ARCHERY

Remember that CONSISTENCY is the key factor in becoming a good archer. Repetition builds consistency. Below are the steps in shooting.

1. Shooters to the line: feet shoulder width apart perpendicular to the target
2. Pick up bow: hold bow parallel to the ground, arrow rest up, strings toward you, and hand on top
3. Nock arrow: hold arrow by the shaft and make sure the index feather is up
4. Set hooks: use fleshy part of 3 fingers
5. Raise bow and draw: make sure bow is drawn to full length
6. Anchor: somewhere around chin or cheek
7. Aim: use dominant eye, or one eye, to look straight down the shaft
8. Safety check: make sure finger is not on arrow and slight bend in elbow
9. Shoot: release by pointing fingers toward target
10. Retrieve arrows: grab arrow close to the target with the other hand on target

Parts of the bow
- Grip, arrow rest, limb, cams or pulleys, string, and serving

Parts of the arrow
- Nock, fletching, shaft, and tip

Point value
- with 10 rings
  - Bulls-eye Yellow or gold 10-9
  - Red 8-7
  - Blue 6-5
  - Black 4-3
  - White 2-1

- An arrow that lands between 2 colors scores the higher point value