

# HOW TO HAVE PROPER STANCE AND SAFELY FIRE AN ARROW.

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## Age Requirement

Over the age of 6 (I've seen younger children too)

## Vocabulary:

Parts of an arrow:

1. Shaft, the main body of an arrow.
2. Fletching, the 3 plastic wings on the end of your arrow, one is a different color.
3. Head/arrowhead: The tip of the arrow, be careful! Its sharp (duhhh)
4. Nocking point a small U-shaped area at the butt of the arrow, its made to slide onto the string.

Parts of a bow:



## Materials Needed (ingredients, spaces, etc.)

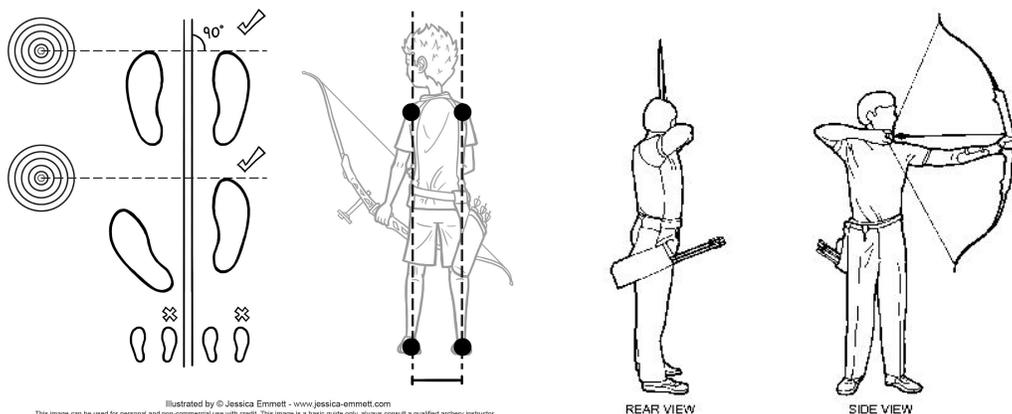
- A bow,
  - Target backing (Box, foam, and plastic bags)
  - Target paper printout (For target and accuracy practice)
  - **Target Arrows** (An arrow with a smaller, blunter head for target practice)
  - A **quiver** to hold your arrows, A quiver is a tube that goes on your belt or over the shoulder that holds arrows safely without damaging the fragile **fletching**. Keep your hand on the shafts of the arrows when you walk to keep them from moving around too much.
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## Warning Labels/ RULES!!!

1. Never ever, ever aim at someone else! Even if you aren't drawn, with an arrow nocked never aim at someone!
2. Do not **dry fire**! Dry firing is when you draw and release without an arrow and it can cause serious damage to your bow.
3. Respect range rules (this goes without saying)
4. Do not aim at the sky in a public area or range. (Exceptions apply, such as a bring-down aim but please, not in public areas!)
5. Never cross the **fire line** unless a cease-fire is called and everyone has set their bows down. The fire line is the distance set away from the target, where multiple people stand in a straight line so no one gets shot and the aim is fair.
6. When a **cease-fire** is called, set your bow down (Gently) and put all arrows on your person still in your quiver.
7. When collecting arrows walk in a straight line and pick them up as you find them, do not head straight to the target, pick up the arrows on the ground first.
8. When pulling arrows out be careful of others behind and beside you. The back of an arrow to the stomach still hurts!
9. If an arrow is stuck, step back to the line and get an adult.
10. If an arrow goes behind a target, or into the woods make sure all other arrows are removed before you look for it.
11. ALWAYS CHECK YOUR ARROWS! They can get damaged and snap/break when you fire and shatter in your arm, hand or face.
12. Keep your ears and eyes open, and always listen to the instructor, adult or teacher!
13. Safety comes first! Call 911 if something happens!

## The procedure of Shooting an Arrow:

1. **Load your quiver** with arrows and grab your bow. Head to the **fire line**.
2. Gently set the bow down in front of you and wait for an all-clear.
3. Pick up the bow and assume position/**stance**



3a. 90 degrees to the target sideways, Head straight, Feet and shoulders square. Slightly rotate your front foot and move it back so your toes line up with the arch of your foot. If you are facing downhill, on a slope or any rough terrain, adjust as necessary yet keep basic form.

3b. To hold a bow, grab the large **grip** below the arrow rest, with your palm outwards. When you aim and **draw** let the bow rest in the crook of your thumb and pointer finger.



-The red circle shows this area -

(If you are a female, a wider stance from your shoulders is beneficial)

4. Locate the small metal bead on your bowstring, this is your nocking area.
5. Grab an arrow by the **shaft** from your **quiver**, do not grab it by the **fletching**, which is the 3 plastic things on the end, these help your arrow fly straight and are crucial not to damage.
6. Find the one **fletching** that is a different color and slide the **nocking point** below the metal bead with the different colored **fletching** facing up or towards your body. This is important because the key to archery is precision and repetition. There is a small stick at the front of the bow called an **arrow rest**, place the front of the arrow on top of it.
7. Draw the bow with 3 fingers on the string, pointer, middle, ring. Stay relatively level with the target and keep your elbow straight back, parallel with the arrow.
8. Pull the string to the corner of your mouth, and aim (To the best of your ability) And release!

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## Success Criteria

You just fired an arrow! If you missed, then you can adjust your trajectory. Archery is all about trial and error until you find your consistent and perfect stance, aim and nocking point.

References: "ARCHERY." ADVENTURE FUN PARK GIPPSLAND, [www.bairnsdalefunpark.com.au/archery](http://www.bairnsdalefunpark.com.au/archery)

"Genesis® Archery: The Bow Kids Never Outgrow." Genesis® Bow, [genesisbow.com](http://genesisbow.com)

"How to Shoot a Bow and Arrow: A Step-by-Step Guide." The Complete Guide to Archery, [www.completeguidetoarchery.com/how-to-shoot-a-bow-and-arrow-a-step-by-step-guide](http://www.completeguidetoarchery.com/how-to-shoot-a-bow-and-arrow-a-step-by-step-guide)