

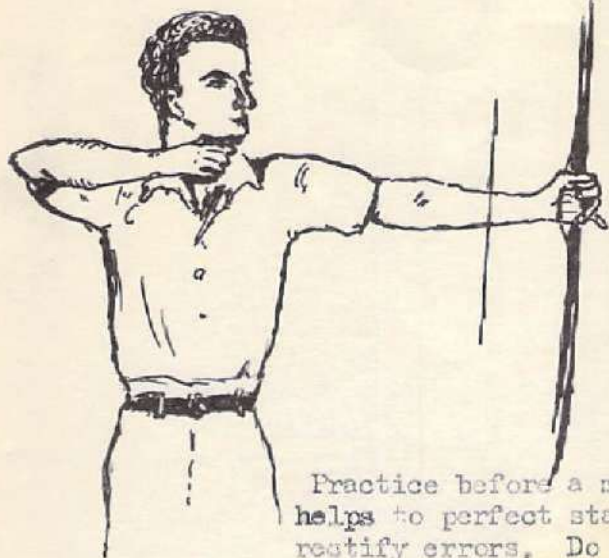


**THE  
VICTORIA  
BOWMEN**

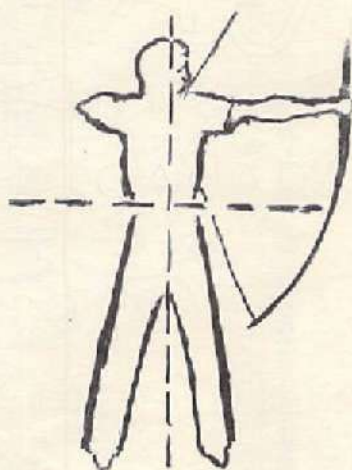
VICTORIA, B.C.

Having recognized that visual aids assist the majority in learning, this booklet has been printed for that purpose.

It merely covers the fundamentals of Archery, but if the beginner absorbs these simple principals, he will have surmounted the greater obstacles in becoming a good archer.

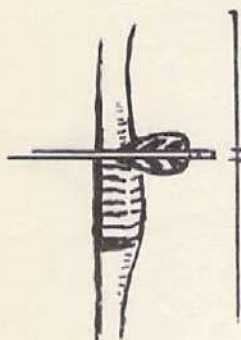


Practice before a mirror helps to perfect stance and rectify errors. Do not draw bow, while doing this.



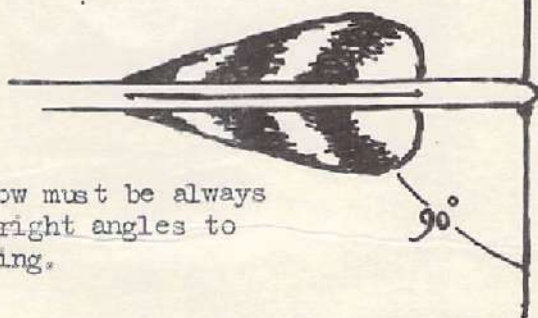
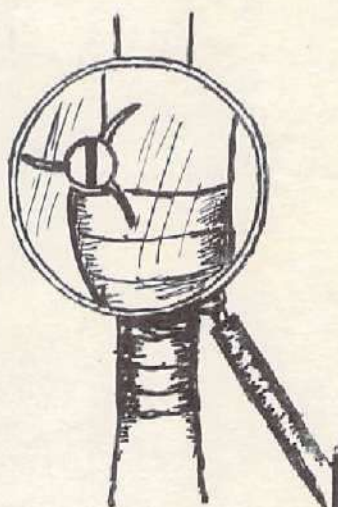
Always place feet at right angles to the target, and having taken this position, never move them.

Your body must be straight and erect when shooting.



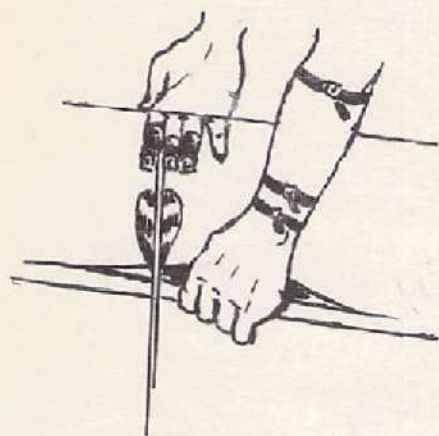
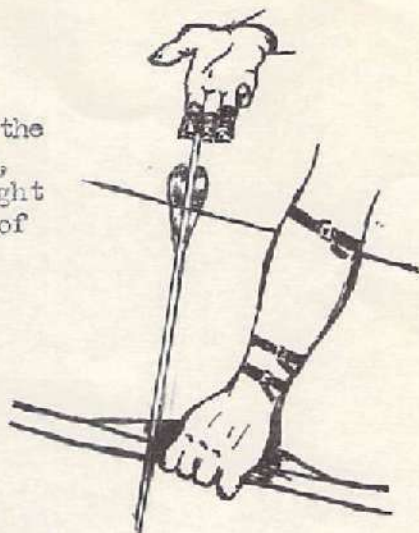
The arrow rests on a shelf on the left side of the bow (Provided you are right handed).

Always ensure that the cock feather is at right angles to the nock, and away from the bow.



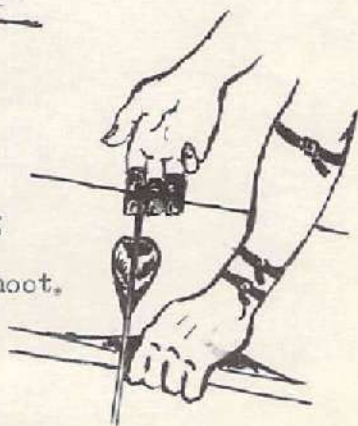
The arrow must be always set at right angles to the string.

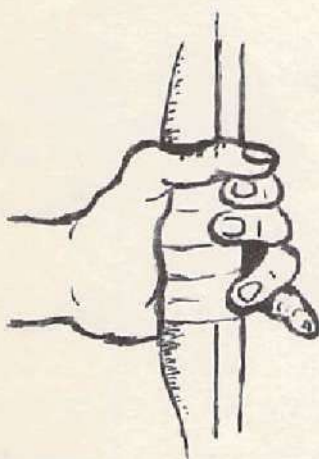
Grip the arrow between the first and second finger, lower it between the right of the string and left of the bow.



Resting the thumb on the string as a guide raise the arrow to the nocking point.

When the arrow is set to the string at the nocking point, hold the fingers in a position ready to shoot.

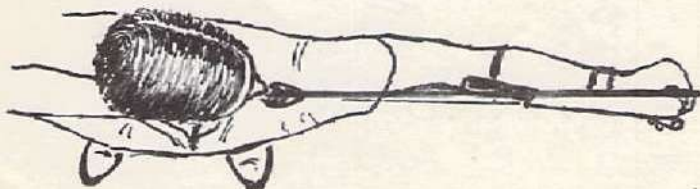




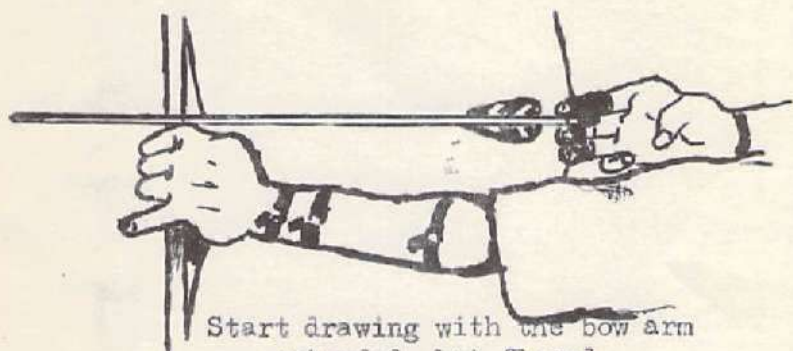
Never grip your bow firmly.  
Hold it with a relaxed hand  
and you will obtain better  
results.



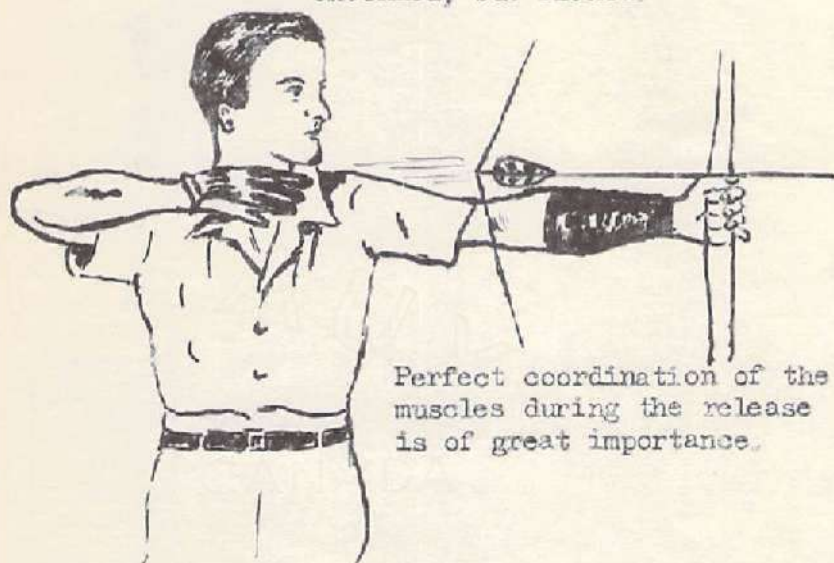
When target shooting,  
always hold the bow  
perpendicular.



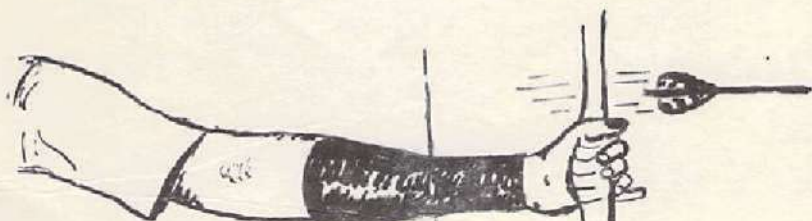
Flex the bow arm at the elbow.  
This will prevent a slap from the string.



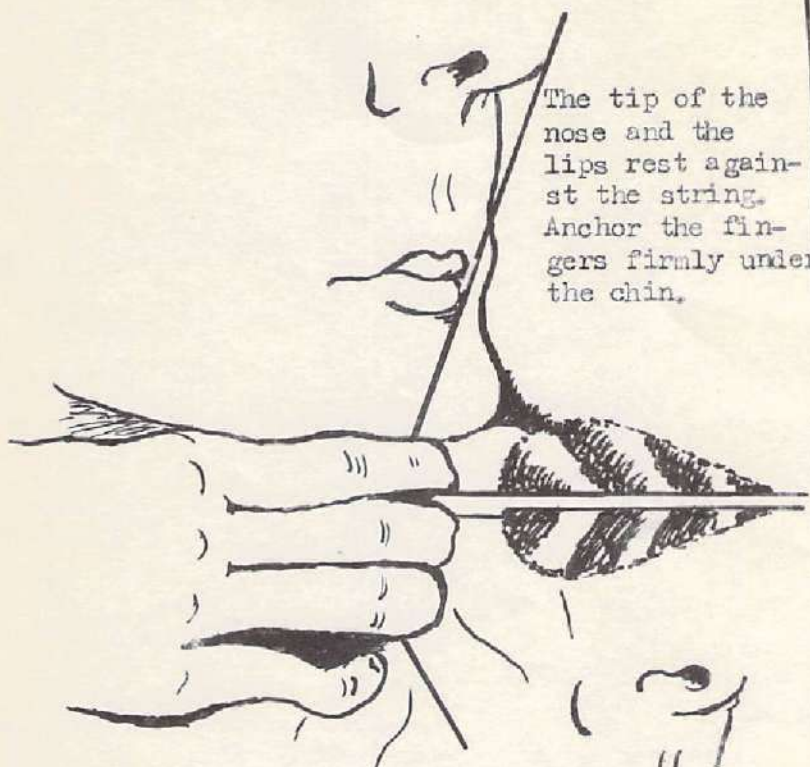
Start drawing with the bow arm extended, but flexed.



Perfect coordination of the muscles during the release is of great importance.

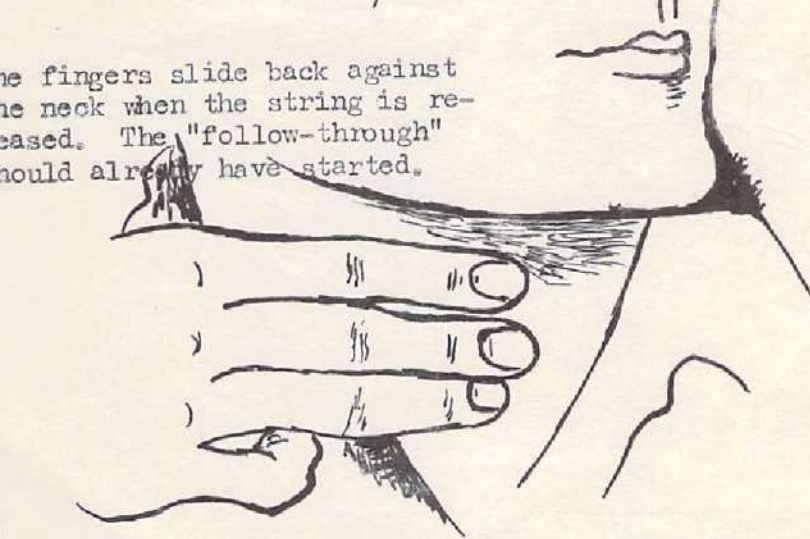


The bow hand must retain its position and remain relaxed up to the "follow-through"



The tip of the nose and the lips rest against the string. Anchor the fingers firmly under the chin.

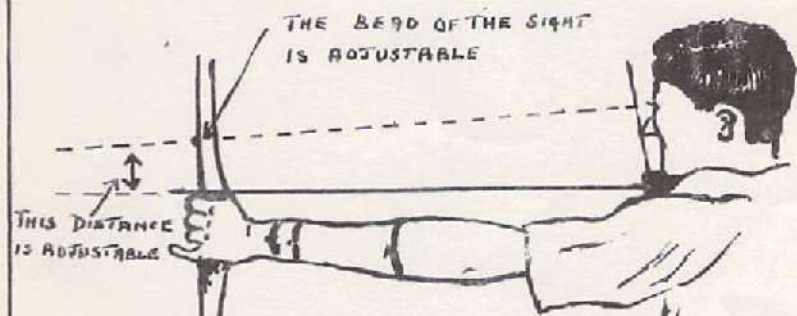
This diagram shows a hand holding a string taut against a person's face. The string is held between the lips and the tip of the nose. The fingers are positioned under the chin to anchor the string. The string is shown as a thin line extending from the hand to the face.



The fingers slide back against the neck when the string is released. The "follow-through" should already have started.

This diagram shows the hand and string in a different position. The fingers are now sliding back against the neck, and the string is being released. The face is shown in profile, looking towards the right. The string is now a thicker, shaded area, indicating it has been released and is moving through the air.



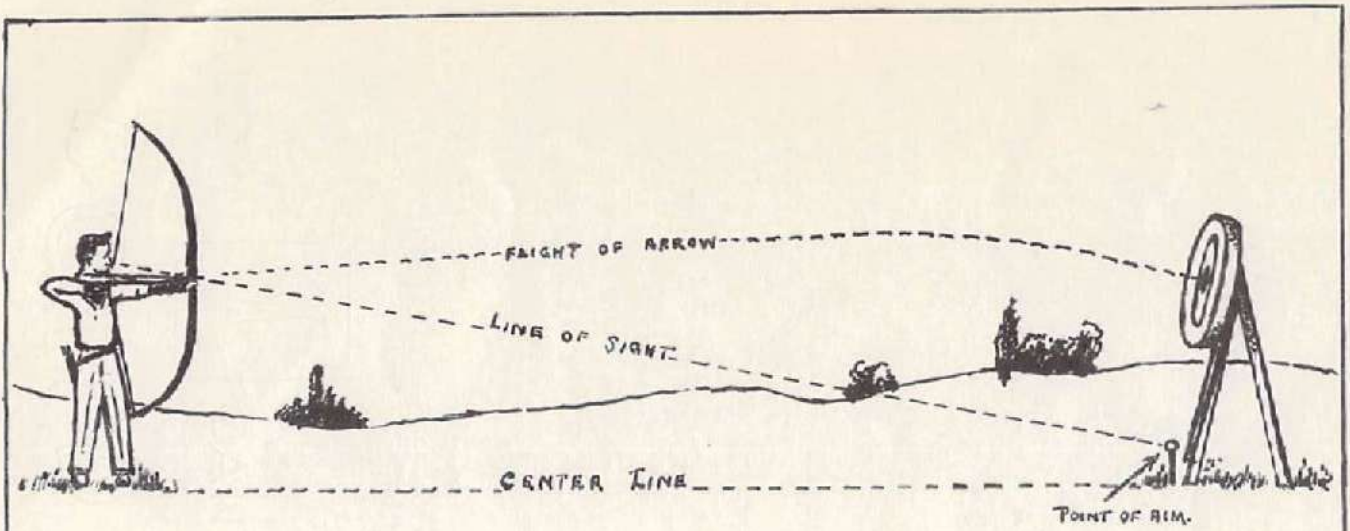


A metal sight is now used for the modern method of aiming at target practice.

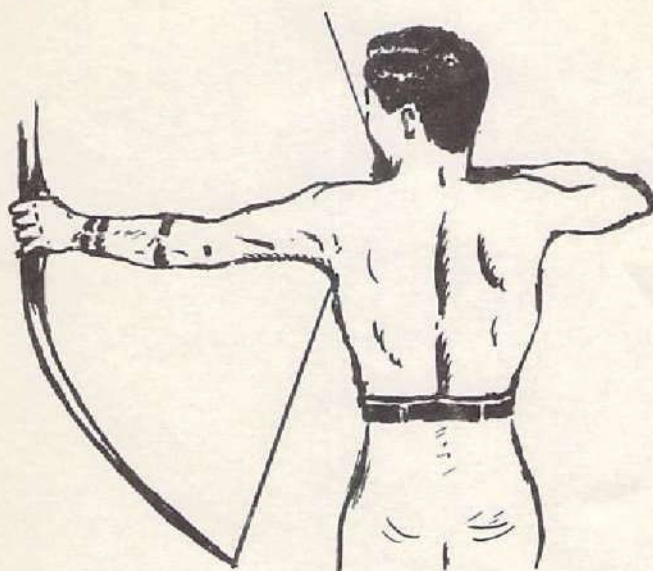
The distance between the eye and the anchor point never varies.



The bead of the sight is lined up with the centre of the target. This is the equivalent of the fore sight of a rifle.



The point of aim method of sighting is still used by some leading archers, but the placing of a metal sight on the front of the bow is favoured by the majority.



Archery is a definite aid to physical development and improves posture; it also helps to correct round shoulders. Every time the bow is drawn, is the equivalent of using a spring chest developer.



While the stomach muscles contract, drawing in the waistline; the chest expands.

## ARCHERY TERMS AND THEIR MEANINGS

The following terms and definitions are a few of the common ones used in archery. Many are of ancient origin, but are still used today.

**ANCHOR POINT** - A particular place on the face to which the shooting hand is brought at full draw.

**ARM GUARD** - A shield worn on the forearm of the bow arm for protection against the bowstring. It is also called a bracer.

**ARROW NOCK** - The notch, or groove, cut in the rear end of the arrow into which the string fits. The term is also applied to the plastic or metal pieces attached to the ends of many arrows.

**ARROW FLATE** - The section of the bow just above the grip, which the arrow passes as it leaves the bow.

**ARROW POINT** - The tapering or striking end of an arrow. It also refers to the metal piece affixed to the forward end of an arrow shaft.

**ARROW REST** - Either the shelf formed by the top of the bow hand as it grasps the bow, or a shelf built onto the side of the bow.

**ARROW WEIGHT** - The avoirdupois weight of an arrow. It is usually measured in grains, of which there are 438 in an ounce.

**BACKED BOW** - A bow of any wood that has another type of wood or material glued to the back surface.

**BACK OF THE BOW** - The surface away from the string; the surface which faces the target.

- BALANCE ON ARROW - Usually refers to the weight distribution of an arrow. A footed arrow balances at a point farther forward than a self arrow.
- BEAD SIGHT - A device to guide the eye in aiming, consisting of a sighting point extending from the bow which is lined up with the target.
- BELLY OF THE BOW - The inside surface of the bow limb.
- BOW ACTION - The movement of the limbs of the bow when shot. Referred to as rough action, or smooth action.
- BOW ARM - The arm of the hand which holds the bow. This is the left arm for right-handed persons.
- BOW GRIP - The part of the bow held in the bow hand.
- BOW HAND - The hand which holds the bow. This is the left hand for right-handed persons.
- BOW LIMBS - The upper and lower portions of a bow.
- BOW NOCK - The grooves cut in the ends of the bow, at the sides, which hold the bowstring in place.
- BOW SIGHT - An adjustable device attached to the bow for aiming.
- BOWSTRING - The string of a bow usually made from linen thread and impregnated with a cohesive material such as wax or latex. The upper end of the string has a loop; the lower end may either have a loop or be tied with a timber hitch knot.
- BOW WEIGHT - The "pull" or power required to bend a bow to the full extent of the length of the arrow; measured in pounds.
- BRACED BOW - A bow strung and ready for shooting. Sometimes referred to as a strung bow.

- BRACING THE ARROW** - The act of stringing the bow preparatory to shooting.
- BULLET POINT** - An arrow point shaped like a bullet.
- CANTING THE BOW** - Tilting the bow out of perpendicular position.
- COCK FEATHER** - The feather that is fletched at right angles to the arrow nock and usually is a different colour than the other two feathers.
- CREST** - The painted design on the arrow used for identification.
- DRAWING** - The act of pulling back the bowstring.
- ELEVATION** - Perpendicular adjustment.
- FLETCH** - To feather an arrow. The feathers on an arrow are known as the fletches.
- FOOTED SHAFT** - A shaft consisting of a forward section of one type of wood into which is spliced a section of another type of wood. The footing is a heavier and stronger wood than the rest of the shaft.
- HEN FEATHERS** - The two feathers on the arrow that pass on the side toward the bow when being shot.
- INSTINCTIVE AIMING** - Shooting without a point of aim or bow sight. Usually employed in hunting and roving.
- LAMINATED BOW** - A bow consisting of layers of materials glued together.
- LATERAL ADJUSTMENT** - In sighting, correction for the deflection of the arrow during the course of flight due either to wind or mechanical causes.

NOCK - See Arrow Nock; Bow Nock.

NOCKING POINT - The place on the bowstring where the nock of the arrow is fitted to the string.

NOCKING THE ARROW - The act of fitting the arrow to the bowstring. The arrow is nocked on the bowstring at the nocking point.

PARALLEL PILE - A type of arrow point commonly used for target shooting, the sides of which are parallel.

POINT OF AIM - A round, disc like object which is placed on the ground between the archer and the target for aiming. Aiming with such an object is referred to as "the point of aim system of aiming".

RELEASE - The act of discharging the arrow.

ROVING - A semicompetitive hunting type of shooting. Usually conducted on specially laidout roving courses where targets are set at various distances.

SELF BOW - A bow made of a single piece of wood.

SELF SHAFT - An arrow shaft made from a single piece of wood.

SERVING - The material wrapped around the bowstring near the nocking point to protect it from chafing.

SHAFT - The smooth, slender stem of an arrow.

SHELF - The upper portion of the hand, as it grasps the bow, on which the arrow rests when shooting.

SHOOTING GLOVE - A specially designed leather protection for the three fingers which pull back the bow string. It usually has three finger stalls attached to a backing that extends to and fastens at the wrist.

**SHOOTING HAND** - The hand which pulls back the bowstring and the arrow. This is the right hand for right-handed persons.

**SHOOTING TAB** - A leather protection device for the three shooting fingers. It usually is a flat piece of leather shaped to allow the arrow to be held between the index and second finger, while laying flat on the inside surface of the fingers between the string and the fingers.

**SIGHT SHOOTING** - Target or hunting shooting with a bow sight attached to the bow.

**SPINE AND WEIGHT MATCHED** - A set of shafts having the same spine and weight rating.

**SPINE MATCHED** - A set of shafts having the same stiffness rating.

**SPINE OF ARROW** - The stiffness rating of an arrow shaft. It is usually measured by suspending a 2-lb. weight in the center of a shaft resting between 26-in. centers and measuring the deflection in hundredths of an inch.

**SPLICED BILLETS** - Bow staves made up of two sections of wood spliced together in the grip section.

**STANCE** - The archer's posture assumed when shooting the bow.

**TARGET FACE** - A cloth or paper covering for the target mat, usually painted or printed with five circles of equal width in standard archery colors of gold, red, blue, black and white.

**TARGET STAND** - A tripod of softwood from which the target is suspended by a rope. The three legs are usually 6 ft. long.



TARGET MAT OR (TARGET BUTT) - A tightly pressed circular mat of straw, sewed securely with strong cord to preserve its shape and retain the compactness of the straw, and covered with a target face.

TRAJECTORY - As applied to archery, the course of travel of an arrow, described by the arrow flying from the bow to the target.

WEIGHT - See Bow Weight; Arrow Weight.

#### SUGGESTED READING

"THE NEW ARCHERY - Hobby - Sport - Craft"  
by Paul H. Gor

"MODERN ARCHERY" - by Arthur W. Lambert Jr.

"HUNTING WITH BOW AND ARROW"  
by Dr. Saxton Pope

These and other books may be obtained from your local PUBLIC LIBRARY