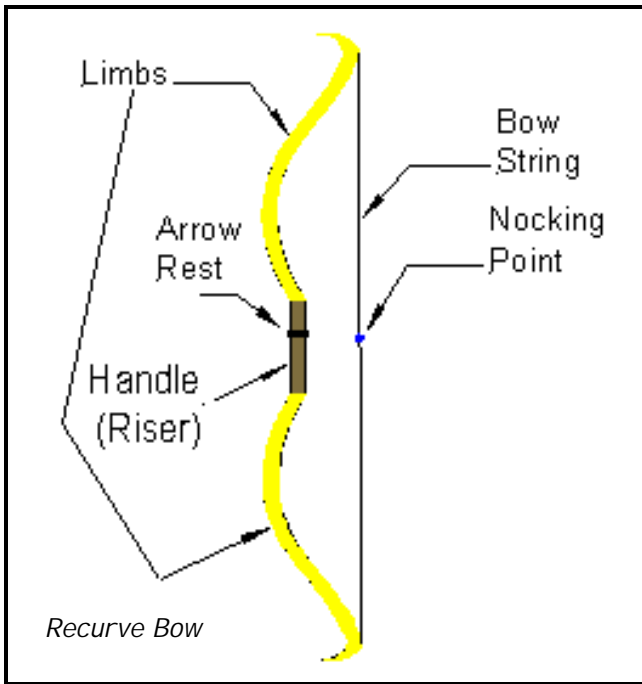


# GUILDFORD ARCHERY CLUB

## AN INTRODUCTION TO ARCHERY

### SAFETY CONSCIOUS



- ε Never put an arrow into your bow unless you are on the shooting line;
- ε Never point an arrow anywhere except at the target;
- ε Never cross the shooting line while other archers are still shooting;
- ε Listen for the whistle signals, one blast means you may start shooting, two blasts means you may cross the shooting line;
- ε If you hear a shout of "FAST" **STOP IMMEDIATELY** - relax your bowstring (come down) and remove your arrow from the bow;
- ε Always walk towards the target, look down for trip hazards.

### The Perfect Gold

- ε Stand, heels in, hold bow;
- ε Arrow on string;
- ε Fingers on string;
- ε Raise bow, relax front arm;
- ε Sight under target;
- ε Sight on GOLD
- ε String to chin;
- ε Pull back and loose
- ε Maintain and follow through
- ε Enjoy another GOLD

### What Next?

Like many sports, archery has its own jargon, etiquette, traditions and confusing array of equipment. We would suggest that you don't worry and don't rush. Talk things over with experienced members of the club before deciding what to buy. The Club has a range of equipment available for hire, which is always a good starting point.

### Just Because Archers Like Talking About Archery...

- ε In Mediaeval times when a boy could shoot a squirrel at 100 paces he was ready to join the army;
- ε In 1314 Edward II banned the new sport of football because it distracted young men from their archery practice;
- ε In 1363 Edward III ordered all men to practice archery on Sundays and holidays, this law has never been repealed.

