

Basic Archery Instructions

Bows and arrows are not toys! Safety precautions should be taken just as with an air rifle or darts. The user should read, understand and follow these guidelines:

- > Always remember that a loaded bow is a deadly weapon!
- > Never show your skill by using a human target or permit someone to hold a target for you!
- > Be sure no one is standing in front of or to the sides of the archer while bow is being drawn or shot! Be sure everyone is standing behind the archer.
- > Shoot only at the target. Try first shots at closer distances until the archer feels comfortable shooting the bow.
- > Never use arrows that are too short!
- > Replace your bowstring when it becomes worn or frayed.
- > Always string your bow properly!
- > Always use finger and arm protectors!
- > Never use a target that cannot stop an arrow!
- > Always have an adequate backstop in the area behind the target. Make sure the area behind the target is clear and free of objects that may cause the arrows to bounce off or be deflected. The target in this set is designed to have its base on the ground or close to the ground so that the arrow will not have to be shot upward.
- > Do not allow anyone to retrieve arrows until ALL arrows have been shot!
- > **Remember, look before you shoot!**
- > Inspect bow and arrows periodically for imperfections such as cracks, splits or splinters. If any damage is detected, bow or arrow must be destroyed!

The ARROW:

The arrow nock always has the groove positioned so that the index vane clears the bow in the best fashion.

NOCKING THE ARROW:

Place the arrow nock groove on the string. Make sure the arrow nock groove is completely seated on the string. The arrow should be 90 degree (right angle) to the string.

ARM GUARD: (Not included with some bows)

Put the arm guard on the arm with which you hold the bow. It should cover the inside of the lower arm to protect it from being slapped by the string when string is released.

HOLDING THE STRING AND ARROW:

Hook the first three fingers on the string just above the first joint with the nock point between the first and second finger. 2nd and 3rd fingers should be below the nock point.

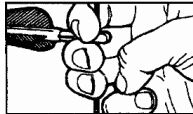


Figure 7

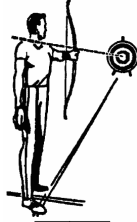


Figure 8

SHOOTING STANCE AND AIMING:

1. Stand with your body at a right angle to the target. (Right-handers will have their left shoulder toward the target. Left-handers will have their right shoulder toward the target. These instructions are written for right-handers. Left-handers simply reverse instructions)
2. Stand with the target slightly to the front of a line running from your left shoulder.
3. Hold the bow in your left hand. Extend left arm toward the target with your head in a natural "looking at the target position.
4. Place the arrow on the left hand side of the bow with the odd colored feather (index vane) facing the left.
5. Nock the arrow on the string.
6. Pull the string using your first three fingers of your right hand, with the arrow between your first and second fingers. Keep your left arm (holding the bow) slightly bent. Keep bow straight up and down.



Figure 9

7. Pull the string to your face. Aim arrow at target and release string. Time should be taken to aim before releasing arrow.

THE TARGET:

The target face should be mounted close to the ground and on something that will accept the arrow and hold it, will not cause the arrow to glance off, and will not damage the arrow.

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