





**JR YEOMAN introduces you to your archery community and an introductory program where equipment is provided. You learn how to act on a range and start shooting instinctively.**

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**When drawing my bow and arrow, the arrow point is positioned...?**

- on or below the target
- above the target

**If you are shooting your bow and the arrow drops in front of you or bounces off the target almost back to you, can you step out and pick it up to shoot before everyone else is done shooting?**

- No
- Yes

**The bowstring hits your arm while shooting, what can you do to stop that?**

- Put an armguard on
- rotate my elbow towards the bow more

**When nocking an arrow on the bow string, does the arrow go above or below the nocking locator?**

- Below
- Above

**When following whistle commands in a competition, you may load arrows and commence shooting upon how many whistles?**

- one whistle
- two whistles
- three whistles
- four or more whistles

**The plastic attachment or grooved notch at the end of an arrow used to attach the arrow to the bowstring?**

- point
- shaft
- nock
- vane

**Anchor is consistent power out of the bow. Alignment is a consistent pattern out of the bow. Aim is your elevation on the target. How can you judge your distance and adjust for any error in elevation when aiming with no sights on the bow?**

- Guess the distance
- Practice a lot and it will just look right!
- Practice a lot and discover your "point on distance"

Practice a lot so that you are confident in your consistent anchor, alignment and release of the arrow. Then discover at what distance (with the same equipment) you can put the arrow point on the bullseye, and hit it! Point on distance. Then any distance longer than point on you will need to elevate the arrow point, closer – lower the point. Or, walking up to a new target at unknown distance with new equipment – start with arrow point on the bullseye. Say you hit the top of the paper target (not the bullseye). Adjust for the error by reversing the distance missed by – put the point of the bottom of the target to hit the bullseye. Focus is on the target. You see the arrow point in your peripheral vision...just like pointing your finger at something.

**My arrows are hitting all over the target with no consistent pattern. What is going wrong?!!**

- alignment to the target (fix by consistent anchor under dominant eye) strive for a vertical line pattern of arrows in the target's center
- aim?
- anchor?
- release?

**If you inconsistently draw the bow back to a different spot each time (i.e. in front of nose, behind ear, corner of mouth, etc), what is the biggest problem you should notice?**

- power of the bow is different – arrows hit inconsistently on the target, maybe don't reach target, or over shoot it.
- How pretty the bow is?

**When may I load my bow with an arrow?**

- when standing on the firing line
- in the waiting area or while moving to the next shooting station