

# WHEATHAMPSTEAD ARCHERY CLUB



## Beginner's Course Notes

### The Bow

There are several types of bow available to the modern archer including recurve, compound, and longbow. Of these the recurve is the most common and is the type of bow that is used on the beginners course.

The recurve bow is the type used in Olympic style competition.

The recurve bow consists of three main parts:

- The riser or handle
- The upper limb
- The lower limb

The riser houses the fittings for the arrow rest and the bow sight.

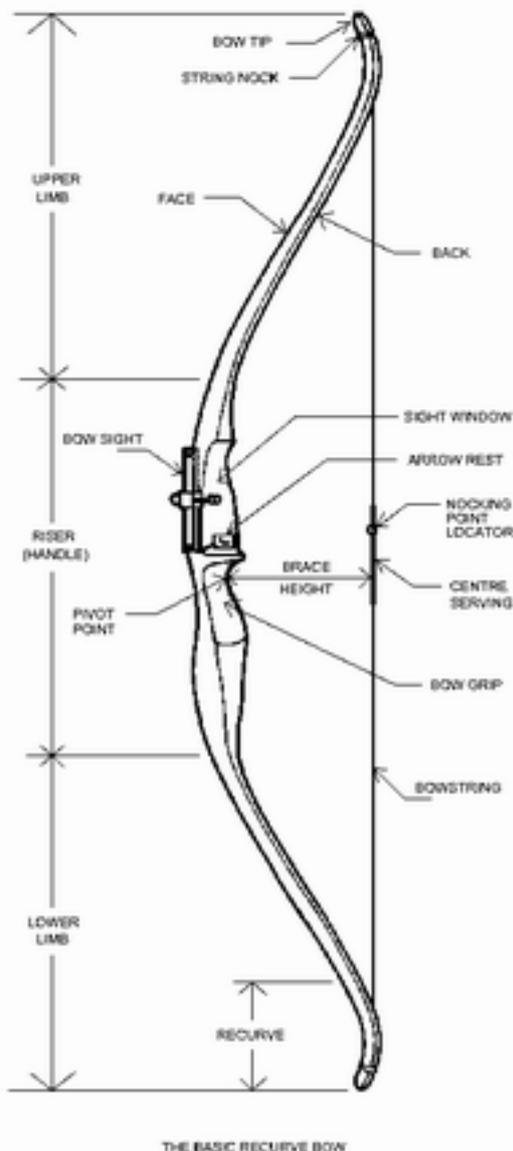
### Stringing the Bow

Incorrect stringing methods can result in archer injury from the recoil of the limbs if control is lost during the stringing process, or in damage to the bow in the form of twisted or splitting the limbs due to misaligned pressures. The safest method of stringing a bow is to use a bow stringer.

The modern bow string is made from a number of stands of either Dacron or a non stretch material; the ends are bound into loops which fit onto the bow's nocks (notches) on the ends of the bow limbs.

The top loop will be larger than the bottom loop as the top loop needs to slide down the bow limb for stringing the bow. The larger top loop makes it easier to identify the top and bottom of the string which is important when stringing a bow.

The centre of the string is bound with serving which protects the string from wear. Nocking points are fitted to the serving to provide a consistent point to place the arrows prior to shooting.



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Bow stringers come in two basic designs, double pocket or saddle type. Both types have a strong nylon cord which has on one end a large leather (or rubber) pocket which fits over the bottom limb tip and at the other end, in the case of the "Double Pocket Type", a smaller leather (or rubber) pocket or in the case of the "Saddle Type", a saddle made of rubber or leather having a dimpled rubber surface.

With both styles of bow stringers, the larger pocket fits onto the bottom limb tip over the string and helps in keeping the string in place. The smaller pocket on the "Double Pocket" type fits over the top limb tip and allows the string to be placed into the string groove of the upper limb.

The Saddle of the "Saddle" type stringer fits just behind the string which should be looped around the upper limb.

Procedure:

- a) Firstly identify the top string loop and slide the top loop over the upper limb of the bow and locate the lower loop in the lower string-nock.
- b) Check the position of the bottom loop ensuring that it is located in the string groove of the limb and then slide the large pocket of the stringer over the bow tip and string loop.
- c) With the bow held horizontally and the string underneath, place the small pocket of the bow stringer over the top bow tip. If using the saddle type bow stringer place the dimpled saddle of the stringer over the upper limb and below the bowstring loop. Slide the dimpled saddle of the stringer along the upper limb of the bow and locate it directly behind the upper string loop.
- d) While holding the bow by the handle around the grip with one hand (if using the saddle type stringer) position the dimpled saddle with the other hand. Allow the cord of the stringer to touch the ground and place the ball of one or preferably both feet onto the cord. Under no circumstances should the cord be located under the arch of the foot, as this will allow the cord to slip when the tension is taken up. It is recommended that children use both feet.

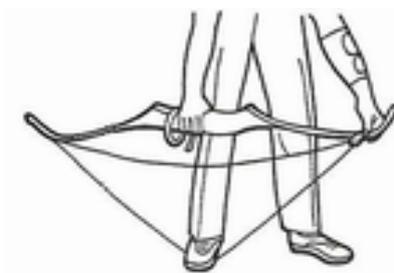


- e) Take up the slack in the cord and place the thumb and index finger of your free hand

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on each edge of the bow limb located just behind the string loop and take up the slack in the bow string.



- f) In one action draw up using the hand holding the bow. This causes the limbs to bend downwards. At the same time, slide the string up the limb with the other hand until it engages with the string nock. The bow is now strung.

## Stance



Stand astride the shooting line with your feet approximately shoulder width apart.

Stand side on to the target.

Align the feet along an imaginary line perpendicular to the shooting line reaching to the center of the target.

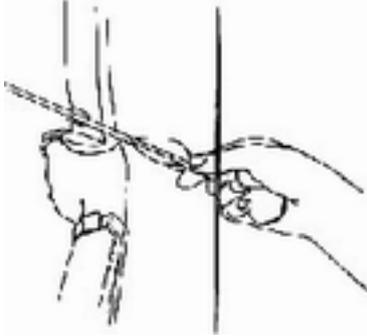


Stand straight with your shoulders square and relaxed.

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## Nocking the Arrow

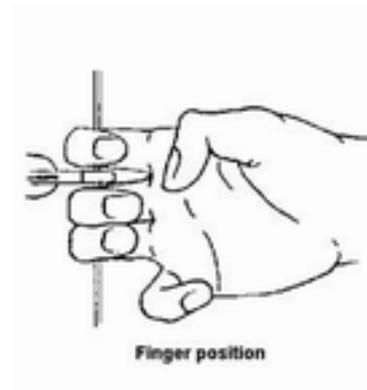


Set the bow in the 'V' of the thumb and index finger, keeping the bow reasonably upright.

Place the arrow on the arrow rest with the cock fletch (the differently coloured fletch) away from the bow handle.

Slide the arrow back and clip the nock firmly on to the string between the nocking points. You should hear a slight click.

## Preparing to Draw



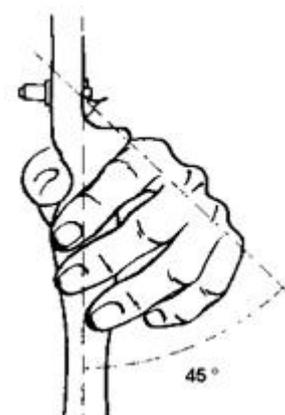
Set the finger fingers

Make joint of



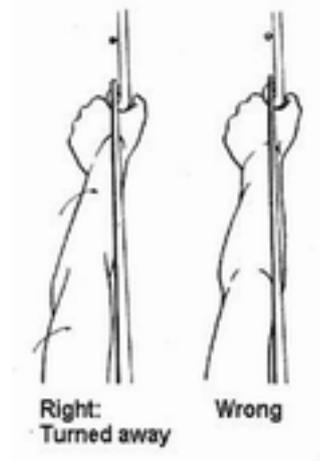
fingers on the string with one above the nock and two below.

sure the string is in the first the first three fingers.



Make sure that relaxed, try to 45° to the

The arm should that the forearm path of the



the hand holding the bow is rotate it so that he hand is at vertical.

be slightly rotated so moves away from the bowstring.

Turn your head, with the eye nearest the the target is seen over the bridge of your

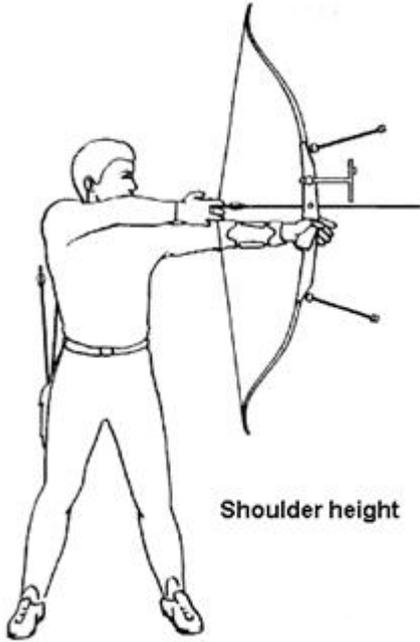
target closed, until nose.

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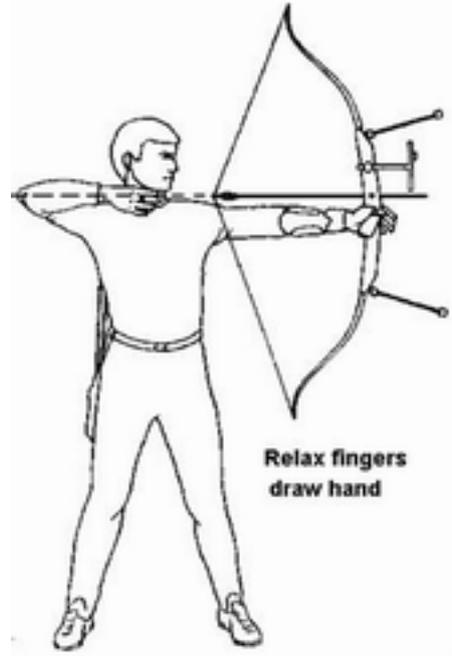
Raise the bow towards the target.

## Drawing the Bow



Shoulder height

Relax the fingers of the draw hand.

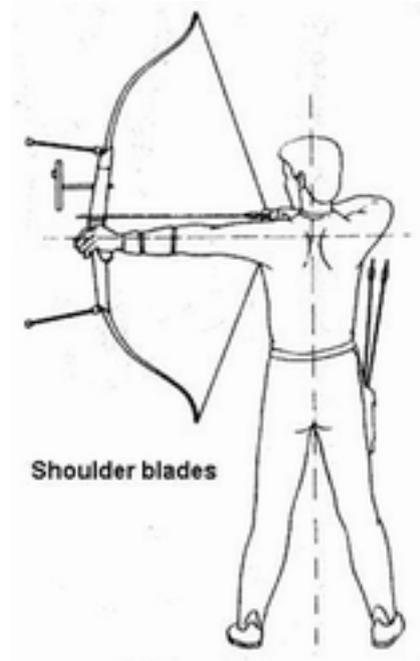


Relax fingers draw hand

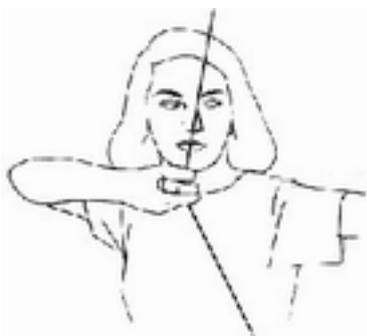
Pull from the elbow imagining that there is a chain attached to the tip of the elbow in a straight line aligned with the target.



When pulling the string squeeze the shoulder blades together.



Shoulder blades

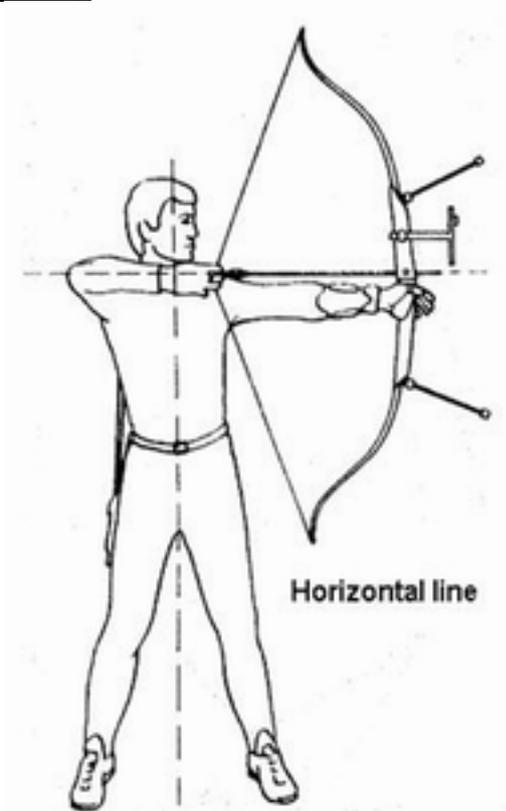


Draw the string back so that the hand is tight under the chin and the string touches the tip of the nose and the chin.

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## Aiming



Keep the body straight.

Line up the string, sight pin and the target.



## Release and Follow

### Through

Ease the string back by pulling the shoulder blades together.

Relax the draw hand to release the string.

Keep the bow arm up and maintain your aim until the arrow has hit the target.

