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February 21, 2023.

## INTRODUCTION TO ARCHERY CLASS CURRICULUM

Week 1. (1hours)

**NOTE: Archers must shoot their first arrow within 15 to 20 minutes of start time.**

### Chapter 1

**What is Recurve Archery?**

**What makes a good archer**

a good attitude, positive outlook as well the willingness to practice their shoot process.

**The Recurve shot cycle**

**Stance:**

[https://drive.google.com/file/d/1AiEX5TazgWdUOJ4Y7BaEE8eSY6lm9gG/view?usp=drive\\_link](https://drive.google.com/file/d/1AiEX5TazgWdUOJ4Y7BaEE8eSY6lm9gG/view?usp=drive_link)

[https://drive.google.com/file/d/14yA-mbcUide5PvodY2Ythx3bUfpO5bbk/view?usp=drive\\_link](https://drive.google.com/file/d/14yA-mbcUide5PvodY2Ythx3bUfpO5bbk/view?usp=drive_link)

**Nock:** [https://drive.google.com/file/d/1G3-bc3c2HmmRIFiotumAh3HgcXZ4fZYX/view?usp=drive\\_link](https://drive.google.com/file/d/1G3-bc3c2HmmRIFiotumAh3HgcXZ4fZYX/view?usp=drive_link)

**Hook:** [https://drive.google.com/file/d/1D9CbOqCQqpAPNji949an8nhoXJ2U9Llo/view?usp=drive\\_link](https://drive.google.com/file/d/1D9CbOqCQqpAPNji949an8nhoXJ2U9Llo/view?usp=drive_link)

**Grip:** [https://drive.google.com/file/d/1EtMElyNOXPpUI6Jl6gsbGv7QiLSiyzkl/view?usp=drive\\_link](https://drive.google.com/file/d/1EtMElyNOXPpUI6Jl6gsbGv7QiLSiyzkl/view?usp=drive_link)

**Set :** [https://drive.google.com/file/d/1VayKS-ct6RZWTZ\\_jciabdNtQM6ruiom5/view?usp=drive\\_link](https://drive.google.com/file/d/1VayKS-ct6RZWTZ_jciabdNtQM6ruiom5/view?usp=drive_link)

**Set up:** [https://drive.google.com/file/d/1NfgDP03lGgGwQovZbDoXh3C5eeqXW8/view?usp=drive\\_link](https://drive.google.com/file/d/1NfgDP03lGgGwQovZbDoXh3C5eeqXW8/view?usp=drive_link)

**Draw:** [https://drive.google.com/file/d/1f-x7eRIFE-XIHbjCQpPqCE4x6rlipWe/view?usp=drive\\_link](https://drive.google.com/file/d/1f-x7eRIFE-XIHbjCQpPqCE4x6rlipWe/view?usp=drive_link)

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### **Draw to anchor:**

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**Aim:** [https://drive.google.com/file/d/1X4EkQlGcGydfcjmZJCgcxRvUi-khfLhi/view?usp=drive\\_link](https://drive.google.com/file/d/1X4EkQlGcGydfcjmZJCgcxRvUi-khfLhi/view?usp=drive_link)

### **Release and follow through.**

[https://drive.google.com/file/d/1MrO-o0lm-Amjb2X3\\_1zGuCi3X7aC3cJx/view?usp=drive\\_link](https://drive.google.com/file/d/1MrO-o0lm-Amjb2X3_1zGuCi3X7aC3cJx/view?usp=drive_link)

[https://drive.google.com/file/d/1Q-RcjhCoNGlympYMkRAar6N10g8ahYk5/view?usp=drive\\_link](https://drive.google.com/file/d/1Q-RcjhCoNGlympYMkRAar6N10g8ahYk5/view?usp=drive_link)

### **Range Safety and Rules**

1. Know and obey all range commands. (listed below)
2. Keep your arrows in your quiver until you are told to shoot.
3. Only use the arrows the instructor gave you. Remember what they look like.
4. Always keep your arrows pointed down or towards the target.
5. If you drop an arrow, leave it on the ground. Raise your hand and the instructor will bring you another arrow.
6. Always walk at the archery range.
7. Always be absolutely sure that the path to the target and beyond is clear.
8. Only release the bowstring at full draw when there is an arrow on the string.
9. Secure all loose clothing.
10. Always treat your archery equipment with respect.
11. Always treat your fellow archers with respect.

### **Our Equipment overview**

bow

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bow string  
center serving  
nocking point on sting  
string notch  
sight window  
upper limb  
lower limb  
limb bolts  
riser  
shelf or arrow rest  
bow front  
bow back  
arrows (shaft, point , nock , fletching)  
glove or tab  
arm guard  
back quiver or side quiver

### **Eye dominance**

How do we do this?

### **Point at the instructor method**

1. Have the archer/student stand right in front of an adult/instructor face to face.
2. The adult/instructor should then step back about 15 to 20 feet in front of the archer/student
3. The instructor should then ask the student to point at his or her face using their index finger at the instructor's nose.
4. the student's finger will line up underneath his or her dominant eye.

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## **Stretching exercises**

What kind of exercises?

### **1. Elbow over the head -**

hold the right arm directly up with the elbow bent so that the right hand rests on the upper back below the neck. With the left hand, grasp the right elbow and pull the feel the stretch. Hold for 20 to 30 seconds and the switch sides, for a total of about one minute

### **2. Wrist Stretch**

Hold the left are out with the elbow straight and the palm facing up. Bend the left hand down with the right hand until you feel a gentle and light stretch. hold for 20 to 30 seconds and the bend the hand and wrist in the opposite direction (toward the top of the wrist ) until you feel a gentle stretch. Hold for 20 to 30 seconds and the switch sides, for a total of about two minutes.

Safety issues, whistle, shooting line, target line, keep arrows pointed toward the target, listen to the instructor, no horseplay, no jewelry around neck, long hair tied back, no baggy clothes, always walk. How to enter the shooting line and how to exit the shooting line. Straddle line.

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## **Chapter 2**

### **Body Posture**

What should we look like?

Common problems include leaning your hips forward and your shoulders back, how to fix this is to have good straight hip and shoulder alignment.

### **Stance**

#### **What is your stance?**

1. Place an arrow on the ground pointing towards the target, place feet shoulder width apart with toes touching the arrow (one should be by the side of the point of the arrow and the other should be by the fletching).
2. your body should be standing straight up so the back is flat.
3. The hips are tucked under the ribs so they stay flat .
4. lock both knees .

#### **Nock:**

1. To nock an arrow is to securely place the arrow onto the bowstring. start by placing the arrow on the arrow rest/shelf.
2. Hold the arrow on the shaft under the nock but above the fletching (feathers).

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3. Spin the arrow until the odd color fletching is facing you and away from the bow.
4. Snap the nock into place on the bowstring directly under the nocking point.

## **Chapter 3**

### **Hook and grip**

What is it and how do you do it?

#### **Hook:**

1. Curl the index, middle and ring fingertips around the bowstring just below the nocking point.
2. The bowstring should rest just in front of the first groove on the index finger, on the first groove of the middle finger and on the pad of the third finger.
3. Curl the pinky finger under the thumb.

### **Placing of your hands on the bow**

What is it and how do you do it?

#### **Grip:**

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1. Gently place the center of the meaty part of the thumb on the back of the bow grip( only the part of the palm on the thumb side should make contact with the grip) . We call this the “V” in your palm.
2. The “V” of the hand/palm should be tucked under the bow shelf with the thumb pointing toward the target.
3. The index finger of the bow hand should point down and may rest gently on the riser

### **Set Posture**

What is it and how do you do it?

**Set :** The purpose of the set is to get the archer ready to complete the rest of the shot process.

1. holding the bow in front of you, extend the bow arm fully by pushing into the bow.
2. Make sure that the inside of your elbow on the bow arm is rotated down and away from the path of the bowstring.
3. Set the draw arm elbow behind the arrow line
4. Remain slightly low and straight .
5. Turn the head toward the target keeping it straight up and down

**Set up:**

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1. Left up the bow hand and let the draw hand follow, while keeping your shoulders relaxed and straight. Keep the bow arm extended towards the target and lift the draw arm.

2. Puse when the draw hand is at shoulder height but lower than the chin. while keeping the bow straight up and down

## Chapter 4

Raising the bow and rotating

Key Points

Bow position Aiming while raising the bow

## Chapter 4

### Draw Technique

#### Draw:

1. Pull the bowstring back towards the face using the draw arm and the back muscles to keep the elbow behind the arrow line.

2. The muscles around the drawing shoulder blade should be tight and help brace the draw weight of the bow.

3. The draw side elbow should be just above the height of the arrow on the bow.

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**Draw to anchor:** Anchor is the act of setting the bowstring to the same place every time to keep accuracy.

1. Settle the index finger in the corner of the mouth with the draw hand relaxed and up against the face.
2. The draw hand thumb should be tucked against the jaw just under the ear
3. The draw hand thumb should be pointed down and the pinky finger should be curled and relaxed.
4. The bowstring is visible in front of the aiming eye.
5. Move the draw arm elbow slightly behind the arrow to hold the draw weight of the bow.

### **Aim:**

1. Allow the arrow shaft and point of the arrow to float just under your line of sight.
2. Your focus should be on the target with the arrow lined up but just below you vision/ line of sight

### **Release and follow through:**

1. Relax the draw hand slightly (without changing the wrist)
2. Allow the bowstring to push the fingers out of the way.

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3. The bow arm wrist relaxes at the same time as you release.
4. make sure to keep the bow straight up and down thought the shoot and to keep the body and head still ( not trying to follow the shot by looking to see where it lands).
5. Finish the shot by focusing on moving the back of the drawing arm to the end of the follow through position . The draw hand should stop between the ear and the shoulder.

## **Chapter 5**

Keep bow vertical when nocking and shooting arrows.

Parts of bow, parts of arrow, finger tab, armguards

Basic shooting form, abbreviated:

Stance

Nock

Hook and Grip

Set up

draw to anchor

Aim

Release and follow through.

(have an experienced archer demonstrate the steps)

The rest of the steps can be address at higher levels of training.

How to properly pull arrows and how to safely carry them back to shooting line.

Shooting at blank bale 9 meters

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Send archers home with homework – mimetics

**Weeks 2 through 6 archers start shooting within the first 10 minutes.**

All bows and equipment will be ready before students arrive.

### Week 2. (1hour)

Shooting at FITA target faces. At 9 meters. Teach how to use the sight. Teach students how to score arrows on the target (no score sheets) Begin polishing of shooting form. Note some may want to shoot bare bow. Teach using tip of arrow to aim.

### Week 3. (1hour)

Shooting FITA target faces with focusing on form and now sight pin adjustment. Included in this evening will be reinforcing shooting line etiquette. This week will be balloon night. If an archer gets one of the three arrows in the yellow they will get a one arrow chance to break a balloon. This teaches how to perform under pressure.

### Week 4. (1hour)

3 D Archery continue to focus on form.

### Week 5. (1hour) Line etiquette night. Students will learn the basics of

line etiquette, entering the line and exiting the line. How to hold the bow. What to do if you drop and arrow. No chit chat on the line.

Putting their initials on your arrow shaft near the fletch. Marking their arrow holes on the target. How to score each arrow, each end and total. How to respectfully receive a medal.

### Week 6 (1hour)

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Graduation day. Parents bring cameras to take photos, kids get introduction to JOAD certification kit.

Good Sportsmanship. No bad mouthing, bullying negative teasing.

Always be supportive and respectful of each other.

Team game - 21 break up into groups of 3 or 4.

Then there will be a medal award presentation and conclusion of course.