Archery 101

The What, Where, and How

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What

• 'Arcus' (Latin) = arch, bend

• Toxophilite

• Late Paleolithic (~10,000 BCE)
The Bow

Types

• Recurve
• Longbow
• Compound
The Bow Limb

- Self bow (one piece wood)
- Composite (horn, wood, sinew)
- Laminated (fiberglass, wood)
Recurve/Longbow

- \sim Linear draw force curve
- Harder to master

Compound

- “Bow on training wheels”
- “Let off” (50%, 25% etc)
- Sniper rifle of the bow world
The Arrow

Fletching

- Feathers
- Vanes (Duravanes)
- Blazer Vanes
The Fletching

Stays straight by drag

Stays straight by spin
The Shaft

- Aluminum, Wood, Carbon
- Archer’s Paradox
- Decides the “flex” of the arrow
- Tradeoff: Flex, Weight, Speed
The Arrow tips

• Blunts

• Field points

• Hunting tips/Razorblades/Broadheads
Where

- Outside city limits
- Archery range (e.g.: Salt Lake Archery, near $ theatre)
- Backyard (Illegal!)
- Archery range: New/Rentals….EBay: Used
- New: ~$200+ ... Rental: ~$12/day
How: Safety first!

- A bow/arrow is powerful enough
- Never load unless range is clear!!!
- Never retrieve unless range is clear!!!
- Never dry fire!!!
- Listen to the range master!!!
How: Draw

Mediterranean Draw
Pinch Draw
Mongolian Draw
How: Stance

- Do not grip!
- Wear gloves/finger tab
- Feet, Shoulders, arms in one line facing target
Aim

Point of Aim + String

Gap Shooting

Sights
Bow Specs

**AMO length:** Length of unstrung bow

**Draw weight**

**Draw length:** (Usually 26-32”).
Your draw length = your arm span in inches ÷ 2.5

*Always written as weight @ length (e.g.: 45# @ 28”)*

**RH/LH:** Right handed - Left handed (Eye dominance test)
Bow Specs – RH/LH

*IMP*: Eye dominance test

1) Aim using both eyes

2) W/o moving hands, see with left eye, then right eye

3) Dominant eye sees the target

Left Hand Bow vs. Right Hand Bow
Acknowledgements

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• Videos: YouTube
Questions?