



ARCHERY CLUB

ARCHERY BASICS 101

Course Instructor

Jerry Hoppe



- Highly Experienced Archer
- Regional and National Tournament Experience
- Tournament Judge Certification
- Previous OAC Board Member
- Mentor to Many of Our Club Members!

Class Overview

- Club Information
- Brief review of Range Operations
- Review of various types of equipment
- Equipment progression
- When and what to Buy?
- Where to go from here!

Tell us About Yourself

- Name
- Archery Background
- Type of Bow or Bow of Interest
- Recreational or Competition?
 - Distances can be a factor in both

OTOW Archery Club, Inc.

- Meets Quarterly the 2nd Tuesday in Mar, Jun, Sep and Dec at 1:00 pm
- Arbors Activity Center, Dance Studios 3 & 4
- Club Web Site - www.otowarchery.com
- Club Web Software - www.groupworks.com
- No Facebook Page Yet!
- Range located in the back of Veterans Park
- NFAA certified Club and Range

OTOW Archery Club, Inc.

- Manages a Fully Equipped Archery Range & Maintenance Shop
- Club equipment available for member use any time the range is open
- Club holds 1 - 3 internal shooting events monthly, for members only
- Club includes members that compete all over the country and are State & National Record Holders

OTOW Archery Range

- All Shooting Styles
- Open dawn to dusk
- Subject to reserved times for maintenance and Club shoots or tournaments
- Only field points allowed! No Crossbows!
- 60lb. draw weight Limit!
- All Club equipment used should be sanitized and then properly stored after each use

Shooting Commands

Safety is our most important concern!

- “Waiting Area” - two feet behind shooting line
- We use all verbal commands on the range
- “Archers to the shooting line” or “Clear”
- Step back to “Waiting Area” after shooting
- “Clear” or “Pull” to retrieve arrows

Note: Refer to the OAC Range Rules and Shooting Commands published on 8/1/21 and contained in the “Additional Club Documents” section of the Club web site (otowarchery.com).

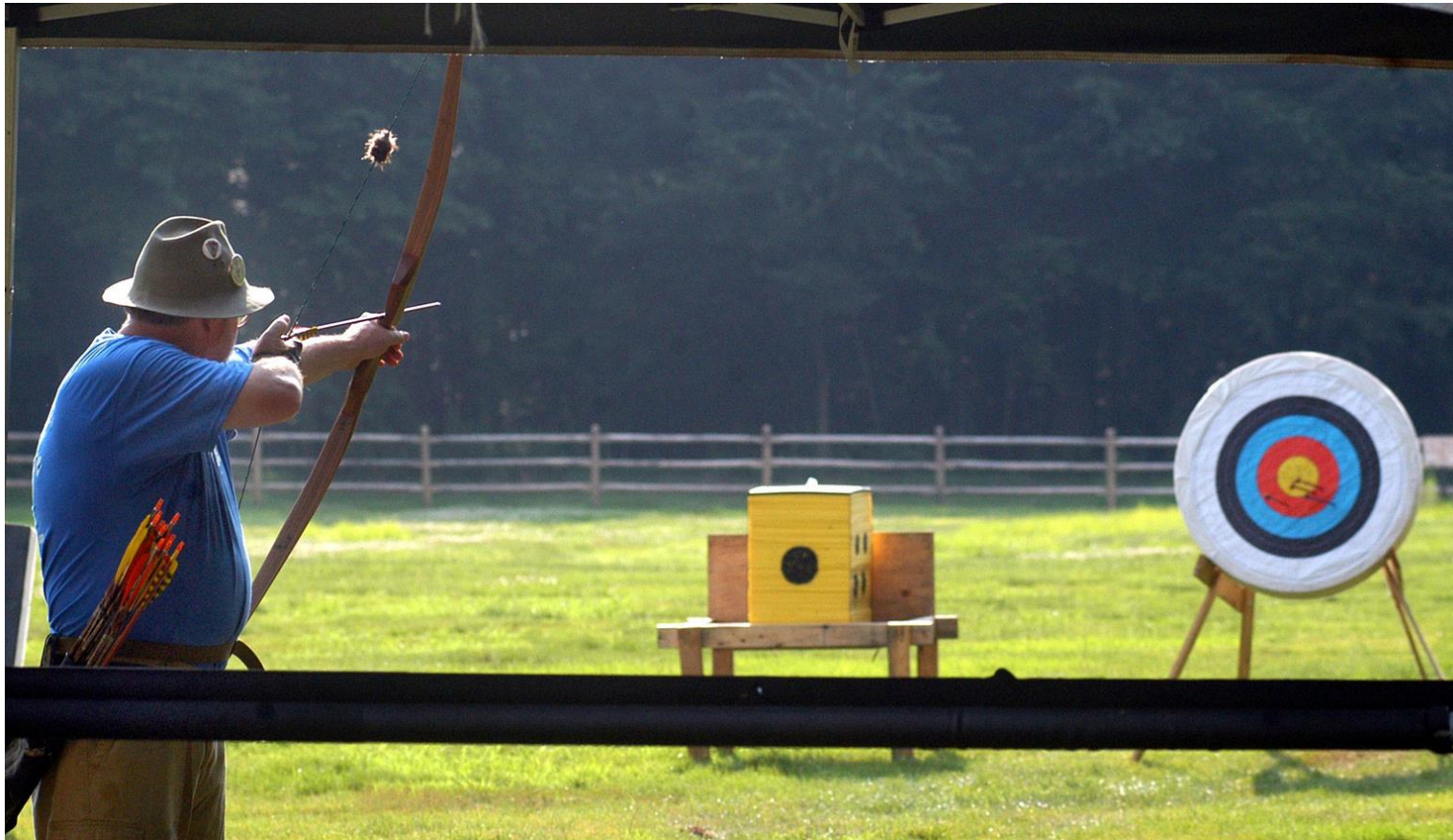
Tournament Line



Where Do You Want To Go With Archery?



Recreational Shooting



Hunting



Competition



Beginning Shooters

- Most archers begin with Recurve Barebow
- Barebow
- Usually 3 piece (Riser and 2 limbs) Strung
- “Raw” bow and arrows
- May have added arrow rest and plunger

Recurve Personal Equipment?

- Quiver Styles
- Finger Tab / Glove
- Chest Protector
- Arm Guards
- Bow Stringer
- String / Arrow Wax
- Arrow Rests
- Releases
- Sights
- Bow Cases
- Arrow Puller

(Choices and Preferences Will Vary)

National Archery Organizations

- NFAA – National Field Archery Association
- FAA – Florida Archery Association
- USA Archery
- Olympic Sport
- World Archery

Competition - Disciplines

- May be defined by archery organization
 - Olympics, NFAA, USAA, States
- Recurve Barebow
- Olympic Recurve
- Compound Barebow
- Compound Fingers
- Compound Release

Competition – Types

- **General Target**
 - 900, 600, 300 and Vegas Rounds
- **Field Target**
- **Field 3D**
- **Novelty Shoots**
- **Distances Range from 20 – 98 Yards (90 M)**

A Look at Different Equipment

- Traditional / Retro / Historic Bows
- Specialty (BowFishing)
- Crossbows

- Olympic Recurve

- Compound

Barebow



What makes a Barebow

- Can be single piece Long Bow/Traditional
- Typically, Riser & Limbs that are Strung
- Can have arrow rest and plunger
- Very limited beyond this for Competition
- (Recurve design)

Olympic Recurve



What makes an Olympic Recurve

- Basic Recurve Bow (Barebow) – Plus ...
- Sights & Aperture (aim point)
- Stabilizers (front and rear)
- Usually, 1 over finger tab
- Adds aiming system, stability, consistency
- Yields better accuracy

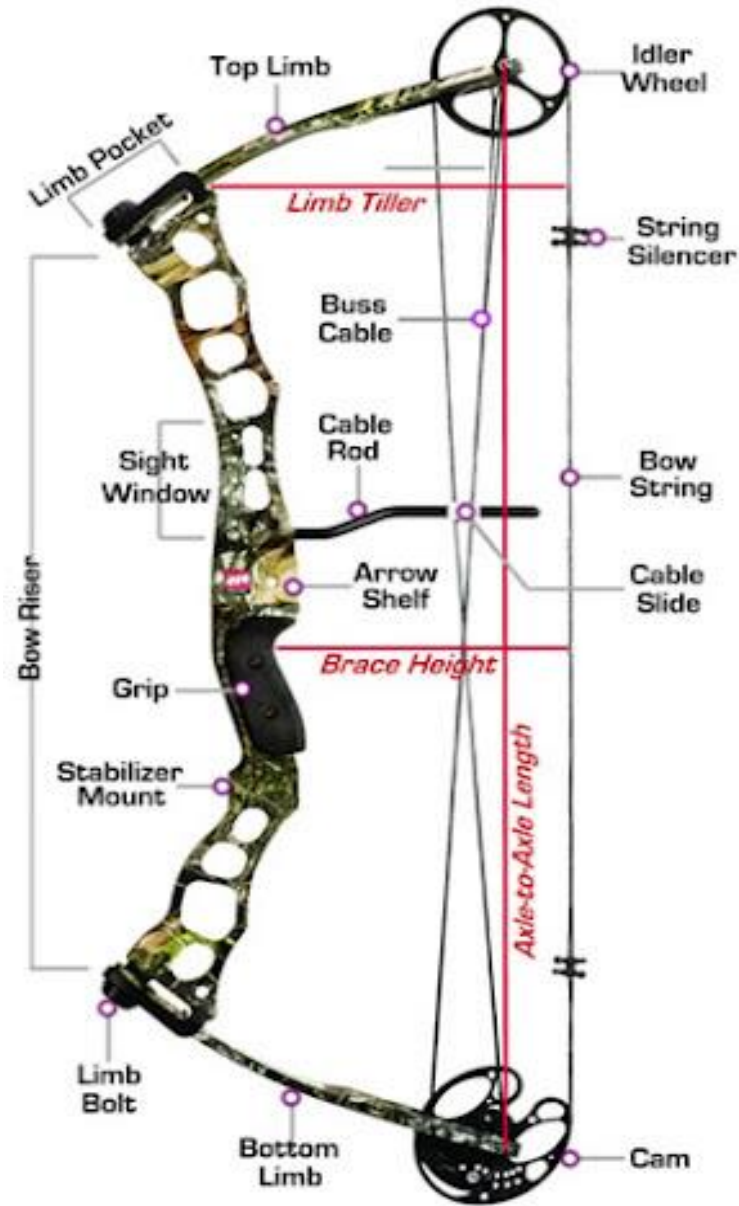
Compound Bow



What makes a Compound Bow

- Cams and Cables
- Draw is not Linear
- Pull peaks and then lets off (up to 90%)
- Holding weight dramatically lessened

Compound Bow



Release Aids



Release Types

- Wrist strap / Trigger
- Thumb Release
- Back Tension / Resistance Release
- Hinge Release

Equipment Progression

- Depending on what your specific interests are, your equipment may need to change.
- Most archers will need to change shooting styles and equipment to achieve higher level of performance and proficiency
- Power, speed, size, age and health issues may all be factors
- Better equipment, stronger draw weight, physical training and instruction may be needed

Reasons for Equipment Changes

- Better Accuracy
- Greater Arrow Speed (Hunting)
- Ease of Shooting - (Physical limitations)
- Equipment Appeal / Specialized— (Olympics)
- Competition Class / Discipline
- Speed and Power Required

Negatives to Changing

- More Costly Equipment
 - Bows, Sights, Stabilizers and Arrows
- Learn to shoot in different manner
- Competition may be greater
- Set up may be more complicated

Buying Your Own Equipment

- Recurve - or - Compound ?
- Most new Archers start with a Recurve bow
 - Some Recurve Archers will move to a Compound, due to strength and physical limitations or injuries, especially older archers
- Many skills transcend
- Where do you plan to go with Archery?
- Compound less demanding physically

Determine Your Draw Length

- Distance from nock point to throat of the grip
Plus $1 \frac{3}{4}$ “
- “Wing” (Arm) Span (Middle Finger to Middle Finger) / 2.5
 - $66” / 2.5 = 26.4”$
 - $70” / 2.5 = 28”$
- “Wing” (Arm) Span -15 / 2 (Option 2)
 - $66” -15 (51) / 2 = 25.5”$
 - $70” -15 (55) / 2 = 27.5”$
- Compound only pulls to set Draw Length

Recurve

- Most RBB are 3 piece – Riser & Limbs
- Riser – 25” standard (23”, 27”)
- Bolt pattern = 5”
- ILF Limbs -International Limb Fitting
- Short (23”), Medium(24”), Long(25”)
- Bow String - match to bow length
- Right / Left-Handed Risers & Accessories

RBB Riser



RBB / ILF Limbs



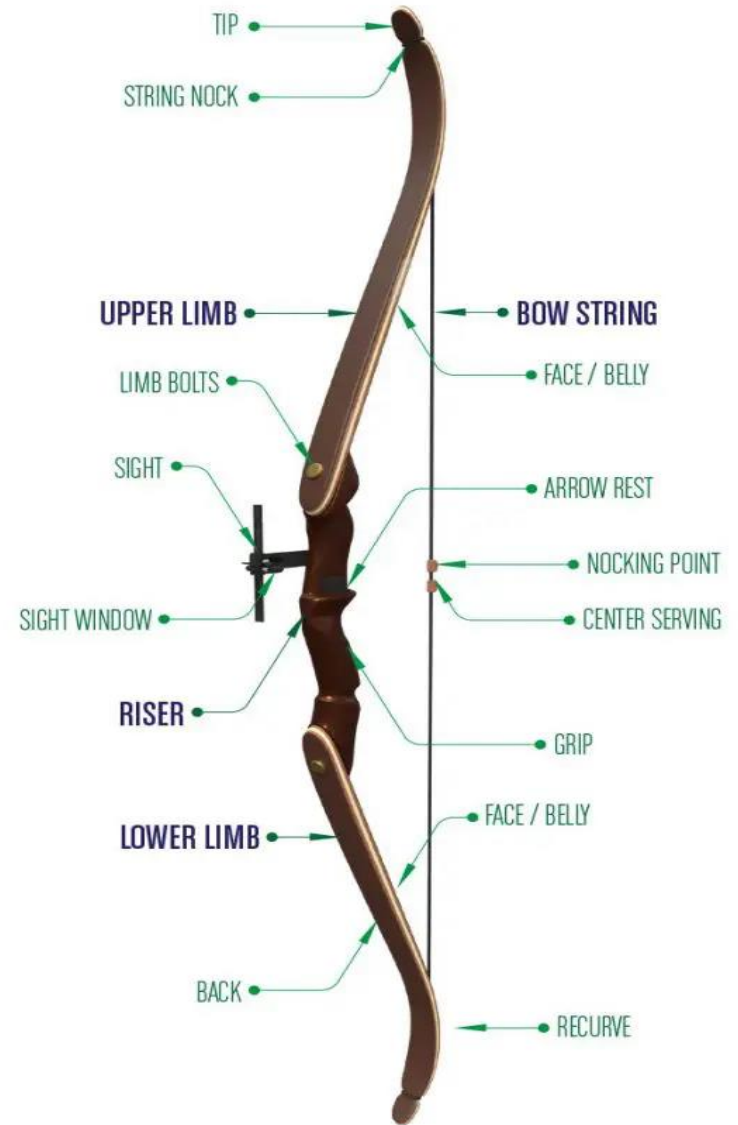
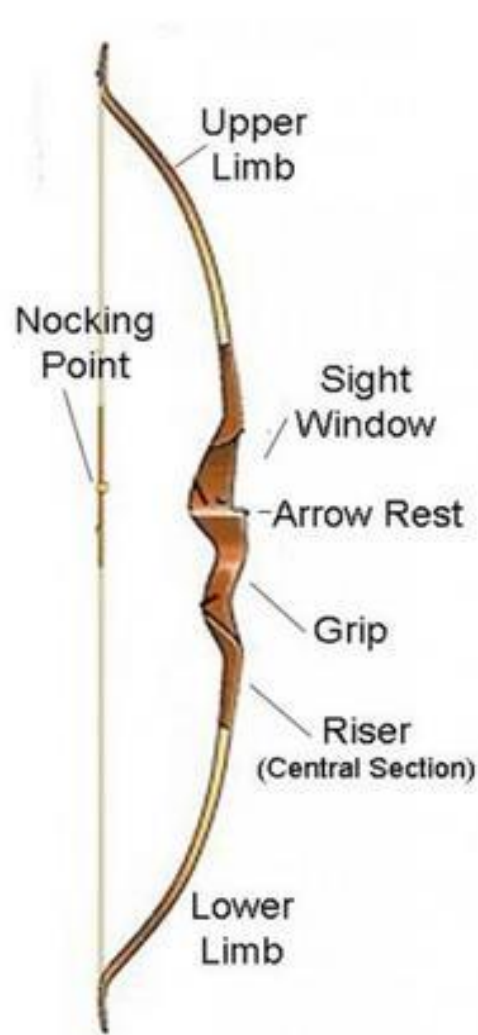
**Premium-Alpha
Fiber Limbs**

Recurve Limb Materials

- Wood
- Foam
- Fiberglass
- Carbon
- Bamboo
- Frequently laminated with multiple materials

Recurve Bare Bow (RBB)

Typical Recurve Bow for Beginners



Recurve Bow Size

- Bow size based on Draw Length
- $DL = \text{Span} / 2.5$ (68" / 2.5 = 27.2" DL)

- Use a sizing Chart
- Size by Draw Length

Bow Size Chart

Draw Length	Bow Length
14 to 16 inches	48 inches
17 to 20 inches	54 inches
20 to 22 inches	58 inches
22 to 24 inches	62 inches
24 to 26 inches	64 to 66 inches
26 to 28 inches	66 to 68 inches
28 to 30 inches	68 to 70 inches
31 inches plus	70 to 72 inches

Bow Size Chart

Recurve Bow Length to Draw Length Chart

If my draw length is then I should shoot a bow this size

up to 25"

54" to 62"

up to 27"

64" to 66"

up to 29"

66" to 68"

up to 31"

68" to 70"

31" and over

70" to 72"

(Charts are only a "guide")

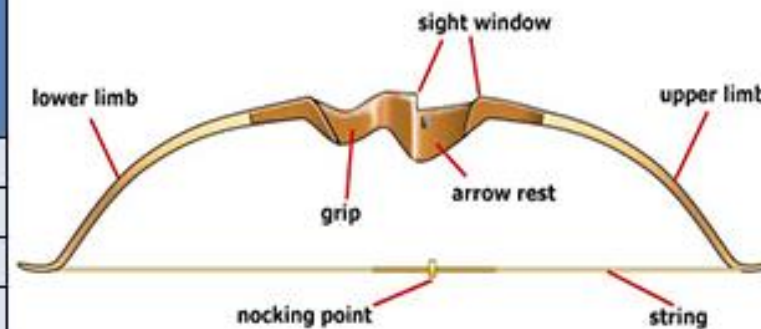
Choosing Draw Weight

- Draw Weight Charts – (***not recommended***)
- Draw and hold poundage for 30-45 seconds
- Target archery – no more than 40 lbs.
- Target archers shoot lots of arrows
- Approx 32 lbs. to get to 60 yds

Draw Weight Chart

BEGINNER			Your arrow length	Bow Length
	Age	Draw weight (pound)	14 - 18	48"
Youth	8 - 10	10 - 12	18 - 20	54"
	11 - 13	10 - 14	20 - 22	58"
Teens	14 - 17	12 - 16	22 - 24	62"
Young Adults	18 - 20	16 - 22	24 - 26	64"
Adult Women		16 - 26	26 - 28	66"
Adult Men		22 - 28	28 - 30	68"
			30+	70"
INTERMEDIARY				
<i>(Including beginners who are athletically inclined with better than average upper body strength)</i>				
Youth	8 - 10	10 - 14		
	11 - 13	12 - 18		
Teens	14 - 17	16 - 22		
Young Adults	18 - 20	18 - 26		
Adult Women		22 - 32		
Adult Men		26 - 38		

Arrow Length



Draw weight

When Should I Buy my own Equipment?

Is Archery something you're sure you want to Pursue and engage in regularly?

What Should I Buy?

- **Recurve**: Easiest to start / Hardest to master
- **Compound**: More costly and harder to set up but faster results
- Spend a Little / Spend a Lot ?
- How will I use it?
- Correct Size / Weight For Me!
- Arrows and Accessories Also

Recurve Costs (Bare Bow)

- We don't recommend CHEAP equipment
- Beginning Recurve:
 - Riser \$100 - \$250
 - Limbs \$90 - \$250
 - String, plunger etc. \$50
 - Arrows: \$75 - \$200 per dozen
 - Quiver + Misc: \$50+

Recommended Total Cost: \$350 - \$1,000+

Note: For those on a very tight budget, you can get a basic “starter” recurve setup for ~\$200

Recurve Accessories

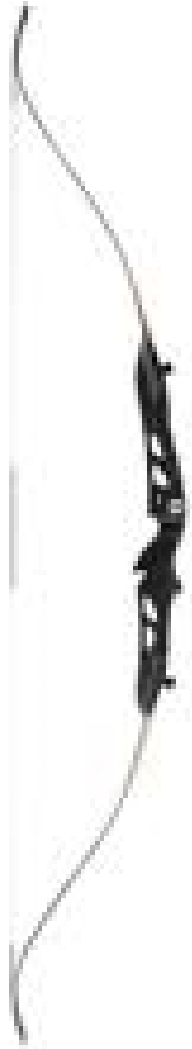
➤ Basic Add Ons

- Arrow Rest
- Plunger
- String
- Finger Tab

➤ Olympic Add Ons

- Sight
- Clicker
- Stabilizers

Example of Cheap Recurve Bows



- Galaxy Aspire - \$100
- Unable to tune
- Proprietary Limbs

Compound Bow

- One Size fits All (kind of)
- Hunting = Shorter Target Archery = Longer
- Draw Weight Difference (usually adjustable)
- Pull through to a “Let Off” of up to 80%+
- Must Determine Proper Draw Length
- Right / Left Handed

The Compound



Rest Not Included

Compound Accessories

- Arrow Rest
- Sight / Scope
- Peep Sight
- Release Aid
- Stabilizers



Compound Costs

- We don't recommend CHEAP equipment
- Hunting Compound: \$300 - \$600+
- Can be used for Target Shooting
- Look for Longer Axle-to-Axle - 33" - 37"
- Usually have Arrow Rest and Pin Sight
- Target Compound: \$500 - \$1,800+
- Bare Bow Axle-to-Axle - 35" - 40"

Compound Accessory Costs

- Arrow Rest: \$50 - \$180
- Sight: \$100 - \$450
- Scope: \$50 - \$200 plus optics/magnification
- Peep Sight: \$10 - \$60
- Release: \$75 - \$250
- Stabilizers: \$100 - \$500
- Arrows: \$75 - \$400 / Dozen

Compound Overall Cost

- Least Expensive (Cheap) - \$ 450
(Hunting Bow Set up)
- Top of the Line - \$4,000
- Good Set Up - \$800 - \$1,200

Where and What to Buy?

- Get Recommendations from Trusted Sources and Experienced Archers
- Investigate Local Archery Dealers in the Area
- Configure Equipment Specifically for You
- Order from a Reputable Source Who Will Setup, Tune and Stand Behind It

Equipment Dealers in the Area

- Jerry's Archery (Ocala)
- Alachua Farm and Lumber (Alachua)
- Bear Archery (Gainesville)
- Outpost Range (Lecanto)
- Adventures Archery (Tampa)
- Lancaster Archery & Other Online Dealers

Note: Refer to the Archery Equipment Dealers and Training Services document dated 8/1/21 and contained in the "Additional Club Documents" section of the Club web site (otowarchery.com).

Training Services in the Area

- **Jerry's Archery (Ocala)**
 - Small 2 Lane Indoor Range for Rent
 - Individual Instruction (Hourly)

- **Adventures Archery (Tampa)**
 - Group Classes and Individual Instruction (Hourly)
 - Large 28 Lane A/C Indoor and Outdoor Ranges for Rent

- **Easton-Newberry Archery Center (Newberry)**
 - Premier Archery Training Center in the Area!
 - Group Classes and Individual Instruction (Hourly)
 - Large A/C Indoor and Outdoor Ranges for Rent

Note: Refer to the Archery Equipment Dealers and Training Services document dated 8/1/21 and contained in the "Additional Club Documents" section of the Club web site (otowarchery.com).



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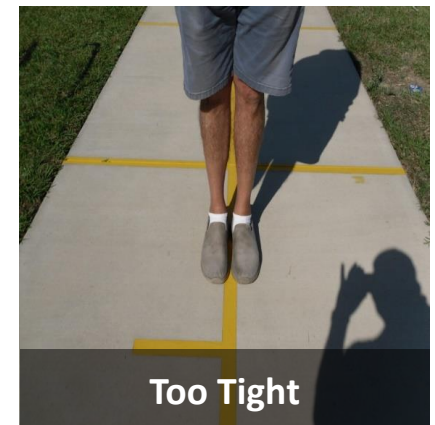
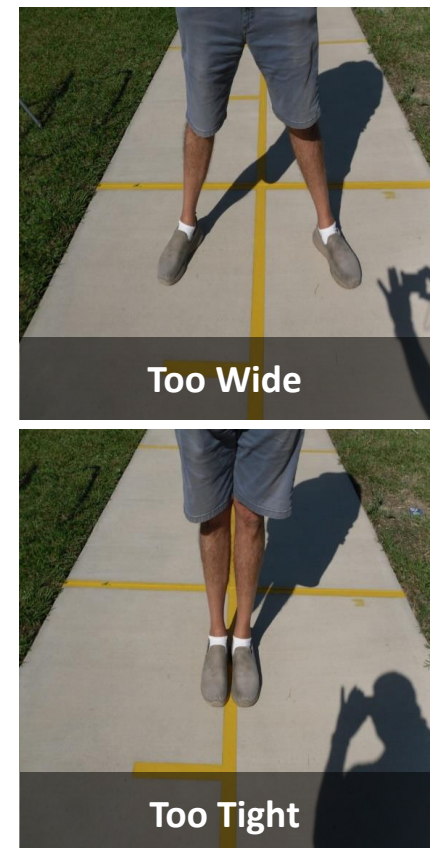
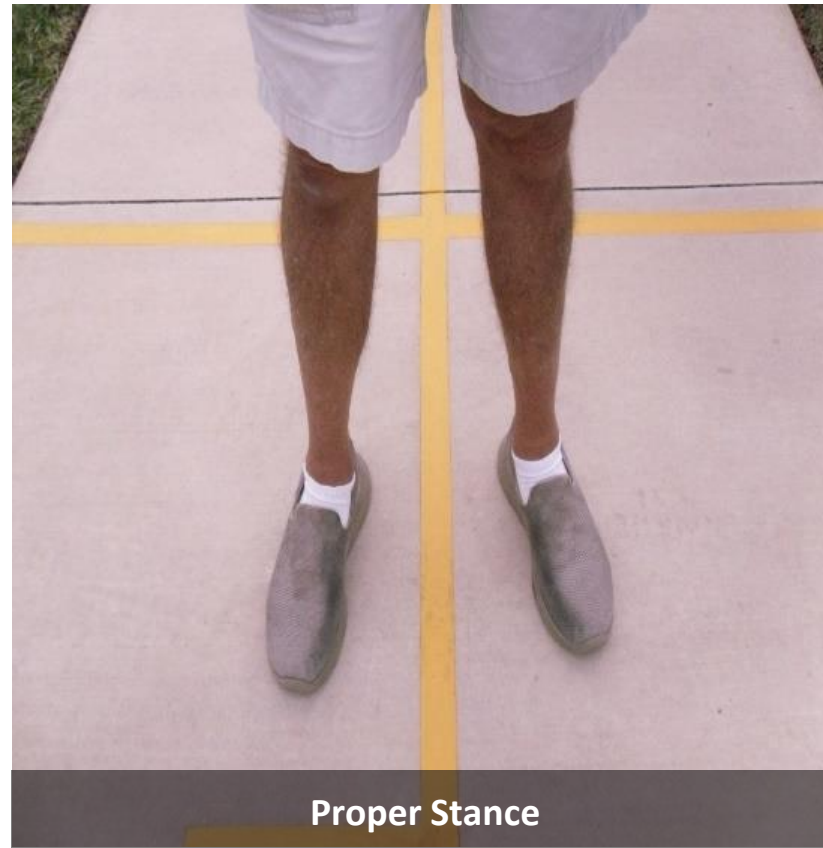
ARCHERY FUNDAMENTALS

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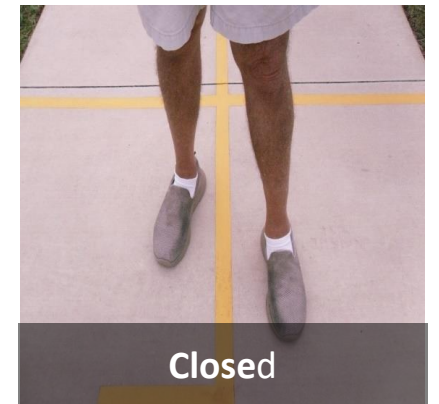
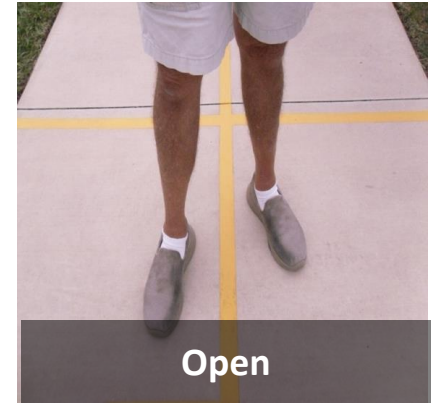
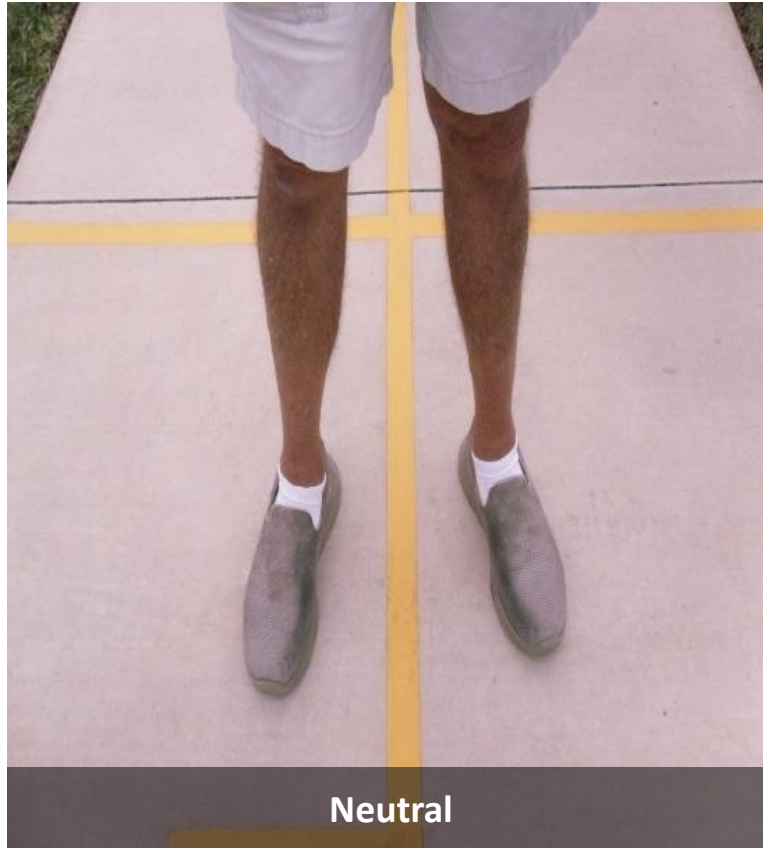
The way you position your arms, back, head and legs impacts how you shoot archery.

Improving your performance in the sport of Target Archery is all about “consistency”. Information in this presentation is not the only way of doing things. However, it is a “good starting point” and follows the path of instruction as developed by USA Archery’s National Training System (NTS). The purpose is to provide recommended shooting fundamentals to assist beginning archers in their success and enjoyment of the sport. Individuals may find the need to modify NTS recommended form to adapt to their own physical limitations and comfortable shooting style.

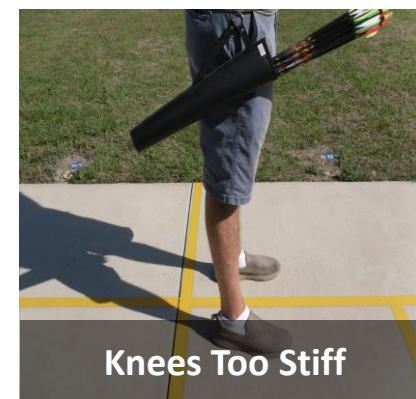
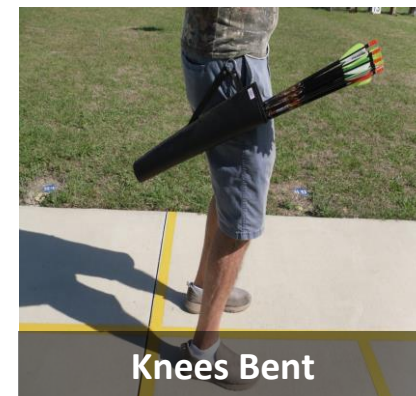
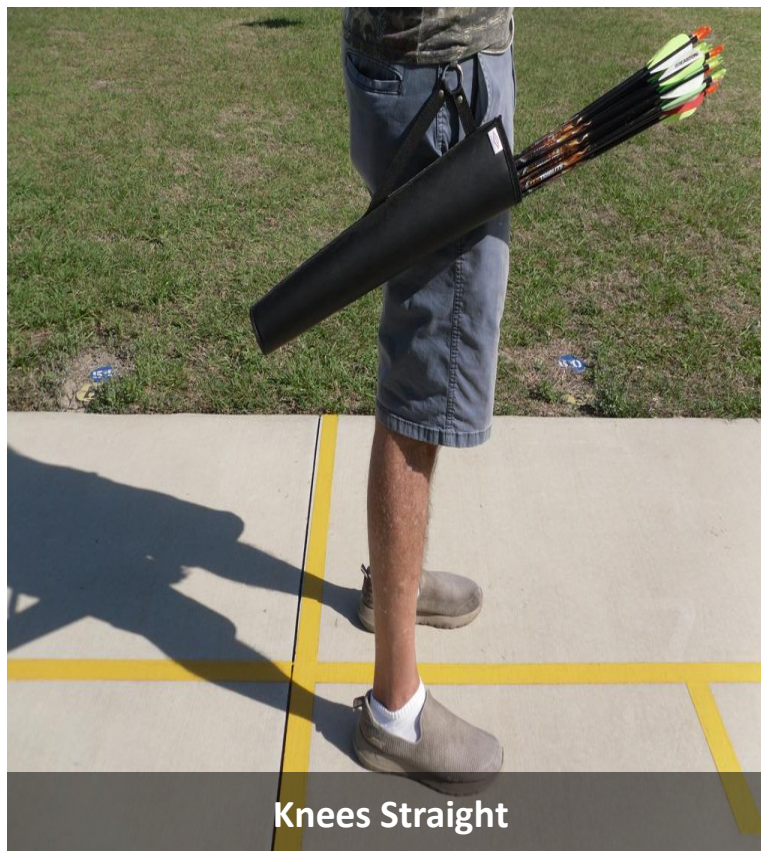
STANCE



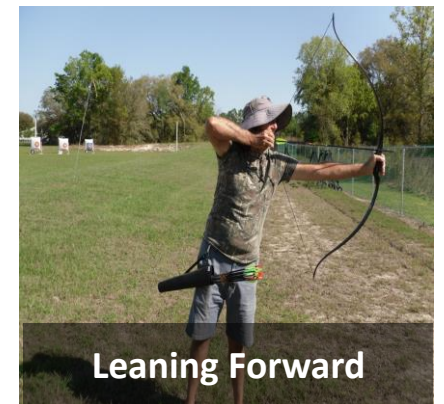
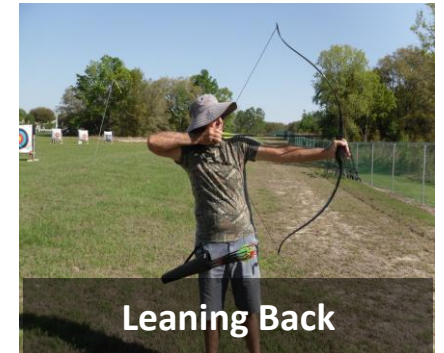
3 BASIC
RECOMMENDED
STANCES



BALANCED LEG ALIGNMENT



BACK ALIGNMENT



BACK ALIGNMENT



SHOULDERS



Bow Hand, Draw Hand
And Elbow Aligned



Bow Hand, Draw Hand and
Elbow Better Aligned



Bow Hand, Draw Hand and
Elbow Not Aligned

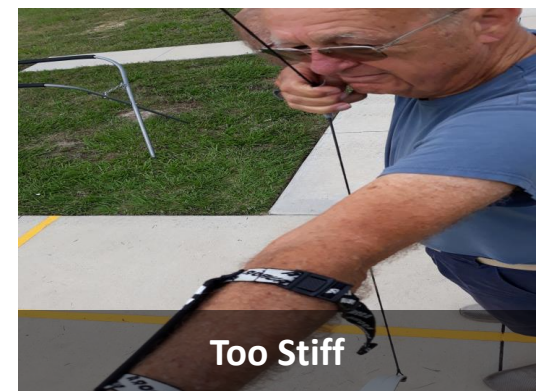
BOW ARM POSITION



Fully Extended



Bent Arm

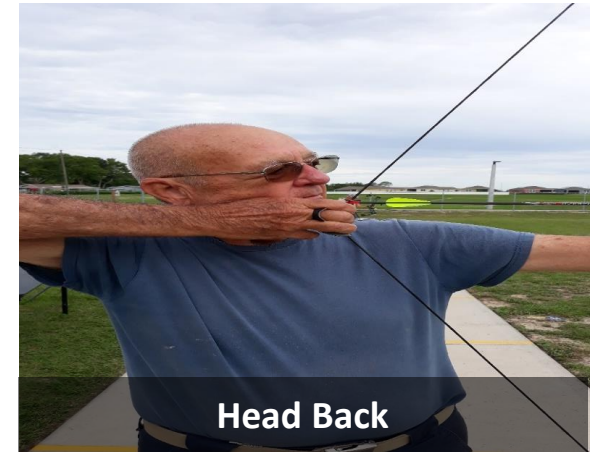


Too Stiff

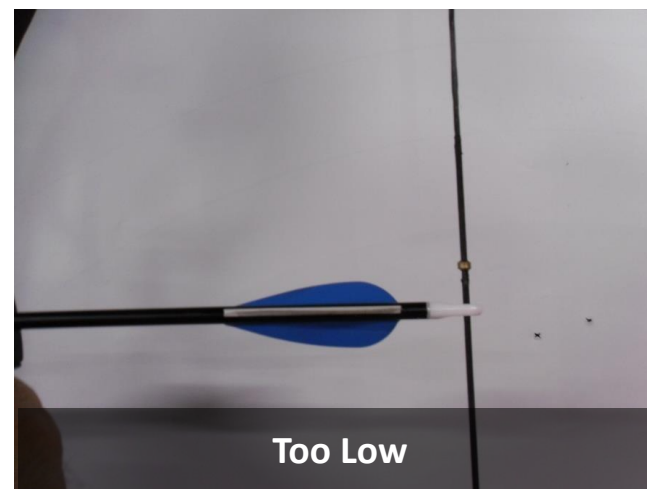
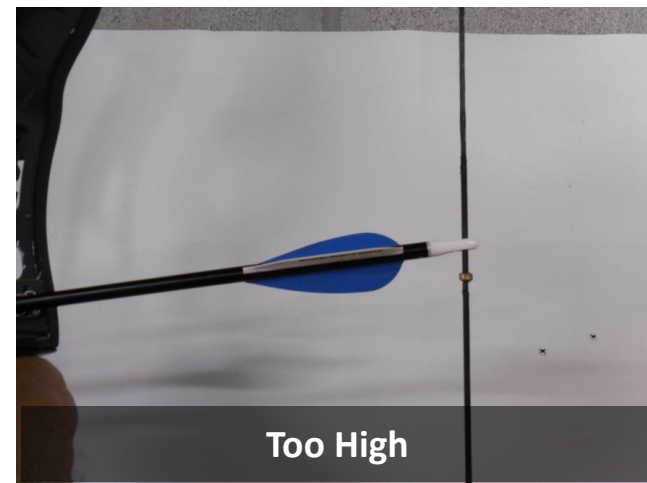
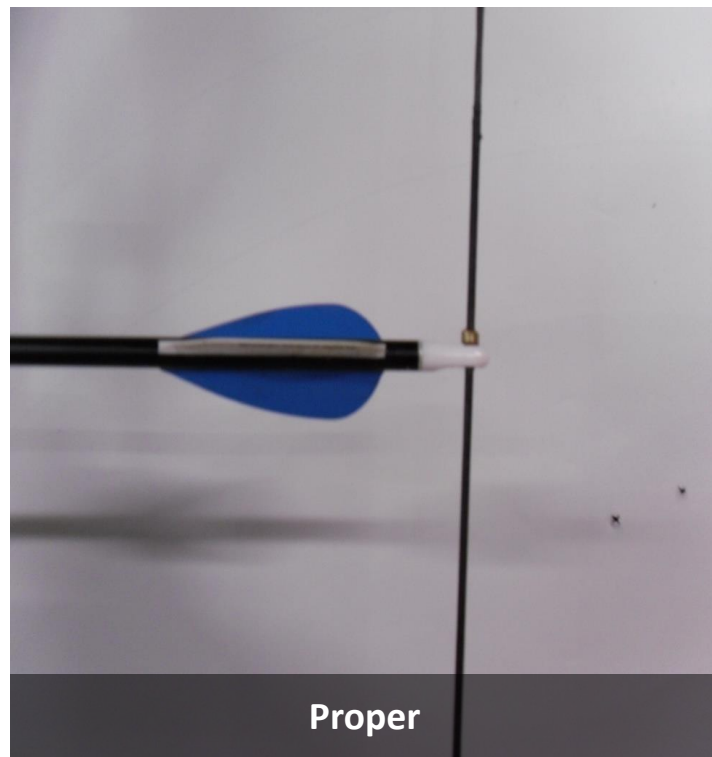
ELBOW POSITION



HEAD POSITION



PROPER NOCKING POINT



ARROW INDEXING

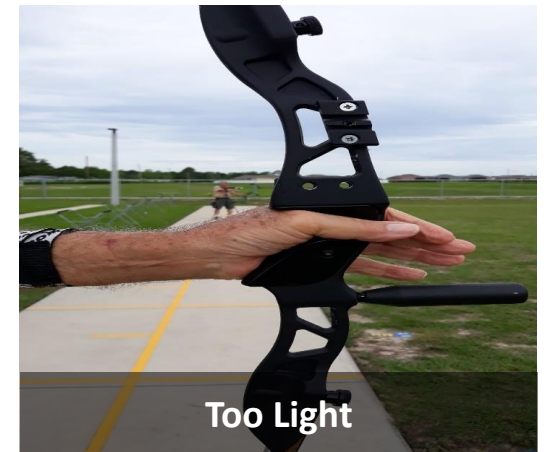


Proper – Index Vane Out

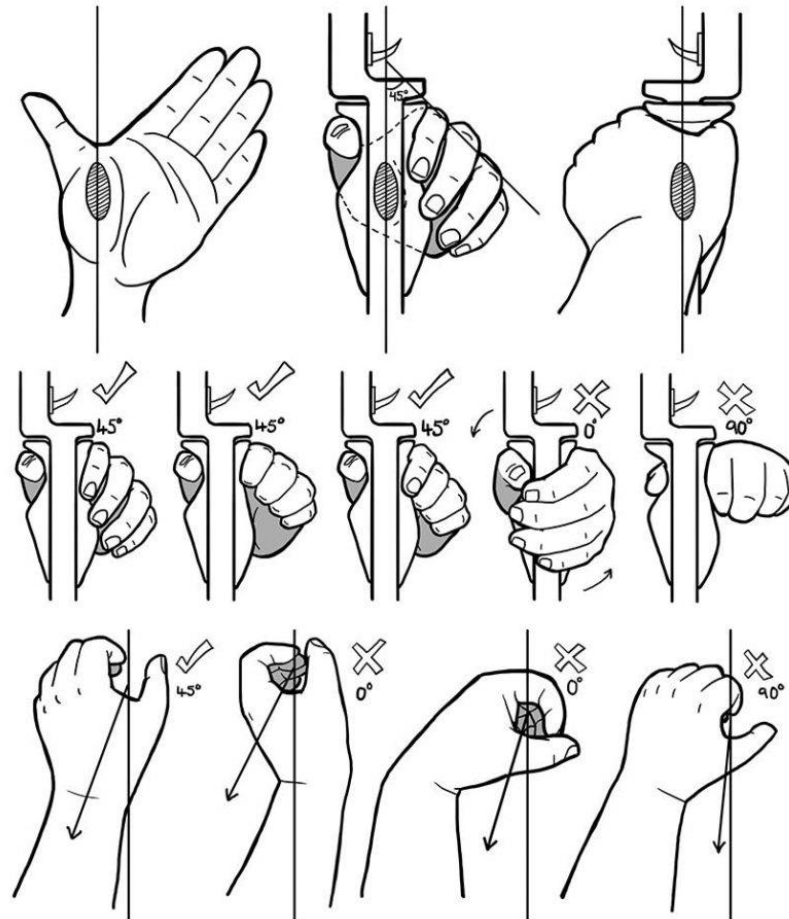


Wrong – Index Vane Turned In

GRIPPING THE BOW



BOW GRIP ILLUSTRATIONS



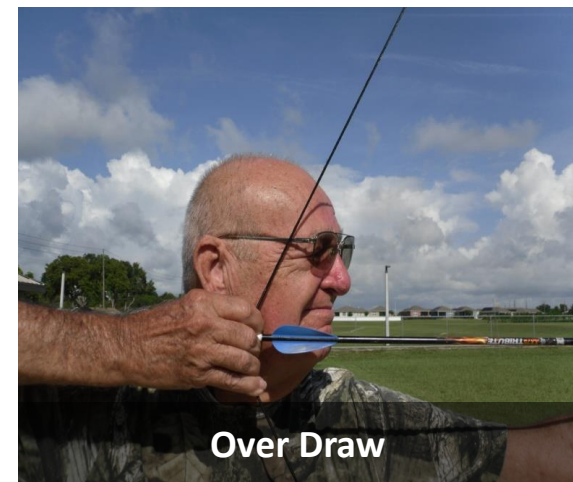
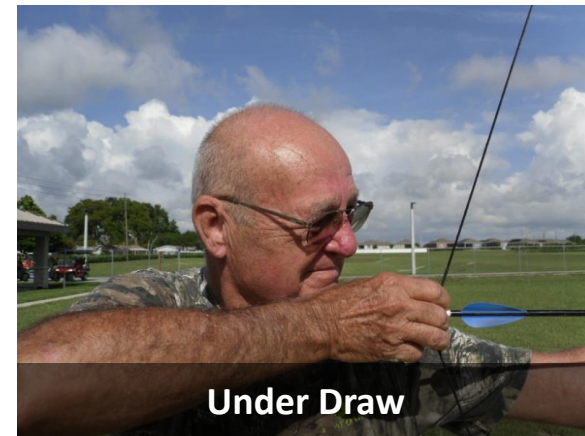
Illustrated by © Jessica Emmett - www.jessica-emmett.com
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HOOK



Patty to determine text

ANCHOR POSITION



ARCHERY TERMS

1. **SERVING**: a thin braided string wrapped around the main bow string to protect it from abrasion.
2. **NOCKING POINTS**: two string attachments creating a space between them on the string where you attach your arrow in a repeated and consistent manner. If a solitary nocking point is used it may be referred to as a nock locator.
3. **NOCK**: the small plastic clip at the back end of the arrow that attaches the arrow to the string is called the nock. To nock an arrow means attaching the arrow to the string.
4. **SHELF**: a flat surface in the cutout of your bow. Only longbows, Mongolian bows and some traditional bows don't have a shelf.
5. **ARROW REST**: is an attachment to rest the arrow upon and is above the shelf on recurve and beginner bows.

Need to determine if any additions, deletions, modifications?

THANKS TO THE OTOW ARCHERY CLUB
EDUCATION COMMITTEE FOR THEIR
DEDICATION TO HELPING NOVICE ARCHERS
IMPROVE THEIR ARCHERY SKILLS!

Mark D'Addario, Chairman

Phyllis Shaw

Patty Hoppe

Cammie Fairburn

Floyd Scott, Model

John Sumpter

Tom Roach

Barbara Scales

Bob Papirner

Where Do I go from Here?

- Go and Shoot !
- Take 'Compound' or 'Recurve' Series class!
- Seek out a Mentor!
- Shoot Some Arrows !

Ready to Shoot





ARCHERY CLUB

ARCHERY BASICS 101