



Archery Victoria			
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Subject:	OzBow Archery Instruction Program		
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OzBow Archery Instruction Program

(the pathway to Olympic participation)

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 delivered through the Regional Governing Bodies and the 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 as the World Championships and Olympic Games.

What is the OzBow Archery Instruction Program?

The OzBow Archery Instruction Program is the second step in the Archery Australia Pathway Program. This program provides athletes with the opportunity and tools to advance from basic beginner all the way to high performance competitor.

The OzBow Archery Instruction Program is held over a 3 week period with a 90 minute duration for each session. The cost for this program is around \$75.

If you intend to participate in this program then you should download and print the OzBow Archery Instruction Program Checklist. It will provide you and your Instructors a record of your progress.

The program caters for people of any age, gender or ability.

This booklet is intended as a reference guide for people undertaking instruction and fits within the frame work of the Archery Australia National Coaching Program.

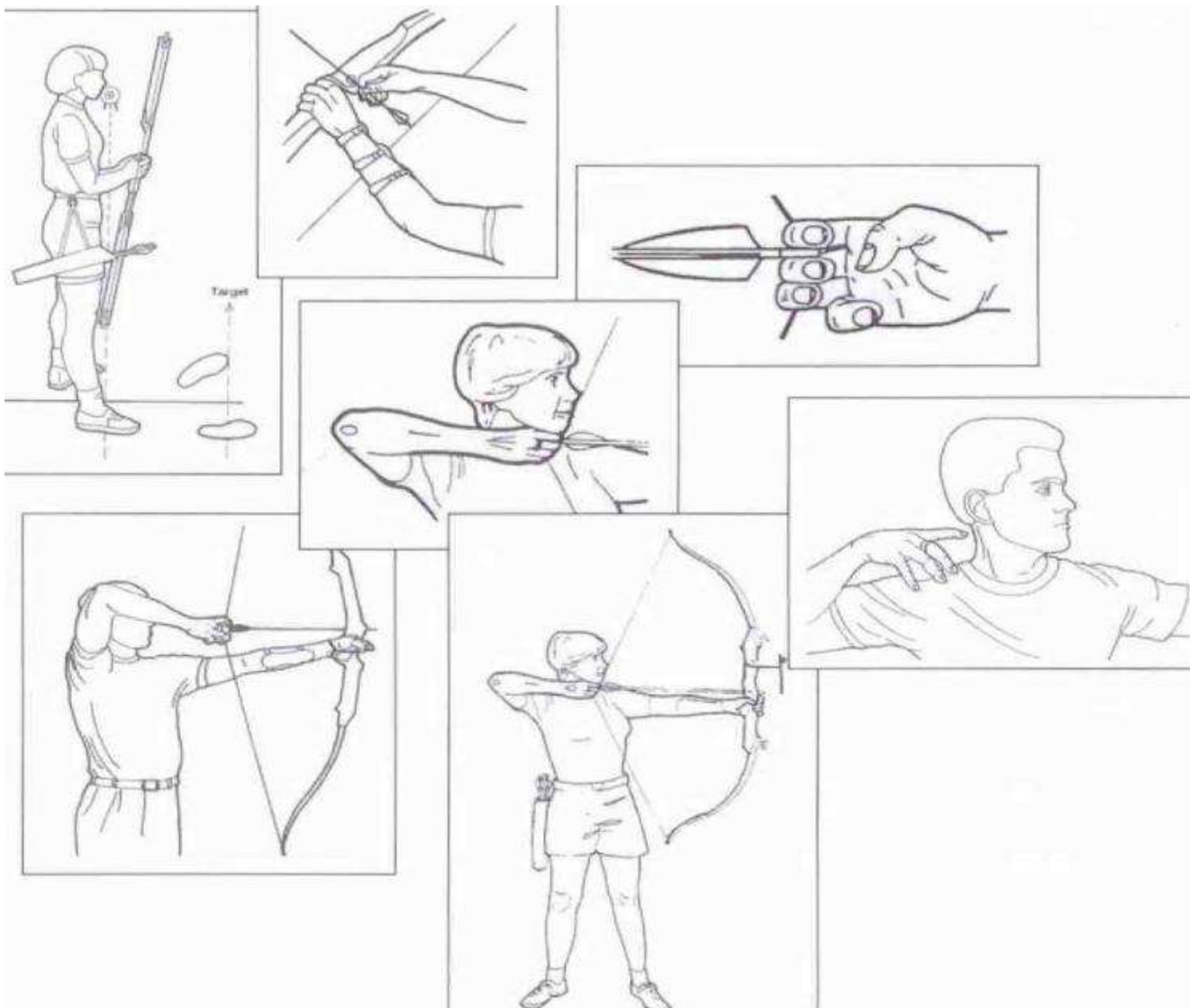


The Ten Basic Steps

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



Eye Dominance

The dominate eye is that eye which focuses on an object while the other eye (the non-dominate eye) gives depth of field.

When at the anchor position the arrow should be placed directly below the dominate eye, this allow you to automatically align with the target.

Eye dominance has a major effect on your body's co-ordination and has a great influence on aiming. It is usual that right handed people are right eye dominant and left handed people are left eye dominate. However, this is not always the case, so it is essential that eye dominance is checked before you commence shooting.

Shooting with one eye or two eyes open.

This is a personal choice. Recurve archers usually leave both eyes open although compound archers tend to close their non-dominate eye to enable them to see through the peep sight.

Determining your eye dominance



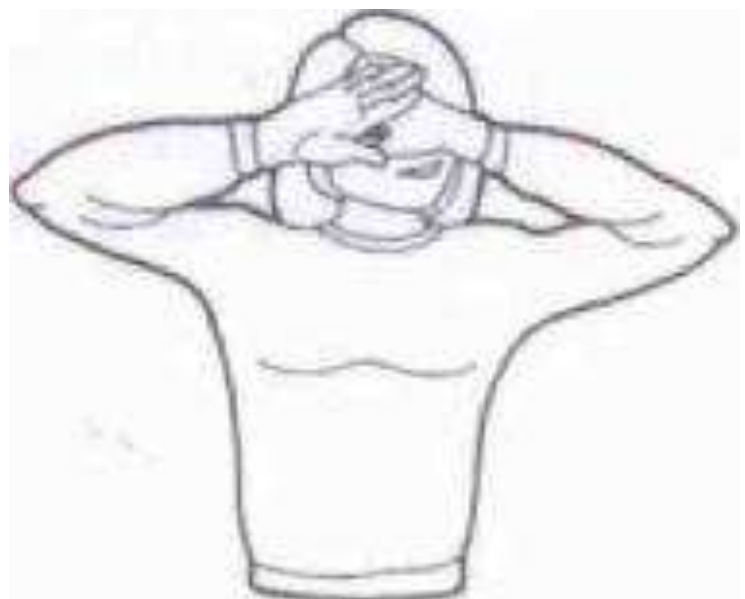
There are 3 commonly used methods of determining eye dominance.

The most popular and easiest method is;

Extend both arms directly in front at shoulder height with hands flat, fingers together and palms facing out, linking the hands together so that a "V" is formed by the index fingers and thumbs forming a small opening.

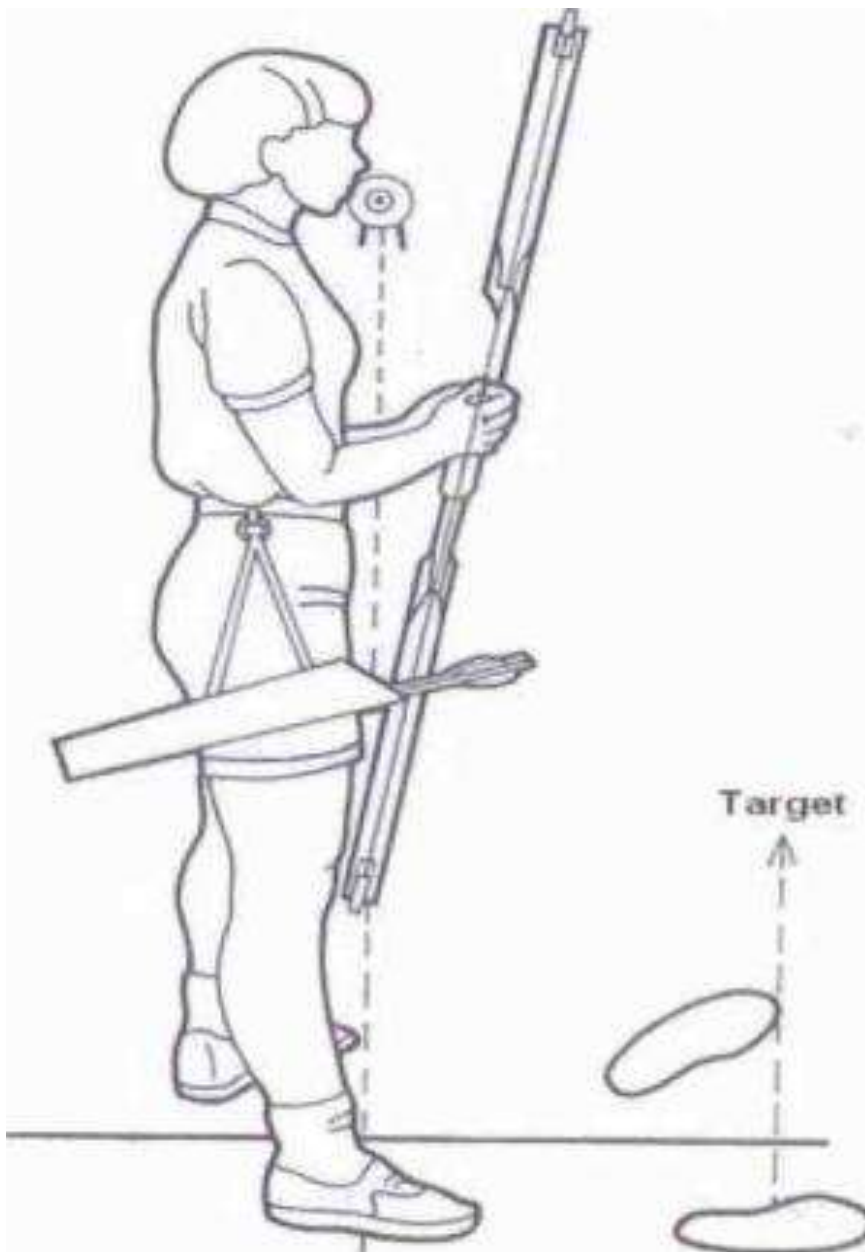
With both eyes open look at a distant object through opening, now bring the hands toward the face while focusing on the object.

Your hands will come to rest in front of the dominate eye.



Stance

The stance, or standing position, is how you stand on the shooting line. Ideally both feet should be shoulder width apart. Your body weight should be evenly distributed on both feet with 60%-70% of your weight on the balls of your feet and 30%-40% on your heels.



Stand astride the shooting line, stand upright with leg and knee muscles relaxed but not locked.

An open stance is recommended, the rear foot is positioned in front of the centre line to the target, this opens your body to the target.

The archer's hips should be positioned in the same line as the feet. The angle of the stance should be somewhere between 15 and 35 degrees from the target centreline depending on your preference and comfort levels.

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

There is a certain amount of flexibility required to achieve this position as everyone is different. Each person should develop a stance which suits their own posture.

Nocking The Arrow

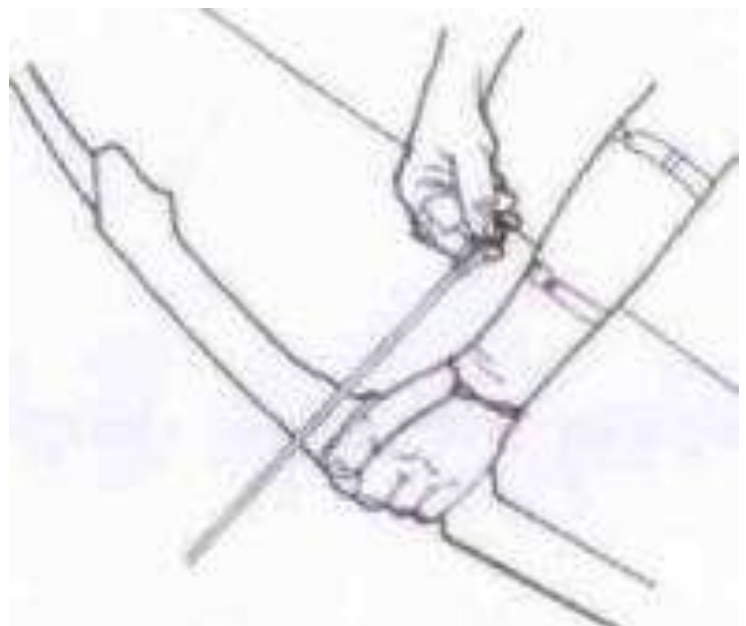
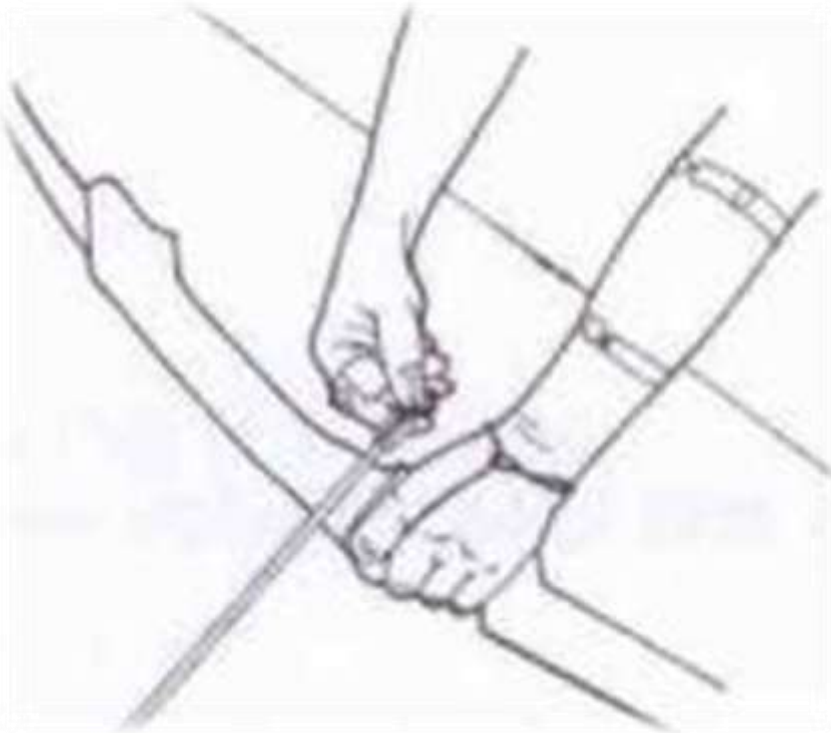
Nocking the arrow (placing the arrow on the string). The arrow is placed on the string at the Nocking Point, which is positioned slightly above the centre of the string. The index vane or fletch is placed so that it is pointing away from the bow.

Suggested Method

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.

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 until the nock engages the bow string between the nocking points.

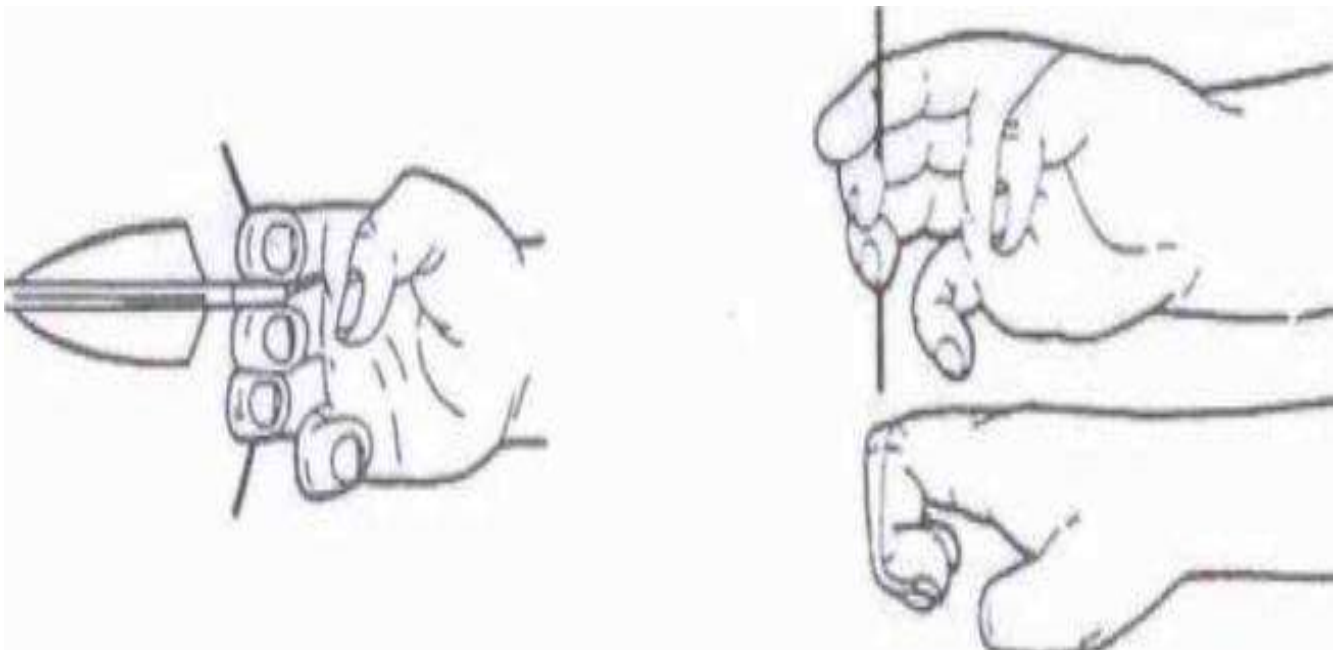
The String Hand

The String Hand (the hand that draws the bowstring).

When placing the hand on the string, the index finger is placed above the arrow and the middle and ring finger below the arrow forming a deep hook around the string.

Ensure the back of the hand is kept relaxed and flat. Ideally the string should be positioned in or behind the crease of the first joint of the three fingers.

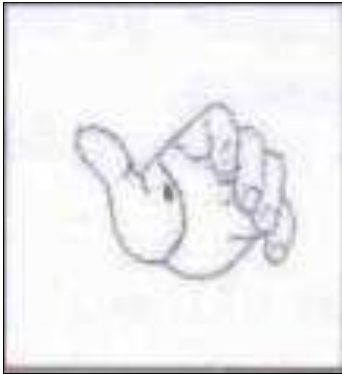
It is best to keep the fingers slightly apart so as not to touch the arrow when drawing the bow. This avoids finger pinch, which will often twist the arrow off the rest.



The little finger is turned in and the thumb relaxed across the palm.

The Bow Hand

Bow Hand (The hand which holds the bow).



When placed on the bow, the hand and fingers should be relaxed. To assist with the rotation of the elbow the hand should be positioned so that the knuckles of the hand are positioned at an angle of about 45 degrees to the bow when at full draw.

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



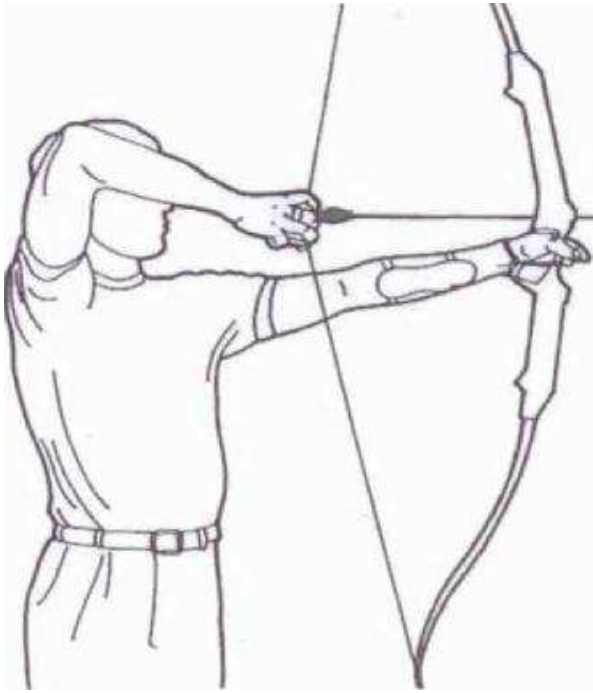
Place the hand on the bow grip so that the pressure point is as high as possible into the pivot point of the bow handle.

The bow when being shot is not gripped.



Ideally a bow sling should be used to ensure the bow does not fall from the hand.

Drawing The Bow

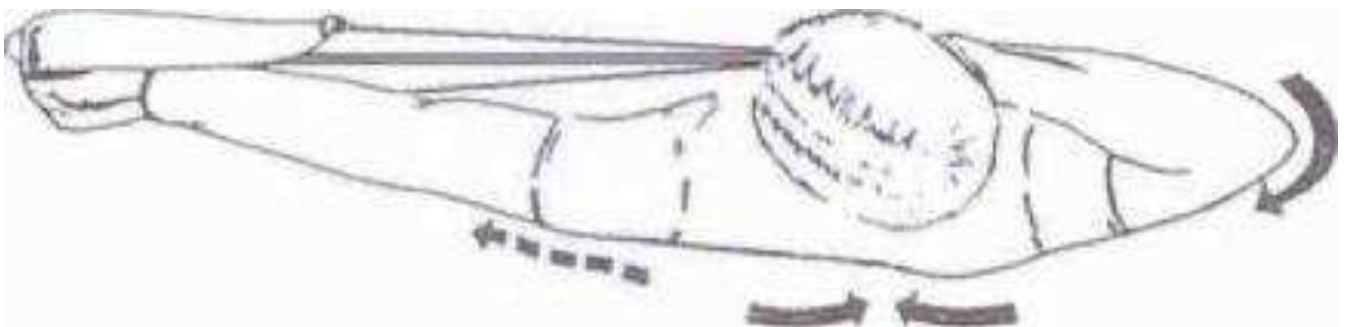


Raise the bow arm and drawing arm together in a single action. This process should never be forced but the arms should be raised in a relaxed manner, this is called the Pre Draw Position.

When drawing the bow, roll the bow side shoulder back and down to help lock the shoulder in place and prevent the bow shoulder from rising and shortening the draw length.

The drawing arm should be raised to shoulder height so that the forearm is in line with the arrow and you can set your right (right hand archer) shoulder blade (Scapula) used to draw back and down.

The bow is then drawn back in a straight line until your index finger comes into contact under the chin, you should rotate your entire right shoulder (right hand archer), moving your Scapula down and across your back, without dropping your drawing elbow below horizontal.



When drawing, twist at your waist so that your shoulders are line with the target but it is important that your hips and the feet remain in a constant position until the completion of the shots.

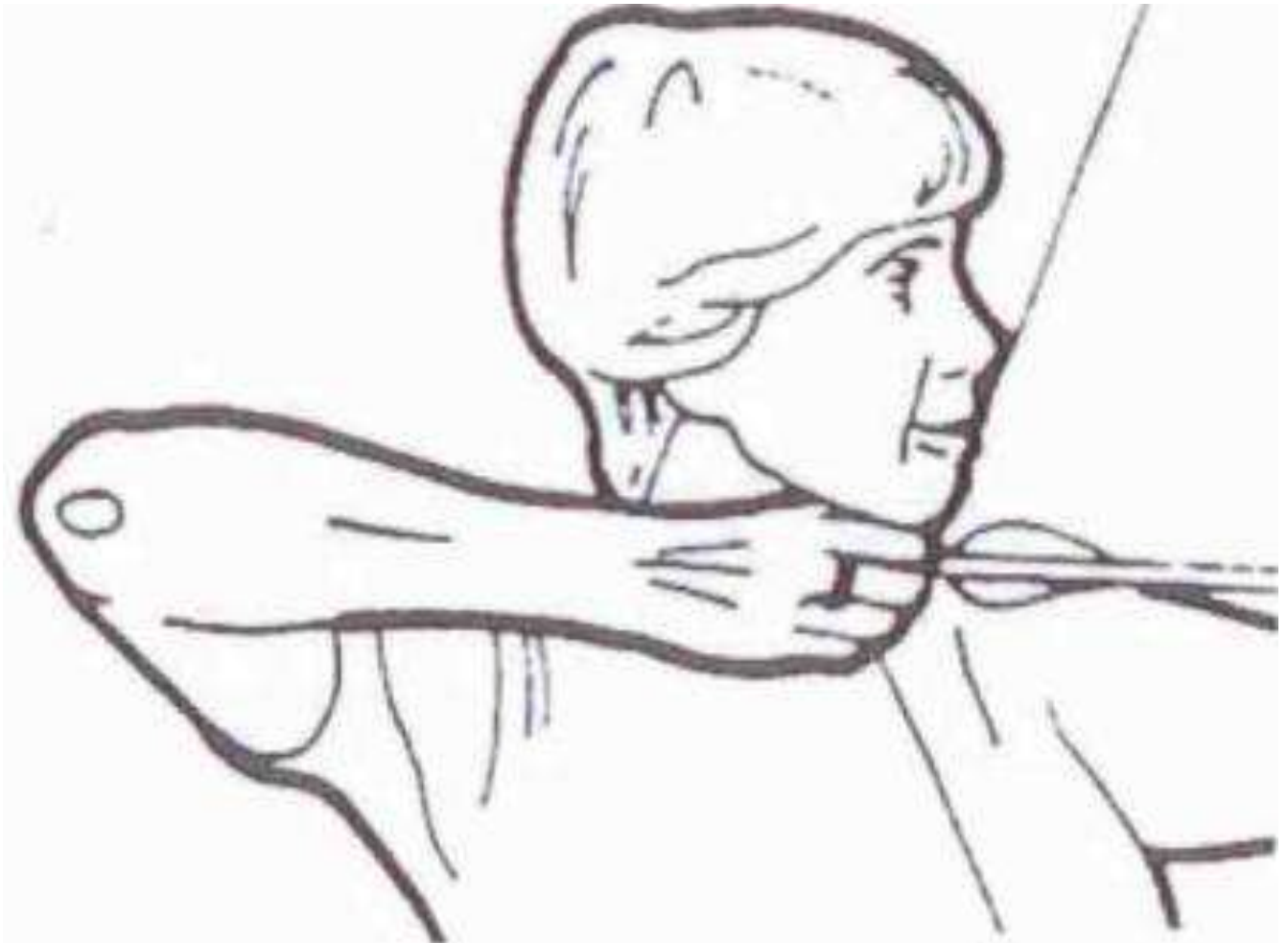
Anchor

Holding and extending sequence.

The anchor is the term used to describe the position where the drawing hand makes contact with the face; you should consider this to be your rear sight.

The position must be consistent and repeatable; usually this is a point where the index finger of the drawing hand makes contact under the jaw with the string lightly touching the chin and the tip of nose.

This gives you three contact points to keep a consistent anchor from shot to shot.

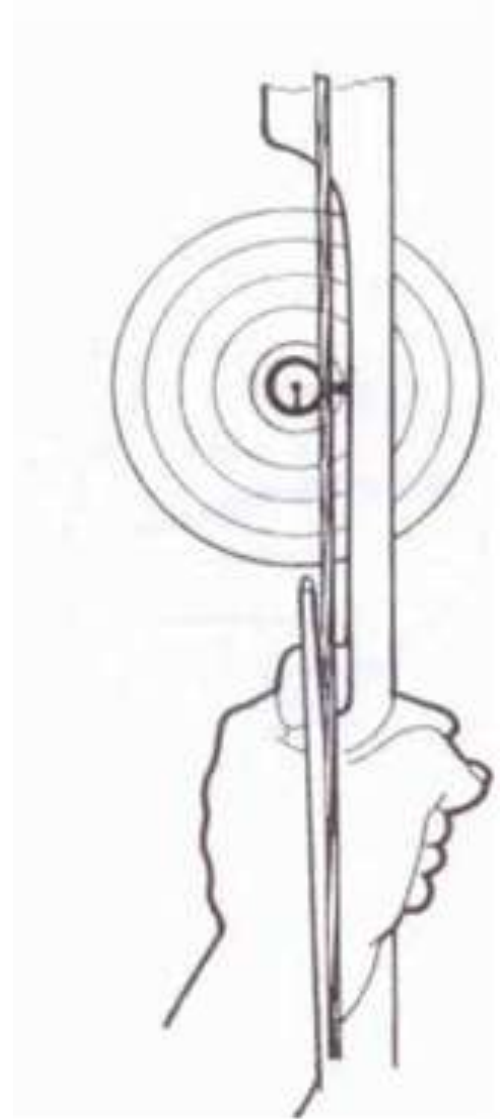
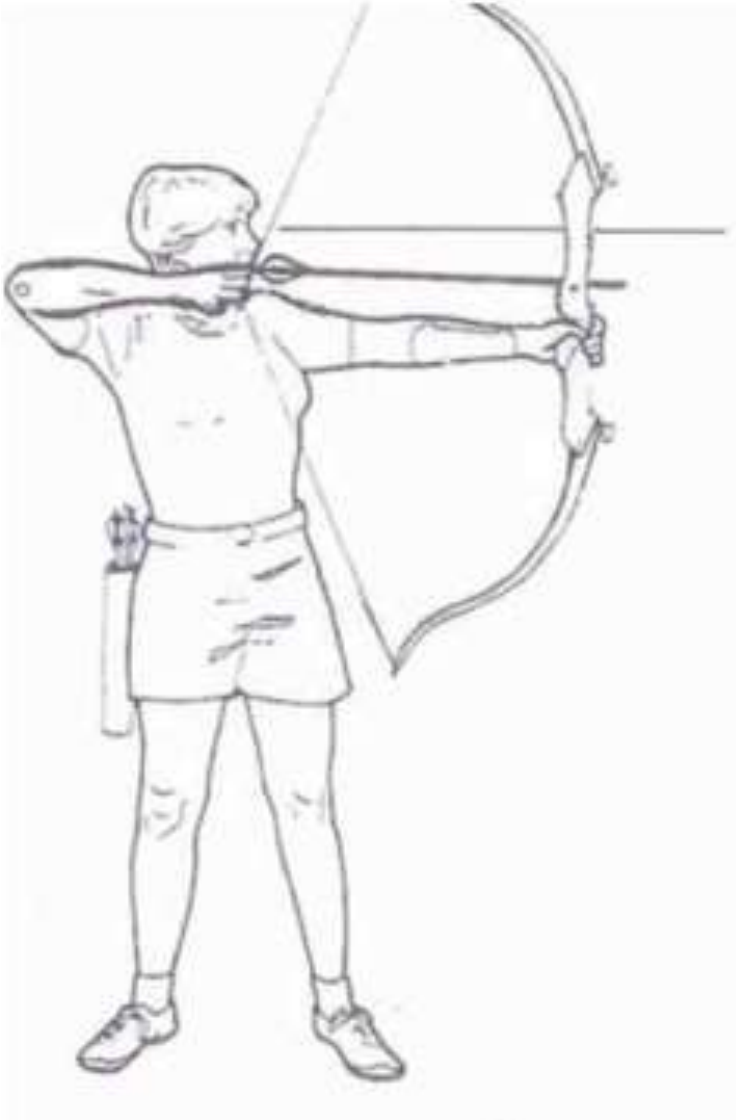


During this step a backward extension of your Elbow and Scapula should be maintained.

Target Alignment

(Also known as sighting or aiming)

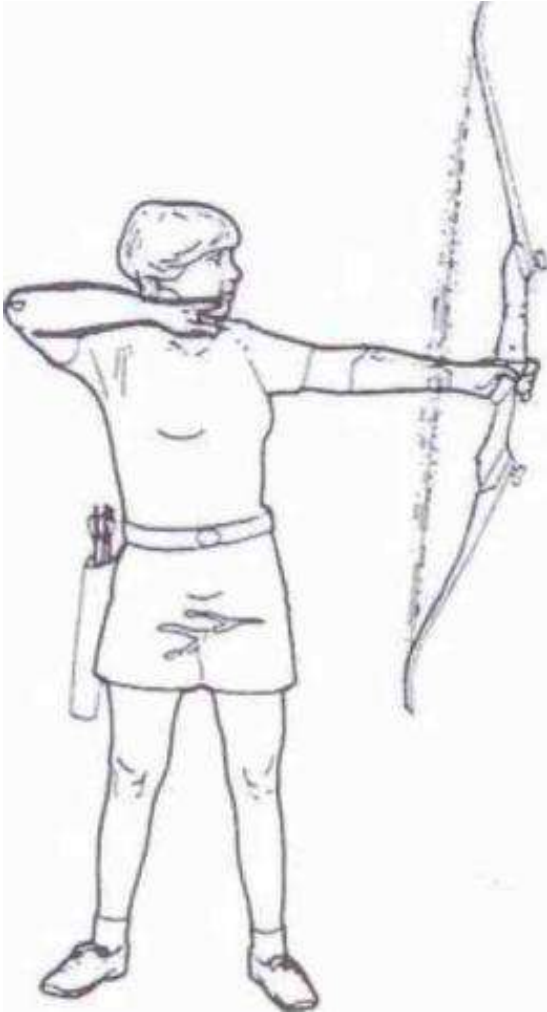
While maintaining tension and backward extension of your draw you now aim by sighting through the aperture on the sight mounted on the bow.



Endeavour to hold reasonably steady without developing tension in your body and place the sight pin on the centre of the target.

Please note that whilst blood pumps in your arm you will never be able to hold the sight really still. If you can accept this and just let your sight wander around in the gold you will keep unwanted tensions to a minimum and produce more accurate and consistent shots.

Releasing The Arrow

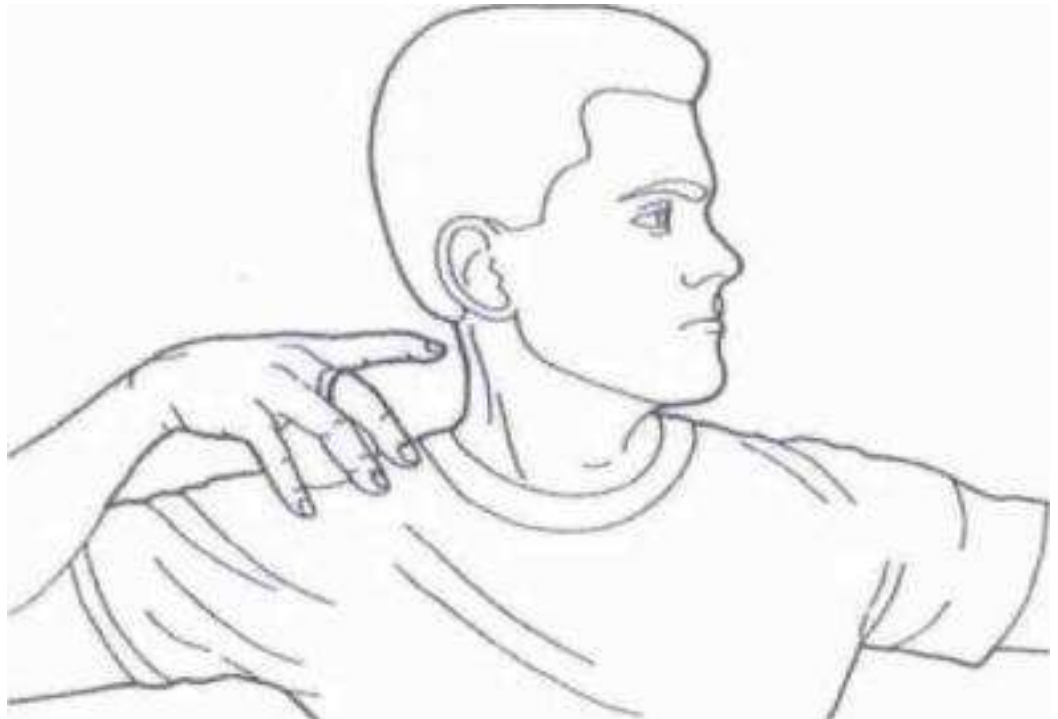


The release or loose is the most critical and the most important step to achieve good arrow flight.

The release is achieved by relaxing the drawing fingers allowing the weight of the bow to pull the string from your fingers: the resulting reaction being the drawing hand moves slightly backwards.

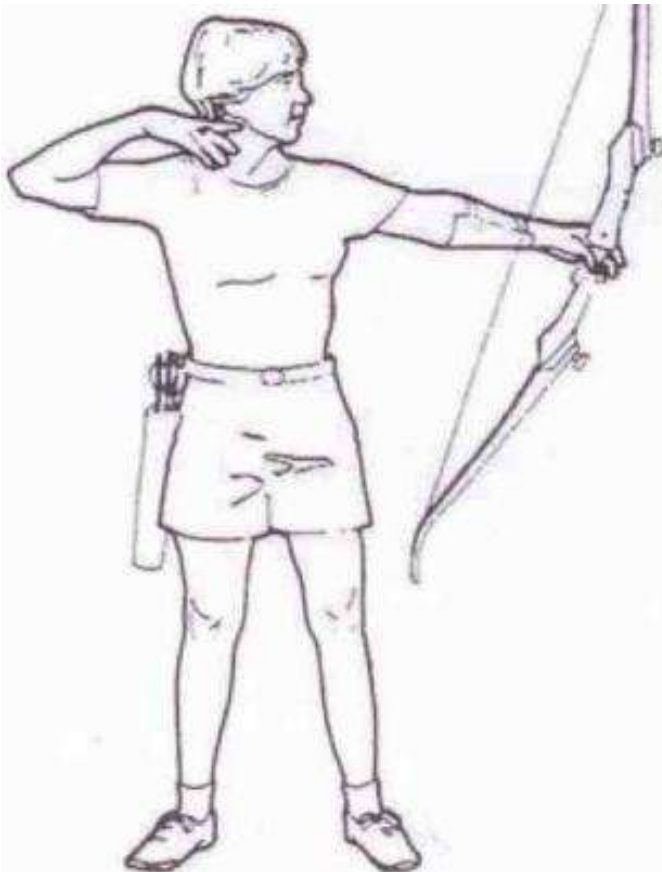
When releasing the arrow, it is recommended that the hand be maintained close to the face, while maintaining backward tension.

To release you simply relax your hand, the pressure of the string on your fingers will flip your fingers out of the way and allow for a good release.



The release should not be forced but should be a natural reaction to the weight coming off the relaxed fingers.

Follow Through



The follow through occurs after the arrow has left the bow and is travelling toward the target.

You should keep your focus on the target, holding your bow up where you had it when you released the arrow, and keeping your string hand up close to where it was when you released the arrow.

This position is held until the arrow hits the target (about 2 seconds is all that is needed).

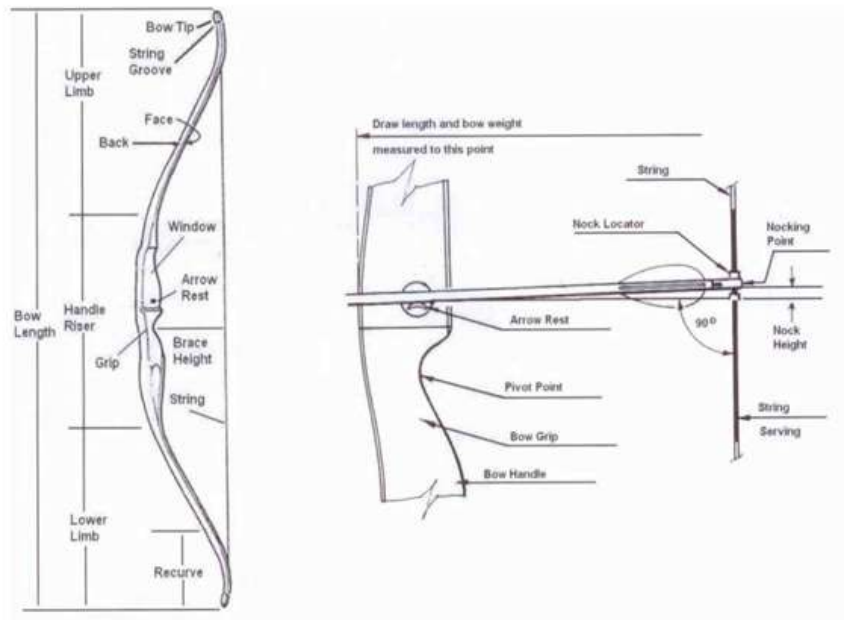
Relax

After the arrow has hit the target you may then bring your bow arm down so that the bow is across the front of your body or with the limb tip resting on your foot and your string hand is down at your side.

This is the time to recover from the shot, analyse the shot and prepare to shoot the next arrow. This time should take longer than the act of shooting the arrow.



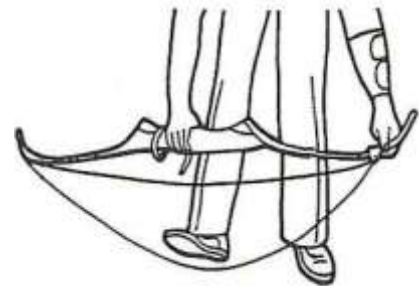
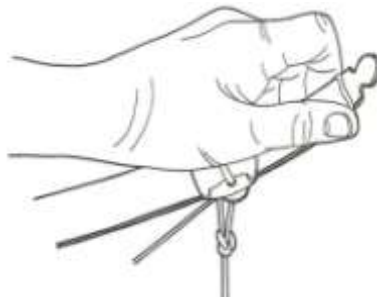
The Recurve Bow



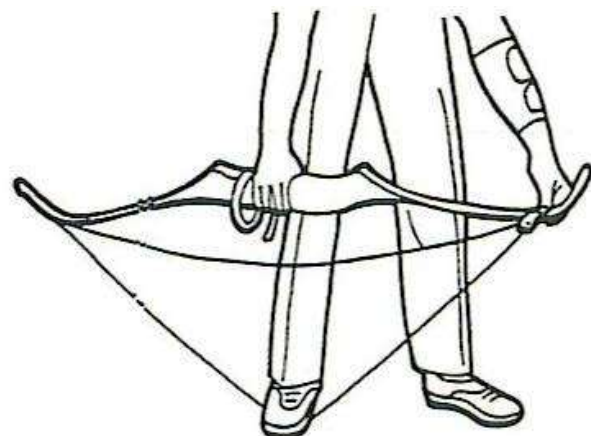
Stringing A Recurve Bow

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

1. Fit the stringer to the bow



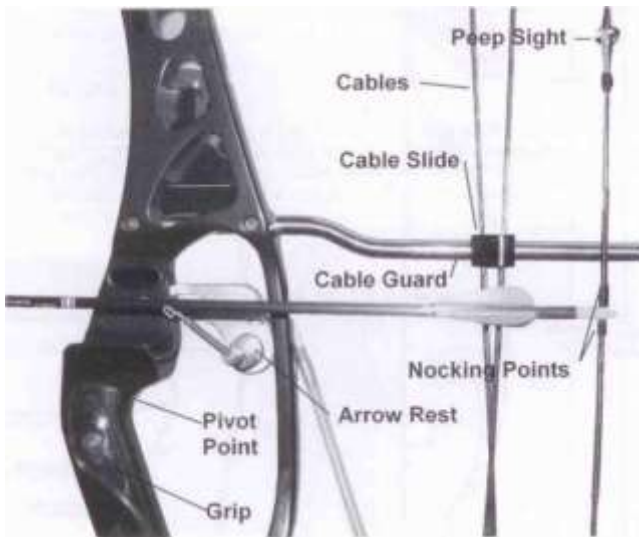
2. Step onto the bow stringer cord (use the ball of your foot not the instep). Some people prefer to use both feet for extra strength.



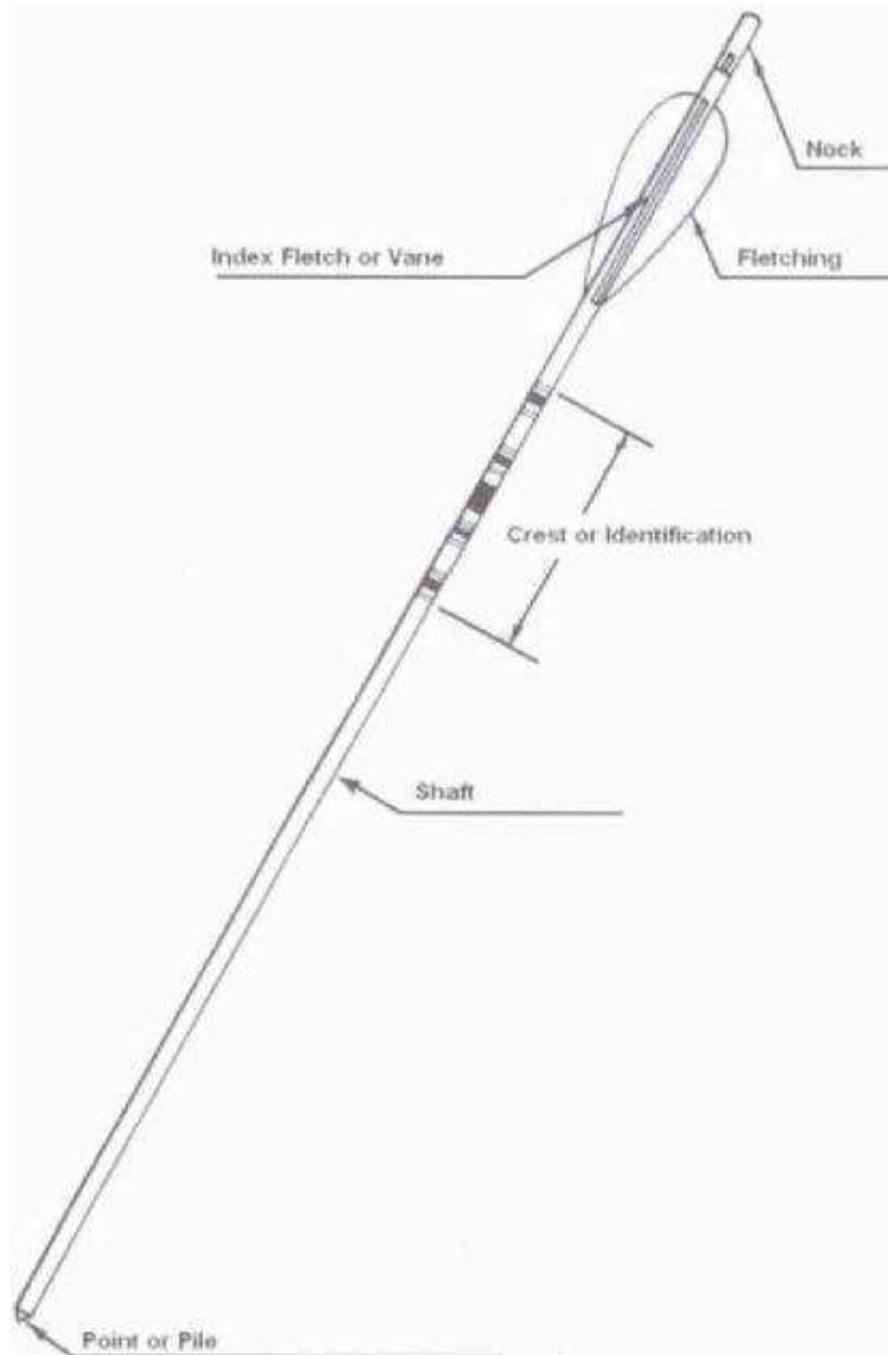
3. Lift the bow by the handle, against the resistance of the bow with your foot on the cord.

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.

The Compound Bow



The Arrow



For archers using fingers (usually Recurve bows) the index fletch should always point out from the bow — to the left for Right Hand archer and to the right for Left Hand archer.



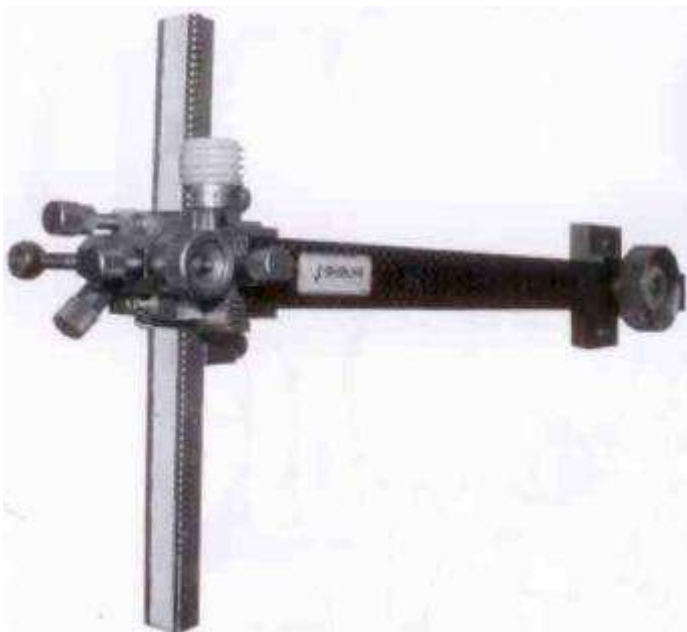
For archers using a mechanical release aid (Compound bows) depending upon the style of arrow rest the index vane or fletch should ideally be either pointing up or down.

The Bow Sight

Bow sights come in a variety of designs; simple sights for beginners bows to precision engineered sights for competition bows.

Strict rules govern the use of bow sights, the type of sight pin and accessories that can be used.

On recurve bows you can only use standard sight pins, while on compound bows you may use a magnifying scope sight fitted with a bubble level to assist in keeping the bow vertical.



It does not matter what type of sight you use as the same principles apply when making adjustments and it's quite simple.

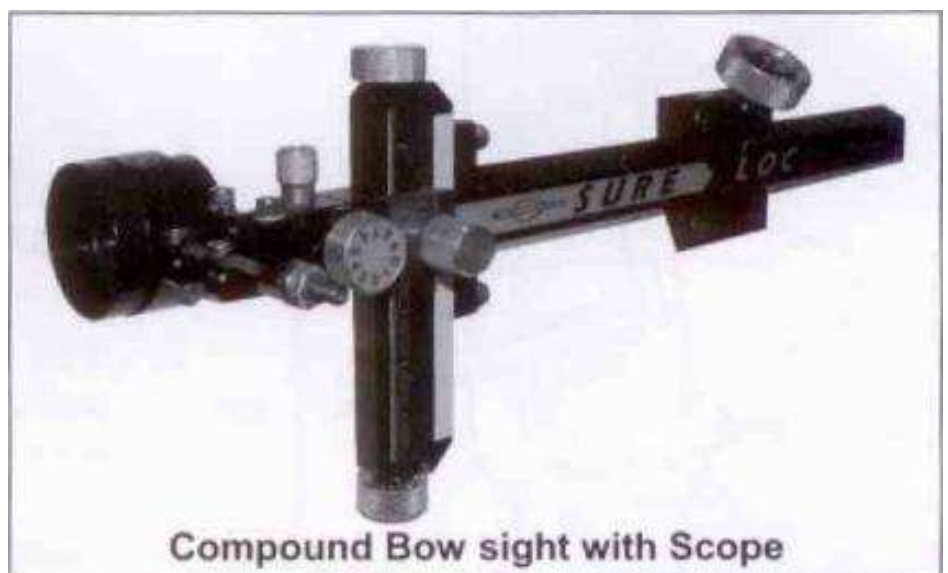
To make adjustments and change where your arrows are landing, you simply move the sight pin in the direction of the error.

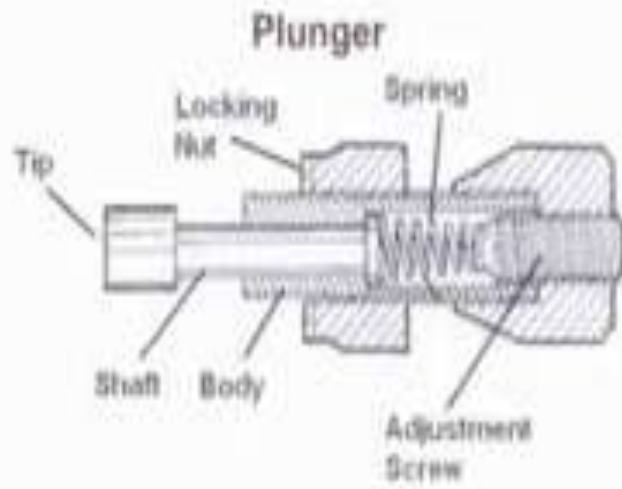
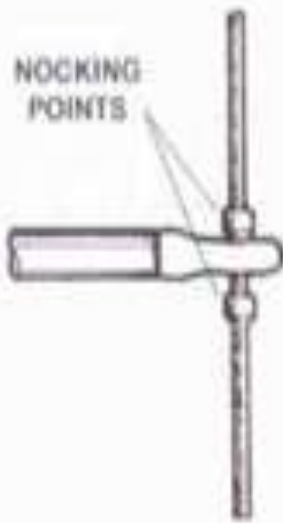
For example, if an arrow is going low move the sight pin down, if the arrows are going to the right move the sight pin to the right.

Bow sights usually come with graduated scales although this scale does not refer to any established distances or settings; it is simply a scale. Sight settings vary depending upon a range of variables such as bow weight, arrow weight and size and where you anchor in relation to your eye.

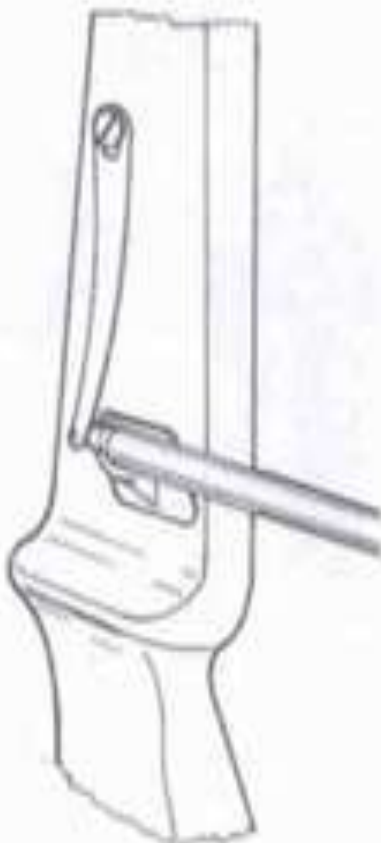
Instead of using the scale it is best to place a plain piece of white tape on the sight and directly mark your sight marks onto the tape.

You obtain your sight marks by shooting arrows at each distance so this gives a range of accurate sight marks that you can use.

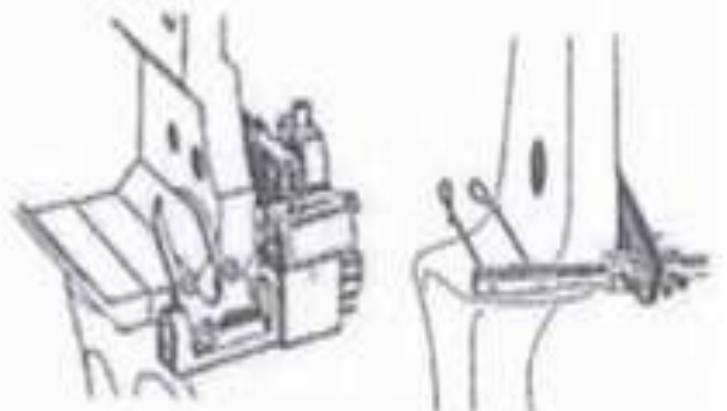




Recurve Bow Arrow Rest



Klicker



How To Score

Target archery events are called rounds and these consist of a number of ends at different distances. Either 3 or 6 arrows are shot in an end and there are a specific number of ends shot for each distance.

There can be up to 4 distances shot for a round. A round may also see different target face sizes used at different distances.

To score the archer calls out the value of their arrows in descending order of score for that end such as 10, 10, 9, 8, 8 and 6. These scores are then written by the scorer onto the scorecard in the area provided.

The score total for that end is then added up (i.e. 51) and written in the area provided. If a running progressive total is being used the end score is then added to the progressive score.

This process is continued until all arrows for the archers on the target are scored; the arrows can then be removed from the target butt.

Prior to all arrows being scored the target face and arrows must not be touched or moved in any way. Under no circumstances should another archer's arrows be withdrawn without their prior consent.

During tournaments scoring is usually done by "Double Scoring". This is where two score cards are used and two archers on the target score.

There should not be any comparing of scores until all scoring has been completed for that end and prior to any arrows being removed from the target butt.

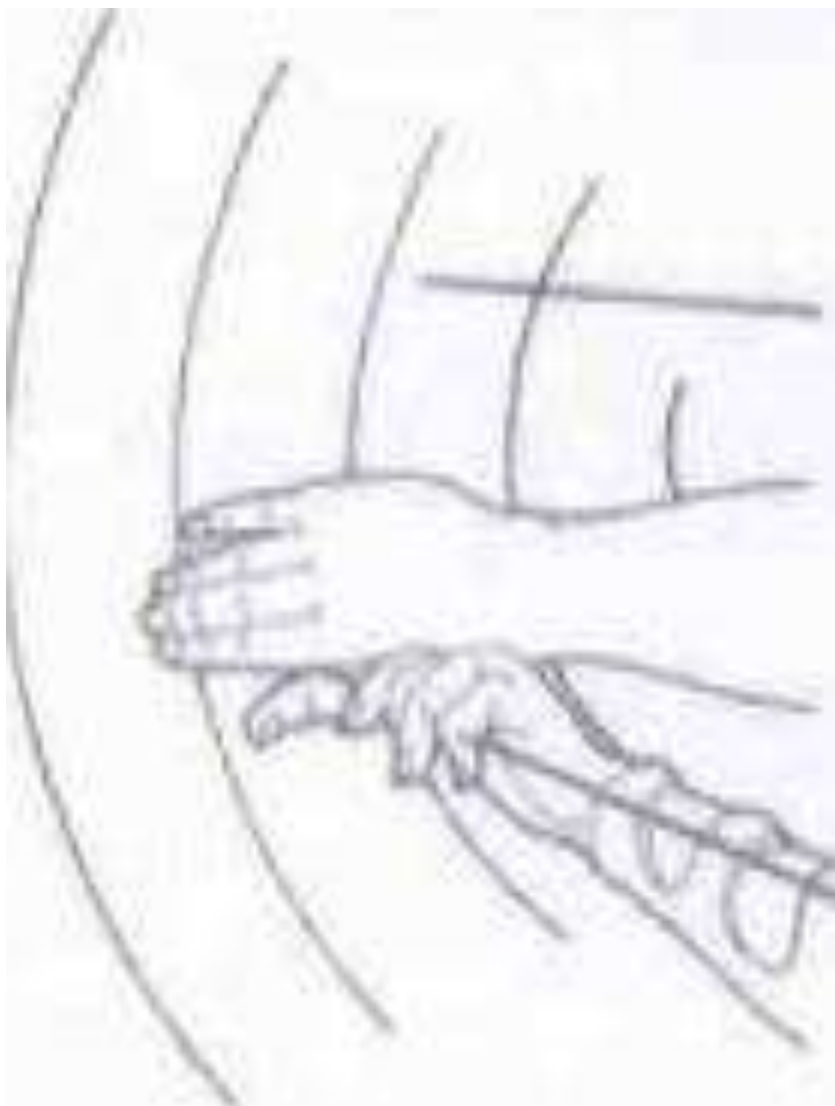
If arrows have been removed from the target butt and an error is found it cannot be corrected. The lowest arrow value will stand.

At the completion of the round the archer must sign the scorecard to confirm the value of the arrows. When double scoring the archer should check to confirm that both of the scorecards match; if they don't the lower score will be used.

A witness, usually another archer on the target, must also sign the score to confirm they also agree with the scores.

ARCHERY AUSTRALIA		Australian Government Australian Sports Commission		
Name				
RGB/Club		Comp. Number		
Date of Event		Date of Birth if making claim		
Round		Target Number		
Initial changes	Distance	m	6 arrow score	Progressive score
	6			
	12			
	18			
	24			
	30			
	36			
	10s + Xs		Distance score	
	Xs			
				Out of 360
Distance	Total Xs	Total 10s+Xs	Total of Distance Scores	
1				
2				
ROUND TOTALS				
				Out of 720

Removing Arrows From The Target



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.

The correct technique will also reduce damage to the target face as well as reducing fatigue caused by struggling when attempting to remove arrows.

The technique is quick and simple requiring little effort on the part of the archer.

Grasp the arrow shaft with one hand as close as possible to the entry point into the target, the other hand is held flat against the target with the shaft between the thumb and index finger. This helps to support the target butt when withdrawing the arrow.

Now withdraw the arrow with a slight twisting motion along the line of entry into the target butt. Remember to support the target with your other hand.

Some butts are very tight and it may be necessary to lean your body against the butt and use both hands gripping the arrow shaft at the point of entry to remove the arrow. In this case rest your forearm against the butt and use your elbow as a lever to exert additional force onto the arrow.

It may even be necessary for two archers to work together to remove arrows.

The important point is to remember to support the target butt to ensure it does not pull forward when withdrawing arrows.

Never hold the arrow along the shaft or at the end of the arrow: this may cause the arrow to bend but most importantly you will not be able to exert enough force to easily remove the arrows from the target butt. The technique incorporates the use of your body's weight and natural levers.

Personal Accessories



Finger Tabs



Chest Protector



**Release Aids
(For use with Compound Bows)**



GROUND OVER



ICE OVER



Finger Sling



Bow Sling



**HOLSTER TIP
ICE OVER**

Where To From Here?

Tim Cuddihy

2002 Youth World Target Champion
2004 Youth World Target Champion
2004 Olympic Bronze Medallist



Simon Fairweather

1991 World Target Champion
2000 Olympic Gold Medallist



Deonne Bridger

2005 National Target Champion



Clint Freeman

2003 World Target Champion

