



Archery Beginner's Guidebook

We would be glad to assist you with any questions or inquiries you might have!



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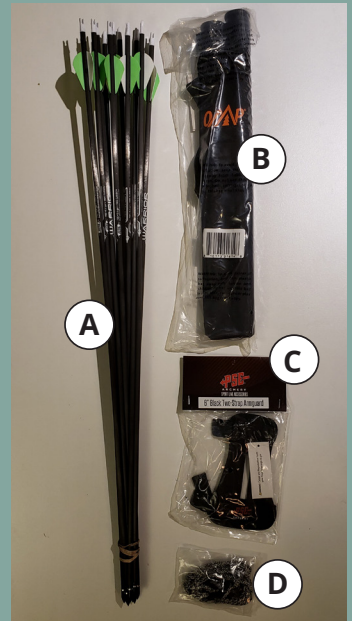
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Archery Kit & Beginners Guide

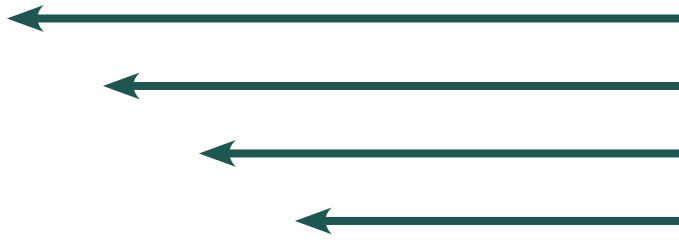
Introduction

Welcome to the sport of archery! This is a guide for pure beginners of the sport. If you have some equipment on hand, but have never shot a bow before, this is a good place to start.

This guide focuses on three main topics: safety, equipment, and how to start shooting. The archer is responsible for their own safety as well as the surrounding people and property. Everything in this guide places safety first, so be sure to read it thoroughly before touching your bow and arrows. The sport of archery fulfills different



goals for different people, including hunting, competition, to be physically active or mentally healthy, to connect with cultural roots, to build their own bows and arrows, to learn physics or history, or simply to have fun by themselves or in a group. It is also a sport for people of all ages, fitness levels, and physical conditions. Even blind archers, believe it or not, can be as competent and accurate as sighted archers! Most importantly, archery is a sport for self-discovery and self-learning. Be sure to try different techniques that you have either found by yourself or from other resources. Practice and enjoy the sport safely and be respectful of others who are doing the same.



Kit Contents

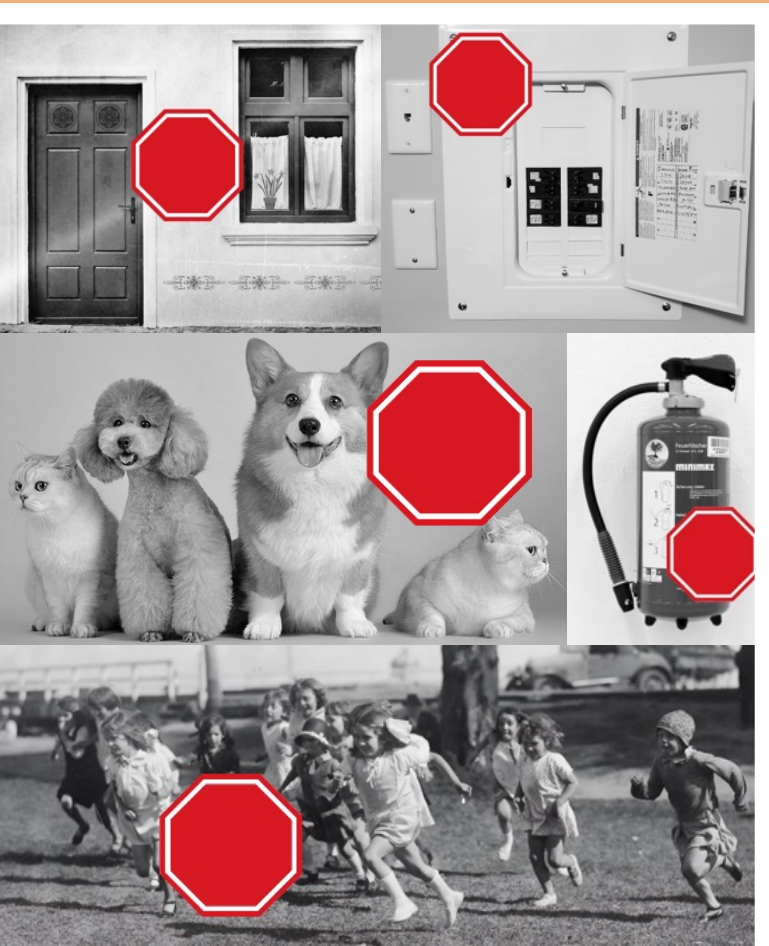


- (A)** Arrows (12)
- (B)** Quiver
- (C)** Arm Guard
- (D)** Stringer
- (E)** Riser
- (F)** Limbs
- (G)** String
- (H)** Target



Shooting Area

Make sure the target area does not have anything you do not want to hit! These include pets, other people (especially kids running around), doors, windows, walls, electrical/water/gas conduits and switches, fire extinguishers, etc. Pay extra attention to block off paths, doorways, or hallways, where people may walk pass.





Range Safety

Treat the archery range the same as a gun range. Establish a shooting line so all archers are standing on the same line and no one is behind or in front of someone else. Establish signals or calls so all archers know when it is safe to go out to retrieve arrows and when it is safe to start shooting.

Example signals:

"Archers to the line, fire when ready."

When everyone is back from retrieving arrows and it is safe to start shooting.

"Line is CLEAR, grab your arrows."

When all archers have finished shooting and have moved back to the waiting area.

Retrieving Arrows is Dangerous!

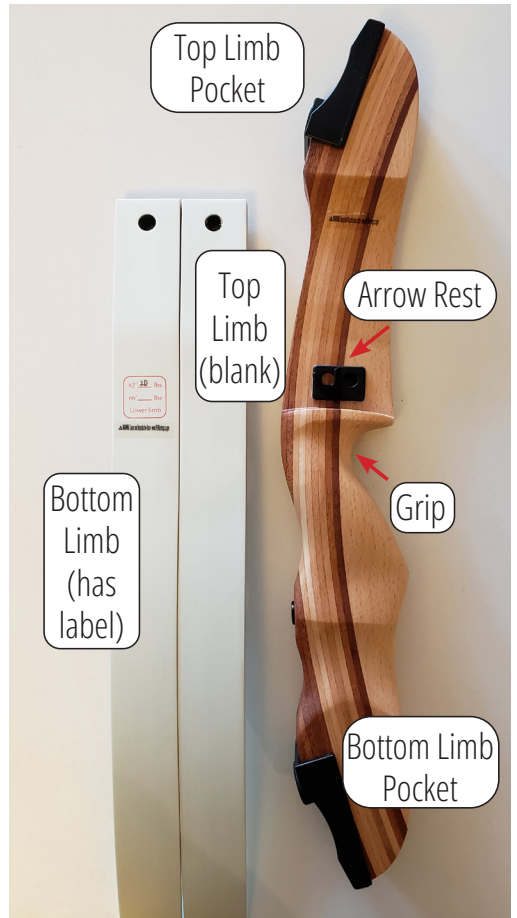
Most accidents happen from the back (nock) end of the arrow. When walking (no running) towards the targets, pay attention to the arrows that you are walking towards. When pulling arrows, make sure nobody is behind the arrow.

Equipment Setup

Attach the Limbs

Note the photos all show a right-handed bow, which is for a right-handed shooter who would hold the bow with the left hand and draw with the right. The arrow rest is on the left side of the riser for a right-handed bow and vice versa for a left-handed bow.

- 1) Gather the two limbs and riser.





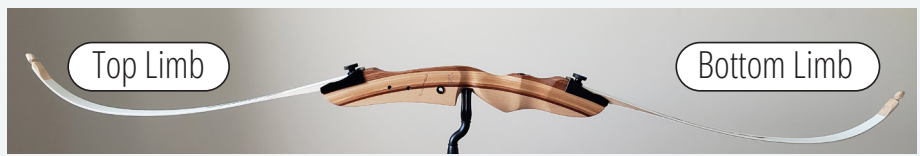
2) Attach the top (or bottom) limb by unscrewing the limb bolt pocket, with the tip of the limb pointing up, then tightening the limb bolt by hand.

3) Attach the other limb the same way.



The unstrung bow looks like the image below. The limbs must be on the riser tightly without any wobble or movement.

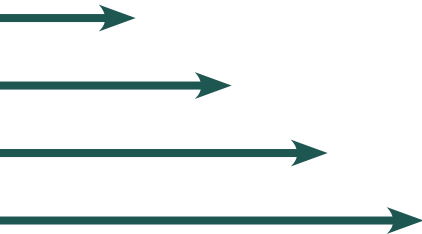
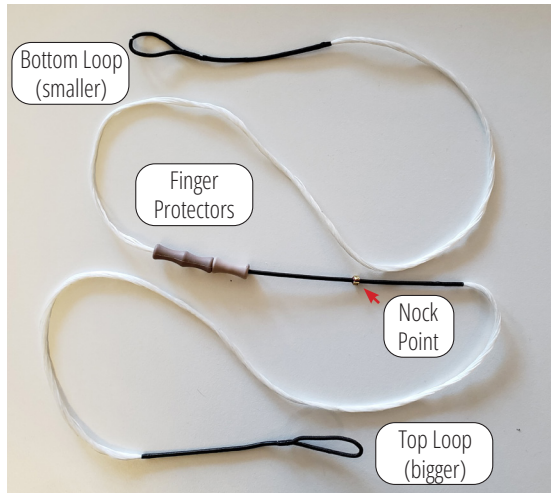
Note: you can always tell top from bottom with the shape of the grip.

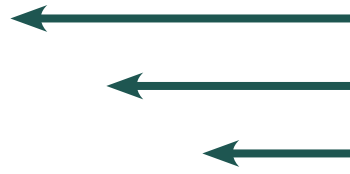


Equipment Setup

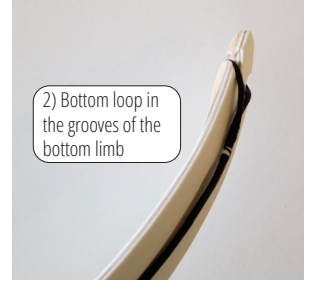
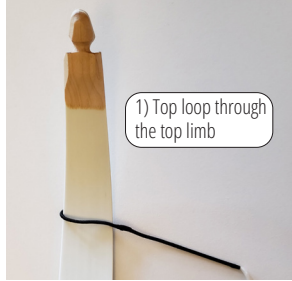
Stringing the Bow

Stringing the bow is a more involving process. It is also very important that this is done correctly so that the bow is safe to shoot. You will now need the string and the bow stringer.

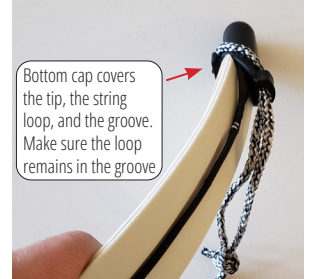




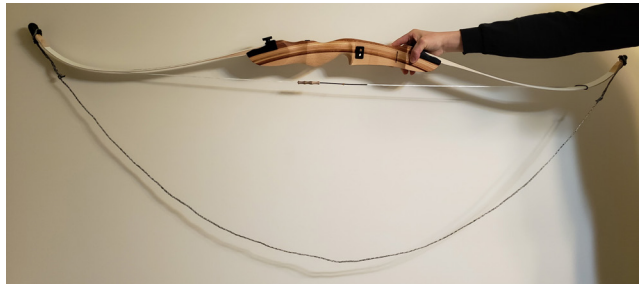
1) Start by attaching the string to the bow - top loop THROUGH the top limb, bottom loop in the grooves of the bottom limb.



2) Attach the stringer - top to top, bottom to bottom - to each end of the bow:



3) Once the setup looks like this, we are ready to string (or brace) the bow:



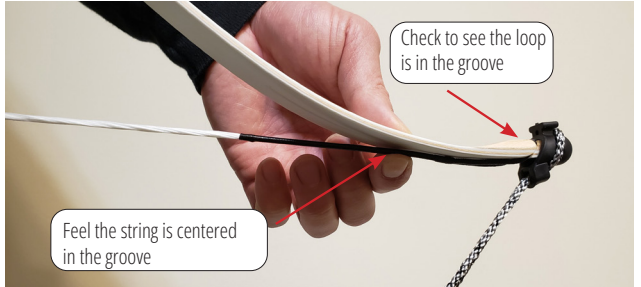
4) Hold the bow in front of you with one hand at the grip and other hand on the top limb, while standing on the stringer:



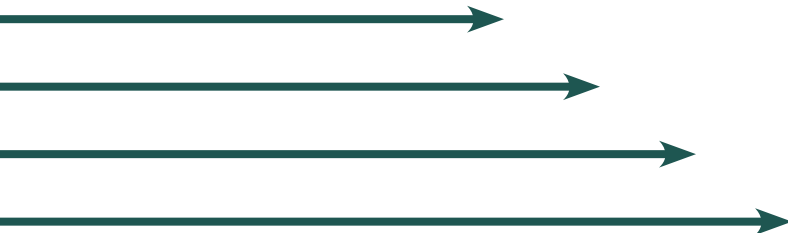
5) Pulling up on the grip will tension the limbs down. At the time the string will become loose. With the hand on the limb, slide the top loop towards the tip of the limb:



6) Ensure the loop is seated properly in the groove by looking at the top of the limb as well as feeling underneath the limb:



7) Slowly let the bow down toward your feet. The tension that was on the stringer will now rest on the string. Be careful in this step! If the loops did not sit properly in the grooves, the string may slip off and the bow will snap forward. If that were to happen, you can either take the limbs off or use the stringer to pull the limbs back so you can restring the bow.



8) Check the brace height – the distance between the deepest part of the grip to the string. It should be between 7 ½" to 8 ½" (19cm to 22cm). If it is too low, shorten the string by adding twists. If it is too high, make the string longer by removing twists. You will need to do this by unstringing the bow (reverse these instructions), take the string off the bottom limb, and turning the string to add or remove twists.



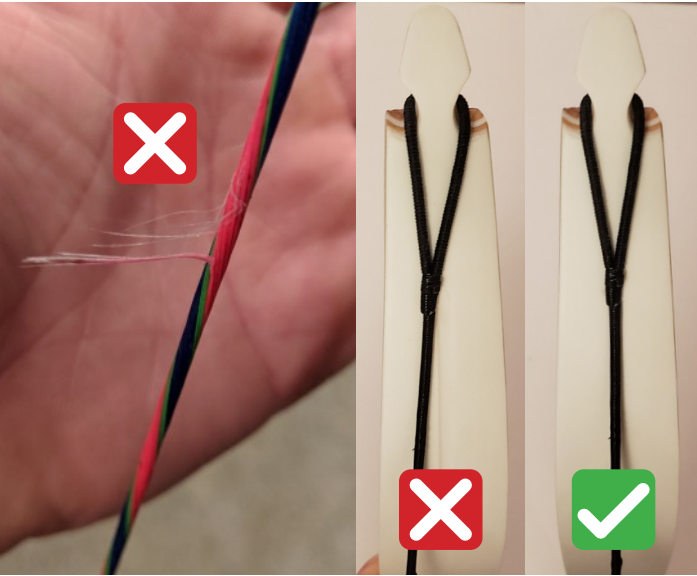
9) Give the bow a twang by pulling it back about 2" (5cm) and letting the string snap back. The sound should be a clean twang-humm as the limbs vibrate.

DO NOT DRY FIRE THE BOW

Never pull the strings all the way back and release without an arrow. This can damage the bow because there is nowhere for the energy to go.

Equipment Setup

Inspection & Safety



Check the strung and braced bow by confirming the string is centered in the groove and the string has no frays or cuts.

Arrow Flex Test

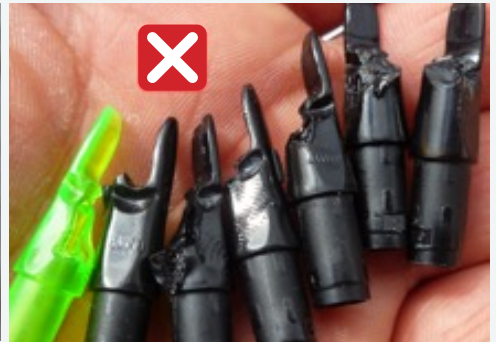
Bend the arrow lightly (less than 1 inch or 3 cm) and listen for cracks. Rotate the arrow and repeat. If you hear any cracks, it is likely the arrow is broken.



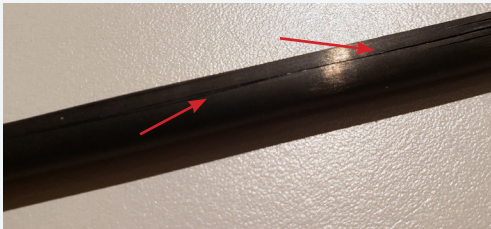
For your own safety and others around you, if you have any questions about your equipment, please contact Archery NT.

Arrow Safety

Check all arrows for cracks and nicks along the shaft visually and by running your hand over the shaft. **DO NOT SHOOT THE ARROW** if you notice any damage as the carbon weave can split and cause dangerous splinters!

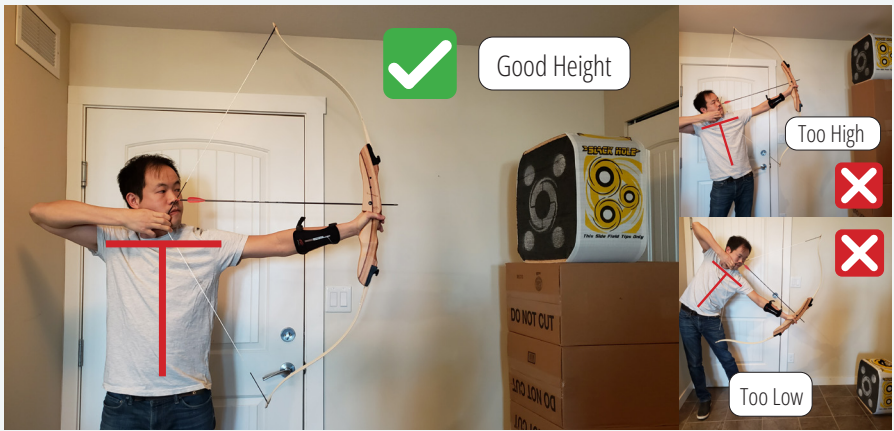


Visually inspect the nocks. If the nocks are split or broken, it will not clip on to the string securely and the arrow may fall off before it's shot, causing a dry fire of the bow. The nocks are easily replaced, please contact Archery NT for assistance.



Note: The following instructions are for a right-handed bow with a right-handed shooter. If you are left-handed and shooting a left-handed bow, simply flip side wherever applicable.

Set your target at shoulder height and at a distance close enough that you will not miss. A target sitting too low will make it hard for a beginner archer to learn good form. If the target is placed so far that the arrows keep missing it, it will increase the chance for arrows to hit something hard and get damaged.



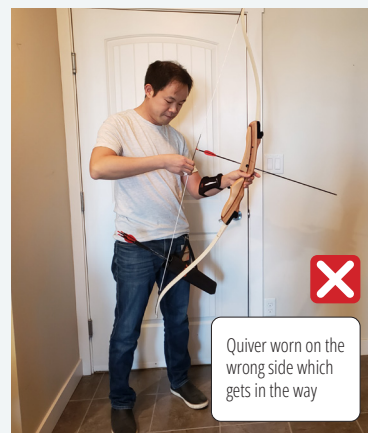
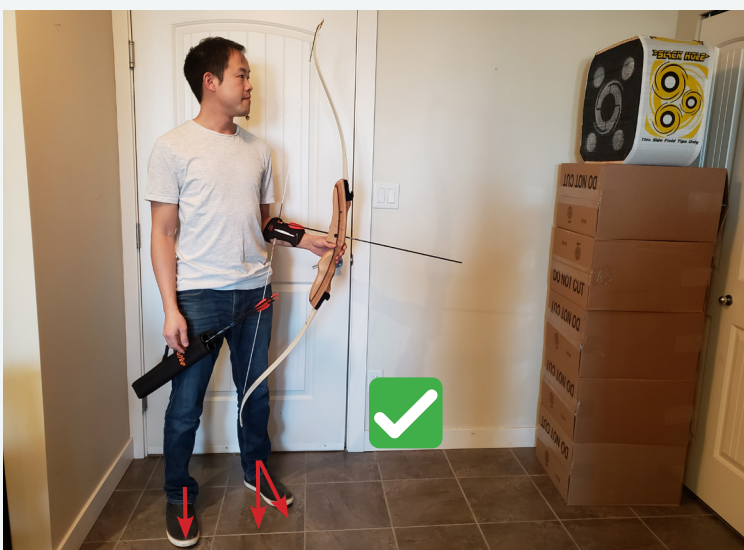
Put on the arm guard. It is an optional but important piece of equipment that will prevent painful arm slaps that can happen when the archer forgets to twist the elbow to the side. More about this on page 20.



How to Start Shooting

Equipment & Stance

Gather a set of arrows and put them in the quiver. Have the quiver at a comfortable location, such as clipped into the pants pocket or belt, so the arrows are easily in reach but are not in the way of the shooting motion (ex. sticking into the bow or into the draw elbow). Make a closed stance to the target, i.e., perpendicular to the target.



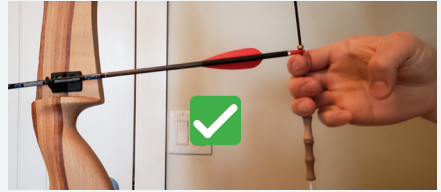
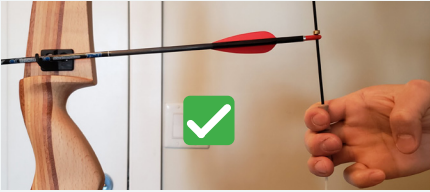
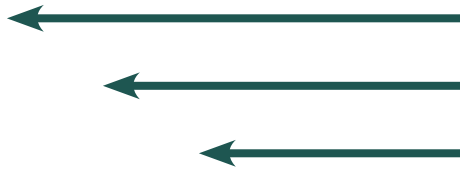
How to Start Shooting

Knock the Arrow

Start by placing the arrow on the arrow rest. Next, clip the back of the arrow with the plastic clip (nock) to the string, under the brass nock point. This is called nocking the arrow. Note the bow shown is a right-handed bow, which has the arrow rest on the left side. The arrow has three vanes with one of them having a different color. This is the index vane and should be pointing away from the bow (or towards you) – left for a right-handed bow, and right for a left-handed bow. This gives the arrow maximum clearance from the riser when being shot.

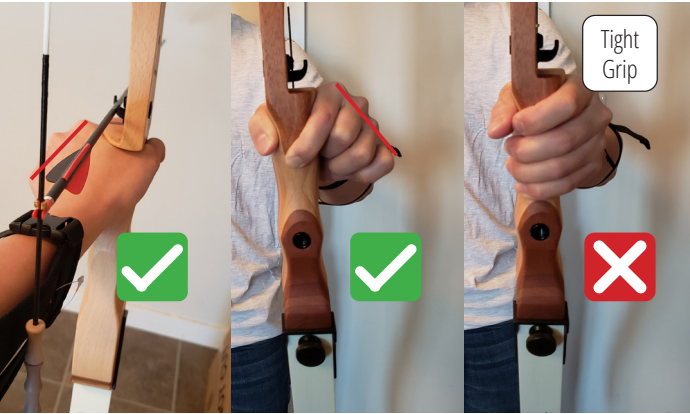
Hooking the String

Next, establish the hook – the placement of your draw fingers on the string. Your bow string is equipped with finger protectors which makes it easier on the fingers without the need for a glove or tab. Hook your fingers using the first bend of your fingers. This is a good spot for your fingers to start.

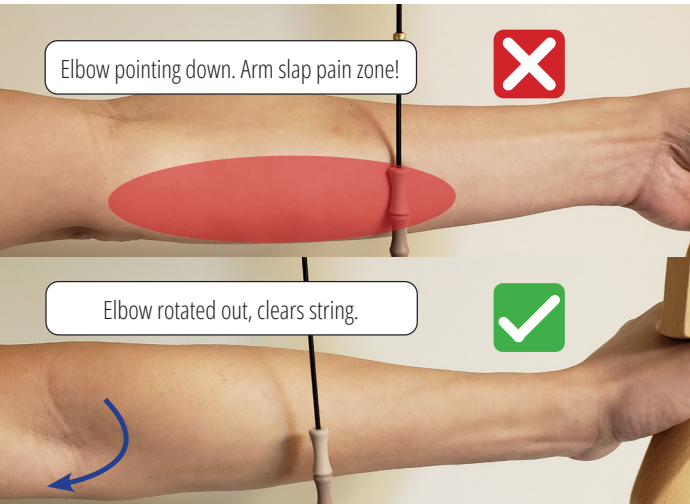


How to Start Shooting

Establish Bow Grip & Bow Arm



Grip the bow softly with the bow pressing against the thumb side of the palm. Straighten out the bow arm and rotate the elbow outwards.



With an outwardly rotated elbow the forearm should be out of the way of the string and reduce the chance of a painful arm slap.



Raise & Draw



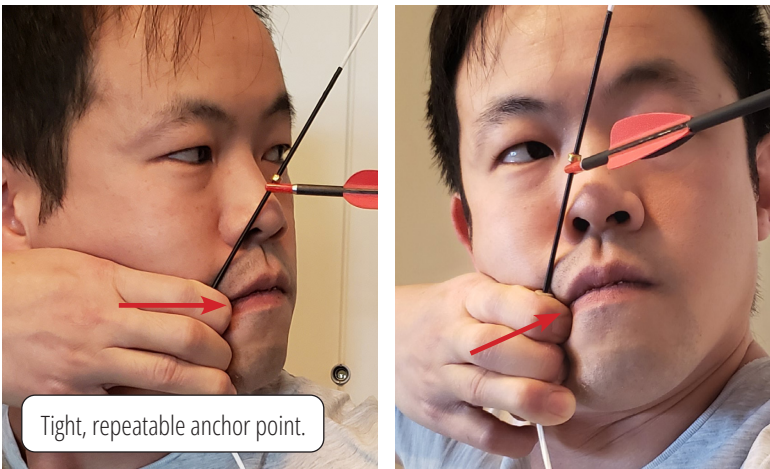
Without changing the position of the hook and grip, the straightness of your bow arm, and the rotation of the bow elbow, raise both arms, pull the bow back, and come into anchor.

How to Start Shooting

Anchor

The anchor point is a specific spot of the face where the draw hand touches. Usually, this spot is established with the index finger of the hook touching the corner of the mouth, or pushing against a prominent tooth.

Ideally, if the target is set at shoulder height, the arrow should be pointing to the target so it would not miss if shot. If the target cannot be put at this ideal height, bend at the waist and without breaking the T shape to adjust.

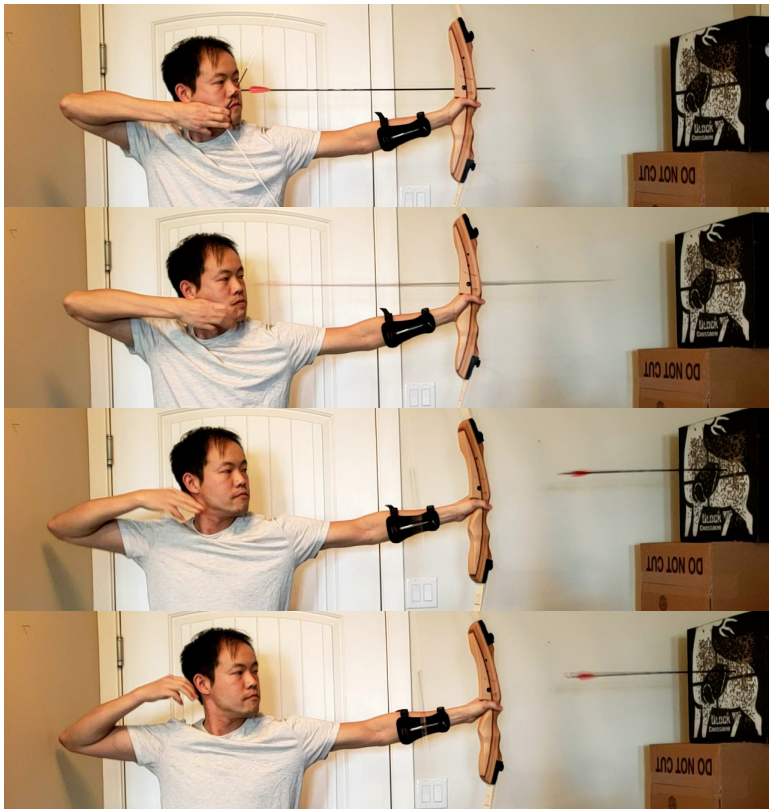




Aim & Release

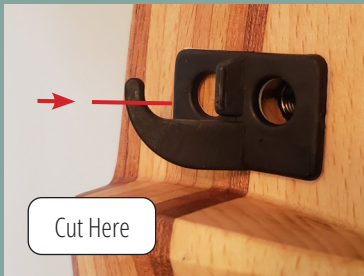
There are many techniques for aiming, some of them you may even discover as you practice! As a beginner simply aim by staring intensely at the point you want to hit and let your mind and coordination adjust. This is similar to throwing a dart or a basketball, where the object of focus is not the object being thrown but the target or the basket that you are trying to hit.

When you feel that correct aim is achieved, calmly let your string fingers relax. The break in tension sends your bow arm and the bow flying forward (but the bow is caught by the index finger) and the draw arm pulling back and around. This is good archery form!

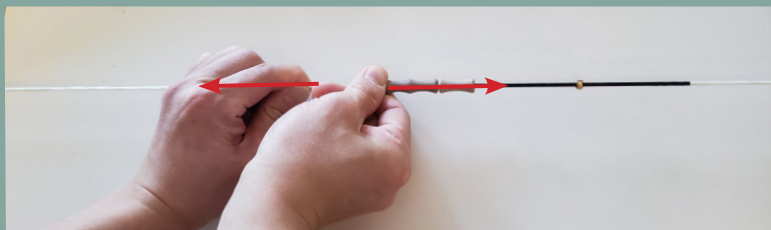
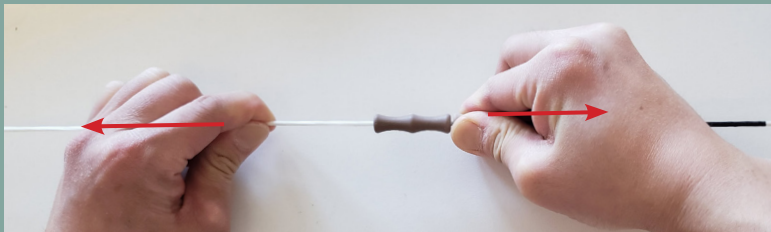


Additional Tips

The shape of the arrow rest helps new shooters keep the arrow on the rest during the shot process. However, this affects the flight of the arrow. When you are comfortable with the shot process trim off about three quarters of the part that sticks up, leaving only a small tip that is pointing up. This allows better flexing of the arrow when shot, which centers the arrow in flight. The arrow will no longer fly to one side (usually right side for a right-handed bow).



The finger protectors can be moved up and down the string simply by sliding them up and down (they are very tight). Try moving them, which changes the location of the hook along the string, to see what happens!





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