



ARCHERY CLUB

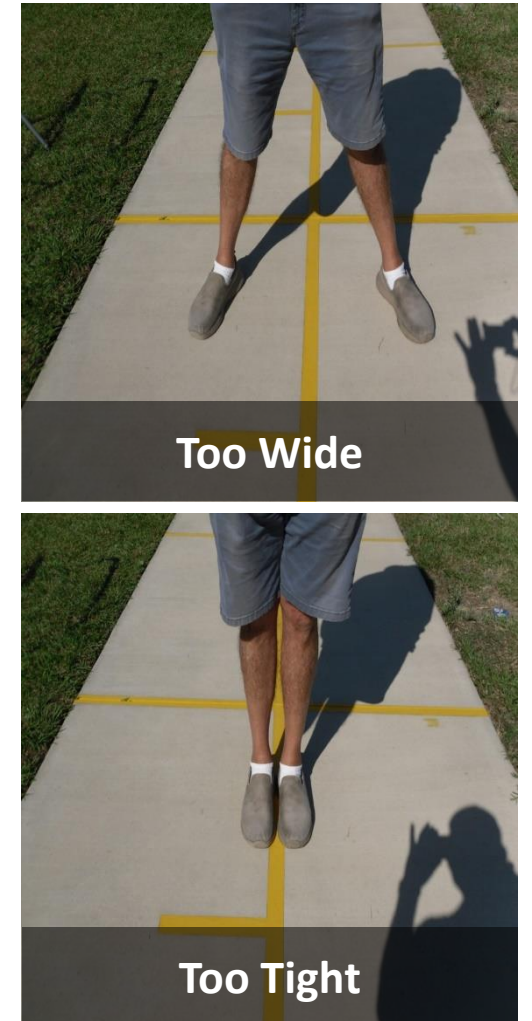
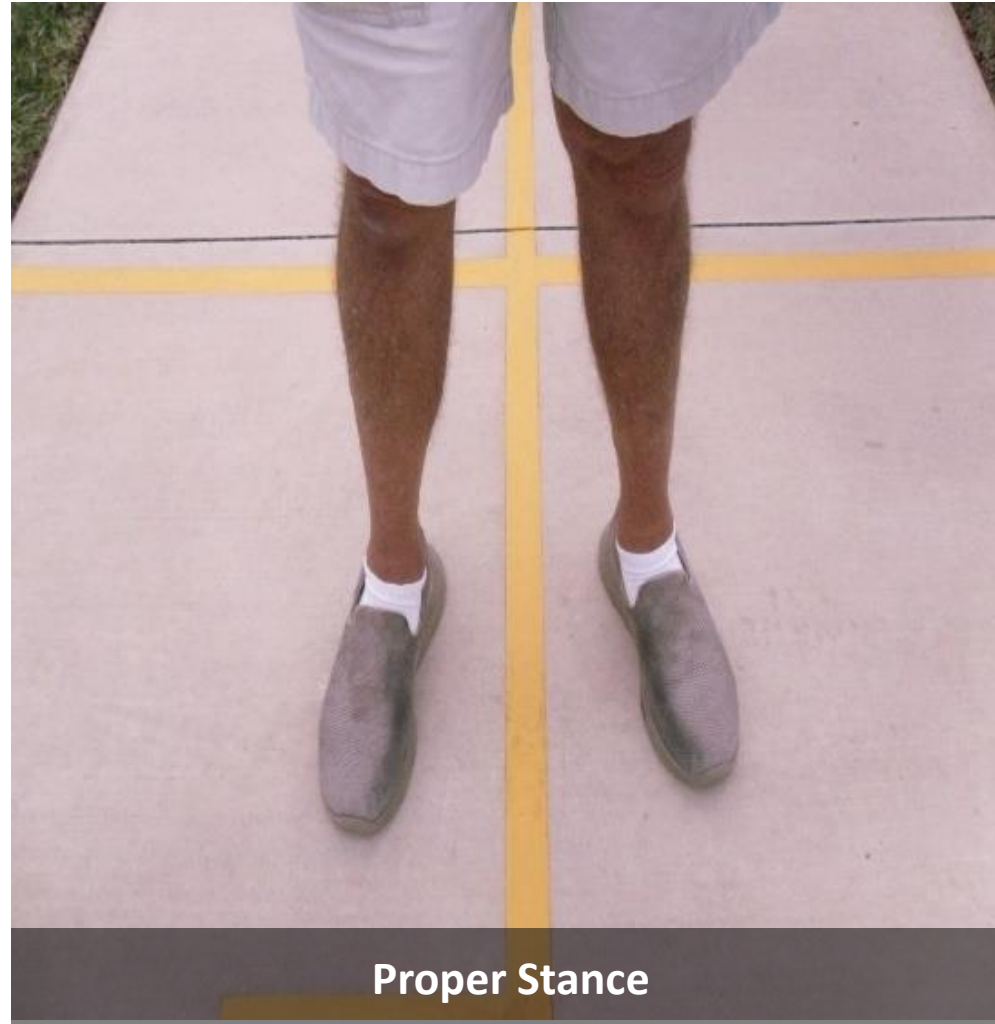
ARCHERY FUNDAMENTALS

ARCHERY FUNDAMENTALS

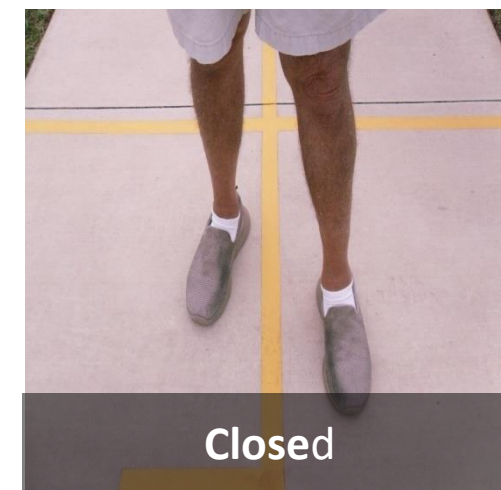
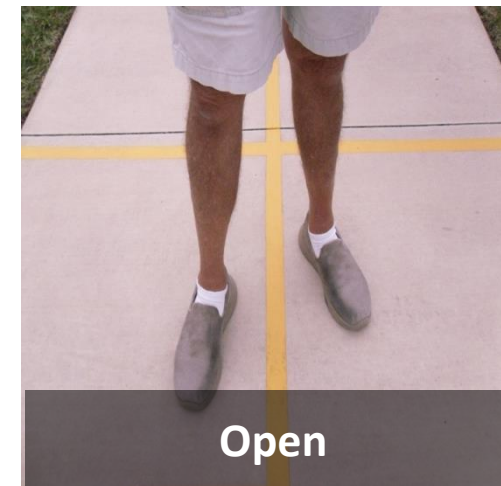
The way you position your arms, back, head and legs impacts how you shoot archery.

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.

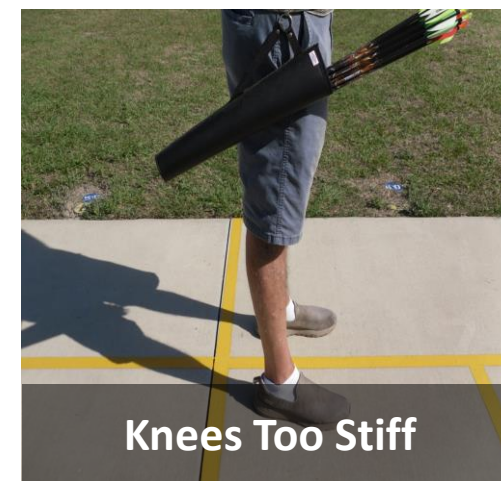
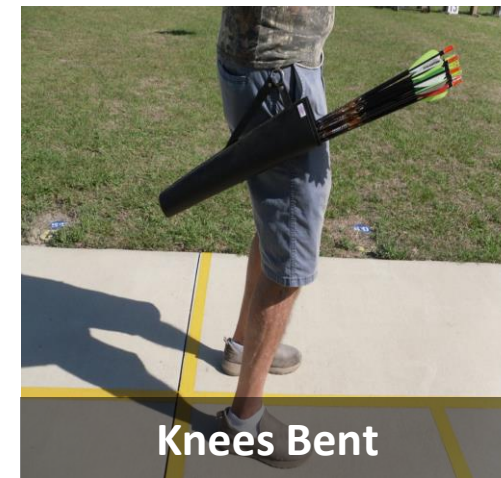
STANCE



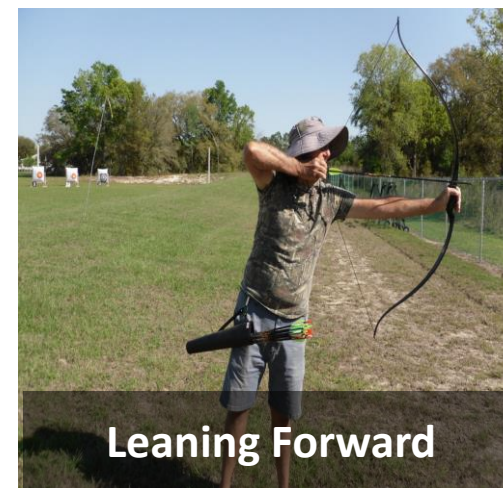
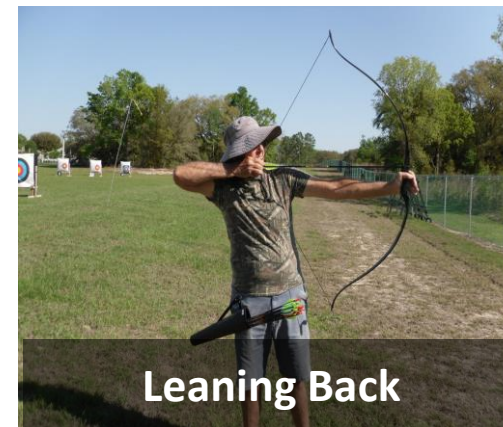
3 BASIC
RECOMMENDED
STANCES



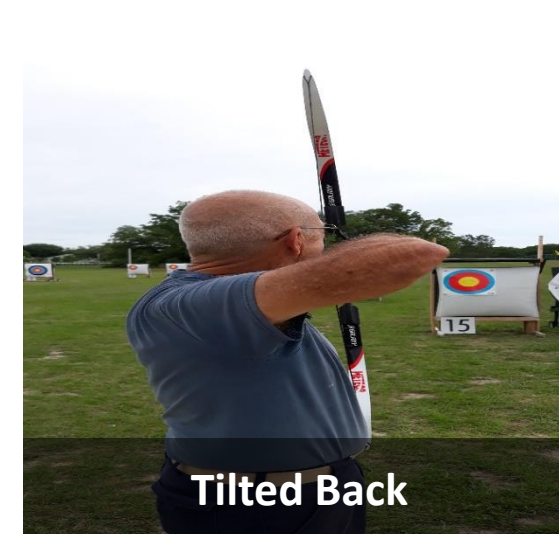
BALANCED LEG ALIGNMENT



BACK ALIGNMENT



BACK ALIGNMENT



SHOULDERS



**Bow Hand, Draw Hand
And Elbow Aligned**

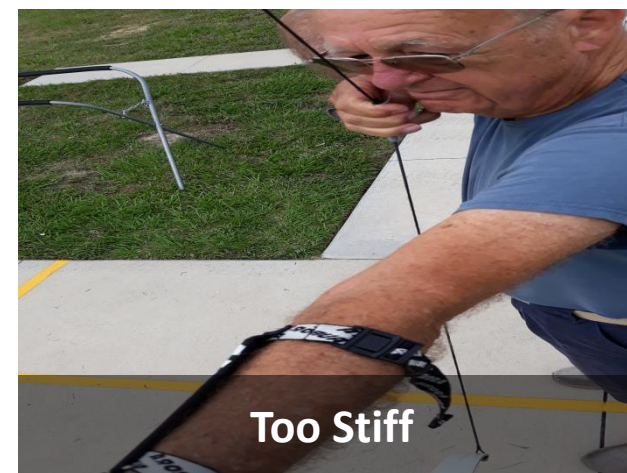


**Bow Hand, Draw Hand and
Elbow Better Aligned**

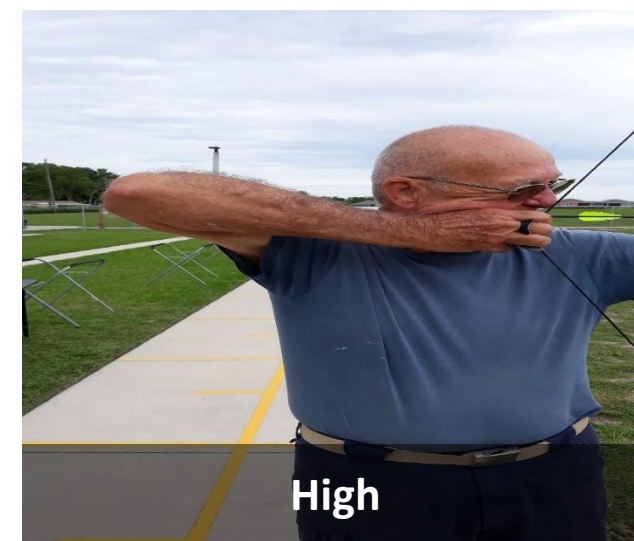


**Bow Hand, Draw Hand and
Elbow Not Aligned**

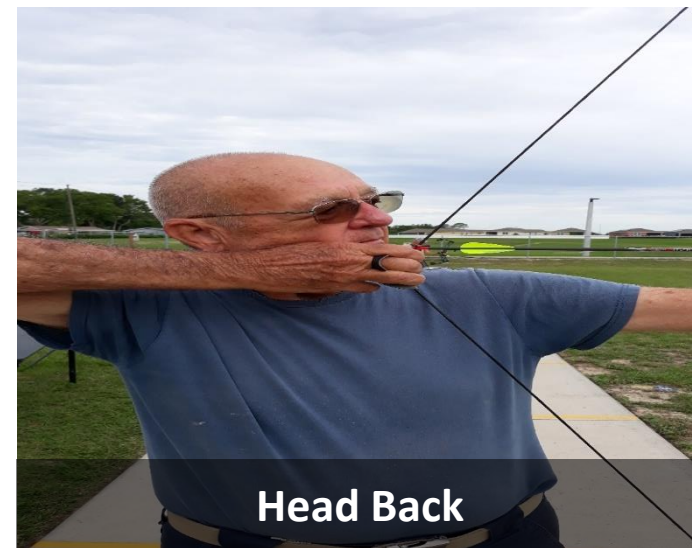
BOW ARM POSITION



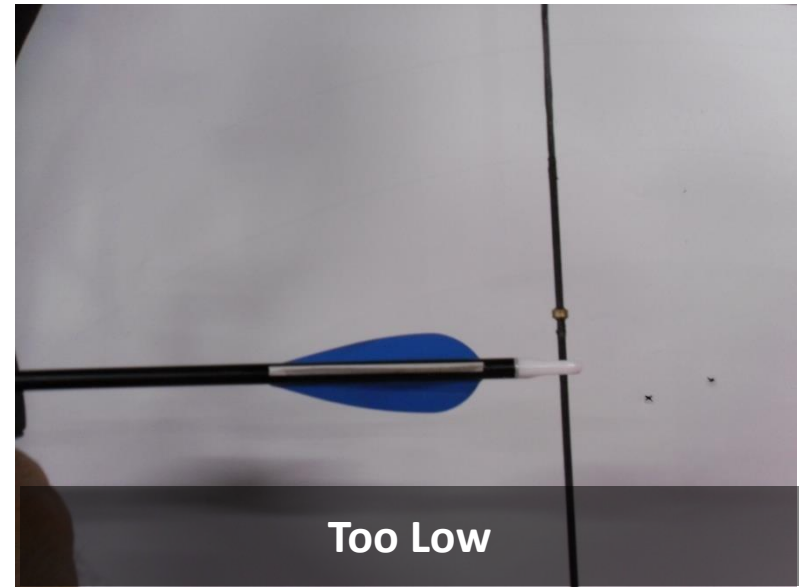
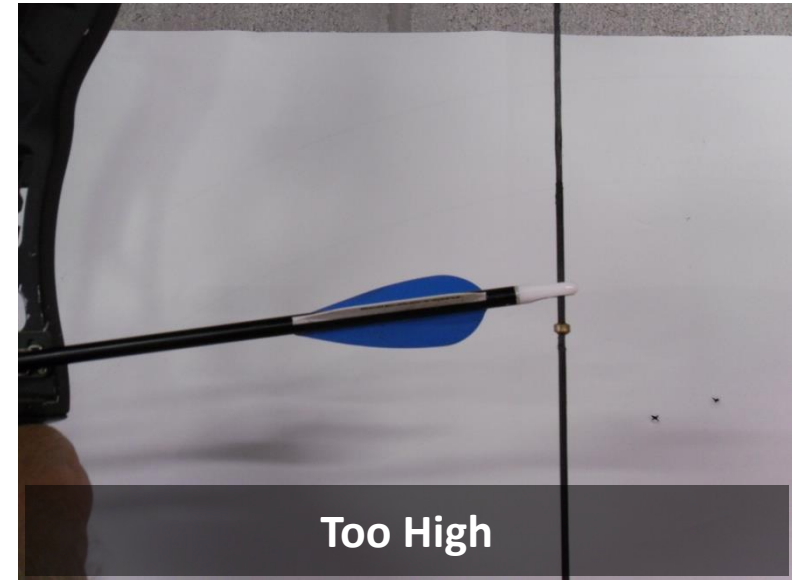
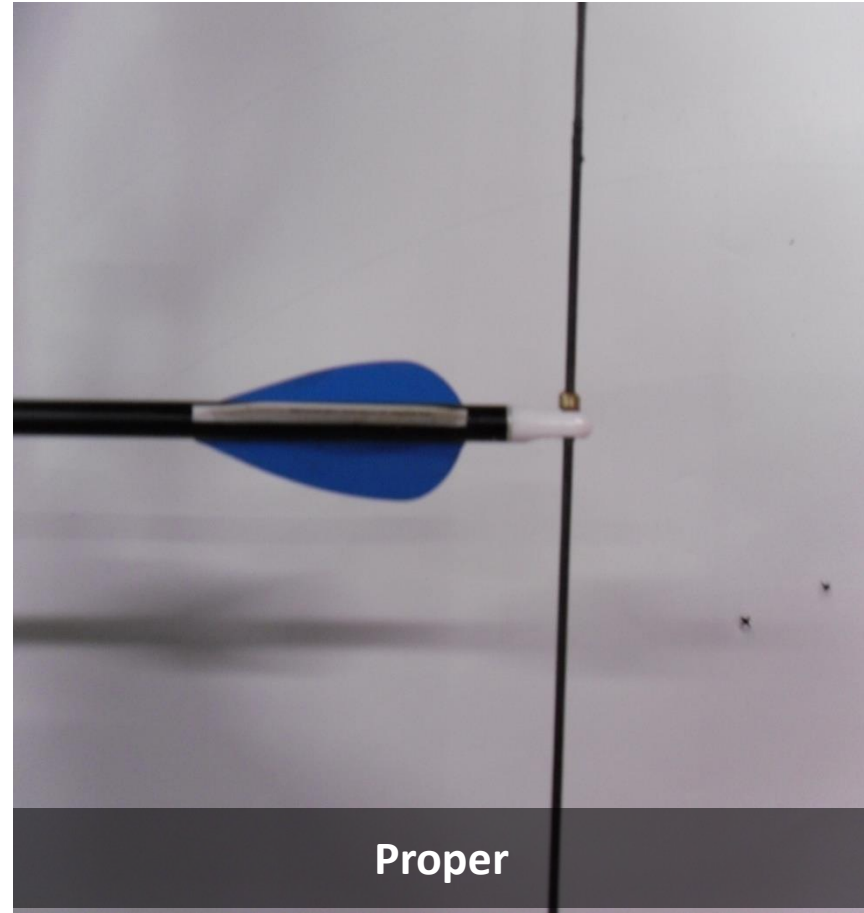
ELBOW POSITION



HEAD POSITION



PROPER NOCKING POINT



ARROW INDEXING

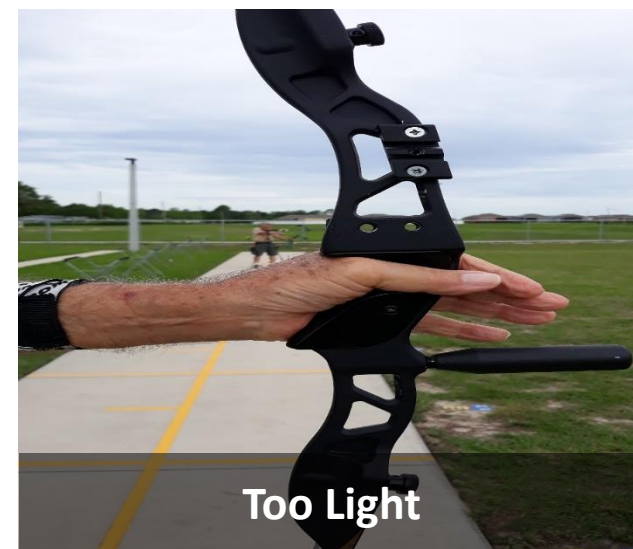
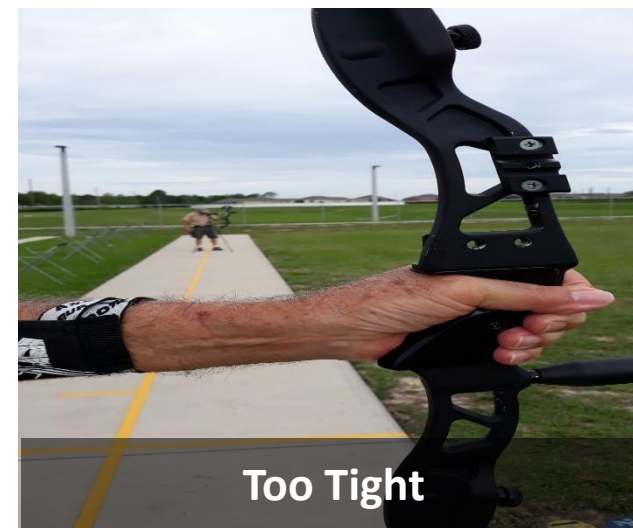


Proper – Index Vane Out

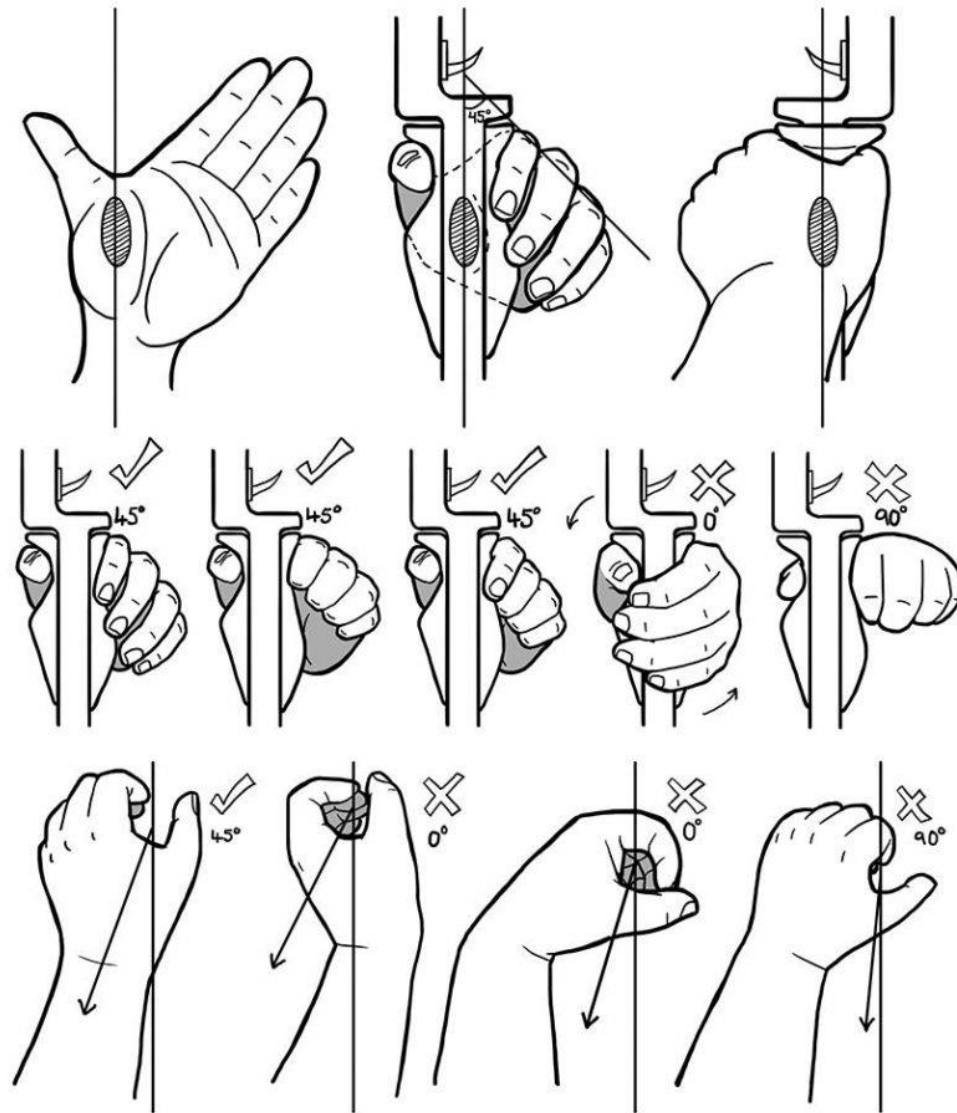


Wrong – Index Vane Turned In

GRIPPING THE BOW



BOW GRIP ILLUSTRATIONS

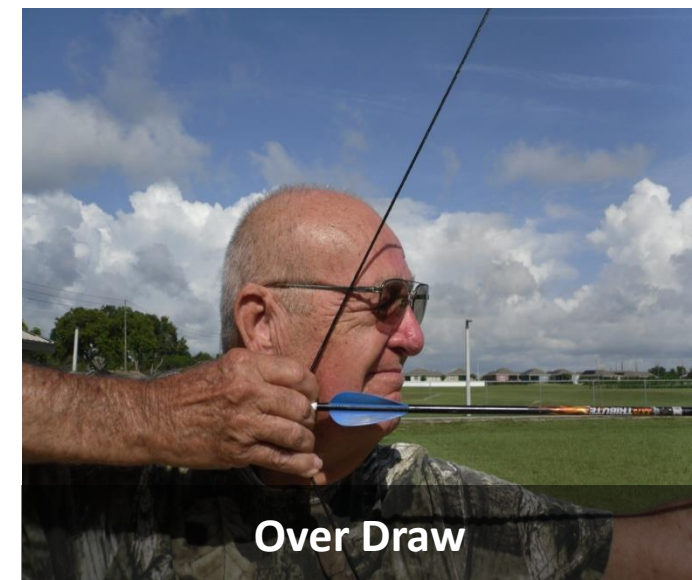
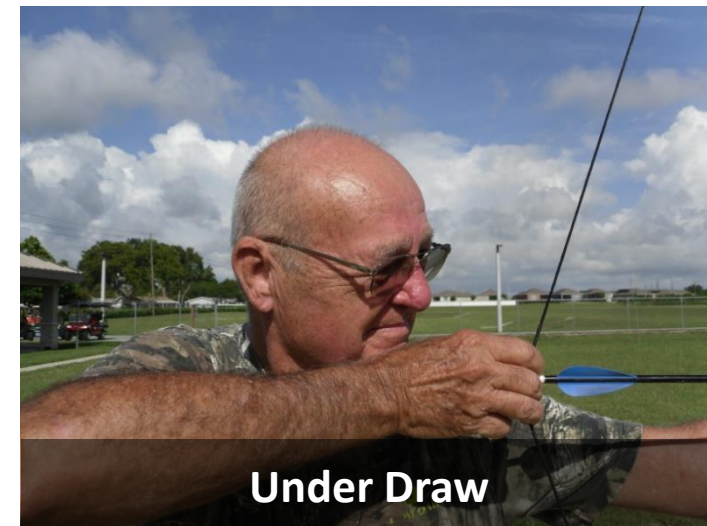


HOOK



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

Cammié Fairburn

Floyd Scott, Model

John Sumpter

Tom Roach

Barbara Scales

Bob Papirner



ARCHERY CLUB

ARCHERY FUNDAMENTALS