



The National Archery Association

INSTRUCTOR'S MANUAL

third edition 1982

by

PATRICIA BAIER, JULIA BOWERS, C. R. FOWKES, SHERWOOD SCHOCH

The National Archery Association is a nonprofit organization incorporated under the laws of the state of Illinois. The corporation is organized and operated exclusively for educational and charitable purposes and to perpetuate, foster, and direct the practice of the sport of archery. This includes target archery, field archery, indoor archery, and bowhunting for both barebow and freestyle shooters.

GLOSSARY

AFTERHOLD — (n.) position of arms, hands, body, and head after the string is released.

AIM — (v.) to superimpose a sight pin on the center of the target; when not using a sight it is the placement of the tip of the arrow on particular point for a given distance.

ANCHOR — (v.) to place the index finger of the drawing hand on definite spot on the body, usually on the face, when at full draw.

ANCHOR POINT — a definite spot on the archer's body (usually on the face) which the index finger of the string hand touches a full draw.

ARM GUARD — a piece of stiff material used to protect the bow arm from the slap of the bow string upon release; usually made of leather and worn on the inside of the forearm of the bow arm.

ARROW FLETCHING — (n.) see "Fletching".

ARROW PLATE — (n.) the piece to which the arrow rest is attached.

ARROW POINT — (n.) see "Point".

ARROW REST — (n.) a projection on the bow or arrow plate upon which the arrow lies while it is nocked on the string.

ARROW NOCK — see "Nock".

ARROW SHELF — the horizontal projection at the bottom of the sight window which can be used as an arrow rest; usually found on hunting bows.

BACK — (n.) the side of the bow away from the bow string.

BARB — (n.) 1. part of a point of a fishing arrow; 2. one of the hair like branches growing from the shaft of a feather.

BAREBOW — (n.) a method of shooting which does not include a bow sight.

BELLY — (n.) the side of the bow nearest the bow string, now called the face.

BLUNT — (n.) an arrow point that is not pointed, usually a metal cap that fits on the end of the arrow shaft. Used to stun and kill small game at short distances.

BOW — (n.) a device made of a piece of flexible material with a string connecting the two ends that is used to propel an arrow.

BOW ARM OR HAND — the arm or hand which holds the bow.

BOW NOTCHES — see "Notches".

BOW RACK — a device to hold a bow or bows while not in use.

BOW SLING — see "Sling".

BOW SIGHT — a mechanical device placed on the bow with which the archer can aim directly at the target.

BOW SQUARE — a device, usually shaped in a T, used to measure string height and nocking height.

BOW STRING — the string of a bow, usually made of dacron.

BOW STRINGER — a device used to string the bow for shooting.

BOW TIP PROTECTOR — a small, pliable cap that is placed on the tip of the lower limb to protect it from excessive wear produced from contact with the ground or floor.

BRACE — (v.) see "String".

BRACE HEIGHT — see "String Height".

BROADHEAD — (n.) a sharp, bladed metal point used for hunting live game.

BULL'S EYE — (n.) the center of the target, the area with the highest scoring value.

BUTT — (n.) any backstop to which a target face is attached.

CANT — (v.) to tip or hold the bow to the right or left of vertical while at full draw. The reference to right or left is determined by the position of the top limb.
— (n.) the direction in which the bow is tilted.

CAST — (n.) the ability of a bow to propel an arrow.

CENTER SERVING — the serving on the central area of the bow string which protects the bow string from wear.

CENTERLINE — (n.) the relationship of the bow string to its limbs; usually a line which evenly divides the limbs when the undrawn bow is viewed from the string side (face).

CENTERSHOT BOW — a bow which has the lower part of the sight window cut past its centerline.

CLASSIC FORM — a method of shooting with as little deviation as possible from normal body position.

CLICKER — (n.) a small strip of metal, mounted on the sight window of the bow in front of the arrow rest, that gives a precise indication of when full draw is attained by snapping off the point of the arrow with an audible click.

CLOUT — (n.) a form of target shooting in which the arrow is shot into the air at a 48-foot target on the ground from a distance varying between 120 and 180 yards.

COCK FEATHER — see "Index Fletching".

COLLAPSE — (n.) loss of muscle control prior to release of the arrow.
— (v.) to lose muscle control to release of the arrow.

COMPOSITE BOW — a bow made of more than one substance, not necessarily a laminated bow.

COMPOUND BOW — a hand-drawn, hand-held bow that stores more energy than a recurve bow through the use of two cables and two eccentrics.

COURSE — (n.) the range on which field rounds are shot, usually composed of 14 or 28 targets.

CREEP — (v.) to allow the arrow to move slowly forward before the release; to not maintain the draw length before release.

CREST — (n.) the colored bands around the shaft of the arrow which aid in its identification.

CUSHION PRESSURE POINT — a pressure point which will absorb some of the shock of the arrow as it passes after release, usually plastic, leather, etc.

DEAD RELEASE — a release in which the drawing hand remains at the anchor point.

DRAW — (v.) to pull the bow string back.
— (n.) the distance the bow string is drawn back.

DRAW CHECK — a device attached to the bow which indicates attainment of full draw.

DRAW WEIGHT — 1. the weight, measured in pounds, used to bring the bow to full draw.
— 2. the weight on a bow, using 28 inches as a standard draw.

DRAWING HAND — the hand which holds the string during the draw.

END — (n.) a set number of arrows that are shot before going to the target to score and retrieve them.

EXTEND — (v.) to place the bow arm and bow in shooting position before beginning the draw.

FACE — (n.) the surface of the bow toward the bow string.

FIELD CAPTAIN — the male official in charge of an archery tournament or the men's line of a large tournament.

FIELD ARCHERY — an archery round in which the archer shoots from a variety of distances at targets in woods and fields; designed to simulate hunting conditions.

FIELD POINT — a point that is shaped similar to a target point but is as heavy as the broadhead.

FINGER TAB — a flat piece of smooth material which protects the fingers of the drawing hand.

FINGER SLING — a small strap that attaches to the thumb and index finger of the bow hand; see "Sling".

FLETCH — (v.) to glue a feather or vane to an arrow shaft.

FLETCHING — (n.) the feathers, plastic vanes, or other devices attached to the arrow shaft which stabilize the flight of the arrow.

FLIGHT SHOOTING — shooting for distance.

FLINCH — (v.) to move either the bow or release arm just before or at the release, usually caused by anticipation of the clicker or fear of hitting the bow arm with the string.
— (n.) the movement of either the bow or release arm before the release of the arrow.

FLU-FLU — an arrow with untrimmed feathers which restricts the distance it will travel; used to shoot aerial targets such as game birds.

FOLLOW THROUGH — movement of the drawing hand and arm after the release of the string.

FOOT MARKERS — lines or devices to indicate where the archer wishes to place his feet at the shooting line.

FREE STYLE — a method of shooting using a bow sight to aid the archer in aiming.

FREEZE — (v.) to be unable to move the bow to the desired position while at full draw and aiming or releasing the bow string smoothly.

FULL DRAW — the position of the archer when the bow string has been drawn and the draw hand is at the anchor point.

GAP — (n.) the vertical space an archer sees between the tip of his arrow and the target, used in barebow shooting.

GAME — (n.) a designated set of ends in a round that allow the round to be evenly divided; outdoors each distance shot usually constitutes a game.

GLOVE — (n.) three leather fingers that are held on the drawing hand by a strap around the wrist, used for protection of the drawing fingers.

GRAIN — (n.) the smallest unit of weight in the United States; one ounce equals 437 grains.

GRIP — (v.) to hold the bow, used in reference to holding the bow too tightly.

GROUND QUIVER — a device, usually metal, that is stuck into the ground and holds the arrows and/or bow.

GROUP — (v.) to shoot arrows in a pattern.
— (n.) the pattern of the arrows in the target.

GUNBARREL — (n.) a method of aiming used in barebow shooting in which the nock end of the arrow on the string is placed close to the eye and the archer sights down the arrow shaft.

HANDLE RISER — the thick mid-section of the bow.

HEEL — (v.) to exert pressure with the heel of the hand on the lower part of the handle during the shot.

HELICAL CLAMP — a curved clamp used for fletching arrows.

HELICAL FLETCHING — a fletching applied with a helical clamp in a fletching jig.

HIGH ANCHOR — an anchor where the drawing hand touches the cheek when at full draw.

INDEX FLETCHING — the feather or vane set at right angles to the slot in the arrow nock.

INSTINCTIVE — (adj.) a method of shooting in which no aiming method is used, where the archer looks at the target and shoots; sometimes erroneously used to include all barebow archers.

JIG — (n.) name given to devices used for fletching arrows and making strings.

KISSER BUTTON — an indicator or protrusion placed on the bow string so it touches the lips or teeth while the archer is at full draw; usually made of plastic.

LADY PARAMOUNT — the lady in charge of a tournament or the women's line in a large tournament.

LAMINATED BOW — a bow made of several layers of different material glued together, usually two layers of fiberglass and a hardwood core.

LET DOWN — returning from full draw to the undrawn position with control and not releasing the bow string.

LEVEL — (n.) a small glass vial filled with fluid, but leaving one bubble of air; used to determine if the bow is being held vertically.

LIMB — (n.) the upper or lower part of the bow that bends when the bow string is drawn back; the part of the bow where the energy is stored.

LOOP — the woven or served eyes at the ends of the bow string that fit into the notches when the bow is strung.

LOW ANCHOR — an anchor position where the drawing hand is under the jaw bone.

MASS WEIGHT — the weight of any piece of equipment if placed on a scale; usually used in reference to the bow.

MAT — (n.) the circular disc of straw to which the target face is attached.

NATURAL STANCE — the position of the feet on the shooting line that allows the archer to come to full draw and aim without moving the bow horizontally to reaching the bull's-eye.

NOCK — (v.) to place an arrow on the string.
— (n.) the attachment to the rear end of an arrow which is placed on the bow string and holds the arrow on the string.

NOCK LOCATOR — the mark or device that indicates where the arrow is to be nocked on the string.

NOCKING HEIGHT — the distance on the string from the 90° angle, formed by a straight line from the arrow rest to the string perpendicular to the string, to the bottom of the nock.

NOCKING POINT — the area of the string covered by the nock.

NOTCH — (n.) the groove or ridge that holds the bow string when the bow is strung.

OFFSET FLETCH — a fletching applied at an angle to the arrow shaft with a straight clamp.

OPEN STANCE — the position of the feet on the shooting line where the left foot is behind an imaginary line extending between the archer's right foot and the center of the target.

PEEK — (v.) to move the head or bow arm to watch the arrow either in flight or where it hits the target; considered a bad habit.

PEEP — (n.) see "String Peep".

PETTICOAT — (n.) the non-scoring area of the target.

PINCH — (v.) to squeeze the index and middle finger against the nock of the arrow during the draw and/or hold.

PIVOT POINT — the point on the face side of the bow handle which is farthest from the string when the bow is strung.

POSTURE GRID — a device having a series of vertical and horizontal lines for the evaluation of posture deviations.

PLUCK — (v.) to pull the string out and away from the anchor position as the string is released.

POINT — (n.) metal tip of the arrow.

POINT-OF-AIM — 1. a method of aiming in which the point of the arrow is sighted on an object, usually on the ground, to allow the arrow to hit the target.
— 2. the object that is placed on the ground when using the point-of-aim method.

PRESSURE POINT — the spot on the arrow plate against which the arrow lies and presses when the string is released, can be cushioned or spring-loaded.

QUIVER — (n.) a device used to hold arrows.

RANGE — (n.) a place for shooting.

RANGE STICK — a stick used for finding the aiming spot at different distances when using the point-of-aim method.

REBOUND — an arrow that bounces off the scoring area of the target face.

RECURVE — (n.) the end of the bow limb that bends away from the archer when the bow is held in the shooting position.

RECURVE BOW — a bow that has recurves.

REFLEX BOW — a bow whose limbs, when unstrung, point in a straight line away from the face side of the bow starting at the handle.

RELEASE — (v.) to allow the string to leave the fingers.

RISER — see "Handle Riser".

ROUND — (n.) the shooting of a definite number of arrows at specified target faces from set distances.

ROVING — (n.) an archery game of shooting at natural targets in fields and woodlands.

SEMI-RECURVE BOW — a bow that is neither straight nor fully recurve.

SERVING — (n.) the wrapping of thread around the loops and center of the bow string to protect it from wear.

SHAFT — (n.) the arrow, excluding the point, nock, and fletching.

SHAFT SIZE — a number given to a particular arrow size to allow ease in selection and use.

SHELF — see "Arrow Shelf".

SHOOTING LINE — the line from which the archer shoots.

SIDE QUIVER — a quiver which is fastened to the archer's belt and hangs at his side.

SIGHT — (n.) see "Bow Sight".

SIGHT BAR — the piece of the bow sight to which the sight block is attached.

SIGHT BLOCK — the movable portion of the bow sight which holds the sight pin.

SIGHT PIN — the part of the bow sight that is superimposed on the center of the target when the archer aims.

SIGHT WINDOW — the cut-out section of the bow above the handle.

SKIRT — (n.) the cloth extension which holds a target face to a circular mat by covering the outside edge.

SLING — (n.) a strap fastened to either the bow or the archer's bow hand that keeps the bow from falling after the release; used if the archer shoots with a relaxed bow hand.
See "Finger Sling" and "Wrist Sling".

SNAKE — (v.) the way an arrow buries itself under the grass.

SNAP SHOOTING — shooting without pausing to aim carefully.

SPINE — (n.) 1. the stiffness or amount an arrow bends, determined by hanging a 2# weight from the center of the arrow and measuring the bend.
— 2. the part of a feather or vane that is in contact with the arrow when fletched.

SPIRAL FLETCH — see "Offset Fletch".

SPRING-LOADED PRESSURE POINT — a pressure point containing an adjustable spring.

SQUARE STANCE — the position of the feet in which an imaginary straight line would touch the toes of both feet and extend to the center of the target.

STABILITY — (n.) the ability of the bow, in its design, to perform consistently.

STABILIZER — (n.) 1. a piece consisting of a weight which is extended some distance from the bow by a relatively lighter rod, mounted on the handle riser, usually extending either forward or backward.
— 2. any weight attached to the handle riser to minimize torque.

STACK — (n.) a characteristic of bow performance that shows an increasing rate of change for each increment of draw weight, generally considered undesirable for shooting comfort.

STANCE — (n.) the position of the feet, usually in reference to their relation to the target.

STRAIGHT BOW — a bow that is neither recurve non reflex; when unstrung the bow is straight.

STRING ALIGNMENT — the placement of the string when at full draw in relation to either the bow sight or the bow.

STRING — (n.) a cord used to shoot a bow; see "Bow String".
— (v.) to place the string in the proper position for shooting.

STRINGER — (n.) a device to aid in stringing the bow.

STRING HAND — see "Drawing Hand".

STRING HEIGHT — the distance from the pivot point to the string of the bow when it is strung.

STRING NOTCH — see "Notch".

STRING PEEP — a piece inserted between the strands of the bow string at eye level through which the archer looks while aiming.

STRING SERVING — see "Serving".

TAB — see "Finger Tab".

TACKLE — an inclusive term for archery equipment.

TAKE-DOWN BOW — term used in referring to a bow which can be taken apart for convenience of storage or travel.

TARGET CAPTAIN — the person who decides who is to call the evaluation of each arrow, record the scores, and draw the arrows from the target.

TARGET FACE — (n.) the piece which is attached to the mat and indicates the scoring area.

TARGET MAT — see "Mat".

TILLER — (v.) to shape the limbs of an unfinished bow.

TIP — see "Point".

TOE MARKERS — see "Foot Markers".

TORQUE — (n.) an undesirable twisting of the bow by the bow hand or of the bow string by the string hand.

TOXOPHILITE — (n.) a lover of the bow; archer.

TRAINING ARM GUARD — an arm guard which covers the elbow as well as the forearm of the bow arm.

TUNE — (v.) to adjust the arrow rest, pressure point, string height, and nocking height to achieve good arrow flight.

VANE — (n.) a type of fletching other than feather; usually those made of plastic.

WEIGHT — (n.) see "Draw Weight".

WINDAGE — (n.) the left-right adjustment of the bow sight or the pin on the bow sight.

WORKING RECURVE — The recurved portion of the bow limb that straightens to some degree as the bow string is drawn.

WRIST SLING — a sling that attaches to or encircles the bow and passes over the bow hand and/or wrist; see "Sling".

YARN TASSEL — a large tuft of yarn that is used to clean mud, dirt, etc., from arrows.

