

### Introductory lesson / taster lesson

Archer: \_\_\_\_\_ Date: \_\_\_\_\_ Location: \_\_\_\_\_

Bow typ: Recurve/ Longbow      Bow-hand: right/ left      Dominante eye: right/ left

Coach: \_\_\_\_\_ Contact/ E-Mail: \_\_\_\_\_

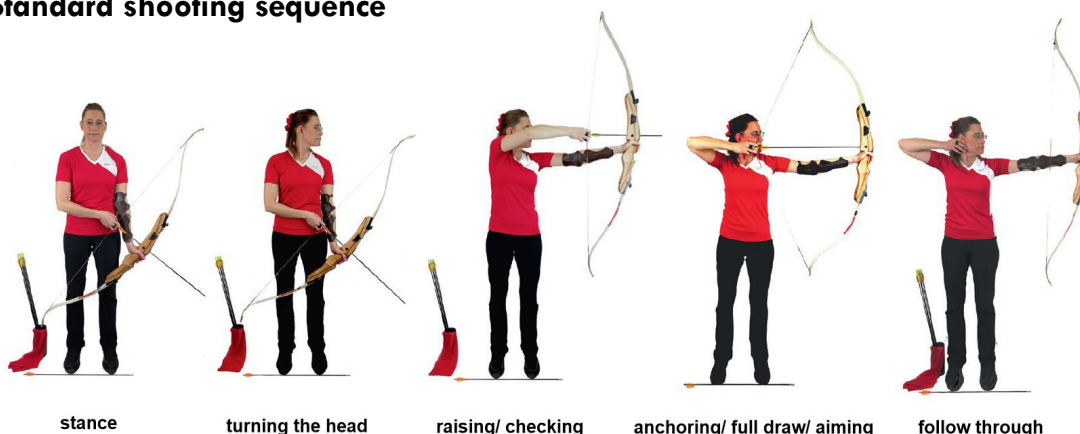
#### Brief introduction to the history of archery

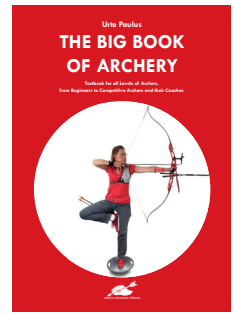
- Based on excavations and cave paintings, it is known that the bow and arrow were developed about 60,000 years ago.
- It started to be used as a weapon of war and a competitive sports equipment at the same time about 10,000 years ago.
- Since 1972, archery has been an integral part of the Olympics.

#### Equipment



#### Standard shooting sequence





## Safety rules

**The guideline applies: „Archery is dangerous!“**

**For this reason, this sport should be specially trained,  
and the safety rules must be followed.**

**The most important are summarized here:**

- **The arrow's tip should never be pointed at people or animals, but rather towards the ground or target.**
- **The bow should only be drawn at the shooting line.**
- **The arrow is only nocked (at the shooting line) once all archers are at or behind the shooting line.**
- **The arrow is always pointed at the target when being nocked and the bow is always held vertically.**
- **The draw should never be over the shoulder line. No long shots should be done!**
- **Archers that are drawing their bows should never be distracted, disturbed, or even scared.**
- **Comfortable, tight-fitting clothing should be worn – long hair should be tied together, the drawing cords of jackets or neckties should be covered, necklaces, earrings, piercings, wrist watches and bracelets should be taken off.**
- **The equipment should be checked especially before shooting: e.g. arrow shaft, arrow nock, bowstring (whether damaged or secured in the bow nock on both ends; damage), etc. ...**
- **The bow should not be dry fired (shot without an arrow)! The bow could break.**
- **The arrows should always be collected as a group (at a signal). Archers should always approach the target from the side.**
- **Archers should not bend over in front of the target as long as there are still arrows stuck in it.**
- **When pulling the arrows, archers should make sure that no one else is behind them.**

**THE FOLLOWING APPLIES: One should never touch another's equipment without express permission!**

**Further information about archery**

**Association website:** \_\_\_\_\_

**Archery school / club homepage:** \_\_\_\_\_

**You want to continue doing archery?  
We are happy to help and wish you  
“ALL into the GOLD”**