

Primitive Hunting Equipment

Archery Fundamentals

Objectives

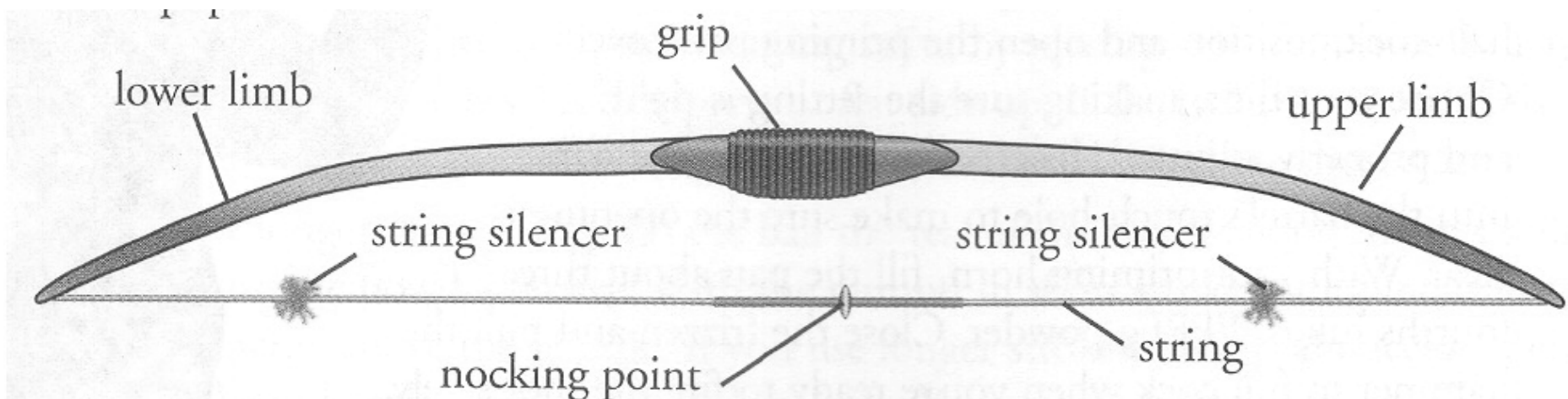
- Common bow types and their basic parts
- Basic parts of an arrow and its usage
- Safe practices for archers
- Responsible shooter
- Good shooting form

Know Your Bow and Arrow

- Modern bows can shoot arrows more than 200 yards, at speeds of more than 135 miles per hour
- Any bow can be dangerous at any range and should be handled responsibly
- The bow is a short-range hunting tool
- Shots are usually limited to 40 yards or less; and at this range, the arrow penetrates and can even pass through an animal
- Most shots are taken at 20 yards or less

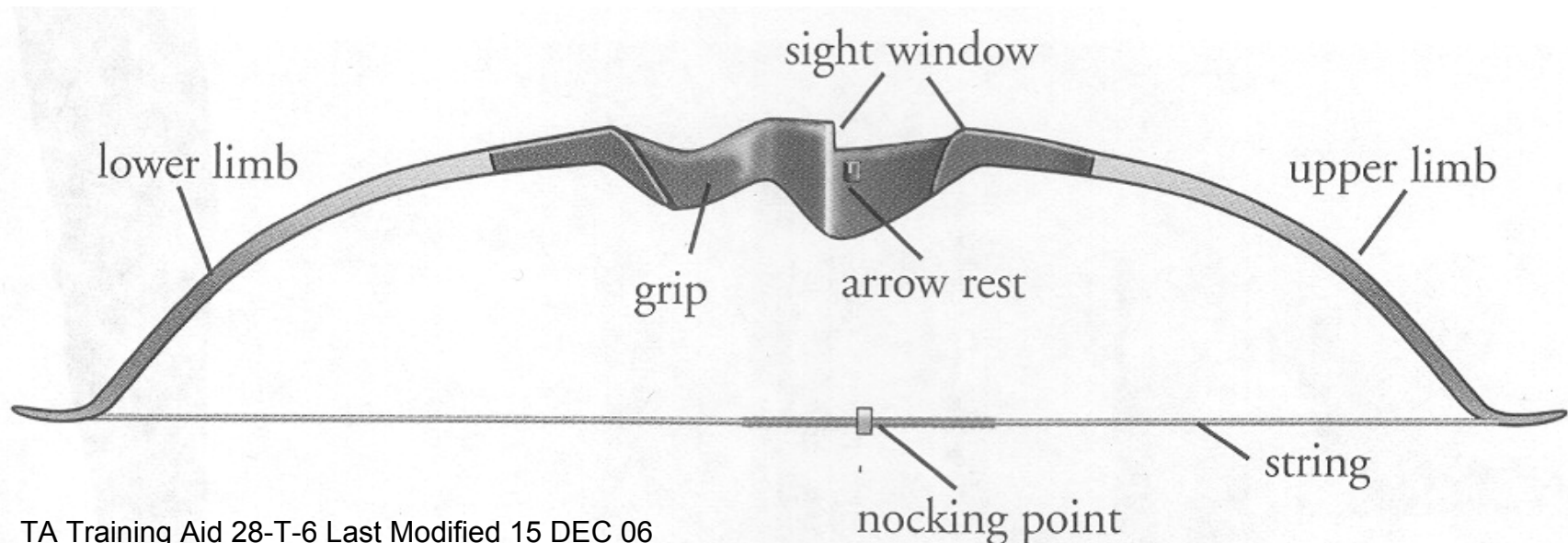
Longbow (Stick Bow)

- The “Traditional” bow, which has straight limbs that forms an arc when strung
- used by those interested in traditional shooting with little additional equipment



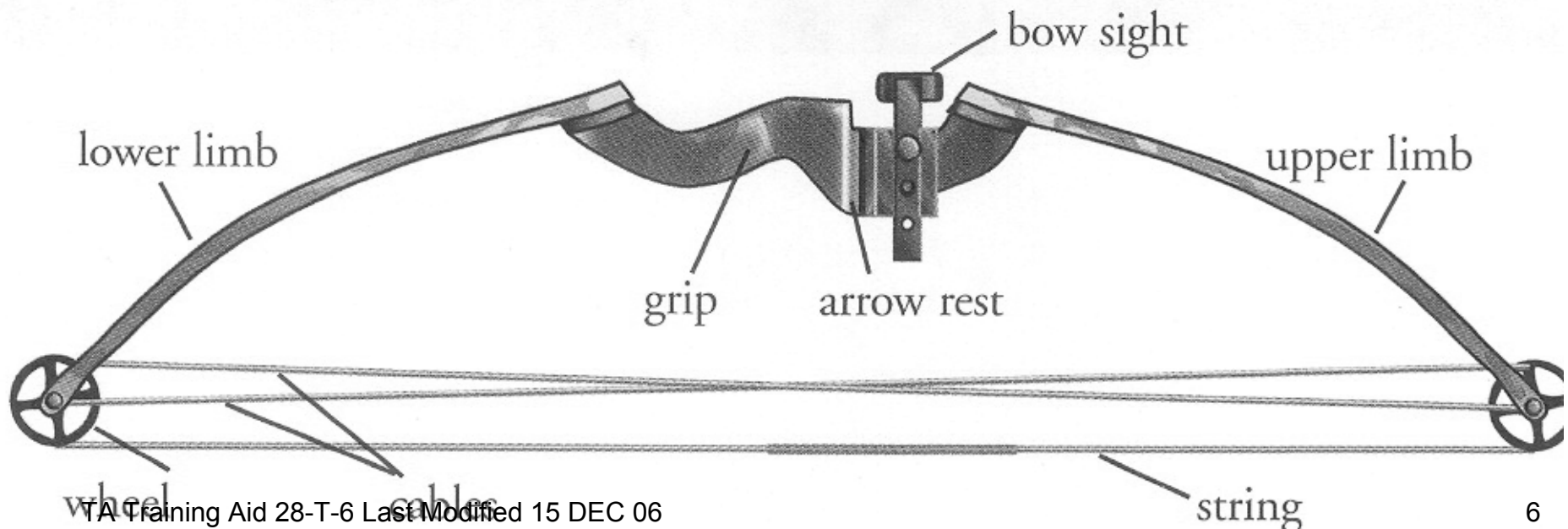
Recurve Bow

- Much like the Longbow, but the limbs curve back away from the belly of the bow, which can provide more power in a shorter bow than the longbow
- A popular choice because it's smooth and quiet



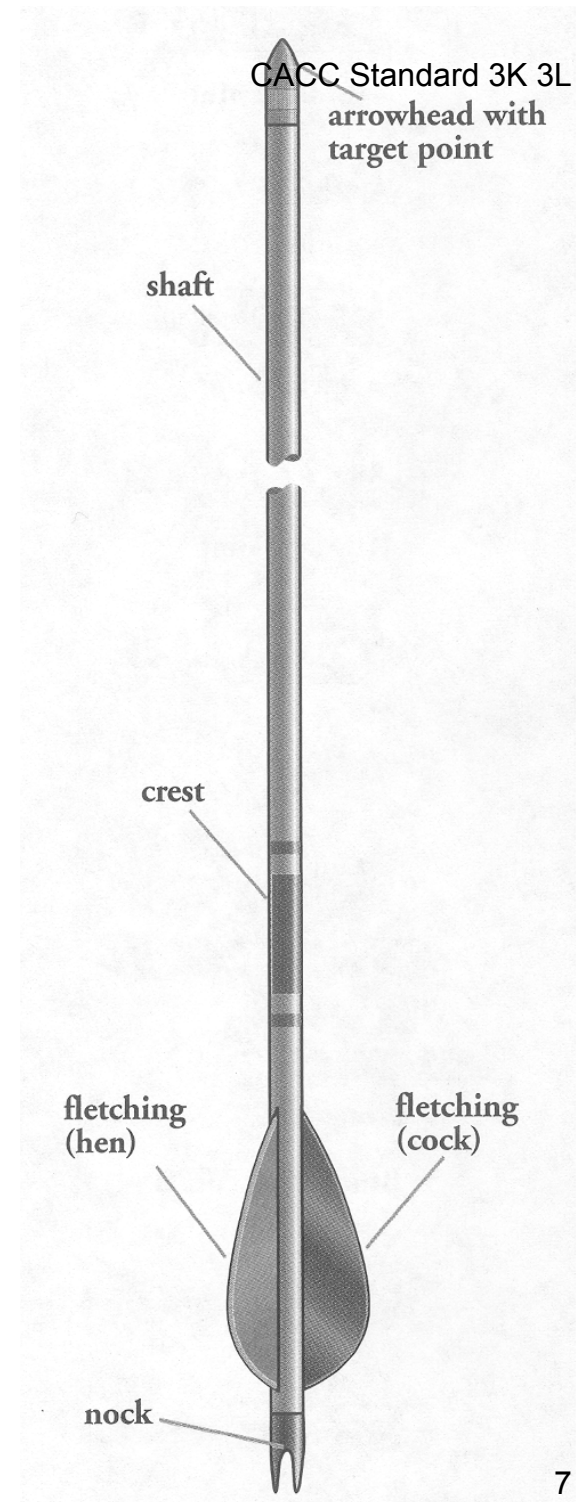
Compound Bow

- The most popular bow for both hunting and target shooting
- a bow with many styles, but they work basically the same
- Wheels and cables attached to the limbs make it easier to hold at full draw (pulled completely back) and able to propel an arrow faster than either a longbow or recurve bow



Parts of an Arrow

- Arrowhead
- Shaft
- Crest
- Fletching
 - hen and cock
- Nock



Shaft



- The long spine of the arrow
- Modern arrow shafts are made of wood, fiberglass, aluminum, or carbon
- The arrow, regardless of shaft material, must have the correct stiffness to match the bow
- As an arrow is released, the shaft bends before straightening in flight
- Incorrect stiffness will cause the arrow to fly erratically and inaccurately

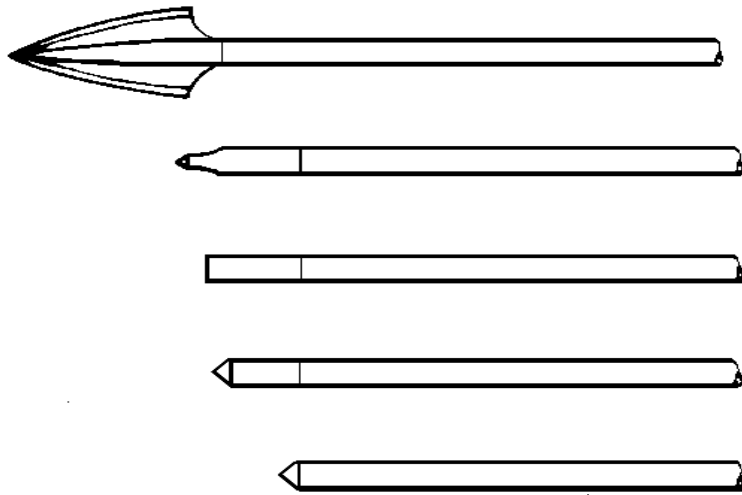
Fletching

CACC Standard 3K 3L

- The Plastic vanes of feathers on an arrow
- Fletching creates wind drag and also can cause the arrow to spin similar to a rifle bullet, providing stability and accuracy in flight
- Fletching is made up of three or more vanes or feathers
- One of the feathers will be a different color and is called the “cock” feather
- The remaining feathers are referred to as the “hen” feathers



Basic Types of an Arrow Heads



Broadhead

Field

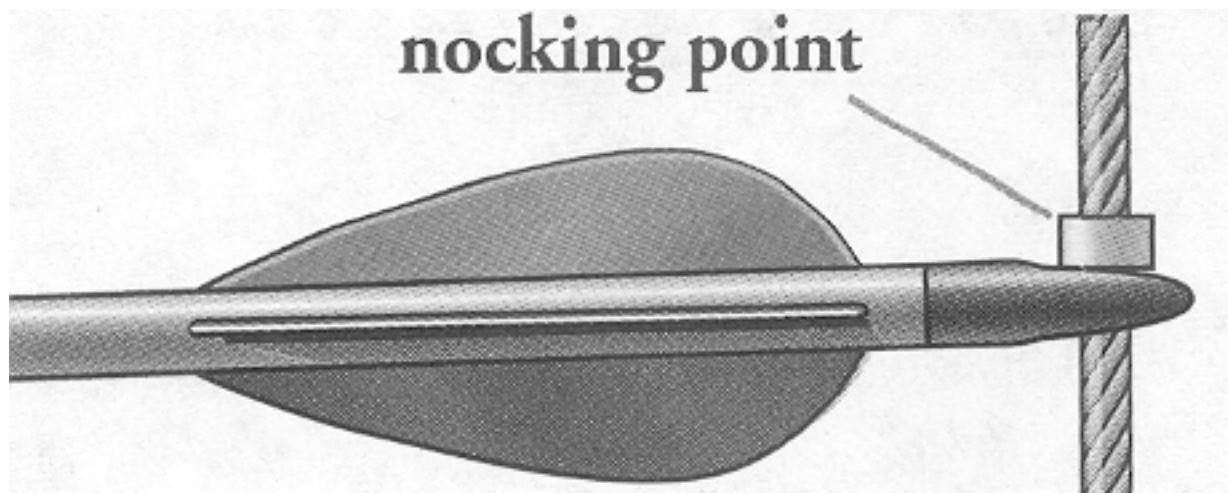
Blunt

Target (wood)

Target (metal and glass)

Nock

- A slotted plastic tip located on the rear end of the arrow that snaps onto the string and holds the arrow in position
- there is a certain point on the bowstring, called the “nocking point,” where arrows are nocked
- fine tuning of this location, by moving it up and down the bowstring, is usually required



Bowhunting Safety and Skills

- An arrow is as deadly as a bullet, so the basic safety rules that govern firearm shooting also apply to archery. Although shooting accidents are rare among bowhunters, they do happen. Archers must obey a few common safety rules, whether on the range or in the field

Shooting Safety

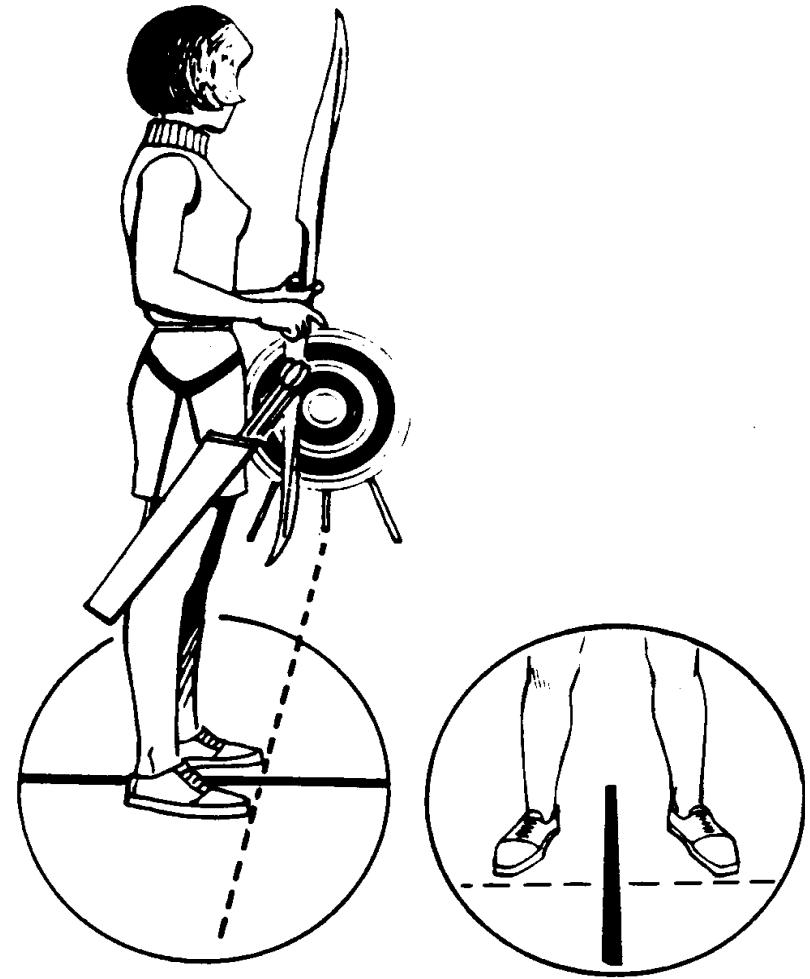
- release an arrow only when the path to the target and beyond is clear
- make sure there's something to stop the arrow if you miss - never shoot over the horizon
- avoid shooting an arrow in the general direction of another person.

Shooting Safety

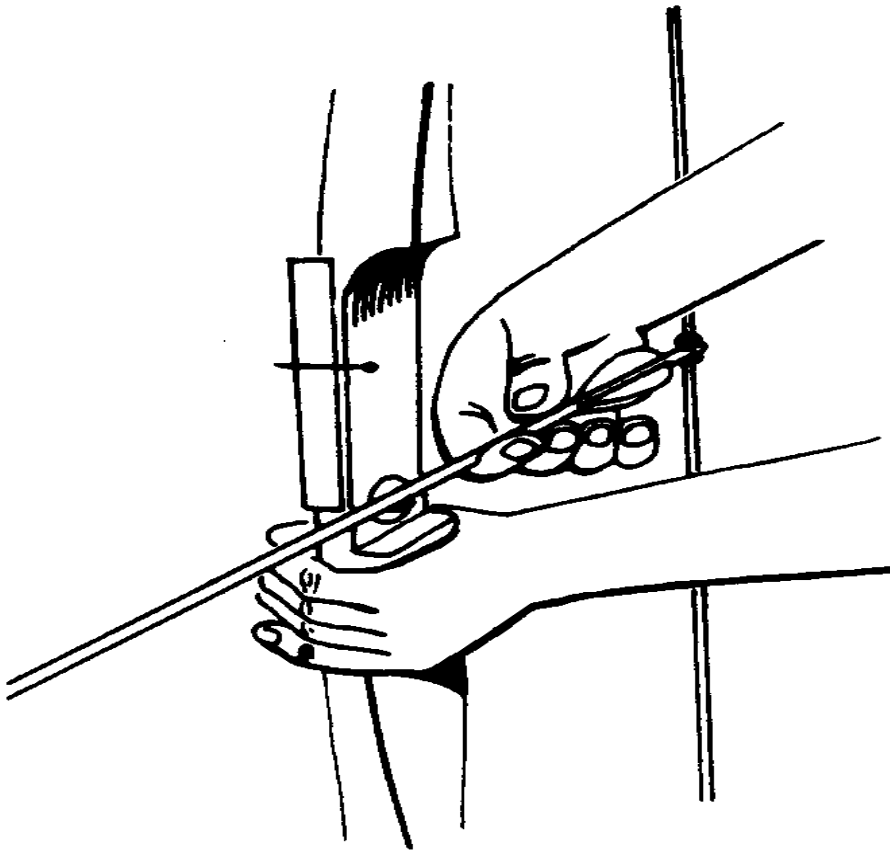
- don't shoot straight up. A falling arrow carries enough force to penetrate the human skull.
- carry arrows in the nocked position only when slowly approaching game - never nock an arrow or draw a bow if someone is in front of you.
- use a haul line to raise a bow and quiver into a tree stand to avoid serious injury

Bow Shooting position

- Stand at a right angle to the target with your feet approximately shoulder width apart. The stance should feel comfortable and balanced. If you prefer, you may slide your front foot back a little, creating a slightly open stance

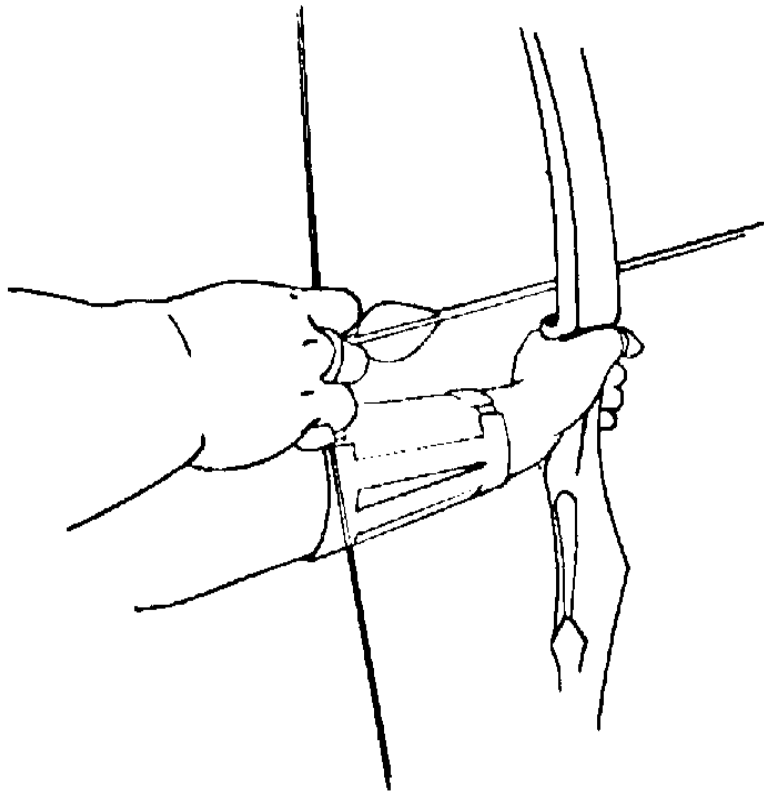


Nocking an Arrow



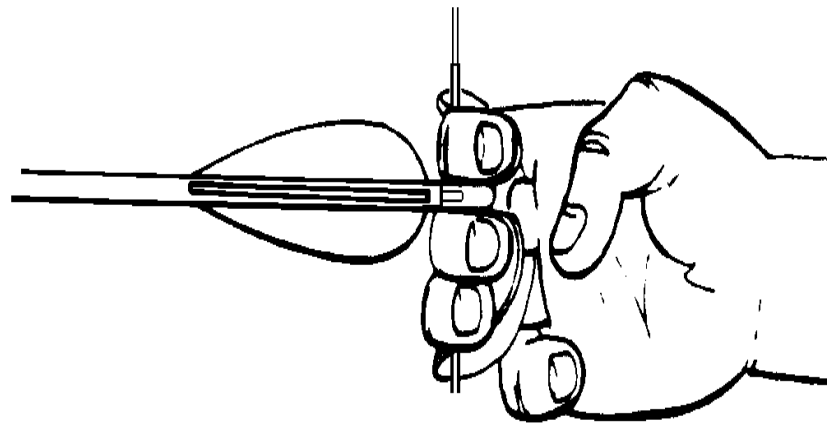
- a nocked arrow should be positioned about a quarter inch above the arrow rest on the bow handle
- on most bows, a small brass band called a “nocking point” is crimped onto the bowstring to make the correct position

Nocking an Arrow



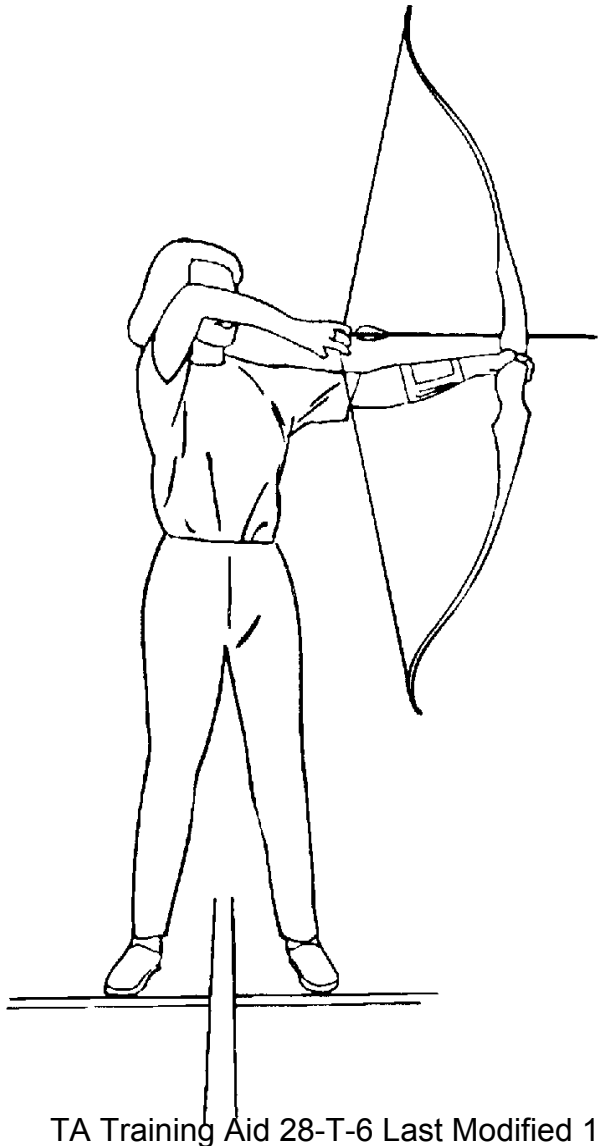
- Grasp the arrow between the thumb and index finger of the right hand (if you're a right-handed shooter)
- with your left hand, hold the bow parallel to the ground about waist high, string towards the body
- Lay the arrow shaft on the bow's arrow rest

Nocking an Arrow



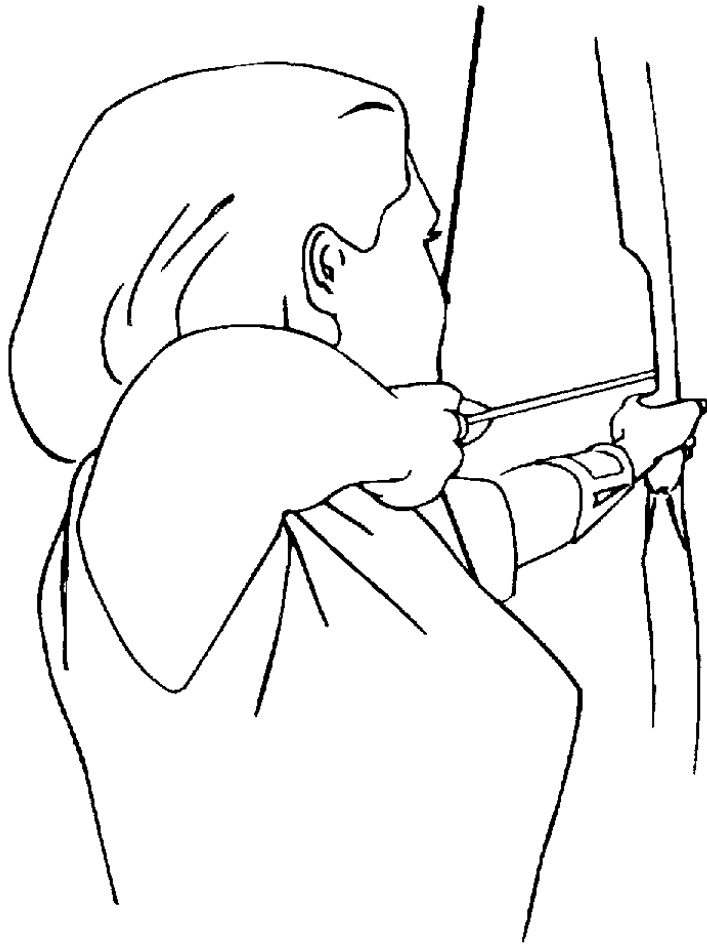
- align the slot in the nock with the string, while making sure that the cock feather points (while the bow is parallel to the ground)
- Pull the arrow back until the string snaps into the slot

Pre-Draw the Arrow



- Extend ***BOTH*** arms forward
- Look at target and line up bow string with the center of the bc
- Rotate bow arm elbow away from string path
- Elbow of drawing arm should be near level with your nose

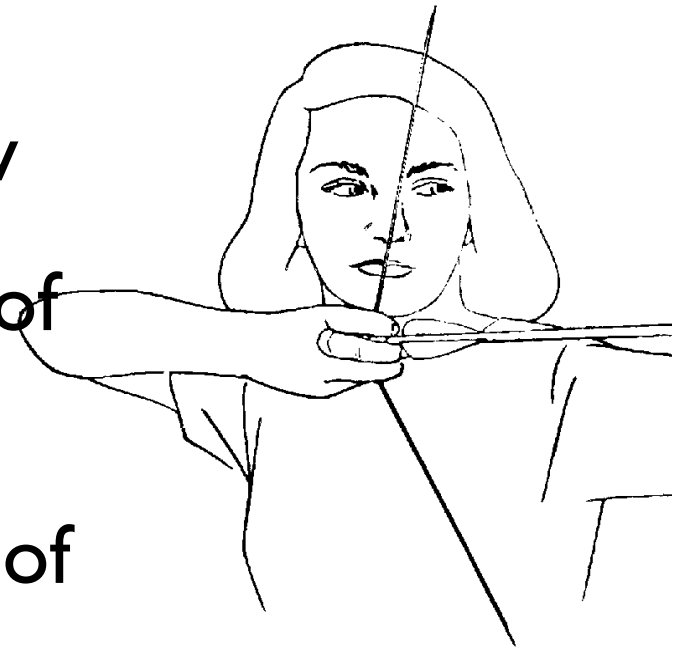
Draw the Arrow



- Draw bow by rotating draw arm shoulder until its elbow is directly behind the arrow
- Continue looking at target and keep the string lined up with center of bow as you draw
- Maintain continuous motion throughout the shot

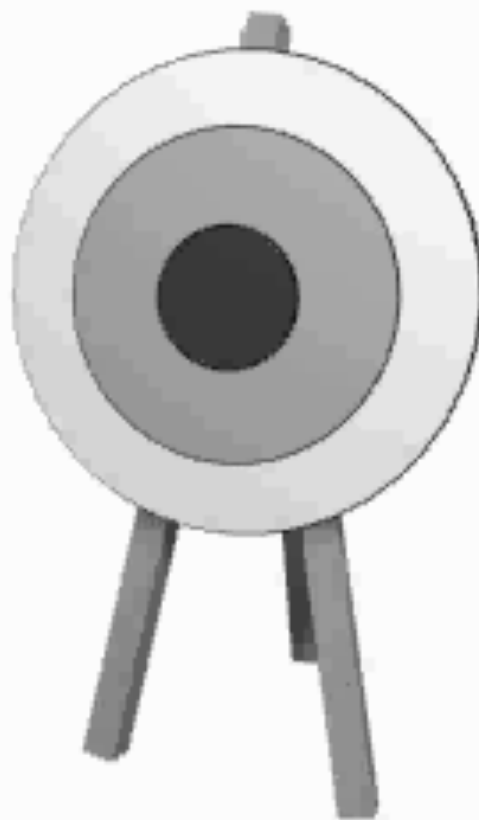
Anchor

- Draw string to front of chin and
(Target Shooter)
firmly set string and hand against
jaw
 - - Thumb along side of jaw
 - - String touching center of
chin
 - - String just touching tip of
nose
- Continue to draw bow slowly and
smoothly by using back muscles



Aim

INSTINCTIVE:

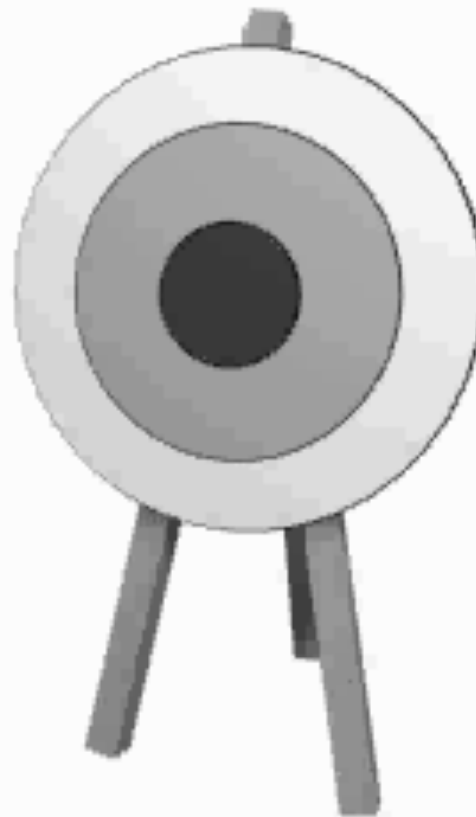


Aim like you would aim a snowball!

Aim

POINT-OF-AIM:

**Line up
Arrow Tip
With Center
of Target**

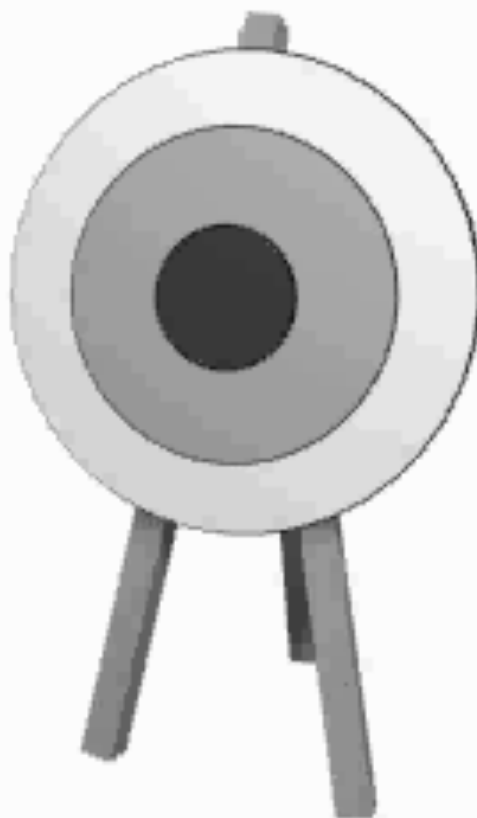


**Line up
String Edge
With Center
of Arrow**

Aim

SIGHT

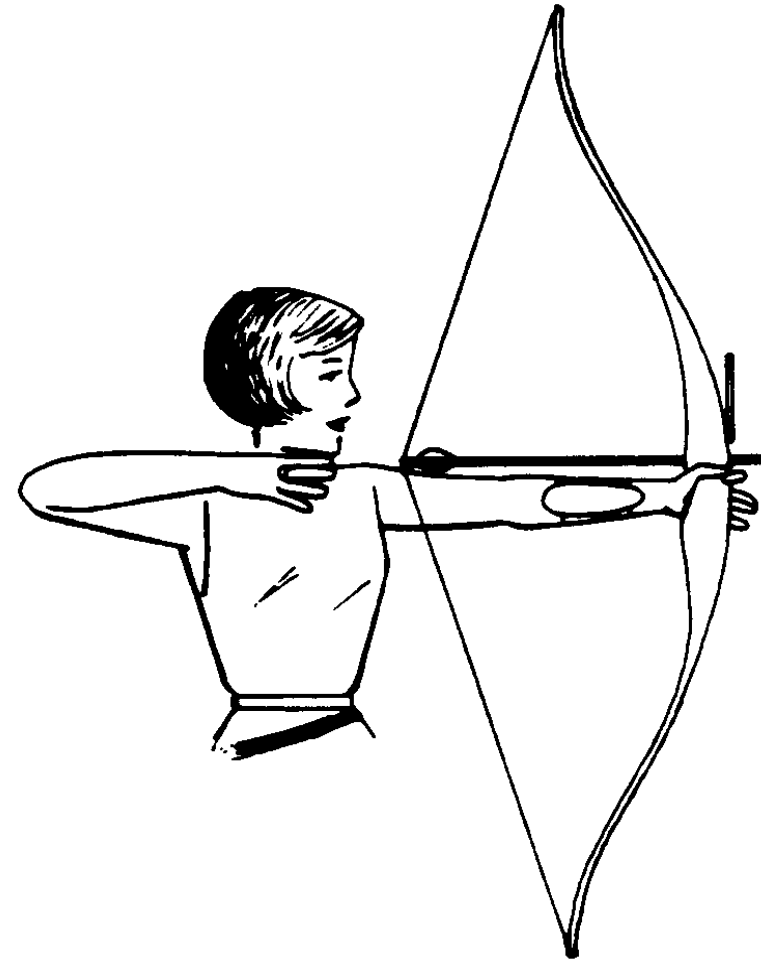
**Sight-In
Pin to
Hit Gold!**

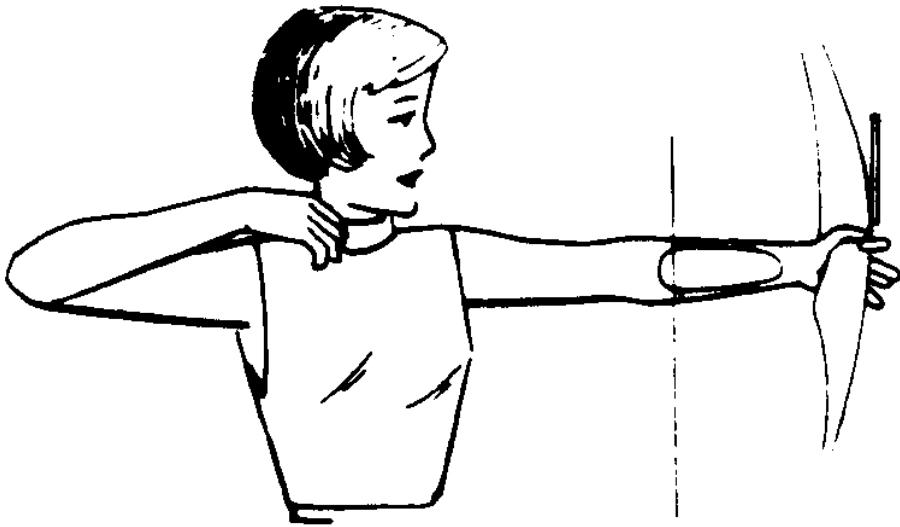


**Line up
String Edge
With Side
Of Pin!**

Release

- Continue to tighten back muscles and aim
- After holding “*FOCUS-ON-TARGET*” for at least one full second, open fingers of string hand and “pull through” to release string
- Release hand should travel to and remain by your shoulder.
- Continue to focus on target!





Follow Through

- Continue extending bow arm towards target
- Continue focusing on the target (aiming) until you hear the arrow hit
- Don't try to watch the arrow fly (peek)
- Don't try to *HELP* the arrow to go faster or straighter

