

Archery Equipment

Beginners Guide

Version 0.1

Getting Started

Archery is a sport accessible by both the young and old and by the less able bodied. But a question on everyone's mind is where to start on the equipment front. This guide tells you what there is and what you need vs. what is on offer.

Your Checklist for a Recurve Bow

So we'll start off with the bits you really need.

Component	Description	Do I have it?
Riser	This is the part that you hold on to	
Limbs	These attach to the riser	
String	Obvious	
Arrows	Obvious (includes Fletches, Point and nock)	
Arrow Rest	Fits to the riser	
Sight	Obvious	
Nocking Point	On the string you can use brass, string and plastic nocking points	
Brace Height Gauge	Used to measure the distance between String and Riser	
Tab	Used to help create a better release and protect the fingers	
Stringer	Used to help String the bow before shooting	
Bracer	Attaches to your arm to keep loose clothes away from the string	
Quiver (and belt)	Used to keep your arrows in	
Arrow Puller	Helps the archer remove arrows from the target	

Bow Stand	When you're not shooting, this holds your bow	
Button	Fits to the riser. Used to tune arrow flight	

Whereas this is the stuff that is more of a nice to have once you decide that you want to get more into the sport.

Component	Description	Do I have it?
Longrod	Helps stabilize the bow	
Side Rods, 'V' Bar & Extender	Also part of the stabilization system	
Clicker	Used to help create a consistent draw length	
Limb Dampers	These help dampen the vibrations in the limbs	
Bow Sling	Attached to the wrist or fingers to stop the bow from falling to the ground	
Chest Guard	Used to keep clothes away from the string at full draw	
Spotting Scope	Helps see where the arrows are hitting at distance	
String wax	Helps to improve string durability and water resistance	

Bow Types

There are lots of different bow types you can shoot, although they broadly fit into 2 types and we've separated out the Olympic Recurve as a type, although traditional bows can be recurve bows. At a personal level, which one you choose to shoot is down to you and what you get the most enjoyment from.

Traditional, Longbow, Bare bow

Archers shoot traditional bows in all major forms of archery and the longbow is perhaps one of the most recognisable names. Longbows are only made up of two pieces, the string and the bow itself, although more modern longbows can be made of laminated woods they were originally made from a single piece of yew. Longbows can also be considered one of the more difficult bows to master, because you don't generally have anything for aiming and there's no arrow rest.

There are a myriad of other traditional bows you can shoot including flat bows and various hunting bows from around the world. You can also shoot a modern recurve with no sights or stabilisers, this way they are called bare bow.

Olympic Recurve

Recurve bows are the only bows the Olympics allow. The modern recurve is an evolution of an older type, where technology has introduced new materials, construction and attachments to aid the shooter. The basic premise is that the limb tips curve away from the archer and you can find pictures of recurve bows dating back many hundreds of years B.C.

The Olympic Recurve has 4 main parts, the riser, the limbs (X2) and the sting. The riser is the part of the bow that you hold onto and it contains mounting points for the sights, limbs, stabilisers and button.

Compound

The Compound bow is really the modern bow and can be used in almost all forms of archery, although they are not used in the Olympics they are used in the Paralympics. The compound bow uses a system of cables, pulleys and eccentric cams that assist the archer in holding a heavy draw weight at full draw. The archer will also typically use a release aid; this is a trigger enabling a much cleaner release of the arrow. Aiming still uses a sight but in compound bows it can be slightly magnified and includes a part on the bow string called the "peep" which overall gives the archer a much better chance of shooting consistently. Overall a compound bow will take more strength to initially draw, but is easier to hold on aim, this gives the archer improved distance, velocity and aim of the arrow.

Forms of Archery

At our club we predominantly shoot target archery with the occasional Clout but there are other broader forms you may be interested in.

Target Archery

This is the current Olympic form of the sport. This popular form of archery takes place on flat terrain and consists of shooting a given number of arrows, known as a round, at targets over distances of up to 100 yards for men and 80 yards for women. Juniors have their own special shorter distances depending on age. Indoor archery with its smaller target faces and closer distances is very popular during the winter months.

Field Archery

Takes place on a course of targets set out in rough country (often woodland). The shooting distances are frequently unmarked so that archers have to rely on judgement and instinct, particularly if they elect to shoot without sighting aids or with the traditional longbow.

Clout Archery

Similar to target, except that the archer attempts to drop arrows at long range (180 yards for the men and 140 yards for women) into a series of circular scoring zones on the ground surrounding a marker flag.

Flight Archery

A form of archery that can only take place where space permits since archers compete by shooting for sheer distance.



The Archery GB Club Development Programme

