

ARCHERS OF JERSEY BEGINNERS SHEET

Useful tips and lingo to help beginners get into the archery world.

Created by Lucy
O'Sullivan

Archers of Jersey

Basic Safety

Whistle once = safe to shoot, go to the line

Whistle twice = go to collect arrows

Shooting = Draw the bow back only when everyone is back from the target and you are on the shooting line, ensure you do not pull the bow back without an arrow in it.

COME DOWN = only you should bring your bow down, do not fire the arrow

FAST or STOP = EVERYONE should bring their bows down, do not fire the arrow

Collecting arrows = walk to the side of the target, check no one is behind you when pulling the arrows out, when walking back ensure the points are facing down.

Equipment

Bows Recurve or Compound

The recurve has a riser (the handle part) the Limbs (the two bendy parts) and the string, there is also a sight (or no sight if you are barebow)

The compound has a riser as well and limbs that always stay attached to the bow, there are also strings and cables and two cams (the wheels) the compound sight is magnified and is looked through with a peep (back sight)

On both bows there are arrow rests, and the nocking point is generally on the middle of the string, where the arrows sits on the string, with the compound there is a "d-loop" which is what you pull the string back with, but the recurve is pulled back using your fingers.

Arrows are made up of 4 parts- the shaft (the hollow tube part) the point or pile (the point at the front of the arrow) the nock (the plastic part that attaches to the string) the fletching (plastic or feather helps the arrow in flight)

Bracer the plastic that goes over your arm to protect it from the sting also known as an arm guard

Tab or release aid Tab is used for recurve bows to protect their fingers on the string, the release aid is used to pull back the compound bow and to release the string, usually has a trigger or can be a back tension activated one.

Quivers floor or belt quivers hold your arrows

Finger sling secures the bow to your hand.

Chest guard Keeps clothes out of the way.

If any equipment looks

Damaged, please report it.



Contact us

Email – info@archersofjersey.co.uk

Web - <http://www.archersofjersey.co.uk>

Phone – 01534 743755

Other terminology

Index fletching (cock fletch) - The 1 different colour fletching that faces you when you nock the arrow on the string.

Boss / target – the foam or straw that you shoot at and pin a target on

Target face – the paper that you pin on the target usually scores 1 to 10.

Loose (follow through) when you release the string.

End – One set of arrows, which is then, collected either ends of 3 or 6.

Pulling – the arrows from the target!

Round – Usually 144 arrows are shot and scored for an outdoor round and 60 arrows are shot and scored for an indoor round. Usually involves different target faces and distances.

Line cutter – When the arrow touches the black line on the target face between two scoring zones you are awarded the HIGHER score. E.g. if the arrow is on the black line between the gold and the red (the 9 and the 8) you will be awarded a 9.

Ensure you warm up (move and swing arms) and cool down (static stretching - hold and stretch) before you shoot!

Key shooting steps... (Think "T" as you want to look like a letter "T" - nice and straight!)

1. Stance
2. Nock the arrow
3. Set your hands
4. Prepare
5. Raise the bow
6. Draw the bow back
7. Anchor and aim
8. Release and follow through

Scoring

1 to 10 for FITA rounds
1, 3, 5, 7, 9 for Imperial rounds
See picture.

Safety

Ensure you wear sensible clothing for archery, and any long hair is tied back. If you have any MEDICAL ISSUES please contact us or tell us in your first session.

Remember...

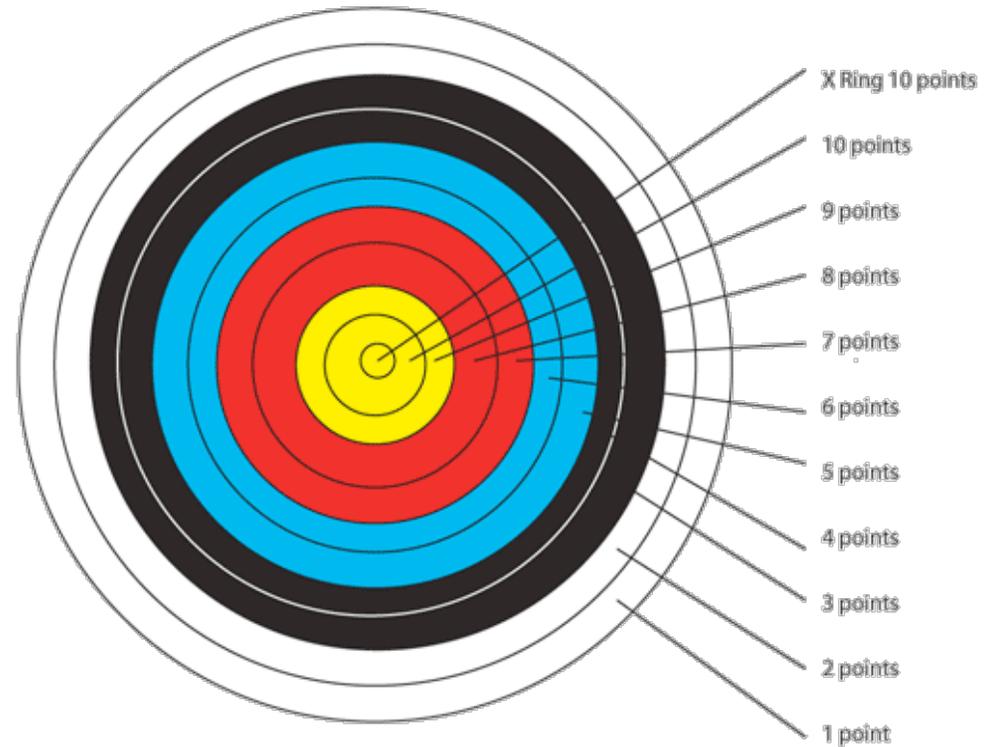
FAST - means everyone brings their bow down, don't fire your arrow
Come down - means only you bring your bow down, don't fire your arrow.

When you score it is the HIGHEST scoring arrow to the LOWEST scoring arrow. E.g. 10, 9, 8.

Don't pull your arrows before you and everyone on your target has scored. Then you can pull your arrows.

Why do Archery?

For socialising,
Learning new skills,
Keeping fit,
Earning rewards,
If you enjoy winning,
To learn about the oldest sport in the world,
If you enjoy being active but don't necessarily want to run or be in the gym all of the time.



Contact us

Email – info@archersofjersey.co.uk
Web - <http://www.archersofjersey.co.uk>
Phone – 01534 743755