

ARCHERY

I. **History**

Archery has been around for over 100,000 years. It was first used as a means of survival for the first men of civilization. Later the bow became man's first attempt to conserve energy. It enabled him to fight from a distance rather than hand-to-hand combat. Archery has provided man with a weapon of survival, aggression and defense. No longer a weapon of survival, the bow today is an instrument of scientific perfection for a rapidly growing sport. Archery as a sport in the United States took root in the Nineteenth century. The International Federation of Archery now sponsors a world championship tournament every two years and archery is included in the Olympics every four years.

II **Arrows**

The length of arrows that an archer uses is in direct relation to the length of his/her arms. Arrows are made of three different types of materials: wood, fiber glass and aluminum.

Fletching on the arrows (feathers) comes in a variety of forms: Some vanes are made of feathers, and some of plastic. The shape of the vanes differ as well as their size. The feather which is at the right angle to the groove in the nock is called the cock feather and the other two are called the hen feathers.

Common cuts of feathers are parabolic and shield. Feather shape determine the guiding ability and noise of the arrow in flight.

III. **Archery Accessories**

Arm-guard – is worn on forearm, protects the bow arm against string slaps to the arm.

Fingertab or Glove – covers the middle three fingers of the drawing hand and offers protection against the force of a string.

Quiver – A device which holds arrows and other equipment for the archer during shooting.

IV Terminology

Anchor Point: Spot on one's face to which the archer places his hand when he/she has the bowstring at full draw.

Brace: To string the bow.

Cock feather: The odd colored feather, set at right angles to the arrow head.

Hen Feather: Two feathers not at right angle to the arrow head.

Crest: Identifying markings right below the fletching on the arrow.

Nock: The groove in the end of the arrow.

Serving: The reinforced part of the string where the arrow is nocked.

Round: Consists of designated number of shots at varying distances.

Petticoat: Part of the target beyond the white ring.

Scoring:

Gold = 9 points

Red = 7 points

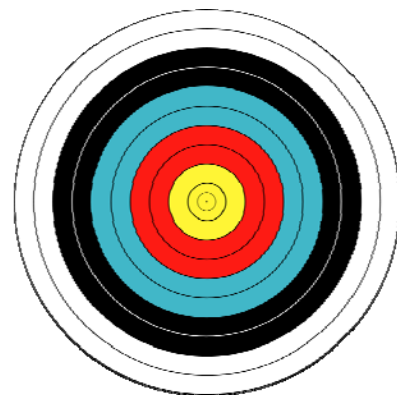
Blue = 5 points

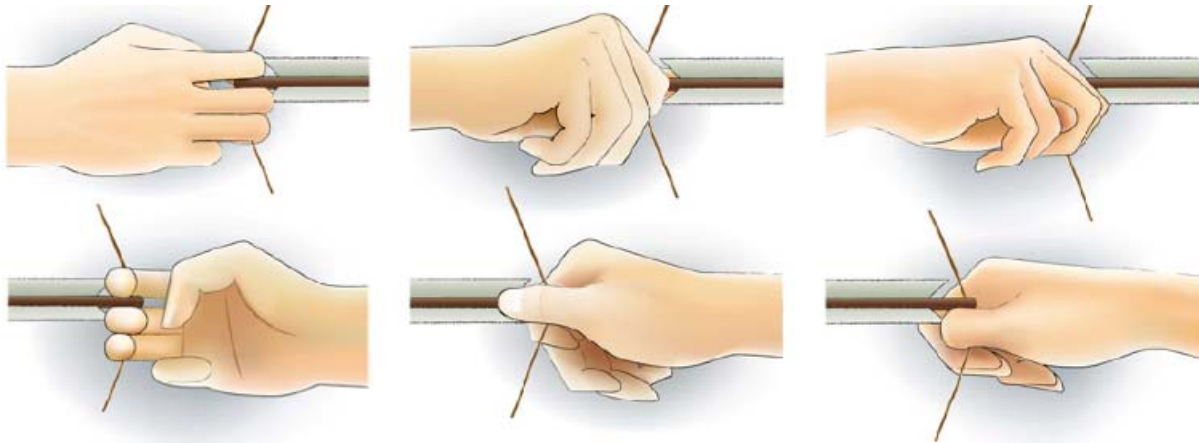
Black = 3 points

White = 2 points

Petticoat = 0 points

Line = points of higher ring.





Mediterranean Draw

Pinch Draw

Mongolian Draw

