

# 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



Upper limb

Riser

Lower limb

Bowstring

Sight window

Nocking point

Mounting for arrow rest



# The Bow Limb

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

Belly  
(Compression)

Back  
(Tension)

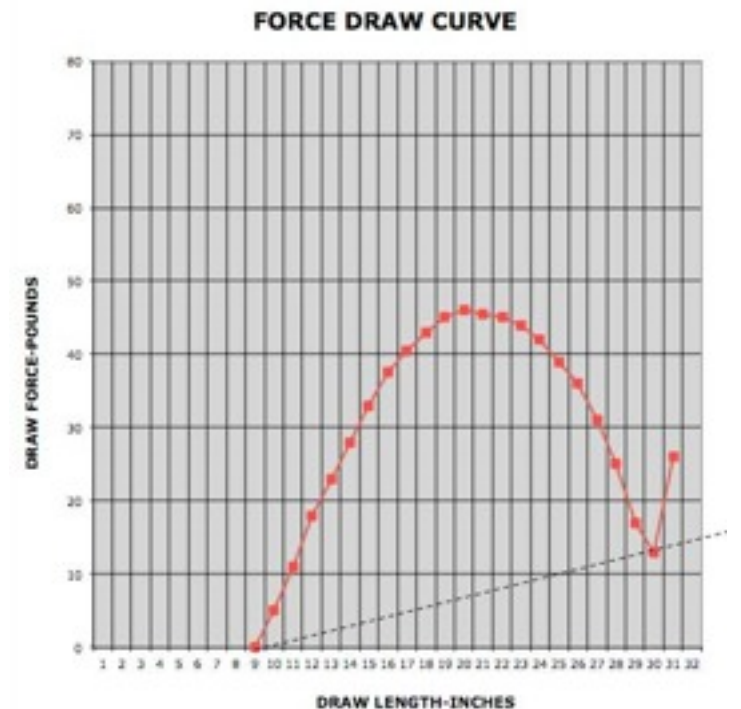
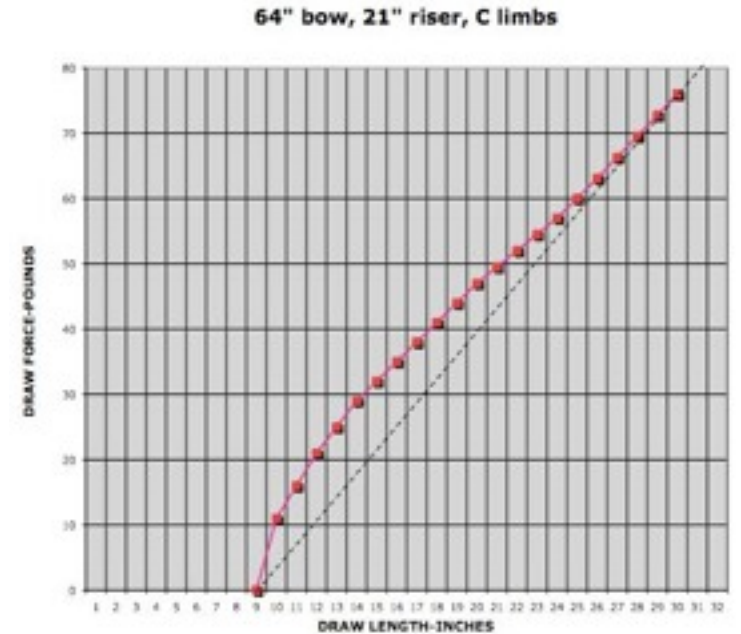


# Recurve/Longbow

- ~Linear draw force curve
- Harder to master

# Compound

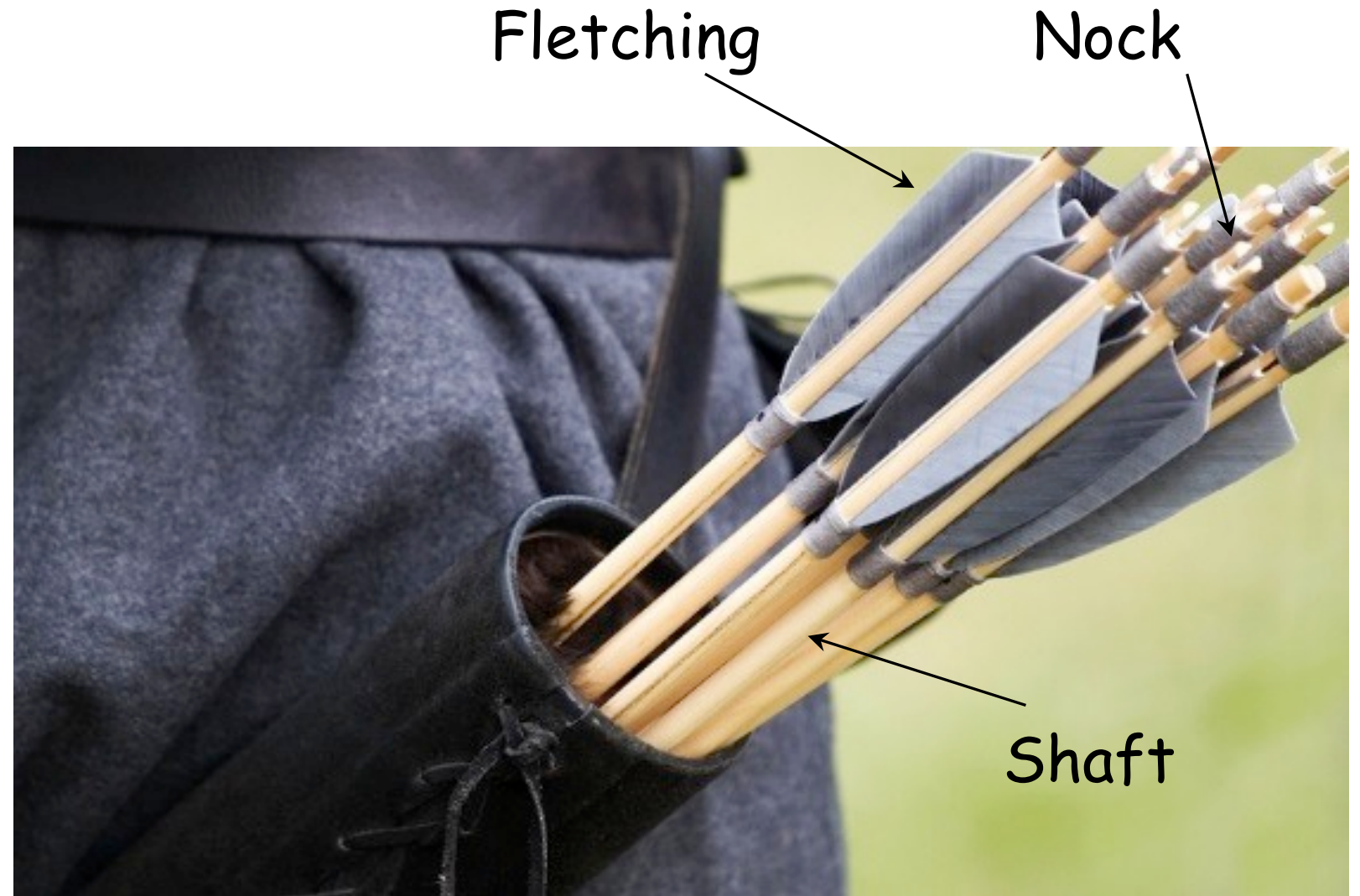
- "Bow on training wheels"
- "Let off" (50%, 25% etc)
- Sniper rifle of the bow world



# The Arrow

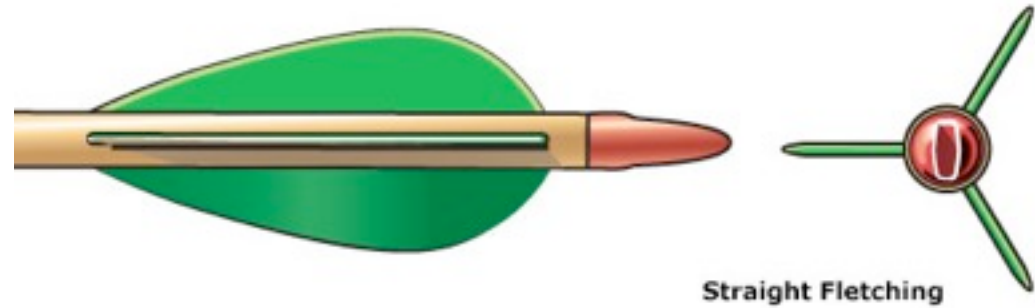
## Fletching

- Feathers
- Vanes (Duravanes)
- Blazer Vanes

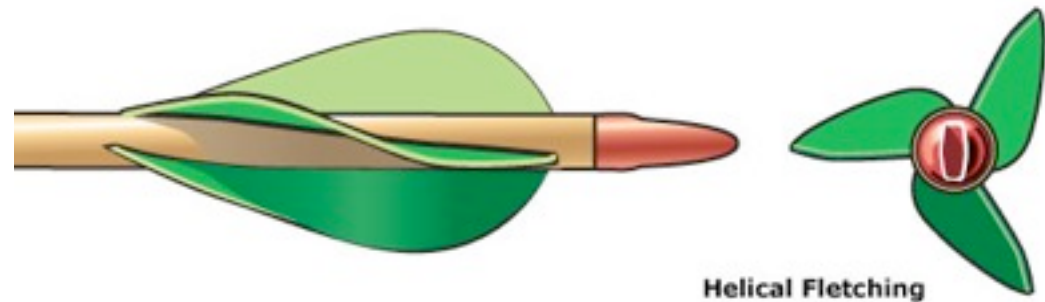
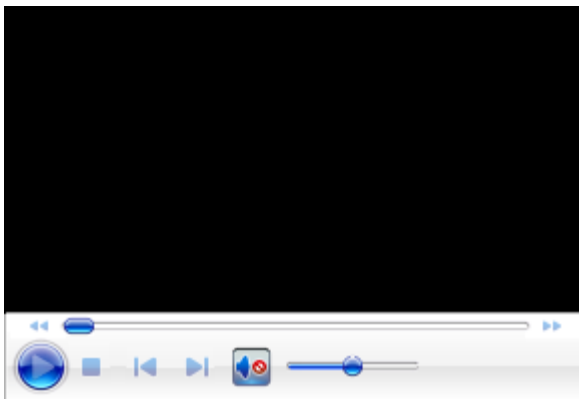


# The Fletching

Stays straight by drag

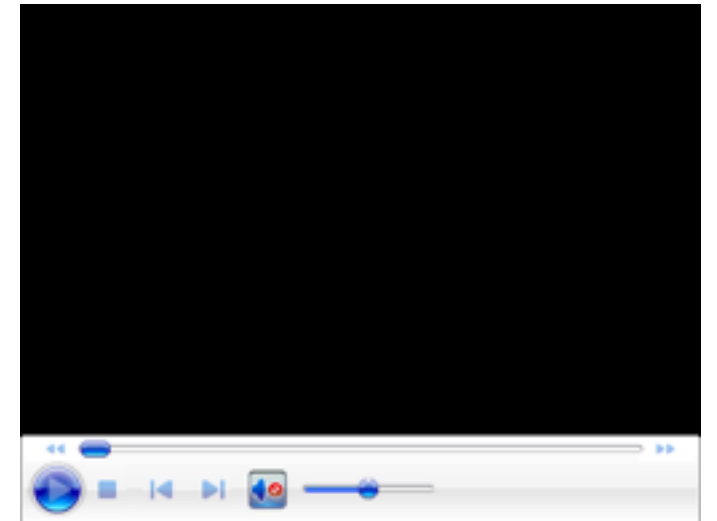
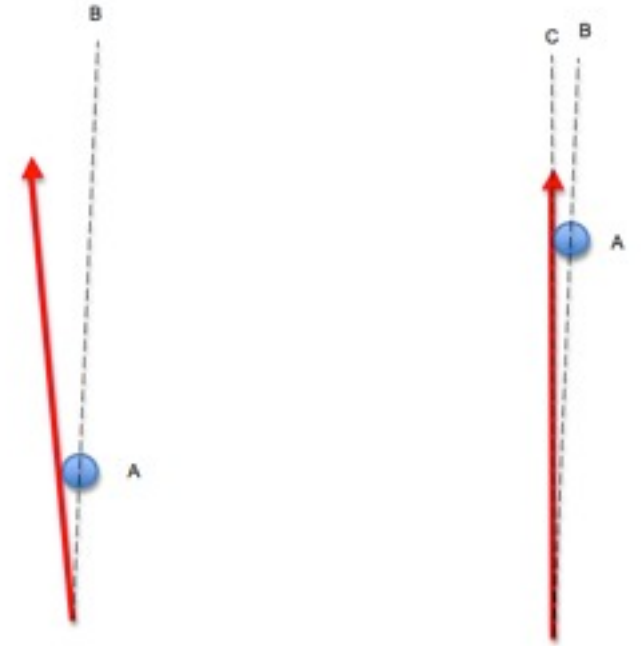


Stays straight by spin



# The Shaft

- Aluminum, Wood, Carbon
- Archer's Paradox
- Decides the "flex" of the arrow
- Tradeoff: Flex, Weight, Speed





# The Arrow tips

- Field points



- Blunts



- Hunting tips/Razorblades/Broadheads



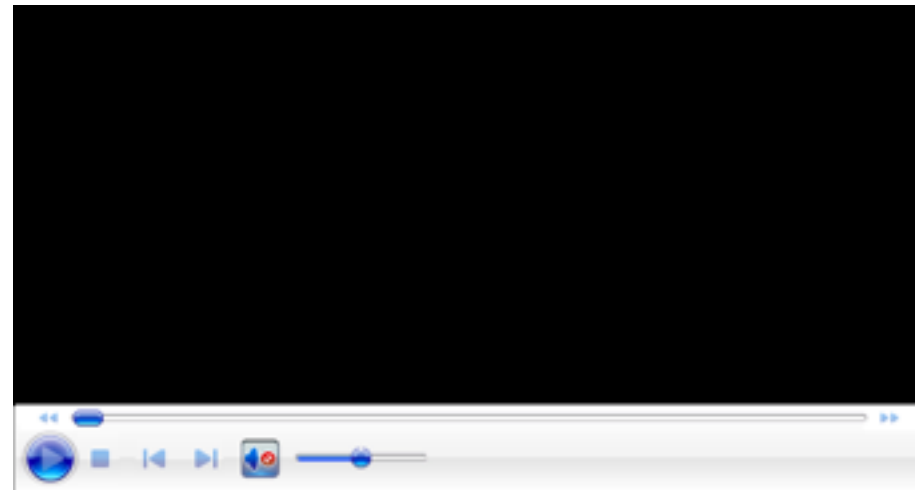
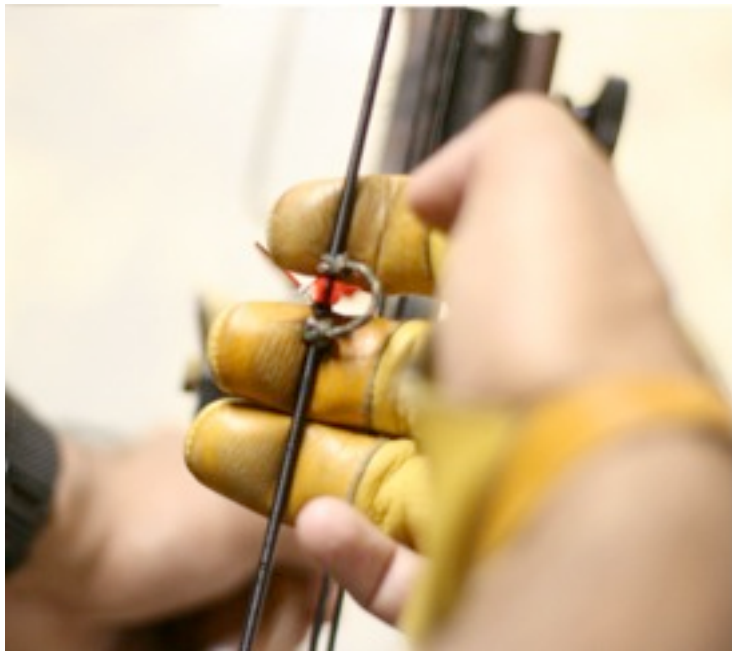
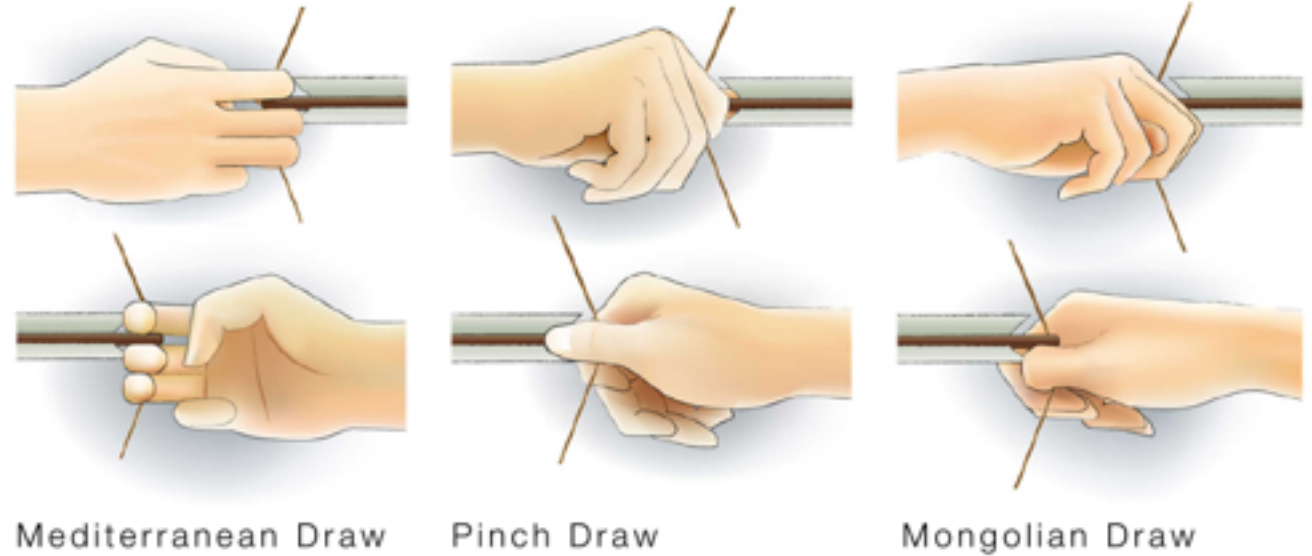
# Where

- 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!

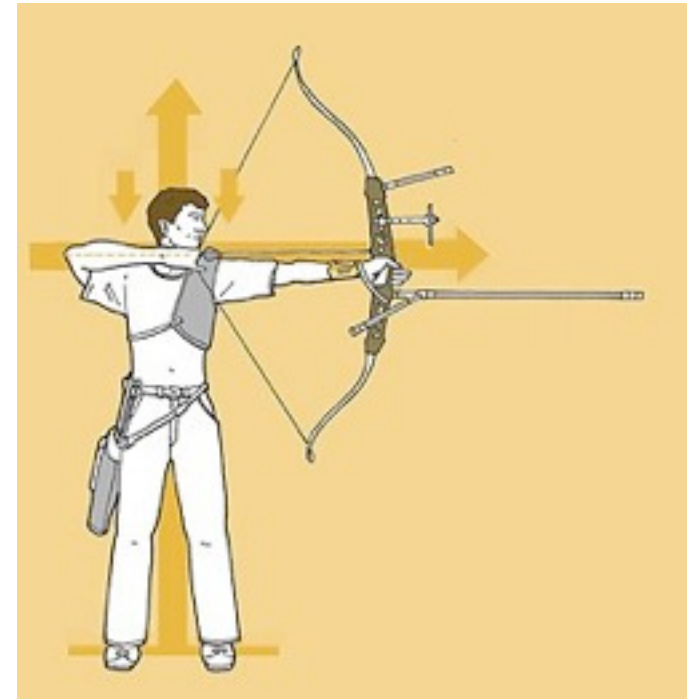
- A bow/arrow is powerful enough
- Never load unless range is clear!!!
- Never retrieve unless range is clear!!!
- Never dry fire!!!
- Listen to the range master!!!

# How: Draw



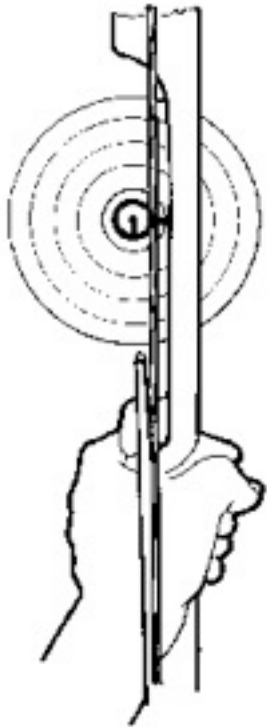
## How: Stance

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



# Aim

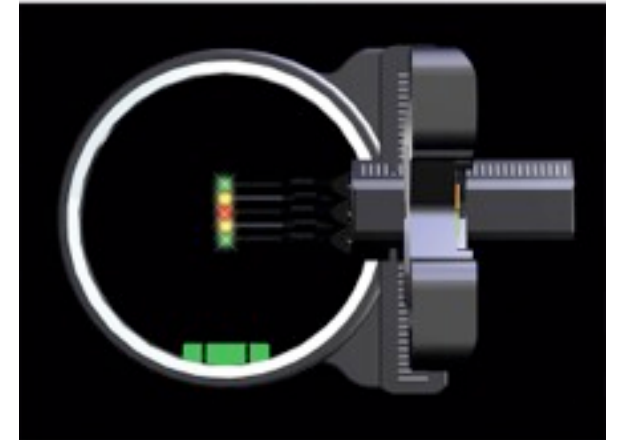
## Point of Aim +String



## 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  $\div$  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

- My trainers: *George & Tony Mattena, Badlands bowhunters LLC*
- Photos: *Google, Wikipedia*
- Videos: *YouTube*

Questions?