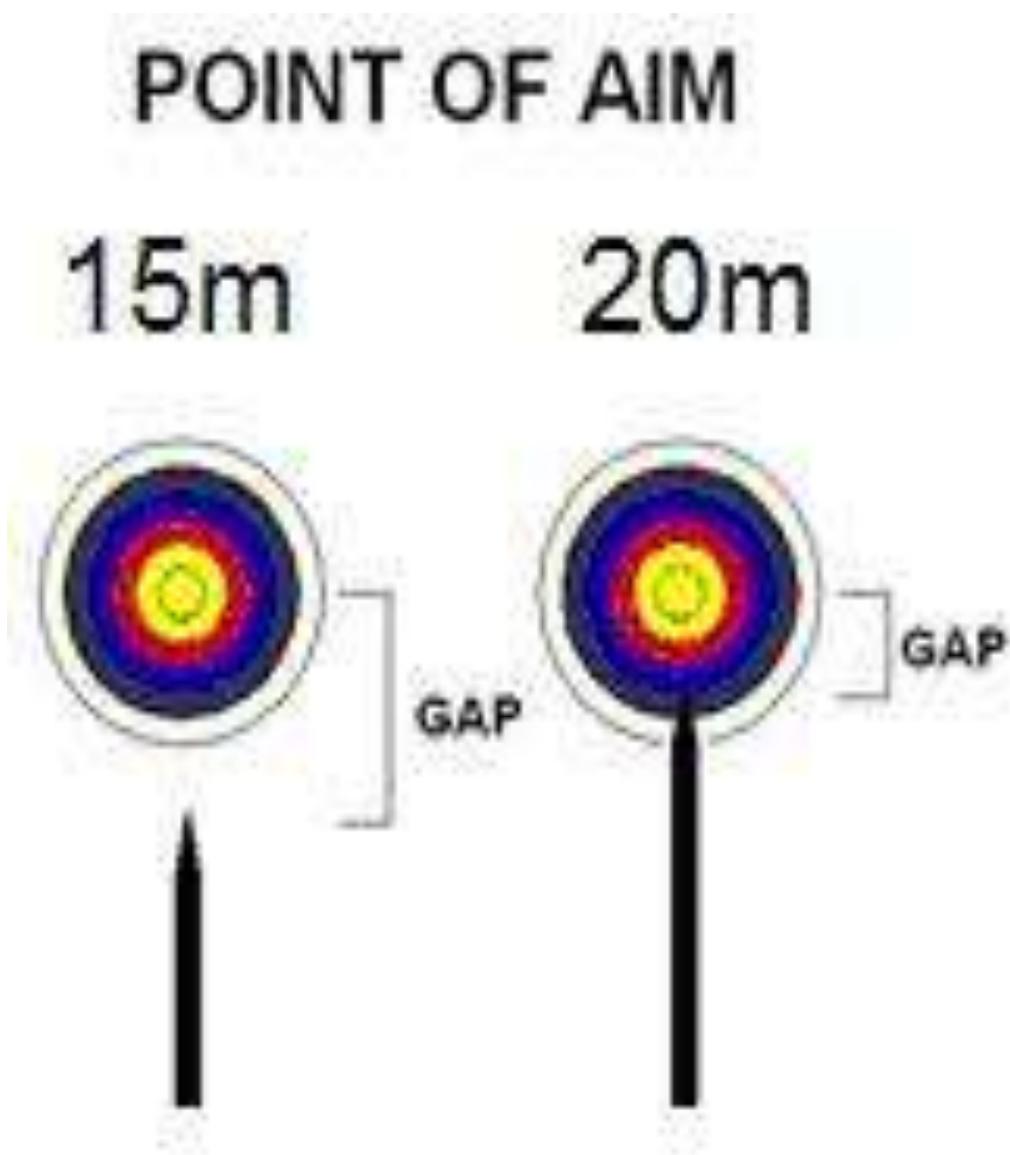
By not standing upright and allowing the spine to maintain its natural curve, long term this can cause injuries as well as affect your physical development.

The spine should maintain its natural curve as it comes from the upper body into the waist and then joins the hip; the lower spine should not be arched.



Step 7 Target Alignment

When drawing the bow you will be exerting an amount of effort but it is important not to relax that effort once you reach full draw. Full draw should be about consolidating your anchor and preparing for the shot but to ensure a smooth release and follow through an effort must be maintained.



Aiming (Line of Sight Method)

The method of archery that is being taught is called “Barebow” also known as “Point of Aim”, there is no bow sight being used but the arrow point is used as the sight.

Aiming is achieved by placing the point of the arrow on a pre-determined position for a given distance; below, on the centre of the target or above the target face, the position will vary for different distances.

A bit of practice is required to determine where the point of the arrow needs to be placed for a given distance.

For example at 15 metres the point location may be below the target face while at 20m the location may be on the centre of the target face. This point will be different between people.

As the suggested distances for initial shooting is 10m this will usually be at the bottom of the target butt. It is surprising how quickly you will learn this method and how natural it is for you to learn.

Of course long term if you want to shoot longer and longer distances and shoot high scores the use of a bow sight is required.

Step 8 *Releasing the Arrow*

The release is the most critical and the most important step in achieving good arrow flight.

The release is achieved by relaxing the muscles in the drawing forearm and drawing fingers, allowing the weight of the bow to pull the string from the fingers; maintain the pulling actions all the way through the release. The resulting reaction being that the drawing hand moves slightly backwards.

You can practice the release as mentioned above by picking up a bucket or bag. You will automatically grip the handle with the first three fingers in or behind the first joints, with the finger tips pointing toward the wrist. To learn the processes of release relax your forearm and finger and experience the action of releasing.



Alternatively using the “Elastic Arrow”© stand on one end and hooking the fingers around other end in place of a bucket or bag.

With the release the drawing hand should move slightly backward as a reaction to the shot and the bow will jump forward and slightly off to one side. This is a natural reaction to the shot.

Step 9 Follow Through

The follow through occurs after the arrow has left the bow and is the bodies reaction to the release.

The drawing hand will move in a backward action while the bow arm and bow will move slightly forward and slightly to the left and down (right hand archer).

It is important to maintain focus by looking at the target until you hear the arrow strike the target.

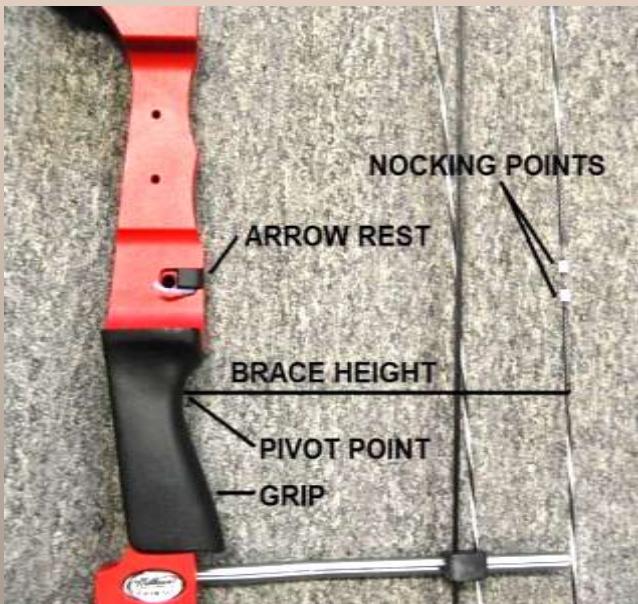


Step 10 Relaxing

After the arrow has hit the target, lower the bow arm and the drawing hand to the side.

This is the time to relax, to recover from the physical effort of the shot, to analyse the shot and to prepare to shoot the next arrow.

The Compound Training Bow



The Arrow

Most arrows you will use in an OzBow Come'n'Try Program will be made with an aluminium tube.

It will have a point inserted at the front of the arrow and a plastic nock glued onto the rear. The plastic nock has a groove that clips onto the string.

You will then see 3 plastic feathers that we call fletches. Two shall be of one colour and the other in a contrasting colour and is referred to as the Index Fletch.

For archers using fingers (usually Recurve and Limited Compound bows) the index fletch should always point away from the bow;



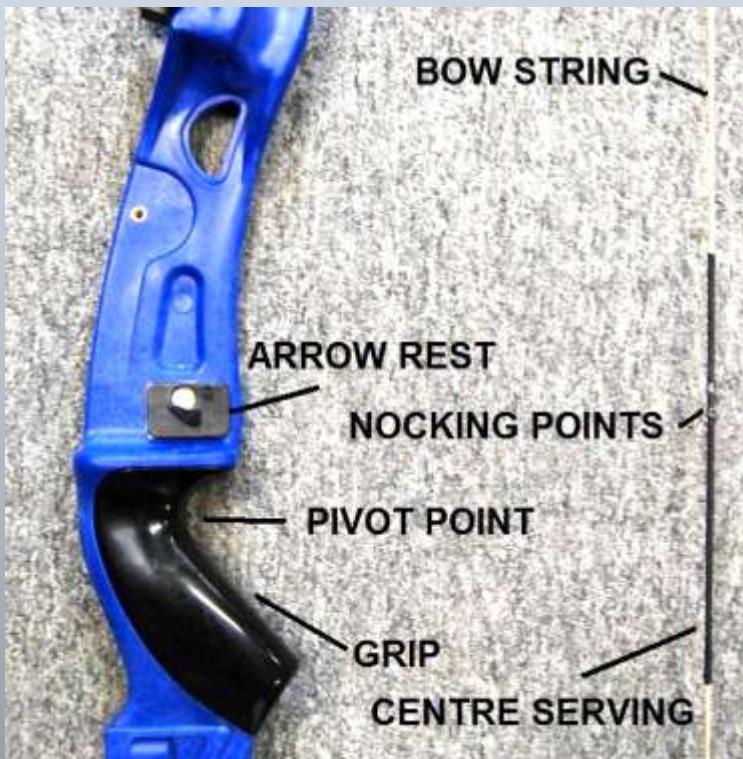
– to the left for a Right Hand archer



-to the right for a Left Hand archer.

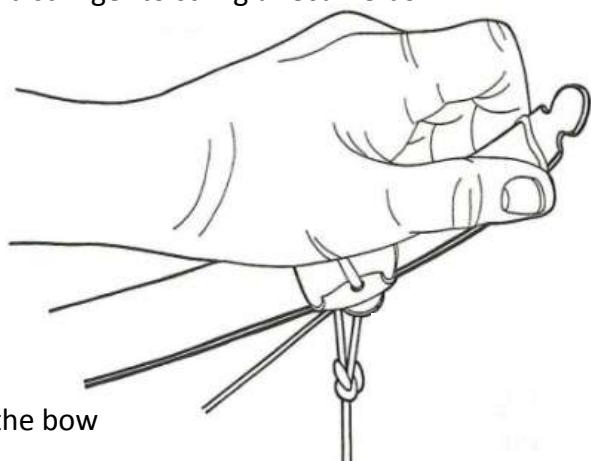


The Recurve Bow

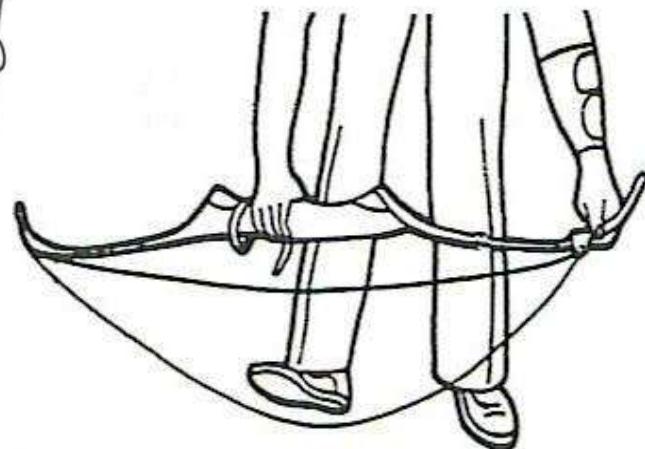


Stringing A Recurve Bow

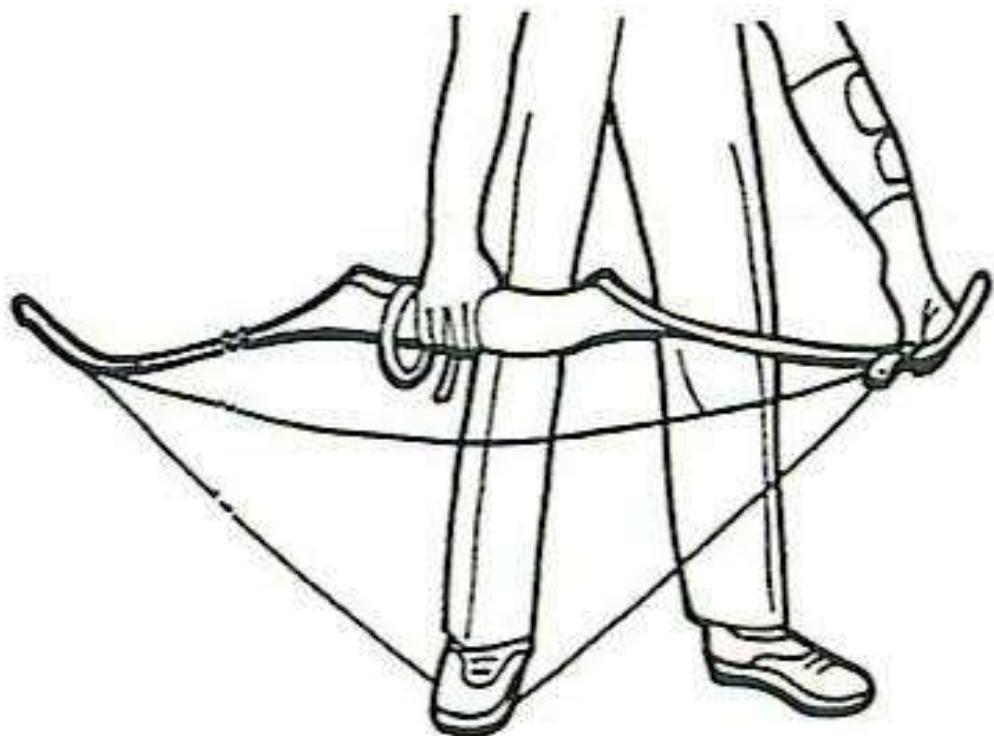
For safety always use a stringer to string a recurve bow.



1. Fit the stringer to the bow



2. Step onto the bow stringer cord (use the ball of your foot not the instep). Some people prefer to use both feet for extra strength.



3. Lift the bow by the handle, against the resistance of the bow with your foot on the cord.

4. Slide the top loop of the bow string along the limb until it is fitted into the string grooves of the bow limb.

5. Let the pressure off slowly, checking that both top and bottom string loops are safely in their grooves.

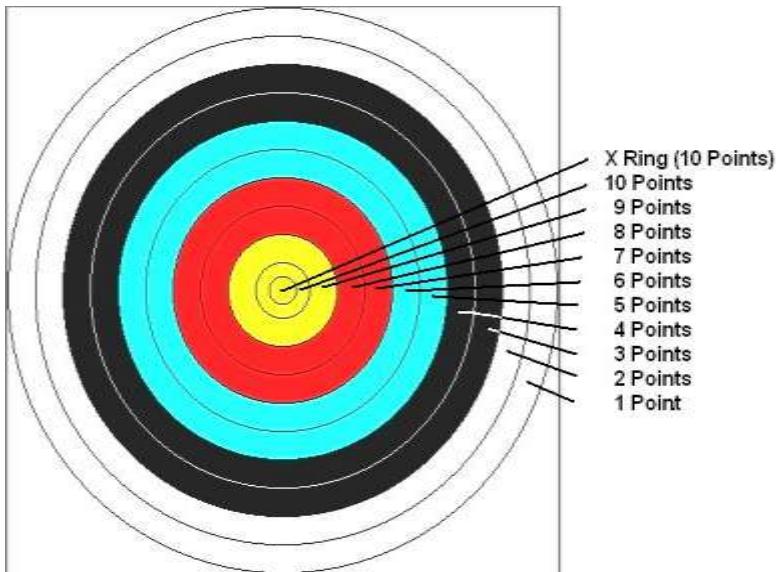
6. To unstring the bow, reverse the procedure.

Target Faces and How to Score

There are a variety of target faces, styles and sizes. For the OzBow Come'n'Try program we predominately use the 80cm diameter coloured target faces.

Target faces are divided into 5 colours; Gold, Red, Blue, Black and White. Each colour is divided into half by a thin line to give ten scoring zones.

The scoring values for each colour from the centre out are – 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1.



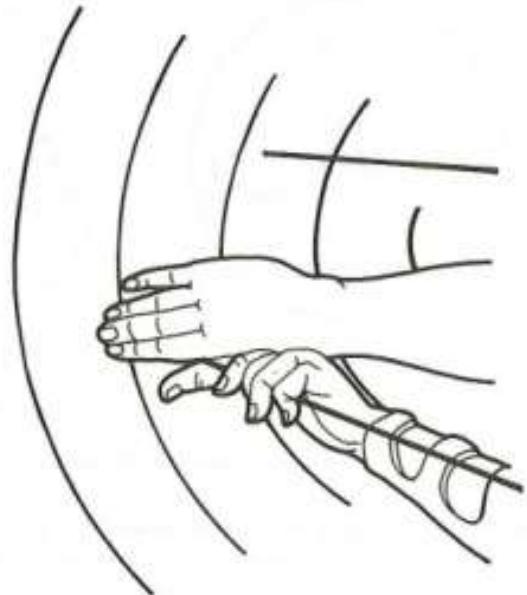
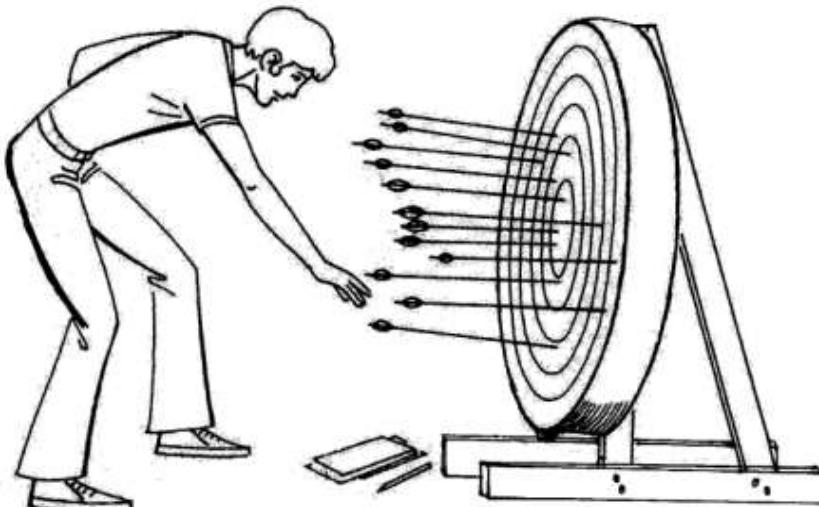
Removing Arrows from the Target

You should learn how to correctly remove arrows from the target butt. When approaching the targets all archers should stand behind the target line which is positioned 2 metres in front of the target butts. Only one person at a time should approach the target to remove their arrows.

The use of the correct technique in removing arrows from the target butt is very important as it prevents damage to arrows such as bending and damage to the target butt and target face, as well as reducing fatigue to the archer.

Removing arrows is where the greatest risk of injury can occur so remember;

1. Never run towards the target.
2. When approaching the target, walk to the side of the target to avoid any arrows in the ground or the arrows protruding from the target.
3. When scoring, beware of arrows protruding from the target butt.
4. Ensure no one is standing behind you when arrows are being withdrawn from the target.



Safety – Do's and Don'ts

- DO check your equipment for any faults or damage.
- DO wear firm fitting clothing while shooting.
- DO tie back long hair.
- DO wear the appropriate finger, arm and chest protectors.
- DO obey the Director or Shooting or field/range captain's instructions.
- DO treat other archers with respect.

DO NOT point a loaded bow at any person (drawn or not drawn.)

DO NOT dry fire a bow. (shoot without an arrow, this could damage the bow.)

DO NOT draw and shoot an arrow while people are in front of the shooting line.

DO NOT run with arrows in your hand.

DO NOT interfere with other archers or their equipment.

DO NOT turn your bow horizontal on the shooting line. .

To view the entire Archery Australia Safety Policy go to www.archery.org.au

The Whistle System

All archery is controlled by whistles or horns and sometimes with associated voice commands. Please familiarize yourself with these as they will be used throughout your archery career.

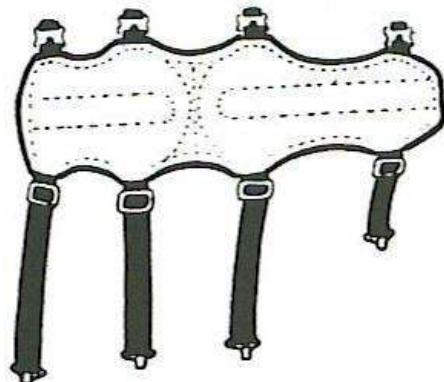
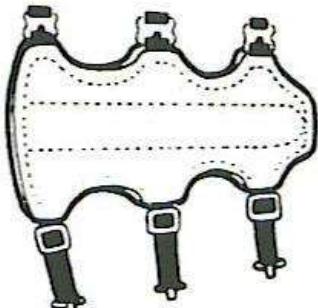
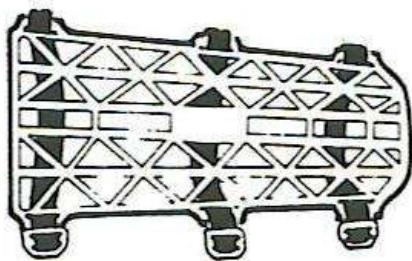
2 Whistles Get Bow

1 Whistle Shoot

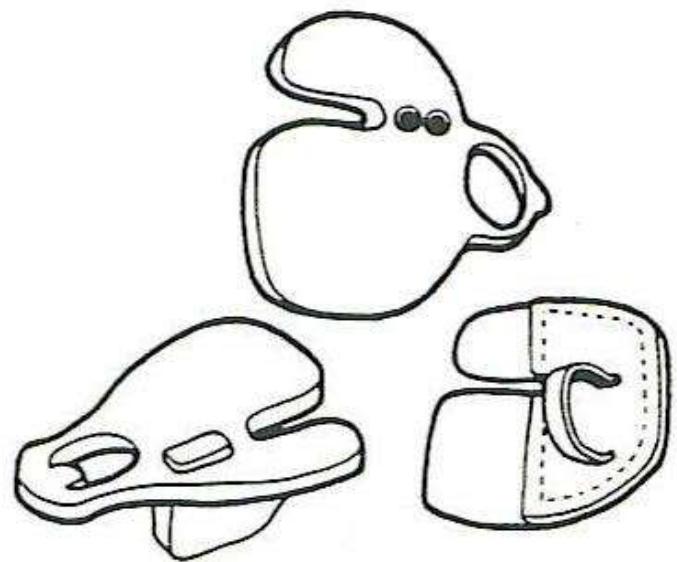
3 Whistles Collect Your Arrows

5 Whistles Emergency - stop shooting, return your bow to the bow rack and await instructions.

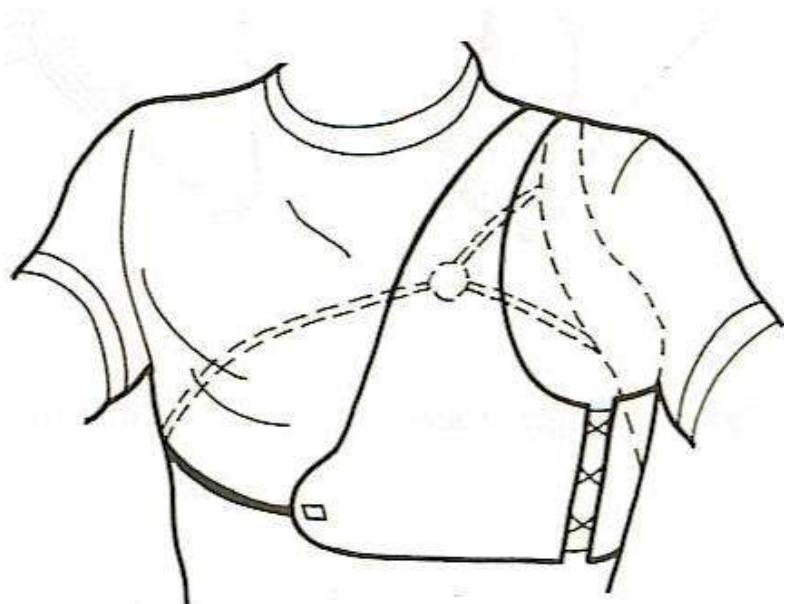
Personal Accessories



Armguards



Finger Tabs



Chest Protector

Note

For personal safety when shooting outdoors always wear a hat and sunscreen.

Always wear footwear with enclosed toes.

Do not purchase any bow or arrows until you have completed the course and have had a discussion with one of the coaches.