



Pathfinder's Name

Archery

- 1. Identify the parts of a bow.
- 2. Identify the parts of an arrow.
- 3. Name and explain the safety rules for archery.

- 4. Correctly and safely string a bow.
- 5. Describe and show how to use the following:
 - a. Arm guard
 - b. Finger tab or glove
 - c. Quiver
 - d. Bow sling
 - e. String kisser
- 6. Demonstrate the following shooting techniques:
 - a. The stance
 - b. Nocking the arrow
 - c. The draw
 - d. The anchor
 - e. The hold and aim
 - f. The release
 - g. The follow-through

- 7. Why is it necessary to have an arrow "nocking point" properly positioned on the bow string?

- 8. Using a standard (Olympic bow) score one of the following:
 - a. Indoors: 30 arrows (5 rounds) at 70.8 feet (18 meters) score 50 points on a 23.5 inch (60 cm) target.
 - b. Outdoors: 30 arrows (5 rounds) at 98 feet (25 meters) score 170 points on a 48 inch (122 cm) target.
- 9. Know and practice the archery safety rules.

Date completed _____

Instructor's Signature _____

Archery, Advanced

- 1. Have the Archery Honor.
- 2. Explain the advantages to be found by the target archer in making use of the following equipment:

Aluminum shaft target arrows _____

Bow level _____

Bow sight _____

Bow sling _____

Bow square _____

Bow stabilizer(s) _____

Clicker _____

Flexible arrow plate _____

Kisser button _____

Plastic arrow fletching _____

String peep _____

- 3. Explain what is meant by arrow spine.

- 4. Read the following chapters in The National Archery Association Instructor's Manual:
 - a. Problem Correction
 - b. Advanced Shooting
 - c. Bow Tuning
- 5. Using a standard (Olympic bow) score one of the following:
 - a. Indoors: 30 arrows (5 rounds) at 70.8 feet (18 meters)
score 200 points on a 23.6 inch (60 cm) target.
 - b. Outdoors: 30 arrows (5 rounds) at 196.8 feet (50 meters)
score 200 points on 48 inch (122 cm) target.
- 6. Review and practice the archery safety rules.