Equipment:
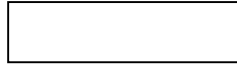
- **Bow** - used to hold the arrow. We use a **compound** bow in class.
- **Arrow** – object that is used to hit the target
- **Target** – object that is hit which consists of point values
- **Quiver** – holds the arrows that are not being used
- **Bracer (arm guard)** – helps to protect your arm from the bow and arrow

Commands: (IN ORDER)

1. **Stance** – side to target, pick up bow
2. **Nock** – place arrow on string and arrow rest
3. **Draw** – pull string back to chin
4. **Anchor** – hold string at for 2-3 seconds
5. **Aim** – look down arrow using the pile
6. **Release** – let go of string
7. **Follow through** – drop both arms to side

Bow Arm:

- If you are left handed, you hold the bow in your right hand
- If you are right handed, you hold the bow in your left hand

Safety:

- Do not cross the shooting line unless told to do so
- Inspect all equipment before using it
- Concentrate on what you are doing while shooting

Color / Point Values: If arrow hits two colors, the higher value will be used

Gold = 9

Red = 7

Blue = 5

Black = 3

White = 1