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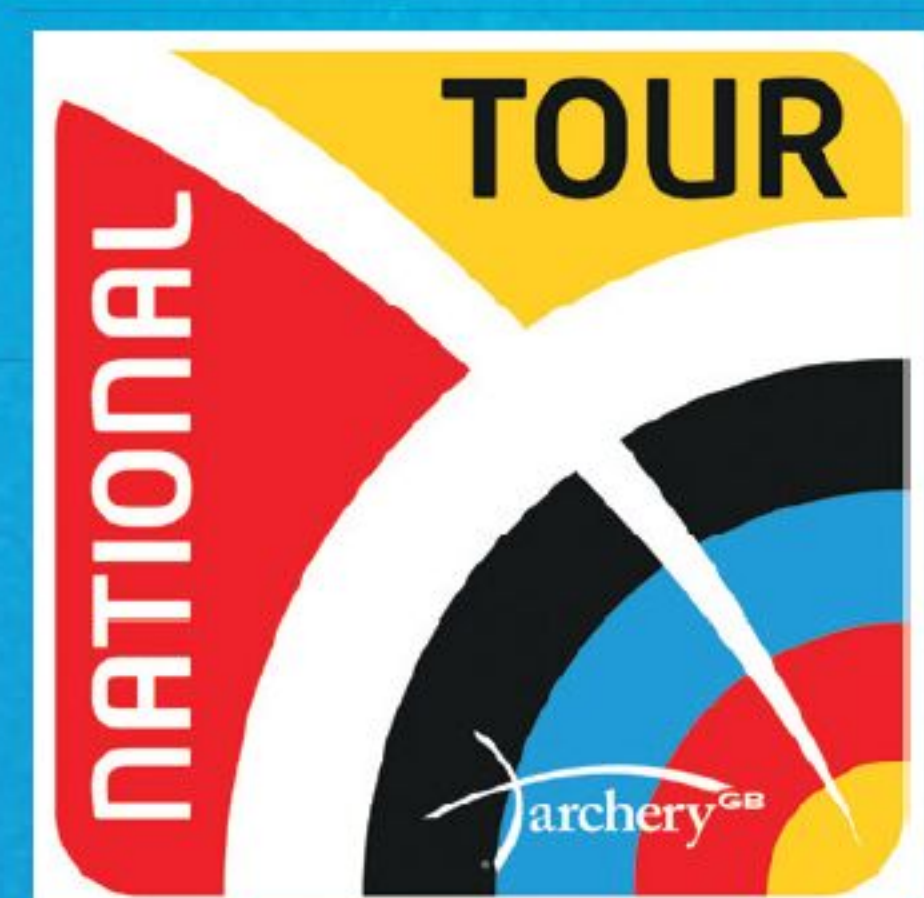
WORLD CHAMPIONSHIPS SPECIAL



JOHN DEMMER
& JIM GRIZZLY

COMPETITION GUIDE

THE
ULTIMATE
BUCKET
LIST



FINALS



MENTAL
TIPS

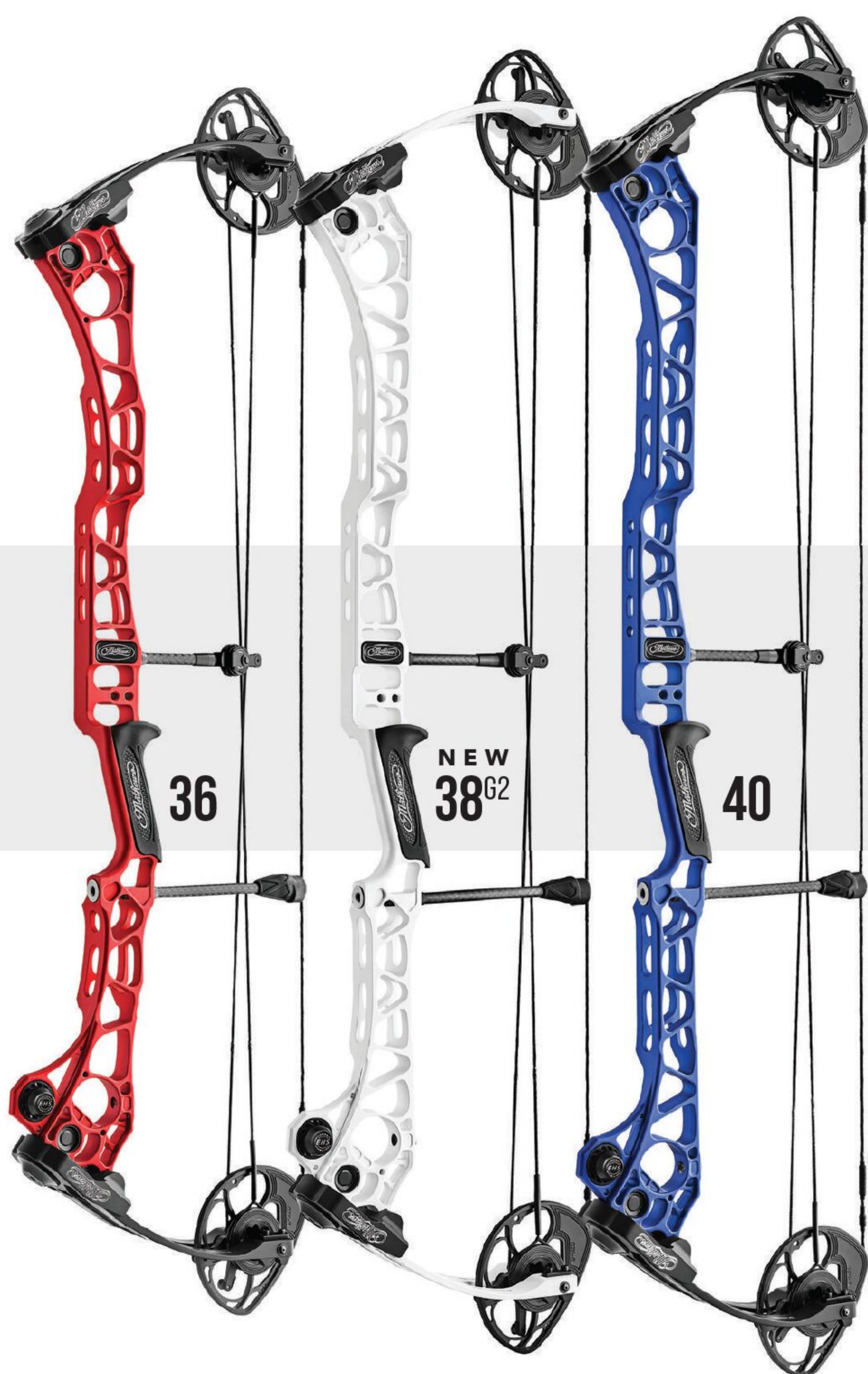
Main image: Aditi Gopichand Swami, World Archery



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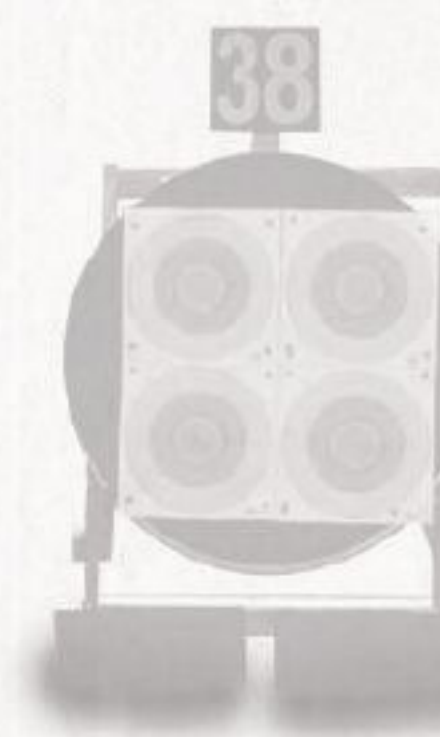
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JYOTHI SUREKHA VENNAM (WORLD ARCHERY)



TAKE TWO. HERE WE GO.

Hello, and welcome to Issue 172. It has been an exciting month for me, and one in which I have received many messages of support and encouragement, for which my sincere thanks. Though it is early days, many readers were positive about the direction in which Bow International is heading. There were also several requests for more content on equipment. I hope we will be able to satisfy that need; the next issue, our annual gift guide, will feature articles and reviews of lots of new gear.
In the present issue you will find the round-up of the AGB National Tour; Mimi Landström will walk you through the World Cup Finals and feature some highlights from Berlin and Paris; Peter Hill will report from one of the UK's biggest archery have-a-go sessions. There will be the second part of the interview with Richard Priestman – a must read for archers and coaches; Dr James Park will give advice on how to analyse and calculate the optimal draw force line; Duncan Busby will present a bucket list of some amazing competitions; and we shall have two

special guest experts, John Demmer and Jim Grizzly answering your questions. Alex Tyler will give advice on how to introduce children to field archery; and there will be a look at the interest in thumb draw shooting.
As well as all that, we will be starting a new regular column by psychologist and athlete, Karina Dolgilevica, (yes - Karina is my sister), the purpose of which is to introduce the reader to evidence-based tools and exercises that work. I hope many of you will find these useful and effective, both in your sport and in life. She will begin with mindfulness skills. Keep your eyes on the target. Hope you enjoy the read.



Kristina Dolgilevica, Editor
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BOW NEWS

If you have a news story, email editor@bow-international.com



AGB 2023 NATIONAL TOUR FINALS

Our new and returning champs comment on their wins

The finals of National Tour, the biggest UK outdoor competition, took place at Wollaton Hall in Robin Hood country on the first weekend of September, producing six champions. Stage 1 had kicked off at Bucks or Bounty at Lilleshall on April 29-30 and saw some 1,500 athletes shoot through to Stage 6 at the British Target Championships last month, August 12-13. To get into the National Tour finals men and women archers had to rank in the top 8 for individual recurve and compound, and in top 4 for barebow.

DAY 1 COMPOUND AND BAREBOW

Day 1, Saturday, crowned its individual champions in compound and barebow. Here we saw the top-ranked Sarah Hubbard, and the lowest-ranked Daniel Kilgallon, earn their first ever Tour golds. Here is what our champs had to say:

Sarah: "I was extremely pleased to be able to qualify for the final with maximum possible points. This meant that going into the final I was the favourite, but as with any H2H that doesn't always mean a win! The final was a great day and there was some great competition. In the semi-finals I won 6-0 against my friend - this did give me a boost, as I was shooting well and was putting in good ends. In the gold medal match I dropped the second set but took the match 6-2. This win meant so much to me as it was the culmination of the outdoor season, and it was great to have a full podium for both ladies and gents barebow. I didn't think the weekend could get any better but then on the Sunday I shot a World Record for the WA50m."

Climbing up, Daniel defeated last year's silver medallist and this year's top seed, Ralph Barwise, and triumphed with an early lead against the last year's champion, Wilco van Kleef-Bolton, winning the match with an

impressive 7-1. Daniel: "It's such a massive achievement, especially as this was my first time doing the National Tour, and I've only been shooting for a few years. I'm very proud of myself and so glad to be supported by a great coach and fantastic team, both at UCLan and at Lancashire County."

Another first-time NT winner, compound women's champion, Lizzie Foster, shared how she sprang back from a challenging year:

"The win feels great. It's satisfying to have a day where everything comes together, and I performed at the level I know I'm capable of. I've been close to it at so many events, but to do it on the stage at the biggest domestic tournament of the year is something I'm really happy with. My archery has been really tough this year - I broke my bow on New Year's Day, so it literally couldn't have started much worse. To cap off the outdoor season with that win is a nice way to finish."

Following a slow start 2018 and 2019, compound men's champion James Mason claimed his third NT finals win. To get there James defeated the first seed, Domagoj Buden, in the quarter-finals, by 145-144; then moved on to a three point lead over last year's silver medallist Kai Thomas-Prause, and finally claimed gold against a third- ranked Ajay Scott by 147-144.

James: "Honestly the whole thing was a big shock for me. I qualified for the Tour finals in 2022 and 2021 but had to miss them for different reasons. This season I struggled to make the top 8. I have had injury troubles which have also caused confidence issues. So, I fully expected to be going home after the first match. Getting that first win made the confidence come flooding back and I started to think back to my positive experiences on the stage over previous years which helped get me over the line in those tough matches! It is always a fantastic experience to compete on the stage and to pick up my 3rd win was an awesome feeling! I am hoping to come back stronger next year, and I will be aiming for better performance in the individual stages and hopefully a fourth title!"

DAY 2 RECURVE

Day 2, Sunday, saw both individual recurve champions, Penny Healey and Tom Hall, get their hands on their career third NT finals golds. For Penny, current World No 1, the third NT win was consecutive, which set a record for the female recurve division.



FIRST TIME GENTS BAREBOW CHAMPION DANIEL KILGALLON IN ACTION

Tom Hall has shown that it is not always 'about the bow', but rather about the archer. His limbs delaminated the day before the finals, so he had to put together and shoot a new kit. Overall, it was a meaningful and a much-needed win for Tom:

"It meant more than I realised it would to win the finals this year. In the selection process earlier this season I was really hurt by being left out of the team for the worlds. And I've had a fair bit of anger and frustration to try and deal with through the year. This event came down to trusting myself and believing that I've done this

all before and I can do it again. And now that I've done it, I think I can move on from this season with my head held high."

Penny Healey was difficult to catch as she went straight onto the World Cup finals in Hermosillo, Mexico. Here is what she commented to AGB: "This win means a lot. I've been struggling a bit for the past few months with my shot routine and stuff, and to finally have it come together on the finals field is amazing and it gives me great confidence for the World Cup Final next week." Another successful 'practice' run for Penny.

Congratulations to all who made the podium!



FULL PODIUM FOR BAREBOW LADIES

BAREBOW WOMEN

- HUBBARD Sarah - Wymondham A
- HOTCHKISS Pat - Forest of Bere B
- PARKER Nadine - Laleham AC

BAREBOW MEN

- KILGALLON Daniel - UCLan AC
- VAN KLEEF-BOLTON Wilco - Noak Hill A
- BARWISE Ralph - Stafford A



NT WOMEN'S COMPOUND CHAMPION - LIZZIE FOSTER

COMPOUND WOMEN

- FOSTER Lizzie - Cleadon A
- ANNISON Layla - Wymondham A
- GIBSON Ella - Deer Park A Ltd

COMPOUND MEN

- MASON James - MASON James
- SCOTT Ajay - Abbey B (Kent)
- THOMAS-PRAUSE Kai - Uni of Warwick



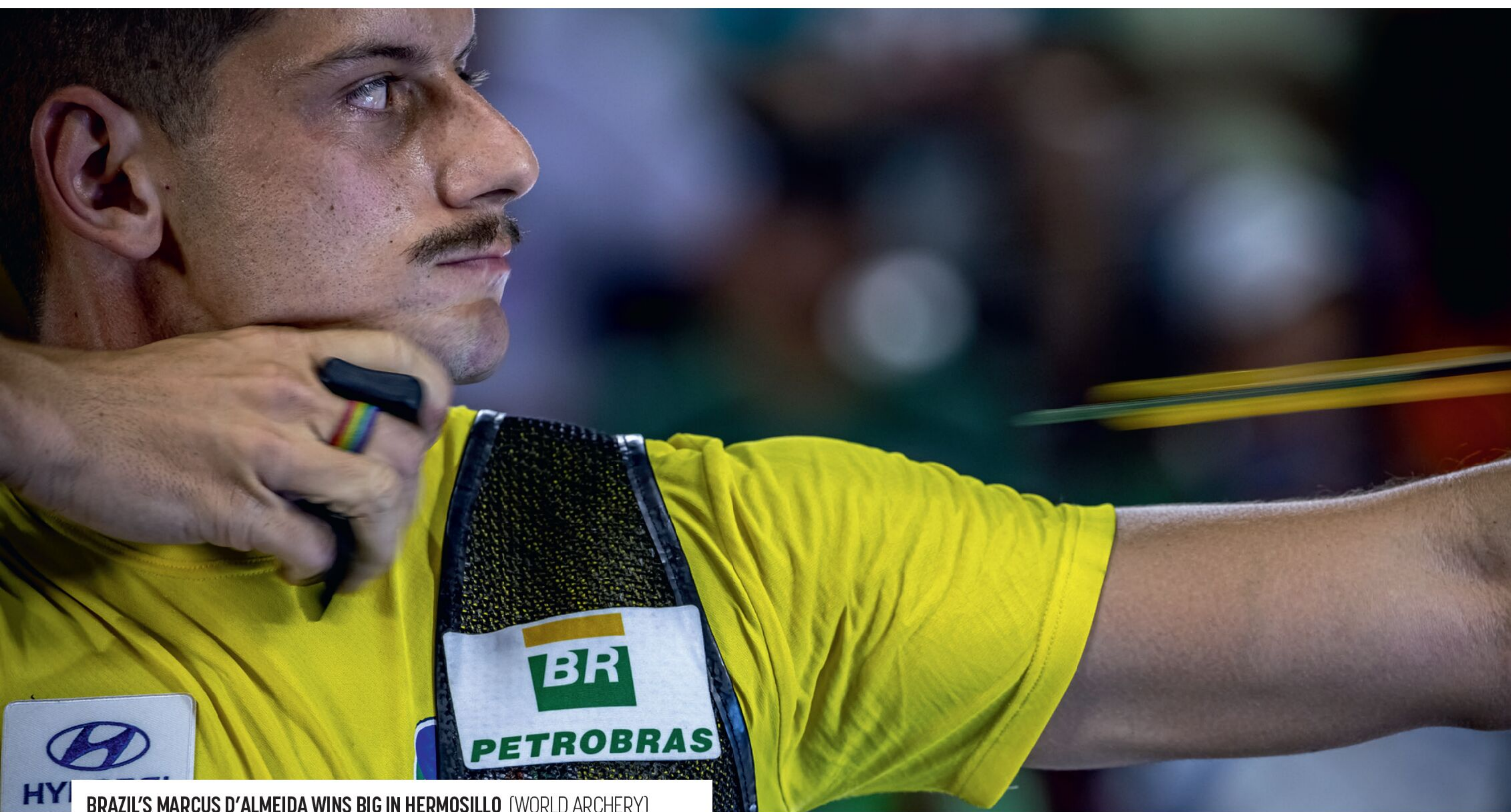
LADIES RECURVE PODIUM

RECURVE WOMEN

- HEALEY Penny - The Audco A
- BETTLES Sarah - Noak Hill A
- PITMAN Bryony - Worthing AC

RECURVE MEN

- HALL Tom - Meriden AC
- HALL Conor - Bowbrook A
- ORTON Monty - Meriden AC



BRAZIL'S MARCUS D'ALMEIDA WINS BIG IN HERMOSILLO (WORLD ARCHERY)

HERMOSILLO WORLD CUP FINAL: SUMMARY

The Hyundai Archery World Cup Final has crowned its champions

The top eight compound and recurve men and women met in Hermosillo, Mexico, to battle it out for the ultimate championship title. Many predicted India would top the ranks, some a Korean comeback. But those predictions remained largely unrealised. A total of seven countries shared the available medals, with Korea taking three, and India, Denmark and Mexico taking two each. Here are some of the highlights.

COMPOUND WOMEN

The Colombian Sara Lopez winning her eighth World Cup final was undoubtedly one of the key highlights. Though the

twenty-eight-year-old has been consistent throughout the season, doubts had been expressed about her ability to win here. Some commentators picked India's Vennam or the Korean Cho as favourites, who's match win percentages were higher this season - 81% and 80% respectively - against Sara's 74%. In the last year or so, Lopez has reported some performance issues like target panic, and you could see her 'flinching' or not being happy with longer holds in the finals match against another highly experienced compound woman, Denmark's Tanja Gellenthien. Tanja, making her sixth appearance at the World Cup Final, was leading in the gold match against Lopez until dropping her fourteenth arrow

in the eight, allowing Lopez to capitalise on the error, and making her even harder to catch. The host nation's Dafne Quintero claimed bronze, leaving Korea's Cho off the podium. Ella Gibson, another top pick finished in sixth position.

COMPOUND MEN

The men's compound event went to the twenty-year-old Dane, Mathias Fullerton, who shot against India's Jawkar, another twenty-year-old talent, who had claimed gold in the second stage in Shanghai earlier this season. The men were well-matched, forcing a shoot-off, with Fullerton coming out victorious for shooting a better bullseye than his



FULLERTON BECOMES THE SECOND DANE TO CLAIM THE WORLD CUP TITLE (WORLD ARCHERY)

opponent. These two gentlemen are certainly the ones to watch. 'Mr Perfect', Mike Schloesser, went away with the bronze after beating another Indian, Abhishek Verma, with a perfect score 150 against Verma's 149. Sadly, we did not see Slovakia's Jozef Bosanky reach the podium on this occasion. The forty-seven-year-old claimed golds in Antalya and Paris earlier this season; let's hope he continues his mission to show that "age does not matter in archery."

RECURVE WOMEN

Korea's Kang Chae Young was dominant throughout her matches, and claimed her second World Cup win since 2019. Her teammate, An San, took last year's podium at the finals in Tlaxhala. In her finals match Kang shot against Mexico's Alejandra Valencia. Bronze went to Kang's teammate, Lim Sihyeon, who was picked as one of the main contenders for the finals, having won gold at Shanghai and Medellin earlier this season. Many have remarked on the underwhelming performance of the Korean powerhouse in Berlin, where India dominated the medals table. Unusually for Korea, they have failed to get the Olympic quota spots, and went straight to Paris to redeem themselves without returning home. Paris was a success for them, but



VALENCIA, KANG AND LIM TAKE THE FEMALE RECURVE PODIUM (WORLD ARCHERY)

many question the likelihood of the tenth consecutive Olympic medal sweep, as the rest of the world catches up. India emerges as a worthy contender having claimed 17 medals in World Cup events this season. It will be interesting to see whether they can challenge the Koreans in the upcoming Asian Games in Hangzhou later this month.

RECURVE MEN

The Hermosillo finals concluded with the recurve men's match play, where Brazil's Marcus D'Almeida finally got his hands on the coveted title. The current world number one beat the top-seed Korean, Lee Woo Seok, 6 – 4. Italy's Mauro Nespoli took bronze having defeated India's Bommadevara in a tie-break, his second one in this event. WA cited how D'Almeida met and suffered losses against Lee Woo Seok in the past, a month ago in Paris, and nine years ago during the Summer Youth Olympic Games in Nanjing, making a reference to D'Almeida's World cup win as some sort of a revenge-fuelled rematch between the two. Marcus quickly dispelled the claim, commenting: "I'm not thinking about revenge; each moment is a special moment and I need to make the most of it." The top picks, Kim Woojin, Brady Ellison, and the up-and-comer Moldovan Dan Olaru were left behind.

COMPOUND MEN - FINAL RANKING

- 1 - Mathias Fullerton - Denmark
- 2 - Prathamesh Samadhan Jawkar - India
- 3 - Mike Schloesser - Netherlands
- 4 - Abhishek Verma - India
- 5 - Sawyer Sullivan - USA
- 6 - James Lutz - USA
- 7 - Józef Bosansky - Slovakia
- 8 - Miguel Becerra - Mexico



LOPEZ WINS HER EIGHT'S TITLE – WHAT A LEGACY FOR WOMEN'S COMPOUND! (WORLD ARCHERY)

COMPOUND WOMEN - FINAL RANKING

- 1 - Sara Lopez - Colombia
- 2 - Tanja Gellenthien - Denmark
- 3 - Dafne Quintero - Mexico
- 4 - Cho Su A - Korea
- 5 - Aditi Gopichand Swami - India
- 6 - Ella Gibson - Great Britain
- 7 - Jyothi Surekha Vennam - India
- 8 - Liko Arreola - USA

RECURVE WOMEN - FINAL RANKING

- 1 - Marcus D'Almeida - Brazil
- 2 - Lee Woo Seok - Korea
- 3 - Mauro Nespoli - Italy
- 4 - Dhiraj Bommadevara - India
- 5 - Brady Ellison - USA
- 6 - Kim Woojin - Korea
- 7 - Dan Olaru - Moldova
- 8 - Matias Grande - Mexico

RECURVE WOMEN - FINAL RANKING

- 1 - Kang Chae Young - Korea
- 2 - Alejandra Valencia - Mexico
- 3 - Lim Sihyeon - Korea
- 4 - Casey Kaufhold - USA
- 5 - Peng Chia-Mao - Chinese Taipei
- 6 - Penny Healey - Great Britain
- 7 - Michelle Kroppen - Germany
- 8 - Lisa Barbelin - France

HIGHLIGHTS FROM BERLIN

We selected a couple of memorable individuals from World Cup Stage 3



TAKING COMPOUND WORLD BY STORM (WA)

ADITI GOPICHAND SWAMI (17), INDIA

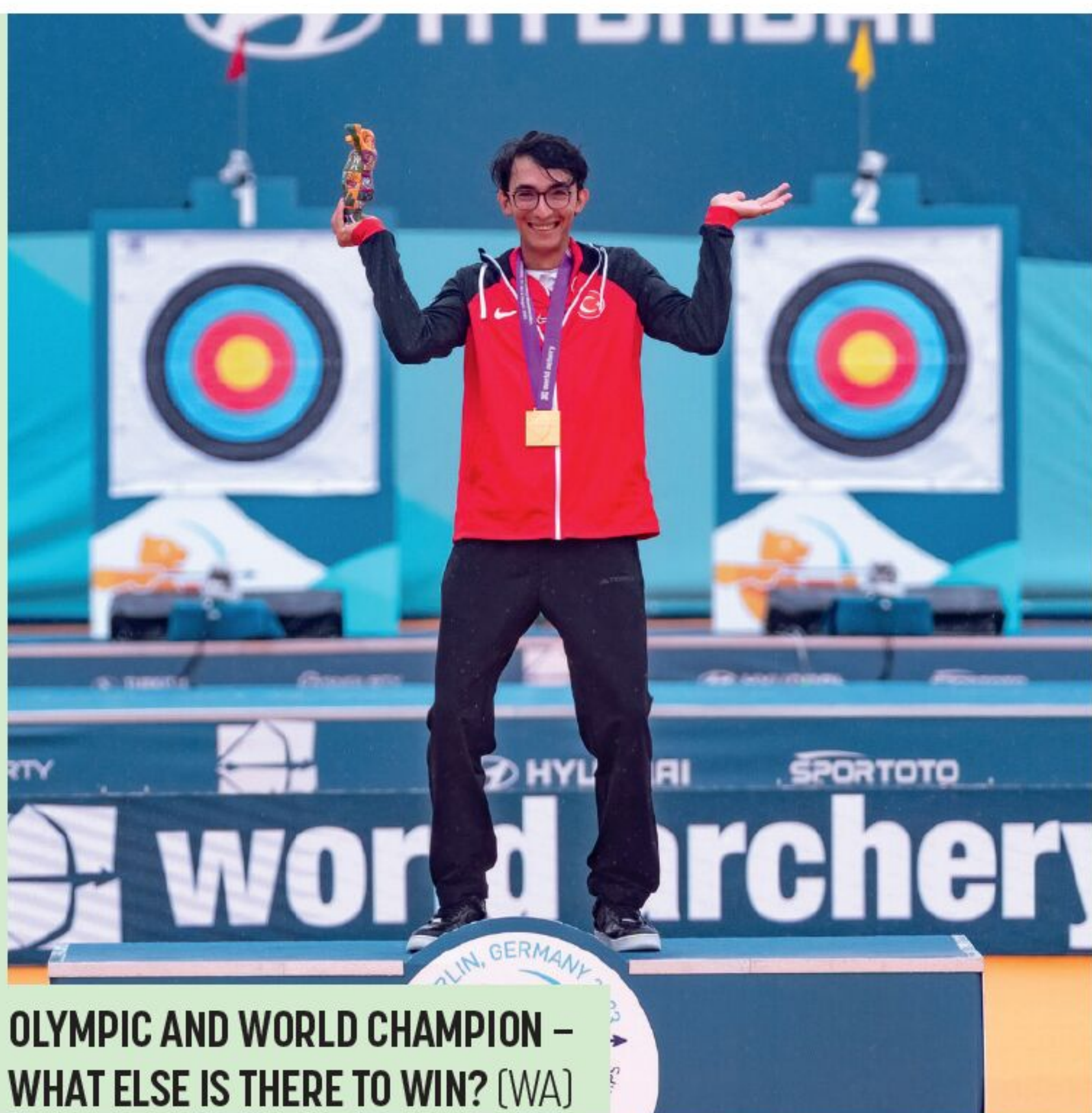
Though she did not come away with the individual World Cup Final win, finishing in the fifth overall position, Aditi is without a doubt a standout athlete. At only 17, she has taken the World of archery by storm. Within a short time she has become the youngest World Archery champion in the World Cup era, picking up India's first ever individual compound gold in Berlin. She made it a double by also winning the women's team event. Before traveling to Berlin, Swami was victorious in both team and individual events at the junior World Under-18 compound women's events in Limerick; the individual win was the second consecutive one in her career. This is more evidence that India is emerging as one of the world leaders, particularly in the compound events, and Aditi is high on the list of those to watch. A sensational performance.

MARIE HORACKOVA (25), CZECH REPUBLIC

Marie Horackova made history by winning the first ever World title for the Czech Republic at this year's Berlin World Cup stage 3. Horackova displayed excellent form and composure and won all of her finals matches in straight sets. She beat the top Korean pick, Lim Sihyeon, in the quarterfinals, causing a major upset and preventing Korea taking the Olympic quota spot in the women's individual recurve event. It was both unexpected and unprecedented for the Koreans to walk away without that spot. In the finals match against Mexico's Alejandra Valencia, Horackova led from the start and eased through the match as she has done many times before, taking gold and the Paris Olympic quota with a dominant 6 – 0 victory. Marie appeared at her first Olympic Games in Tokyo in 2020, finishing in thirty-third position. She comes from an archery family; her mother, Barbora Horackova, competed at the Beijing Summer Olympic Games in 2008, finishing in thirty-fourth position. Marie's father is her coach and he was in the coach box here. Good luck in Paris in 2024, Marie!



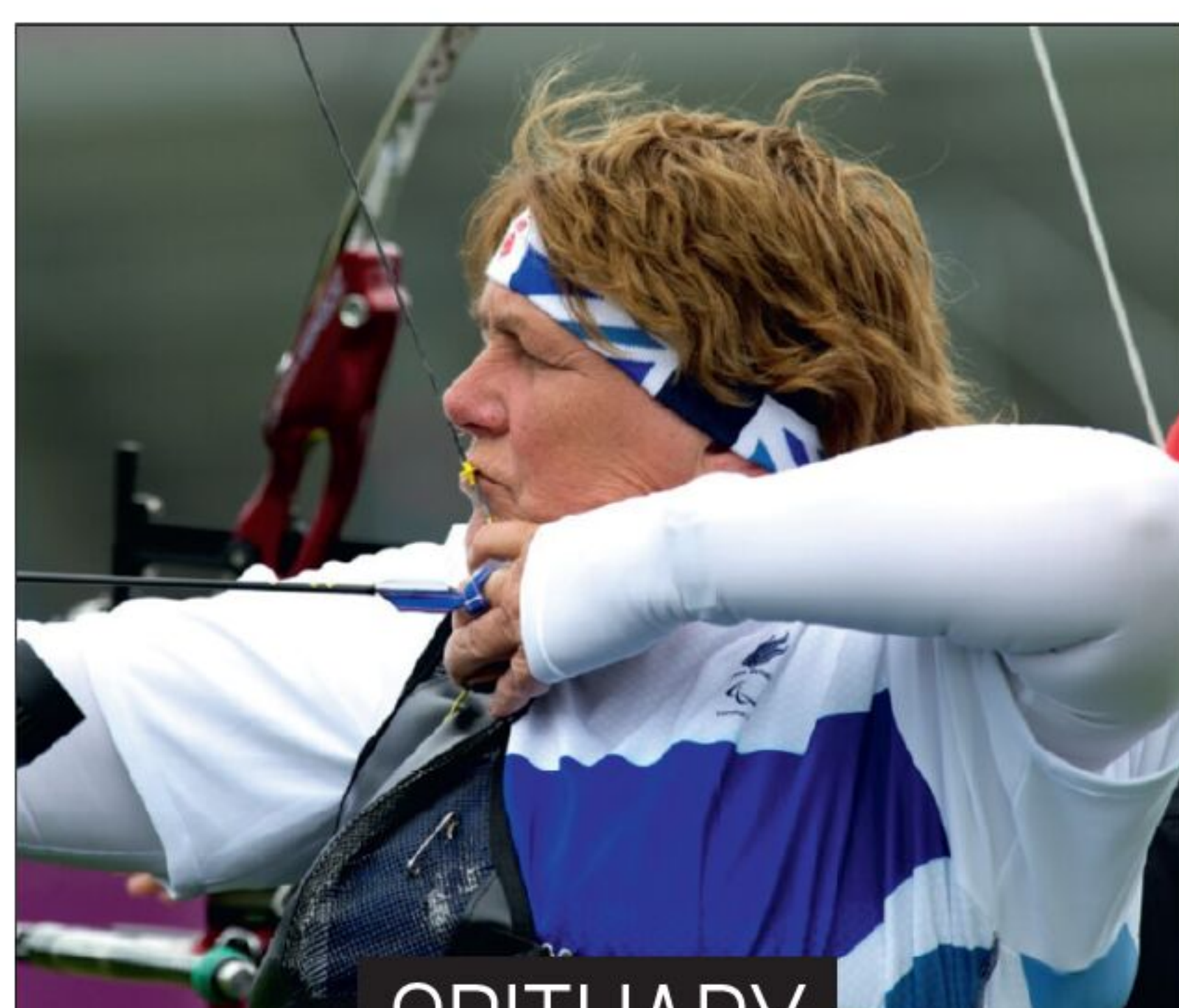
UPSETTING THE KOREANS IS NOT AN EASY TASK (WA)



OLYMPIC AND WORLD CHAMPION –
WHAT ELSE IS THERE TO WIN? (WA)

METE GAZOZ (24), TURKEY

The 2020 Tokyo Olympic champion, Mete Gazoz, became the second man to simultaneously hold the Olympic and the World champion titles. The USA's Darrell Pace, considered by many as one of the greatest Olympic archers of all time, was the last to hold both titles, in 1976. Unlike Pace, Gazoz won the Olympic title first, then the World. In the finals match, Mete shot against Canada's Eric Peters, an archer who shoots with confidence, but cannot be considered a match for Gazoz in terms of international experience – he was not known until his Berlin appearance. As the finals match progressed the rain increased, but that did not stop Mete from winning 6 – 4. Mete's coach Goktuk Ergin commented that it was one of their favourite venues, and that Mete felt good about his chances from the start. It just goes to show that there is life after the Olympics, and big prizes up for grabs. Gazoz will return to Paris in 2024, and his chances of doing the double again should not be dismissed.



OBITUARY

KATE MURRAY, GB PARALYMPIAN

Former GB double Paralympian, Scottish Hall of Fame inductee, and World Para 2007 Champion Kate Murray, has passed away at the age of 74. Her long career took her to two Paralympic Games, Beijing 2008 and London 2012, where she celebrated her sixty-fourth birthday on the opening day. Kate was the oldest Paralympian to compete at the London Games and was on the GB team for many years. Kate was an avid archery advocate and was loved, admired and well-respected by all that knew her.

“Her team members remember her humour, loyalty and kindness. She and her husband Roy, who became a member of the para-archery team support staff, were a central part of the team. She will be remembered by them and anyone who knew her with much love. Our thoughts are with Roy and her family.” (Pippa Britton, Kate’s former teammate.)

“Kate was a much-loved member of the Paralympics GB team at two Games. She was not only a terrific and talented archer, but was also a great person to spend time with. I had the pleasure of working with Kate at both Beijing 2008 and London 2012, and her commitment and professionalism, as well as her brilliant sense of teamship, always shone through. She will be missed terribly and everyone at Paralympics GB sends their deepest condolences to her family and friends.” (Paralympics GB Chef de Mission Penny Briscoe.)

We are grateful to Kate for her many years of service to the sport, and extend our deepest condolences to Kate’s family and friends.



ANDREA THOMAS, TERRY PIPER, DEBORAH LEA WRIGHT (AGB)

TEAM GB RETURNS WITH 6 MEDALS FROM THE IBSA WORLD BLIND GAMES

The International Blind Sport Federation held the sixth instalment of the international multi-sport world event for the visually impaired in Birmingham between August 14 and 27. The first games took place in Spain in 1998. Archery was introduced to the games for the first time this year. A total of twenty-seven archers from ten countries competed in twelve international classifications. Team GB dominated, winning medals in all the events. Visually Impaired (VI) archers shot at 30m distance. The 2023 World Para VI 2/3 Champion, Steve Prowse, took gold

despite an injury sustained during one of the matches. Steve remarked: “As this was the first ever IBSA games that included archery, it was a real landmark event for VI archery. It was fantastic to win the inaugural event, especially competing against the best VI archers in the World.”

Blind veteran Terry Piper took gold in the VI Open category and Clive Jones silver in the VI 1. Over the course of two weeks, a total of 1250 competitors from 70 nations competed in 10 different sports, including football, tennis, cricket, judo and powerlifting.

GELLENTHIEN RETIRES FROM THE INTERNATIONAL CIRCUIT

The most decorated athlete in Archery World Cup history, Braden Gellenthien, has bid farewell to the international competition circuit. He has represented Team USA on the world stage since 2002; Paris World Cup Stage 4 was his final appearance. Now 37, Braden started archery at the age of 12, and never dreamed of becoming the world’s ‘winningest’ archer of all time. In World Cup stages alone, Braden took sixty-seven medals, thirty-five of them gold. Always humble and understated, Braden told WA that though he has chosen to leave his competitive archery career, he will always be there for the new generation of compound archers should they need support or advice. Following his 60th World cup medal win, during an interview to Archery USA in 2018, Braden said: “Being an American

BRADEN WITH HIS ARCHERY USA
ACHIEVEMENT AWARD (USA ARCHERY)

Compound archer brings with it a legacy and responsibility to uphold the standards of the superstars of our past.” It is fair to say that Braden Gellenthien has become part of that legacy. Good luck with your next archery venture.

GERMANY, FRANCE AND MEXICO TOOK THE RECURVE WOMEN'S TEAM OLYMPIC QUOTAS (WORLD ARCHERY)

GERMAN TRIO TRIUMPHS IN BERLIN

Mimi Landstöm caught up with the “Banana Crew” to talk about performance on the home soil

The 2023 Hyundai World Archery Championships took place in Berlin in early August, with the Olympic rings at the Olympiastadion as the backdrop, offering the first chance for full team Olympic quota spots to be won.

Much to the shock of most archery fans, Korea got knocked out pretty early on by Indonesia, leaving the Netherlands, Mexico, Germany, and Olympic hosts France in the top four. Even though World Archery jumped the gun and posted before the finals that the Netherlands, Mexico and Germany should win Olympic qualification, in the event only the podium nations did so. The host nation's women's recurve team, made up of Katharina Bauer, Michelle Kroppen, and Charlene Schwarz, the European team winners from 2022, came away not just with the full Olympic quota spaces, but the World Champions' title, in front of the

home crowd: European Champions 2022, World Champions 2023... 2024?

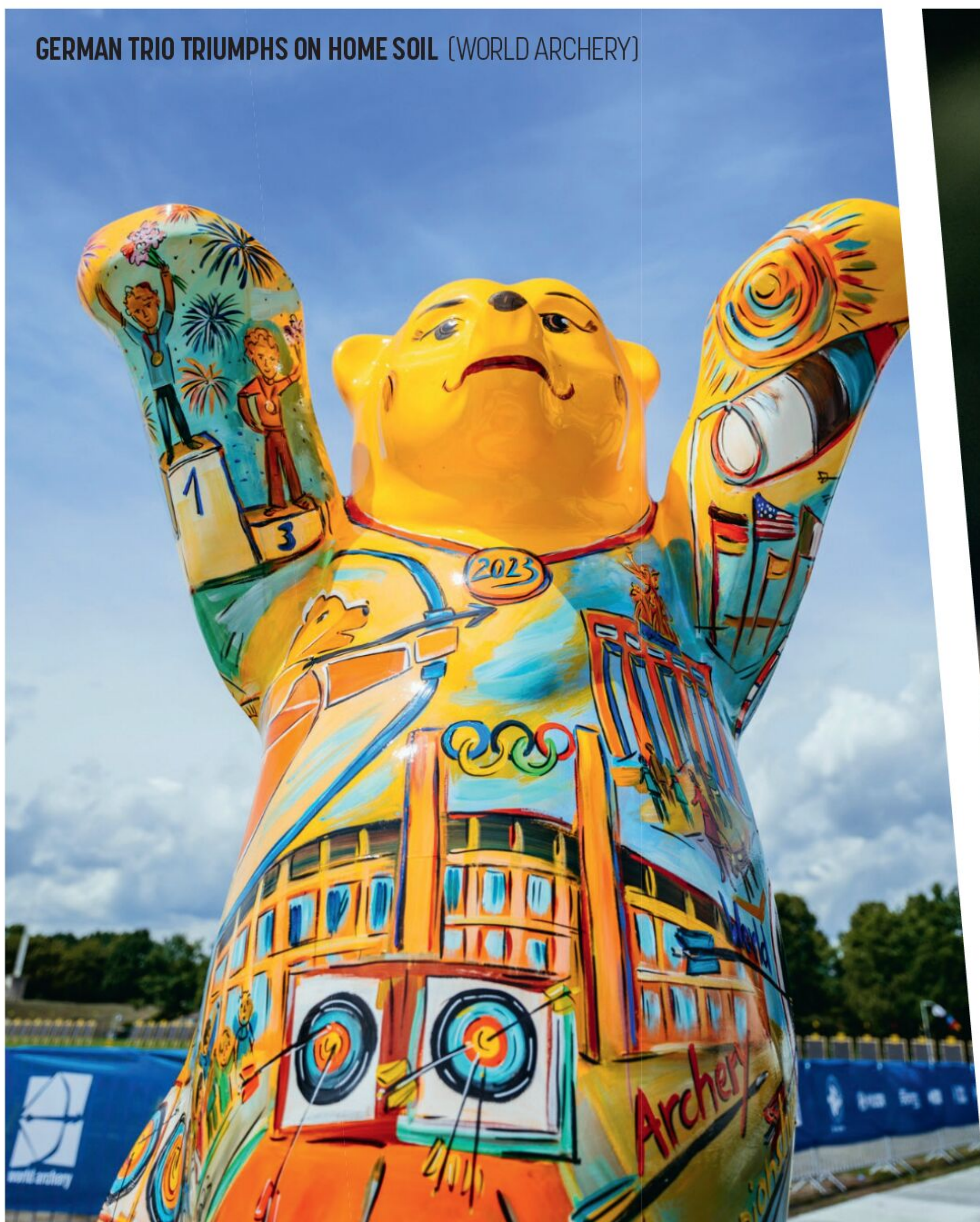
The gold medal match came down to Germany and France. Knowing they had already won the quota spots, Germany was full of confidence. Following the women's success, Michelle Kroppen and Florian Unruh took the silver against the Koreans in the mixed team.

After yet another successful international season for the German trio, hopeful after winning bronze in the Finals in 2021, Michelle Kroppen set off to the World Cup Finals. This time Michelle finished in seventh position. The trio bond well, enjoy shooting together, and have achieved their goals over the past year with smooth efficiency. The 'Banana Crew' are going from strength to strength. We caught up with the three women for their views on the final match at their home World Championships.





GERMAN TRIO TRIUMPHS ON HOME SOIL (WORLD ARCHERY)



THE BANANA CREW MASCOT (WORLD ARCHERY)



(NOTE: replies are reproduced verbatim to preserve the integrity of the original answers)

How did your team prepare for the World Championships?

Kathi: We had some competitions before to test out team shooting in pressure situations, such as the Word Cup in Colombia, the European Games in Poland. Along with a pre-camp two weeks before the World Championships in Berlin.

Charlene: We have done a lot of competitions as this team before, so everybody knows what the others need in different situations in competition. But we basically sat down and talked about how we think this competition is going to be.

Did you feel extra pressure being on home soil to do well?

Kathi: We knew what it meant to shoot on home soil. I think we felt more nerves at the European Championship in Munich last year. I think the Europeans 2022 were a bit of an advantage for us because we've already known what it means to shoot at home on the international stage. So, I think we didn't feel 'extra pressure', we felt like we had extra power

because of all our loved ones and fans that were there.

Charlene: Not extra pressure, but I felt more excited. I was looking forward to seeing my friends, my family, and the supporters. And that made me happy.

How were you feeling during the matches?

Kathi: We felt really confident. We tried to fight for every single arrow together, supported each other and we tried to just do our thing.

Charlene: Shaky but with a positive mindset. We knew what was at stake, but we also knew what were capable of.

How did you all feel on that stage shooting for gold?

Kathi: We tried to enjoy every moment on the stage. We knew that it would close the era of the "Banana Crew" because it was the last competition with our women's coach, Marc Dellenbach. Before the competition, we had decided to give our mascot (the Banana) to him at the end of it. In the end, we finished our 'era' with making history on home soil. It was unbelievable for all of us, and we all

were super emotional after we knew that we had won.

Charlene: While shooting for gold, I was way more calm compared to the semi-final for the quota spots. So, I just tried to enjoy every moment of this match and tried to have fun. Also, because it was the last match with our women's coach, Marc.

You won a full Olympic team quota, what does it mean to you?

Kathi: It's great! It is the best outcome for our whole team. We can start to prepare and to plan for Paris 2024 from now on. This will help us to perform as good as possible there. We did not win the quota for ourselves; we won it for Germany and for our whole women's team. All the other girls from the team were there and supported us during the whole week. So, it was really nice to celebrate this success together with them.

Charlene: I loved that we reached our main goal of the season with this quota place, and it really means a lot to me. I will remember this moment.

You are World Champions; how does it feel?



MARC DELLENBACH SAW TO THE LADIES' TEAM FOR THE LAST TIME BEFORE TAKING UP A POST AS THE NEW HEAD COACH AT WORLD ARCHERY EXCELLENCE CENTRE IN SWITZERLAND (WORLD ARCHERY)

"I LOVED THAT WE REACHED OUR MAIN GOAL OF THE SEASON WITH THIS QUOTA PLACE, AND IT REALLY MEANS A LOT TO ME. I WILL REMEMBER THIS MOMENT."

Kathi: It still feels so unreal. Last year we became European Champions, and this year we became World Champions. It is such an honour for all of us. It makes me super proud and shows that in archery, everything is possible if you work hard and never stop believing.

Charlene: It feels great and I am very happy how everything this season was meant to be to become World Champions, and to achieve this goal with the girls, our coaches, our whole team, our supporters and fans!

Michelle, you shot the final arrow, what was going through your mind?

Michelle: For the last three arrows, I wanted us to give France the highest score to beat. Kathi started with a 10, Charlene shot a 9, so of course I wanted to shoot a 10. I knew that I could trust myself for that. When I went back from the shooting line, I said to Kathi, "first they have to beat that 29" and I felt deep inside me that it was enough to win, and it was.

Kathi, you're coming back off injury, what extra preparation did you have to do to be ready for these Championships?

Kathi: My training, of course, changed compared to last year. I'm not able to train at such high volumes anymore, and due to the injury, I had to start my real season preparation way later than the others. After Las Vegas I did an archery break for 4 weeks and was in my rehab-clinic every day to work on my weaknesses with professionals. After those 4 weeks, I slowly started to shoot and still spent a lot of hours in my rehab clinic to do specific strength training to reduce and prevent the pain. Week by week I could increase my volume. Me and my coach, Oliver Haidn, tried to plan everything so that I would be in a good form for the World Championship. This plan worked out quite well for me. 🍀

Thank you, ladies!



BAUER: "...EVERYTHING IS POSSIBLE IF YOU WORK HARD AND NEVER STOP BELIEVING." (WORLD ARCHERY)



FESTIVAL OF SPORT 2023: HAVE-A-GO IN NORFOLK

Peter Hill reflects on the weekend and the importance of archery taster sessions

Peter Hill took part in this year's Festival of Sport, the ultimate family sports festival, which was held in Holkham, Norfolk.

This was the third year of the new festival, founded by the ex-England Rugby stars Will Greenwood and Austin Healey, and is one of the UK's biggest sport have-a-go session events. Its aim is to introduce children and young people to a wide range of activities through top coaching professionals – from Olympians to World cup winners. Children between the ages of 5 and 17 were welcomed, their parents and guardians were kept busy. The event took place on the grounds of the 18th century Holkham Hall Park, and the visitors were introduced to over twenty different sports. Peter Hill

reflects on his experience and the importance of a 'have-a-go' in archery.

WYMONDHAM RUNNING THE SHOW

This year, Wymondham Archers (South Norfolk), my club, and Marshland Archers (North Norfolk), partnered up to bring archery to life, to enable and encourage kids of all abilities to have a go at our beautiful sport at the festival. The event ran simultaneously with the British Target Championships at Lilleshall, Shropshire where the good and the great were standing shoulder to shoulder challenged by each other, the elements and their own demons, striving to become the country's crowned champions. Three of Wymondham Archers members representing our county were

at the championships, whilst others were helping possible future contenders at this year's Festival. If I said it was easy, I would be lying. It is hard work, but fun whilst being challenging. We wanted to be part of this event due to its huge influence on how kids perceive sport, or for that matter, how parents see sport in relation to raising kids; nobody gets left on the bench, including parents. If parents join in, their child is more likely to stay in the sport, stay active.

HAVE-A-GO SESSIONS

Our team of coaches spent far too many hours on their knees as they did their very best to get children to understand the art of archery. As I found myself getting up after yet another session spending more time than I'd



NOT BAD FOR A 5-YEAR-OLD



MAKING IT A MEMORABLE EXPERIENCE FOR ALL

like on my patellae, I pondered on why we do something like a 'have a go'. Truly, we should consider what kind of return we are seeking from putting in all this effort; the effort of moving a considerable quantity of kit, from the larger pieces like bosses to the smallest of arm bracers. But also, how to garner the support to simply get to the event, from fellow archers, families of archers and the coaches that are needed to make it a success. Have-a-go-sessions can be enormously important to an archery club; some often offering a free taster of their favourite pastime. There are, however three main reasons for a club to host a have-a-go - to bring in new members, to raise some much-needed funds, to support a local community need - or all three.

This year's Festival of Sport made huge efforts to meet the call of those who are disadvantaged in some way, through disability or financially to other not so obvious neuro-diversity issues. With some sports of course, many kids can muck in and take part en masse. Whereas, of course, with our beloved sport and not knowing who exactly we will be helping along, we operated on a one-to-one basis.

The Festival of Sport is possibly the largest have-a-go event I have ever been part of. Kids of all ages from all over the UK came to Norfolk to be at Holkham Hall for just three days. They are all mad for sport of any kind. We need to remember that they are more

likely to choose one of the more mainstream sports before they choose archery. Indeed, we probably need them to, as archery alone from first trials isn't going to build the skills a youngster needs to become a future archery Olympian. They will most likely spend many hours in the gym, working on fitness, on balance and power to deliver those newly found skills when they might, just maybe, find themselves at one of our ranges.

CREATING MEMORIES

Their attendance and the experience is all important if we are to gain and keep our future club members, or indeed athletes, that may go on to represent us internationally. We feel that the memory of taking part with the Festival of Sport's 'have-a-go' at Holkham Hall - or for that matter with your or another club could be an inspirational part of their journey. This is what we tried to offer at the Festival of Sport. In the process we enabled more than 500 kids, some only 3 years old, to take part in archery over the weekend.

Many of them returned multiple times. With coaches working hard using the first principles of coaching, all adopted a similar barebow approach to begin with. But as the kids repeated their participation, we layered on more of the complexities of each shot. One young lady returned over 20 times across the three days, gaining in confidence and ability on each visit.

We must not forget that these events cannot happen without the dedication of our coaches, club member helpers and their families, all chipping in to make these weekends a success. Our club members, for example, travelled from all over Norfolk to be at Holkham Hall. We carried targets, loaded, unloaded, set up and took down archery equipment. Attendees for the event came from as far away as Scotland and Cornwall, with some making it their third successive visit. The kids had a fabulous time, and their parents also took part.

FINAL NOTE

Have-a-go can feature hugely in a club's yearly activities. But to make them successful a club needs to think about what it wants from them, starting with the questions: why are we running it, and what outcome do we think we'll achieve? Do we have the support from members? Have we thought about the extra costs incurred through equipment damage and the cost of feeding the volunteers? Have-a-go sessions are an absolute hoot and a great opportunity to bond with your own and other club members. ●

FESTIVAL OF SPORT ACTIVITIES



ARCHERY



GOLF



LACROSSE



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MEDIEVAL SWORD
FIGHTING

BOXING



DODGEBALL



FOOTBALL



RUGBY



FIELD HOCKEY



JUDO

ATHLETICS
THROWING

ATHLETICS



ROWING



KAYAKING



NETBALL



CRICKET



TRAMPOLINING



SKATEBOARDING

CIRCUS
SKILLS

2023 EXPERT COACHES

Rugby players Will Greenwood and Austin Healey, cricketer Ryan Sidebottom, Paralympic rowers Vicki and Tom Aggar, netballer Karen Greig, golfer Graeme Storm, England and Saracens women's rugby player Sydney Gregson, hockey gold medallist Susannah Townsend, footballer Paul Dickov and young PGA pro golfer Hannah Bowen.

INFORMATION & PRICES

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"HARD WORK WILL ALWAYS WIN. BUT, IN A WAY, HARD WORK IS THE TALENT." -
RAISING THE NEXT GENERATION OF STARS © ISRAEL ARCHERY ASSOCIATION



INTERVIEW:

RICHARD PRIESTMAN:

ON TALENT

PART II

*Bow continues the conversation
with WA's Coach of the Year*

Why do some talented archers fail?

Lack of hard work, fear of failure, pressure of life. Talent is something you brought with you when you came into the sport, and the good thing with archery is that you can learn everything, piece by piece, like a jigsaw. Hard work will always win. But, in a way, hard work is the talent. Sometimes, just hard work does not work and there has got to be some talent; but you will never fulfil your potential without putting the hard work behind it. All best archers in the world are hard workers.

Is there anything besides hard work that these archers have in common?

They are very driven to be good. They want to be good. Most of the time they will not accept anything that is not a ten. And, sometimes, when they do hit a ten, they are still not satisfied with 'just shooting a ten' - it is more about attention to detail. Some get beaten all the time, some make mistakes, some get anxious, but they will find their way through it because they have that drive, that resilience. For many, endless losing at the start is what makes them so resilient later in their careers. In fact, most

people could be much better than they are if they hadn't given up too early or too soon. That is one of the key dilemmas, how do we keep people in the sport long enough and have them work hard enough to reach their full potential? You are training towards that one point in your life where you shoot your lifetime personal best, but you don't know when it will be. And, sometimes, you don't know you have done it. It is a journey, and you don't know where the end is. But you do see many archers, like Oh Jin Hyek in his forties, still shooting great scores. Professional archers have long careers, there is no reason for them to stop and get a proper job. And who knows where he will stop?

Are there currently any archers on the scene whose development you oversaw?

I was very fortunate to have been in Brazil, where I have been a national coach for just over two years in 2013. Marcus D'Almeida was a young 15-year-old, he had already been on the squad when I arrived. I oversaw his development for about two years, and by the end he was already competitive as a senior archer.



"YOU REALLY HAVE TO SAY THE RIGHT THING AT THE RIGHT TIME, AND THAT'S A DIFFICULT SKILL FOR A COACH TO LEARN." RICHARD'S HARD WORKERS: PENNY HEALEY, GB (JOHN STANLEY)

As part of the GB Pathway squads, Penny Healey came up with Olympic ambitions, but she was not a 'finished' archer by any means. And I was lucky to work with Penny for three years. I have not worked with Marcus directly since I left Brazil. Penny, of course, I see her a lot around in international competitions and keep in touch to ensure she keeps improving. It is always a great privilege to be working with people like that. Then there is Ruman Shana in Bangladesh. He won a World championship medal in 2019. Again, it is that critical age, 15-17, when they have already started in the sport, and you teach them how to be a real competitor. After all that work, some years later, their progression is continued, and they win medals. It's nice to see. I think the big part for me is being involved in that critical 15-18 age range, when they are really learning to be good archers, before the bad habits set in.

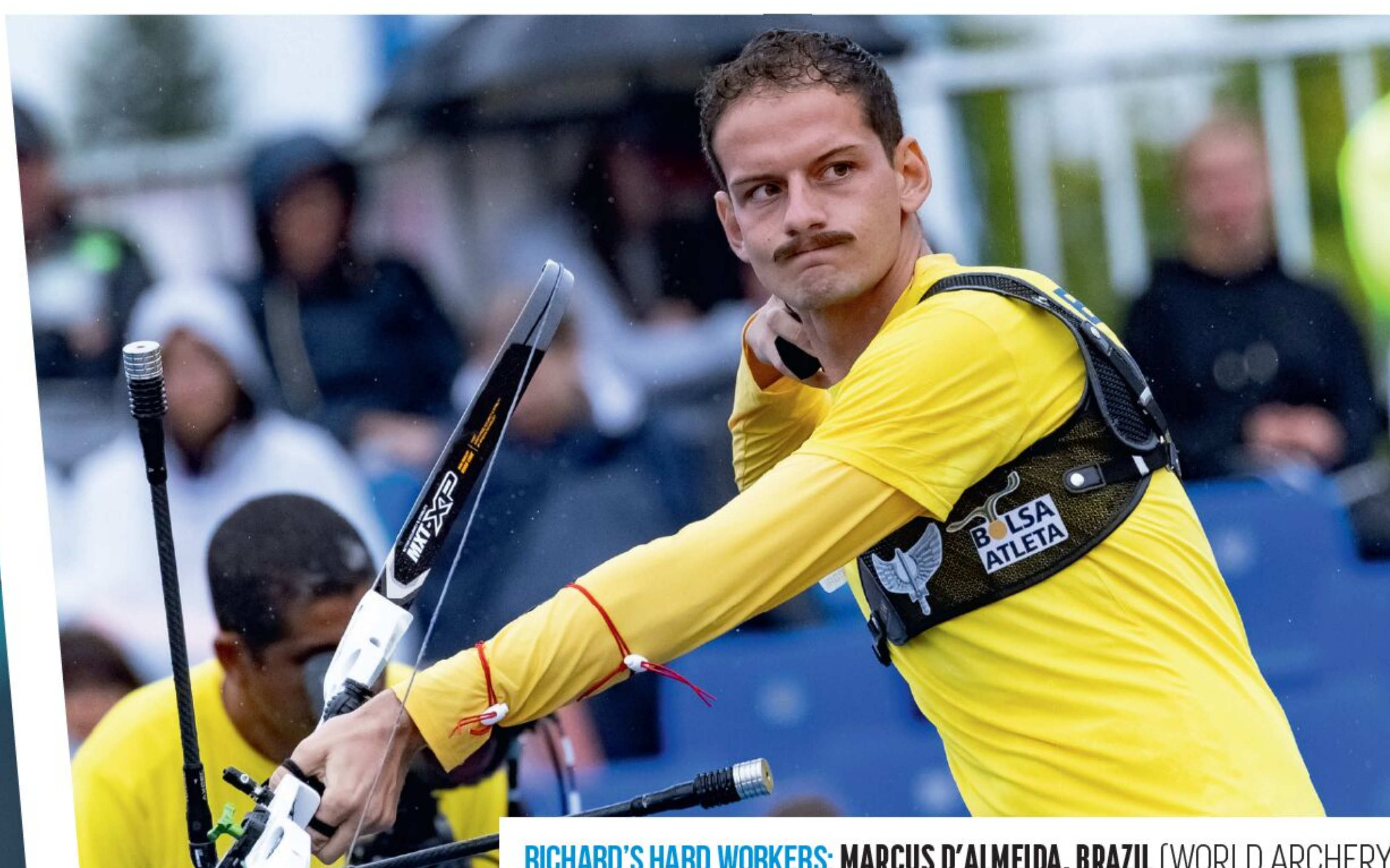
Do you do anything different when working with a talented archer?

Yes. The big part of what I do is observation; it involves many, many hours, trying to work out how and where they can go as an archer, because they have all learned as a beginner, and they have all worked with some coaches; that means that they have already got existing techniques. Often, some of it will be ok, but some of it may be limiting their performance. I try to identify what is limiting their performance. Everybody from beginner to an Olympian can shoot a ten. What the individual doesn't know is how to stop 9s, 8s, 7s and 6s, and the misses. The higher overall standard you achieve, the higher arrow becomes the bad arrow. But, even when you get to a high international level 'good', you are still 'leaking' 8s, 7s and 6s. So, what I look to see is what makes them shoot those bad arrows; they clearly know what it feels like to hit a ten, yet they still allow for other numbers to happen. Is it their mental game? Their physical fitness? Is it their technique or their equipment? So, it is about making a big, long list with everything that may be limiting

an archer and going through it one-by-one, ticking off every limitation, until they are left with 10s and 9s. It takes a long time and a lot of work.

What are some of the limitations you come across more often?

One of the biggest limitations is bow fitness. It is very difficult to be a competitor doing good technical process if you are not fit enough to control your bow. And, internationally, there is an accepted range of bow weight that is considered competitive. For woman's division it will be from 39lbs to mid 40ies - any less, and if you are shooting a lighter bow, you will be compromised in more adverse weather conditions. It has been proven that the heavier the bow, the more accuracy it can potentially achieve; so, the body has to cope with that. The men are shooting 47, 48lbs, all the way up to 68lbs. The demands on the body are incredible; you have to be able to shoot anywhere between



RICHARD'S HARD WORKERS: MARCUS D'ALMEIDA, BRAZIL (WORLD ARCHERY)



RICHARD'S HARD WORKERS: RUMAN SHANA, BANGLADESH (WORLD ARCHERY)

250 to 400 hundred plus arrows under those loads to a good standard. My archers need to be fit enough and have to be able to shoot a certain number of arrows without injuring themselves, or without fatiguing themselves too much. A technical process must be learned and must be repeatable; it has to match their personality; not everybody can do the same kind of technique. You see a Korean kind of technique, or KiSeek Lee kind of technique, or a mixture, throughout Europe, for example. It is about trying to figure out what they can and can't do based on what they have picked up and learned before. Then you go one-by-one, looking for the breakdown points, building a robust technique that can stand up to individual's perceived pressure. You've got good equipment, competitive bow weight, good process, you are bow fit, and the biggest potential limitation factor is the mental game. Archers worry about scores, about the outcome, worry about messing up, so we must find the way around that.

"...COACHES CAN BE VERY PRODUCTIVE AND VERY DESTRUCTIVE..."

Why do some high-level archers focus so much on the outcome?

For many there is a need to win a medal. And because you need to shoot a lot of tens and nines to get the medal, you can't get away from the outcome; and that creates an incredible amount of pressure. For compound, you have to shoot tens, otherwise you are going to lose. What we need to do as coaches is take the pressure away from the thought of missing the middle, help them get rid of that fear. If we can persuade the archer to do good process, work with their determination and expectation to hit the middle, then that there is how you create a 'ten'. If an archer is shooting and trying 'not to hit a nine', then that is a totally different

mentality, and we need to get away from that. There is a desire for medals from the Olympic Federation, national federations, the archer, the parents, the club mates, in other words, you are expected to shoot good scores and are expected to win, on many levels. It's very hard for the archer to cope with that; some cope with it very well, some don't. And, of course, we have many World number ones who worry about losing World number one. Naturally they want to stay there and many of them will be shooting with that fear of losing their position: "What if I don't shoot good today? I'm going to lose". All of this must be managed by and supported with appropriate help from coaches and psychologists, the whole support team. Everybody is a different individual, and you have to find a way to deal with that pressure; some will come into sport with the necessary skills, some will learn, some will require a lot of persuasion.

Do you feel that a coach plays a major role in helping achieve that mentality?

Yes, most definitely. Most of my coaching is in that; I teach them how to get bow fit, how to work on their technical side of training, but most of it is competition training and it is psychological in nature; it is easy to say the right thing at the wrong time, and then it doesn't work. You really have to say the right thing at the right time, and that's a difficult skill for a coach to learn. Coaches can be very productive and very destructive. It is very important for a coach to work closely with a psychologist. Psychologists do some very good one-to-one work with the archers, but I prefer they work through the coach too, because so much of the psychological work goes through the coach. Often when I find that there are blocks to archer's performance, I will seek the psychologist's advice to try and solve it – it is teamwork.

Do you think a coach needs to have a talent?

I was a competitor as an archer and I am a competitor as a coach, I want my archers to win, and a few of my former competitors are now coaches; I still want to beat them. So, the talent I brought with me as a competitor, and the way I learned my archery, gave me a steppingstone to be a reasonably good coach. The biggest learning happened when I began coaching; it is endless research, endless talking to other coaches, looking for different or new ways of doing things. The learning never stops. But there are coaches out there that have never been archers, and they are really good coaches, and they get good results. But looking at top coaches around the world, many of them were good international competitors themselves.

Is there a more 'important' coach in archer's journey?

I always say this at any coach training event, the most important coach in archer's development is the beginner coach. They are the ones that will give the good, sound basic skill-base that won't limit the archer in the future. Most of my coaching has been about fixing the poor learning acquired in early development. If the beginner coach gives a good foundation, then they won't limit the archer's potential.

Would you say that current coach learning infrastructures are limited?

Most definitely, yes. Look at the coach training around the world. In GB you have got levels 1, 2, 3, and every country has their own levels; the learning is limited to what

you learn at the course; can you really put what you've learned into practice? If you look at level 3 coaches, they still don't know everything required to take their archer to be a winning Olympian. I really enjoyed the coach learning in South America because it was seminar-based. Bringing in expert coaches, expert archers, and in a week's course, you would learn everything you would need to know as a coach to take the archer to be Olympic level. It is a massive amount of learning, but, as a beginner coach you get a good idea of what "Olympic-good" is. I guess, my major criticism of archers, coaches, officials, is that there is no secret information out there, it's everywhere. There are great books, seminars, online resources, social media, endless information. If you do your research, all the tools are there. But there is stuff out there that is not good enough, so part of my job is to also guide the archers to what is good information.

"...MOST PEOPLE COULD BE MUCH BETTER THAN THEY ARE IF THEY HAVEN'T GIVEN UP TOO EASY OR TOO EARLY."

If you were to give advice to a beginner coach, what would it be?

I would love to see the archer to have more freedom to learn the basics. I would like the beginner coach to teach the archer to focus on making good process all the time, teach them movement; teach them the right posture, the ability to open into a good alignment, to have an effective anchor, a continuous movement a good follow-through. A simple well-rounded process, rather than pushing them into competitions too early. It is so common for people that go to a club are pushed into competition a week later, when they haven't learned all the skills. When you go into a competition and you are not ready, you get disappointed with the score, you will start getting hang-ups, you'll likely get anxiety, get frustrated, and like with any bad habit, it is very difficult to get rid of. Poor technique is nobody's fault and it's everybody's fault – in the West the culture is not to learn good technique. It's kind of OK, and we go to competitions, but at some point, when we want to be really good, go to big competitions, we have to fix it. And then you have to spend 6 months,

or 12 months, or 2 years out of their archery life on fixing technique to shoot good scores; in other words, you are taking time away from them, and we have a limited time in this sport. If the good basics aren't there, you are left with limitations, you are wasting everybody's time. So, teach them good basics, it's all in the manuals. There is a personal responsibility for the archers and the coaches to learn better.

If you were to guide a coach who wants to improve, how would you recommend they develop?

If there is a technical model in your country, learn it; but not all countries use one. Above all, you need to be a student of archery, study what the Koreans do, they have a formalised kind of technique, with a few variations of course. Study what the KiSik Lee is doing, he has a very stylised, effective process. It's all there, you just have to learn it and you need to know it. When you look at the student in front of you, you need to think about what that person can do with their mindset and with their body, and you might need to use elements from different forms of archery. Look at what the Soviets did, look at what the Germans do, what the French do – it is all out there. All these processes have steps, and you might use some from one cycle, some from another, trying to match it to that person and their mindset. It is something I did with Penny Healy, I adjusted the process to her mentality to make her shoot more tens, because she was limited by what she was doing. So, a coach has to look at the archer and see what they can do to make them shoot better. Technique work is continual, it is about the long-term development, and short term-term scores are not import.

Lastly, how long does it take to develop a strong international level archery athlete?

International, Olympic level, you are looking at 7 to 10 years for recurve, for compound, 3 to 5 years. But there are exceptions, of course. It depends if they have any transferrable skills, how good they are at implementing things, how good they are at listening to their coach. It is a difficult sport, and we as coaches have to find the way to the archer; with some archers, you never find a way to get inside their heads. Not everyone is coachable, and not everyone will match.

It will certainly be an encouragement for many to train hard and invest in their development. Thank you Richard! ☺

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SPOT OF YOUNG TALENT:

HECTOR ELWELL

Steve Wall of Long Mynd Archers shares a note of appreciation to their club's young talent

Ask Hector Elwell what he wants to be when he grows up and he will look you in the eye and say with absolute conviction: "I want to be an Olympian... a gold medal winning Olympian!" Such passion and determination are astounding in a 10-year-old but even more so, his achievements.

Hector is the current Men's recurve U12 Junior National Outdoor Champion for the second year running, U12 Recurve UKRS Metric V Champion, current Men's U12 recurve Indoor Champion, and, arguably, the best 10-year-old recurve archer in the UK today. In addition to being a National Champion, Hector has recently beaten his own record in the U12 Men's Metric V,

15 points short of the National Record.

Hector's interest in archery arose when he saw a video of a horseback archery competition. At seven years old, Hector took part in a 'Have a Go' session at Long Mynd; the rest, as they say, is history. He soon began working with Tom Williamson, president and senior coach at Long Mynd. Tom is considered a legend in the archery community, having been Archery GB Junior Team manager from 1987 – 2010, and Junior Team manager/coach for Team England at the Commonwealth Games in India in 2010.

Hector is not yet using the clicker, as his young body is still developing and growing; so, to improve his timing and rhythm, coach Tom uses a metronome instead, which he places on

the line, between young Hector's feet. Young, aspiring athlete shoots no less than six dozen arrows during a coaching session, more if he is not tiring.

But it's not all fun and games, at times, coach Tom has to reel in Hector's enthusiasm for archery practice: "There is always room for improvement, but not at any cost. Hector can only get better, but it is better to do it gradually rather than on a steep curve," says Tom.

As well as winning five national AGB medals and being a member of the Shropshire County Junior Team, Hector is on the verge of attaining his Junior Master Bowman. No one at the club doubts his ability to achieve it. Hector is driven to succeed by his own desire and will to be the best at what he loves. Inspirational, isn't he? 



HECTOR WITH HIS COACH, TOM WILLIAMSON (STEVE WALL)



FUTURE OF ARCHERY (STEVE WALL)



INTRODUCING CHILDREN TO **FIELD ARCHERY**

Alex Tyler on how the smallest archers can start their journey

There are many ways in which a child may find out about archery. It may be the sight of archery action in a film, a school or scout troop visit, or taster session, or something else. Whatever it is, there are lots of ways to support a youngster should they consider taking up the sport.

GENERAL RECOMMENDATIONS: SAFETY FIRST

National Field Archery Society (NFAS) shoots are open to visits even for the youngest children; the society has no age limit for associate members, so even infants can visit courses with parents or guardians from the very beginning. It helps if your relatives are already keen archers, and seeing archers in action is the best way to be introduced to the basics.

Safety and the child's comfort are the two key considerations for deciding when a child should start using a bow: for most equipment the minimum age is four, when the child has developed the necessary degree of co-ordination. Archery GB encourages young children to have their first go at archery through an indoor Arrows Archery programme; the set uses soft arrows with sucker cups to introduce archery in a safe way. The programme is available to all AGB clubs, who can offer the experience to local schools or care homes.

Soon after the initial introduction comes a point when the young archer wants to shoot longer distances; this means joining a club. The best option is to choose a club offering beginners' courses, or individual coaching, with the option of borrowing equipment. Individual clubs may have specific age restrictions, but

there is no specified age minimum in NFAS; the AGB recommends a minimum of eight to ten years for the beginners' course. All coaches, including those in NFAS, have been checked via the Disclosure and Barring Service and have received training on working with young people.

IT HELPS TO HAVE ARCHERY IN THE FAMILY

Whilst it's not strictly true to say Lily Davis attended her first archery course at 5 weeks old (- she was being carried in a sling -) she attended the NFAS 3D championships in 2018 and accompanied her father, Richard, as he picked up his longbow trophy. In subsequent years, Lily completed the courses riding in a back carrier, then walking, before shooting her first championships in September 2022, making it two longbow gold medals there for the Davis family.

Images provided by: Alex Tyler

Richard Davis explained how he introduced Lily to the field archery routine over several shoots: “It was much easier for her to understand when she wasn’t shooting as it meant we could focus on things like building up stamina to walk around a course. We made a game of spotting markers to help reinforce that she should always follow the designated route. We made sure she could tell us why safety was important before we let her start shooting.”

For Lily Davis, with both her parents shooting longbow, there was no doubt about what she would shoot. After six months of practice, she was signed off by the NFAS coach and able to attend open field shoots. “Shooting as a family, scores are irrelevant. Having a good day and enjoying ourselves is most important.

We emphasise the importance of shooting with a good technique and celebrate the targets she hits, whichever arrow it is,” confirmed Richard Davis.

POPULAR CULTURE CAN SPARK THE INTEREST

Popular films featuring archery result in heightened peaks of interest in the sport of archery and confirm that watching people shoot is a great way to start a child enjoying archery. For Joe Fairburn, the 2015 IFAA Bowhunter junior champion, it was watching Robin Hood on the television which gave him his first view of archery at the age of five.

A have-a-go confirmed Joe Fairburn’s interest and led to a beginner’s course at a local target club and was followed by further courses available through Archery GB for



LILY ATTENDED HER FIRST FIELD SHOOT AT 5 WEEKS OLD

[WORLD ARCHERY]



“WATCHING PEOPLE SHOOT IS A GREAT WAY TO START A CHILD ENJOYING ARCHERY”

young archers who show high potential. The Academy Programmes led to Joe’s invitation to join the Performance Pathway at the Northern Academy, led by coach Kath Fitzpatrick. The challenge was to balance the competing demands of school, archery, and other activities. “I’ve always been a competitive person, so the motivation has always been there for me to keep training to perform at my best. Of course you have good and bad days, whether that be in training or competition. I make sure I have achievable short- and long-term goals to aim for,” said Joe, and attributed part of his success to competing in multiple disciplines. “I think it’s really important to try to vary things like shooting both target and field. Each type of archery teaches you something about your technique and how your equipment behaves, which makes you a better archer. It’s also fun to take part in all the different types of competitions. My recurve (Joe started with a Samick Privilege but has also shot Win & Win and KG risers with KG limbs) makes me Freestyle class in field, where I shoot both NFAS and IFAA.”

A course should offer a chance to test equipment before committing. A coach should be able to confirm eye dominance and the correct-handed bow to buy.

For a first bow, there are many providers of light plastic longbows and recurves. Whatever the bow, the draw weight should be manageable for the child, so they can build their strength and confidence. At this stage, the robustness of arrows is important as they are likely to spend a lot of time hitting things other than the target. For shooting shorter distances, fibreglass arrows are an inexpensive option, but these will not be suitable for anything other than short distances and for bows over around 30lbs. Another option is aluminium arrows which are light and can be straightened easily.

WHEN TO START COMPETING

The decision when a child can attend competitive shoots will depend on several factors. Being confident of being able to finish the round for target archery or being able to walk around the whole course for a field shoot are desirable minimums. There also needs to be consideration of the experience for other archers, but this cuts both ways. Richard Davis described his experience: “It does make a massive difference if you get a group that are willing to talk to children whilst shooting, otherwise six or so hours does make it a very long day



JOE WAS INSPIRED BY ROBIN HOOD FILMS AND WON HIS EUROPEAN FIELD CHAMPIONSHIP BRONZE AT THE AGE OF 17



PEGS CLOSEST TO THE TARGET ALLOW JUNIORS TO ENJOY THE GAME AND BE COMPETITIVE

for them. We have been very lucky overall that the majority of the NFAS family are very supportive of the future archers coming up.”

Both field and target societies in the UK make adjustments for young people, to take account of lower poundage bows. Junior versions of Archery GB's target rounds typically use the same target faces and



[ARCHERY GB]

SOFT ARCHERY KIT CAN BE USED IN THE CLASSROOM AND IS SAFE

shoot the same number of arrows as adults but at shorter distances. Classifications for handicaps and awards recognise six age groups, with twelve being the youngest, which means handicaps and classifications are comparable, to ensure the experience isn't disheartening. In NFAS, children shoot full courses (typically between 32 to 40 targets) but have their own shooting order of pegs. Specific pegs start for under nines, moving back at ages twelve and fourteen before shooting the conventional red, white and blue from the age of sixteen. This makes archery one of the few sports where three generations of the same family can compete on the same course and compare scores at the end.

ADDITIONAL CONSIDERATIONS

Once the child has a good basic technique, there is the option to try other bow types and styles. If a child wants to try a compound bow, it's worth considering one where the draw length and weight can be adjusted as they grow. While the minimum age recommended for beginners' compounds is four years, there also needs to be consideration of the bow's own mass, as this is likely to be heavier than a recurve.

For a number of the bows suitable for first archers, there is a more limited choice for left handers (though they do come in some fun colours). One point to note: it is illegal for anyone under 18 to purchase or possess a crossbow in the UK.

Another way to develop is to add elements, like sights and stabilisers, to help them improve. However, this additional complexity will only work if the element of enjoyment is there. Without that motivation this is likely to lead to frustration: “Allowing Lily to decide if she is going to shoot every target or withdraw has helped her at times of tiredness,” Richard Davis added. “We put no pressure on her to complete a course - it has to be her decision.”

Once you have the basic equipment, there are other elements which help the day go more smoothly, including making sure children are warm and comfortable and sufficiently fed. After all, if there is one thing which might help a child enjoy themselves, it's that wherever there is archery, there should also be plenty of cake available! ☺

Arrows Archery programme: <https://archerygb.org/get-involved/soft-archery>



MENTAL BREAK-DOWN

Psychologist Karina introduces you to a mindfulness mini-series

NOTICE, ACKNOWLEDGE AND ACCEPT OR LET GO

Without awareness we are highly unlikely to act with intention. If you are not aware of how something makes you feel – how likely are you to change it? Learning to be more aware of your thoughts, feelings, sensations etc. can help you better understand your experience and make you feel more in control. The purpose of this mini-series is to introduce novices to basic mindfulness skills.

Being mindful means being able to bring yourself in to the here and now. Doing things mindfully means focusing on doing one thing at a time whilst being able to manage distractions. Isn't it what archery is all about?

THE AUTOMATIC PILOT. WHO'S IN CHARGE?

Mindfulness means being able to stop, notice and observe something. The purpose of becoming aware is not about noticing your mistakes and judging yourself. It's about noticing the reality as it is and giving yourself a moment to decide how you want to respond... notice, acknowledge and accept or let it go. Not being able to pause to notice can make us feel out of control of what we think, feel, or do, as if we are stuck on automatic pilot mode. Mindfulness is necessary to help us get out of the automatic pilot mode.

SLOWER BREATHING = CALMER BODY AND MIND

We can use anything to anchor our mind and our attention on, but controlling our breathing is perhaps one of the most powerful tools we can use to get out of the automatic pilot mode. Research shows that people who practice paced breathing regularly (10-15min per day) are better equipped when regulating emotions and coping with stress. We don't usually think about how we breathe, we just do it, but we can also choose to consciously control it.

One of the reasons that breathing techniques, especially slow-paced ones, are one of the most effective strategies is because changing our breathing automatically changes our body's chemistry. If done 'right', it helps suppress the fight-or-flight response, making us feel more relaxed and composed.

Regular practice can help you use your breathing when you need it, e.g., during shooting practice, competition, between rounds etc. Practice is key! 🧘

KEY TIP:

Breathe from your stomach. Your shoulders and chest should not move.

KEY TIP:

Aim to slow your breathing rate down to 6 breaths per minute. Anywhere between 6 and 10 breaths per minute is great!

SOLUTIONS FOR SOME COMMON CHALLENGES:

No time to practice?

Build it into your routine!

Practice for a couple of minutes during regular everyday activities, e.g., when you wait for the kettle to boil, while washing dishes, on public transport, before sleep etc.

I can't do it, it doesn't work!

If you couldn't engage in an exercise – try it in a different setting or on another day or try a different exercise.

Too much choice!

Start with more basic techniques focused on slowing of your breathing. Look up some suggestions from trusted sources, e.g., the NHS recommendations.

Physical tension!

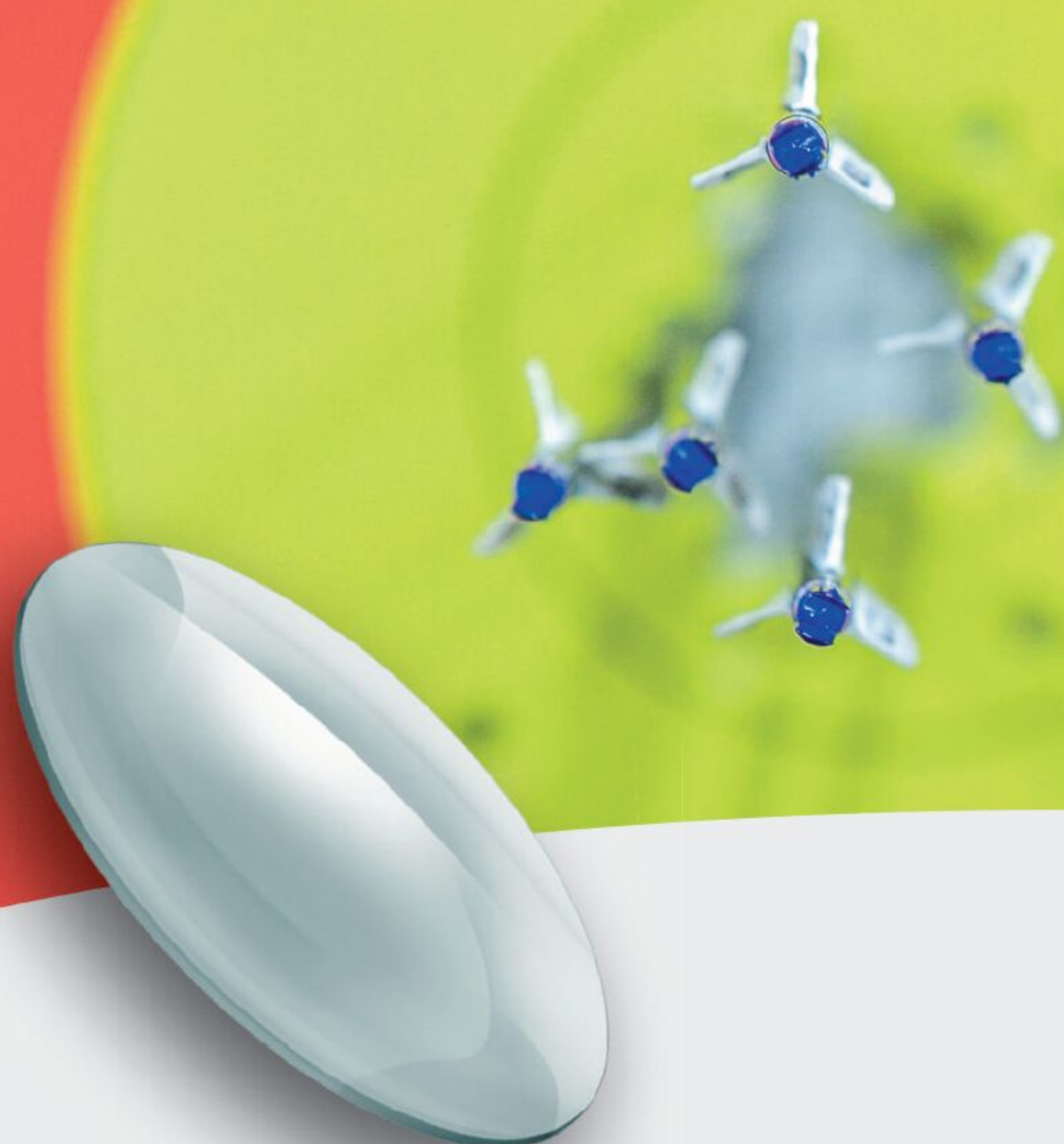
Most of us don't notice feeling tense until we are forced to relax. Mentally scan your body for signs of tension. Take one full deep breath. Check that your shoulders, arms, neck, jaw and face muscles are not tense (try progressive muscle relaxation techniques to help you find and release muscle tension!).

Next time: Unable to switch off your thoughts? We will continue exploring mindfulness skills by learning a bit about mindfulness of thoughts.

CONTROLLED BREATHING EXERCISE

1. Sit comfortably in an upright posture, with your shoulders down, arms and legs uncrossed and relaxed.
2. Pause. Bring your attention to your breathing.
3. Start slowing your breath.
4. Breathe IN and OUT through your nose. Do not force it.
5. Breathe in and out to a count of four slowly ... IN for 1, 2, 3, 4 and OUT for 1, 2, 3, 4.... Do not hold your breath.
6. Imagine your breath going in and out through the solar plexus (to help engage the diaphragm). Continue for at least 3 minutes. If your mind wanders, just gently refocus it back to your breathing.

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WORLD CUP FINAL

When childhood dreams come true. Mathias Fullerton becomes the second Dane to win the World Cup Final.

Photo: World Archery



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THE RECURVE ARCHER'S DRAWING ARM

Dr James Park calculates the optimal draw force line

There are a few modern tools available to coaches and archers, video analysis being one of the most commonly used. We take another look at Archery Biomechanics App, this time at the drawing arm elbow position. Remember, knowledge is power, but you still have to do a lot of work.

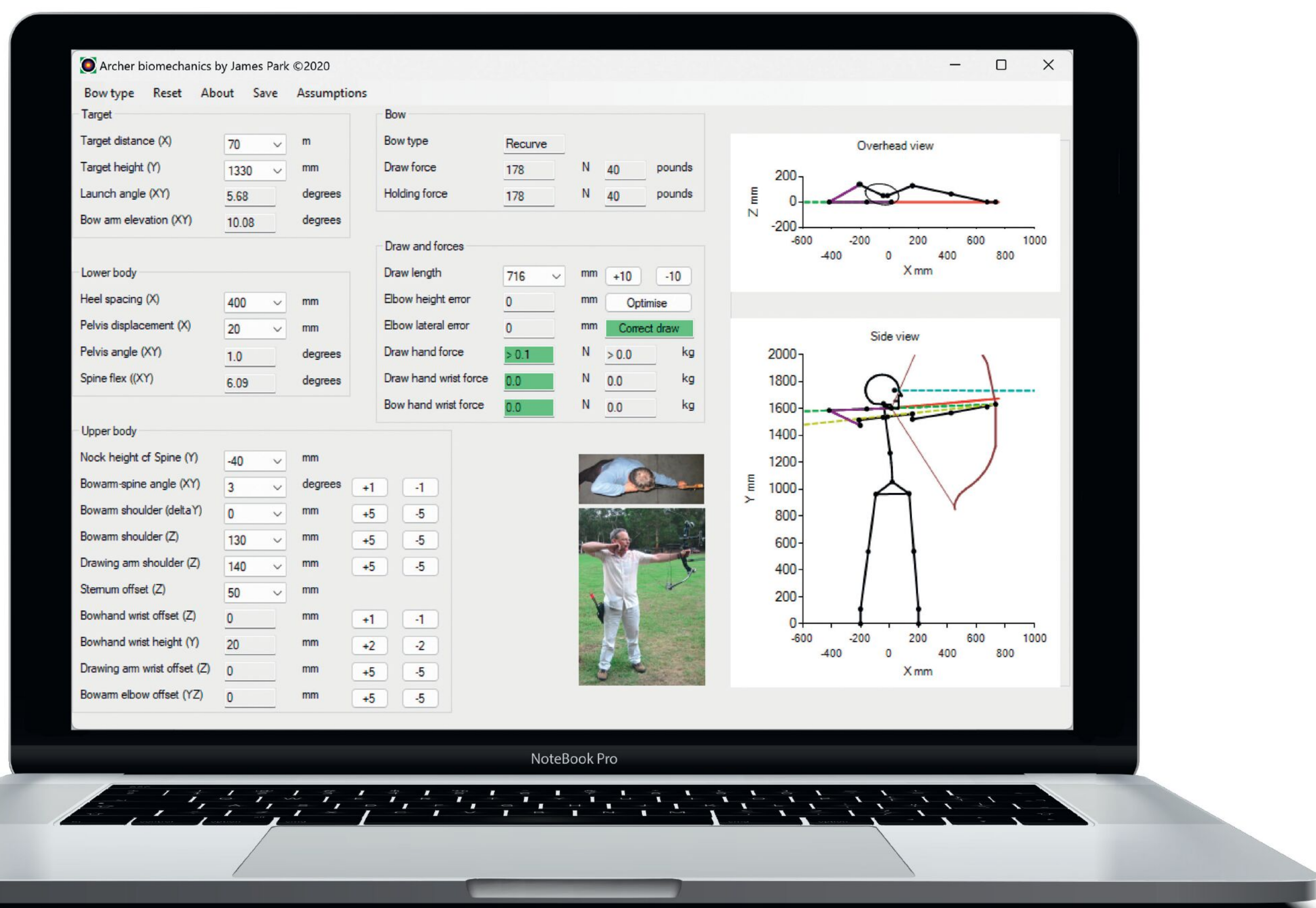
Whilst it is a reasonably simple mechanical system, understanding and optimising the bow and arrow can be quite complex mathematically, and may be intractable for non-engineers; try reading one of the

excellent journal papers written by Bob Kooi, for example. Analysis very quickly involves second or fourth order partial differential equations with non-linear coefficients and difficult boundary conditions.

On the other hand, the archer is simpler. As an engineer, I treat the archer as an interconnected 3D system of bones, plus the relevant muscles. Analysis and optimisation of this system are then reasonably simple 3D geometry problems. To assist in my analysis of the archer, I have modelled the bone structure in an application. I have modelled

my own bone structure, using either a recurve or a compound bow, shooting distances between 10 and 90 m and at targets at various heights. The archer is shown from both the side and from above. I am able to move any of the joint positions and study the various forces on different parts of the body.

The line of force is a line between the position of the archer's bowhand on the bow and the position where the archer is holding the string – for a recurve bow I use the position of the middle finger. Note that,



SCREENSHOT OF THE ARCHERY BIOMECHANICS APP [SOURCE: DR JAMES PARK]

as seen from the side, the line of force is not along the line of the arrow. As seen from above, the line of force is aligned with the arrow. On my application, it is shown as a dotted light green line. The arrow is shown as a red line. I can tell the application to optimise the draw length so that the drawing arm elbow is on the line of force.

If the archer's drawing arm elbow joint is on the line of force, the archer does not need to use any force from the biceps or triceps muscles of the drawing arm – all the effort required on the drawing arm side to hold the bow at full draw will be provided by the large back muscles. Note that in this position the archer's drawing arm forearm will not be aligned with the arrow – the elbow joint will be a little above the arrow line.

However, if the drawing arm elbow is not on the line of force, the archer must then use either the biceps or triceps muscle to hold it in place. Importantly, that would be using the muscle in a very weak position as the arm is fully flexed, so it will be very tiring and not steady.

For example, if the archer is under drawn (which is very common for a recurver) and the elbow joint is on the line of force as seen

“FOR MOST ARCHERS, GETTING THE DRAWING ARM ELBOW JOINT ON THE LINE OF FORCE WILL RESULT IN THE STRING BEING A LITTLE ALONG THE SIDE OF THE ARCHER'S JAW, NOT ON THE FRONT OF THE JAW.”

from the side, but out from the line of force as seen from above, the archer must be using the drawing arm biceps muscle to hold the string in position – the force from the bow will be trying to pull the drawing hand out from the archer's face. Any variation in the release will then widen the archer's group on the target.

It is quite straightforward to calculate the side force on the archer's drawing hand for an incorrect position of the drawing arm elbow joint (and it is done in my application). For example, for me with a holding force of 40 pounds and a bow arm elbow lateral error of 37 mm (not very much), the side force on my drawing arm hand will be about 3 kg. Try holding a 3 kg weight in your drawing hand with your drawing arm in its usual position and see how quickly you tire! However, I see many recurve archers with their drawing arm elbow joint at least that far out of line.

For most archers, getting the drawing arm elbow joint on the line of force will result in the string being a little along the side of the archer's jaw, not on the front of the jaw – and you can see that in the screenshot, where the draw length is set correctly.

Note that a small change in the lateral position of the drawing arm shoulder joint changes the position of the drawing arm elbow in relation to the line of force and hence means a lateral force on the drawing hand. For example, moving that shoulder joint laterally by 20 mm without changing the draw length results in a 2.4 kg side force on the archer's drawing hand. This points to the need for the archer to be very careful to get the shoulder joints in the exact same position from shot to shot and to select the drawing hand position that places the drawing arm elbow joint on the line of force. This can be assessed



AN EXAMPLE OF AN OVERHEAD ANGLE FOR PHOTOGRAPHIC ANALYSIS OF THE DRAW FORCE LINE [SOURCE: DR JAMES PARK]

by taking a photograph of the archer from both the side and from overhead and drawing the line of force on the photograph. A small difficulty is knowing exactly where the elbow joint is located, as it is inside the archer's arm.

Another error made by archers using both bow types is flexing the drawing arm wrist joint and the drawing hand metacarpophalangeal joint (the joint in the fingers at the end of the palm). In both cases the flexor muscles in the drawing arm must do some work. For example, if the wrist joint is 20 mm off the line of force, the side force on the hand with a drawing force of 40 pounds will be about 1.1 kg (also calculated in my application). Again, try holding that weight using the wrist flexor muscles – it is quickly tiring. Any variation in the release will widen the archer's group on the target. Again, I see many archers making this error.

“AN EASY WAY TO DETERMINE IF THE ARCHER IS FLEXING THE WRIST JOINT IS TO WATCH THE WRIST IMMEDIATELY FOLLOWING RELEASE.”

This points to the archer needing to take care to keep the wrist joint and the finger joint straight, from the start of the draw through to the release. In particular, the archer must not try to assist the use of the clicker by flexing the wrist or fingers – doing so is very tiring and very inaccurate.

An easy way to determine if the archer is flexing the wrist joint is to watch the wrist immediately following release – if it is under tension at full draw, the angle of the drawing hand relative to the forearm will change immediately after release.

Overall, any misalignment results in high lateral forces on the archer's bow hand and wrist and can seriously degrade the archer's score. When I am watching an archer using a recurve bow, I am wanting to see the drawing arm elbow joint on the line of force, the drawing arm wrist straight and the joint where the drawing arm fingers join the palm straight. Interestingly, I only see that for top-level archers. 🕒

If you would like to try Archery Biomechanics App, it is available for a nominal fee from Urban Archery and runs under Windows: <https://www.urbanarcherysupplies.com/>.



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INTEREST IN THUMB DRAW ARCHERY



(METMUSEUM.ORG)

Alex Tyler on the initial challenges and why some decide to try it

HOW IT STARTS

For some, their introduction to thumb draw archery was not a positive experience. In 53 BCE, a huge Roman army faced the Parthians at Carrhae, in modern day Turkey. The mounted Parthian archers wore down the Roman infantry by repeatedly advancing and retreating, encouraging the soldiers into the open. The exhausted Romans suffered a crushing defeat, their reliance on infantry unable to cope with the highly mobile threat and constant bombardment of Parthian arrows.

Fast-forward to the present day. Taha and Sahel have had a far friendlier experience. For Taha it was the power and speed of the arrows loosed from the Asiatic composite bows that impressed him during the thumb draw shooting style demonstration. Wanting to know more led to him to find a local club where he could try shooting one for himself. For Sahel it was a Turkish horse bow he received as a present which prompted a desire to learn how to shoot it properly, using a thumb ring.

Both had shot recurve bows before and found moving to the new style had a number of challenges. Taha commented, “I’d shot recurve bows for a number of years, but everything was different. Although I was fascinated by the style, I found the transition to thumb draw difficult and not that enjoyable.”

Sahel agreed. “Even after receiving my Turkish bow, I continued shooting with three fingers initially. It was simply easier for me to pull a 40-pound bow using three fingers rather than adopting the thumb draw. Wearing a finger tab or glove provided added comfort and made the draw process smoother. Loading the arrow on the left side of the bow felt natural, and aiming was relatively straightforward. However, when I first tried thumb draw, everything felt unfamiliar and counter-intuitive.”



JACEK KAMINSKI, PRINCIPAL FOUNDER OF THUMBshooters UK (THUMBshooters UK FACEBOOK)

The difference is that, for all bow styles using thumb draw, the arrow sits on the other side of the bow from shooting Mediterranean loose. This allows the arrow to be stabilised on the string by the index finger meaning, the arrow is less likely to dislodge when riding, a legacy of the bow’s origin as a style designed for horseback. Both Sahel and Taha talked about the

importance of persistence in developing their confidence and technique.

“Initially, my thumb hurt. It’s a lot of weight to put through it. But, with practice, a lot of practice, the bow gradually revealed its advantages”, Sahel confirmed. “The speed, the extended draw length, and overall efficiency of thumb draw made it a compelling and rewarding style to shoot.”



NOT EVERYONE PASSED THEIR EXAMS THAT DAY (THUMBshooters UK FACEBOOK)



SAHAL ON THE LEFT, ZAGHARD AND CHRISTOFER, NFAS OBE (THUMBshooters UK FACEBOOK)

Taha described the process he went through to be able to shoot his bow. “I had to start from scratch and break down the entire shot cycle, to find a grip and sight position which worked. After being used to shooting off a shelf, I found it hard to keep the arrow on my hand. Working out which arrow spines to use was hard because modern spine charts don’t match the way the arrow flies from an Asiatic bow, though the arrow spine became less of a concern as long as my release was clean and accurate.”

This trajectory of flight comes from the extreme recurve of the bows, allowing a longer draw length, meaning the bows can shoot greater distances. However, the draw weight cannot be changed as this is determined at the time of construction; though for any bow, the longer the draw, the higher the poundage.

THUMB-SHOOTERS COMMUNITY: IMPORTANCE OF HERITAGE

Shooting from the opposite side meant arrows could be taken directly from the quiver to the string without having to cross the body, allowing faster shooting. This factor, which originally gave mounted archers an advantage in battle, is now used as a basis for competition, with speed shoots being one of the events being organised by the Thumbshooters UK community, set up by Jacek Kaminski and Richard Hornsby. The first get-together took place in the Wye Valley in 2021.

The group’s activities were diverse and included roving and a chance for participants to test themselves against a Qing dynasty military exam. Archers shot six arrows and a minimum of two had to hit a target 200 cm by 80 cm at 128 metres. The group’s respect for the heritage extended to fundraising for the survivors of the Turkey-Syria earthquake in February.

This sense of history and culture is important to thumb-draw archers, and we are fortunate to have a lot of material giving us a clearer idea of how the bows were made and used. There is plenty of pictorial evidence of bows in action in the historical record from reliefs in Egyptian tombs, of pharaohs at full draw, as well as the reports of the Roman historians. Many examples of bows and arrows have been preserved in tombs giving us an insight into how traditional workshops worked; some of these records cover archery training methods. Taha described how these resources helped him. “I found it really helpful to delve into the wealth of

"THIS STYLE OF SHOOTING A BOW GIVES ME A GLIMPSE INTO THE TRADITIONS OF BEAUTIFUL CULTURES" TAHA (ALEX TYLER)



A TYPICAL OTTOMAN STYLE RING USED BY THE NOBLE SPORTSMEN, OFTEN WORN OR TIED TO THE BELT AS A SYMBOL OF HIGH STATUS. SIMILAR RINGS ARE ASSOCIATED WITH SULTAN SÜLEYMAN THE MAGNIFICENT (R. 1520–66) AND HIS IMMEDIATE SUCCESSORS. JADE, GOLD, EMERALD, RUBY (METMUSEUM.ORG)

knowledge found in historical manuscripts. These invaluable resources, preserved in museums and conveniently accessible through the internet, allowed me to gain an understanding of Asiatic archery techniques.”

ASIATIC BOW SHOOTING MADE OFFICIAL

Until 2022, the thumb draw shooting style with the Asiatic bow was not recognised by UK archery societies; in competition this meant going up against a very different opponent. While the National Field Archery Society (NFAS) recognised traditionally made bows in Primitive class, provided the arrows were nocked and that the bows contained only natural materials, Asiatic bows were placed in Hunting Tackle class against the modern recurves. To address this, Christopher Barker brought a motion to the NFAS AGM in November 2021 proposing a new class for bows shot using the thumb. The motion passed, and, from 1 April 2022, Archery GB and NFAS

recognised Asiatic bows as a distinct bow style; though AGB stated there would be no records, classifications or handicaps for the next few years until it was clear what the uptake was.

WHAT YOU NEED TO CONSIDER IF YOU WANT TO JOIN

Thumb-draw archers had shot NFAS championships before but were first awarded their own medals in May 2022. (Four archers competed in 2022; by the 2023 event, the entries were up to fifteen.) The style is now a regular sight at club field shoots around the country. To make the class as accessible as possible, both societies accept composite bows made from traditional or modern materials. A modern bow using layers of fibreglass is easy to manufacture; a traditional composite bow takes anything up to a year to produce.

The thumb ring is a crucial part of the set up. Made up of a single piece, again, these varied according to the materials available

and the style of bow. Typically made of horn, some more elaborate examples have been found. The Metropolitan Museum of Art in New York has an example associated with Sultan Süleyman the Magnificent, leader of the Ottoman empire. As archery was considered a noble sporting exercise, his equipment reflected his status and the thumb ring is made of pale green jade, set with gemstones in golden mounts. For a more modern archer, plastic and metal rings available, the personal style of the archer determining what weight works best.

If you are inspired to try thumb draw, the modern community of archers is much more welcoming, encouraging beginners to come and try the style and appreciate the history and a new perspective on archery. Taha commented, ‘Asiatic archery has deep roots in the history of several Asian civilizations. This style of shooting a bow gives me a glimpse into the traditions of beautiful cultures and helps preserve history and keep it alive for the new generation.’ 🌟

RESOURCES FOR NEW ARCHERS:

Osswa Archery, based in Ashford, offers beginners’ classes <http://ascc.uk.com/services/osswa-archery/>
Sahel Takal has a YouTube channel, Archery with Takal Brothers, with videos of thumb shooting.
Thumbshooters UK are on Facebook and Instagram (private groups for those looking to participate)



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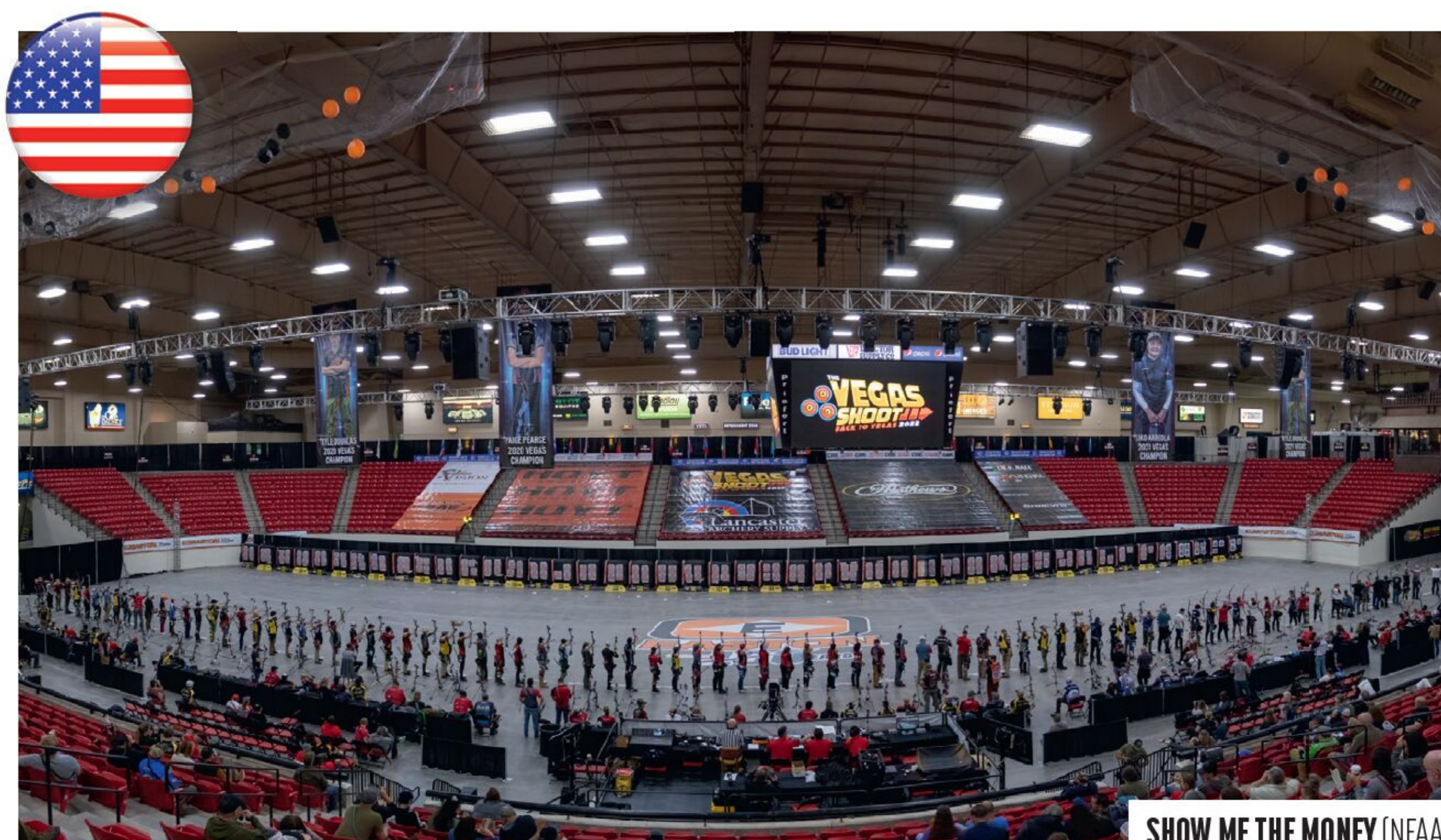
Duncan Busby takes you to places you may not have been before

If you've been shooting for a while, you may feel you've experienced just about everything there is with a bow. However, there

are a few tournaments and venues that are a must-do or a must-see for every archer. Whether it's a shoot's legendary status, the epic scenery of the venue or just the sheer size

of the event, these are the open competitions every archer dreams of attending. So, whatever your discipline this is archery's ultimate bucket list...





SHOW ME THE MONEY (NFAA)

THE VEGAS SHOOT

Through the years, The Vegas Shoot has had many names, locations, format changes, target faces and champions. But one thing has always remained the same, it's the most anticipated and iconic archery tournament of the year.

Tracing its roots all the way back to 1962 at the Sahara Hotel, the Vegas Shoot has evolved to become one of the indoor season's biggest money tournaments. With a combined prize fund of over \$500,000 across all divisions, this big bucks tournament attracts the hottest names in archery from around the world. Almost 4000 archers descended on the 57th Vegas shoot in 2023 to compete together, enjoy the trade show and meet the Pro's. With ages ranging from under 11 to 101 years old and categories for compound bows, Olympic recurves, barebow recurves, and crossbows – it's a tournament that's enjoyed by everyone.

If you're lucky enough to attend the Vegas Shoot, there's a lot to do beyond competing; situated amongst the glitz and lights of Las Vegas and surrounded by casinos, shopping, fine dining, entertainment and nightlife, there's no shortage of enjoyment once you put your bow down.

Format: Archers shoot 30 arrows each day at a 40 cm target; the ten ring is 4 cm in diameter (1.5 inches), about the size of a ping pong ball and stands 20 yards away. The total score for the day is out of 300; shooting a perfect score at the Vegas Shoot is a big deal and it's an even bigger deal to shoot a perfect score on all three days. Archers that accomplish this goal become part of the prestigious 900 club, and if they're shooting in the championship division it will win them \$2,500. But don't worry if you drop a point, all the 899 shooters in the championship division get to shoot off for the chance to be the 'Lucky Dog' and join the final showdown. The exciting and tense shoot-out to decide the Vegas champion is live streamed and watched by thousands around the world, as the finalists fight it out for the \$57,000 prize cheque and the ultimate title. Viva Las Vegas!

Location: South Point Hotel & Casino, Las Vegas, Nevada, USA

Next Event: 1-4 February 2024

Entry Fee: Championship Compound Open - \$525

Championship Division - \$350

Flight Division - \$200

Information: www.thevegasshoot.com



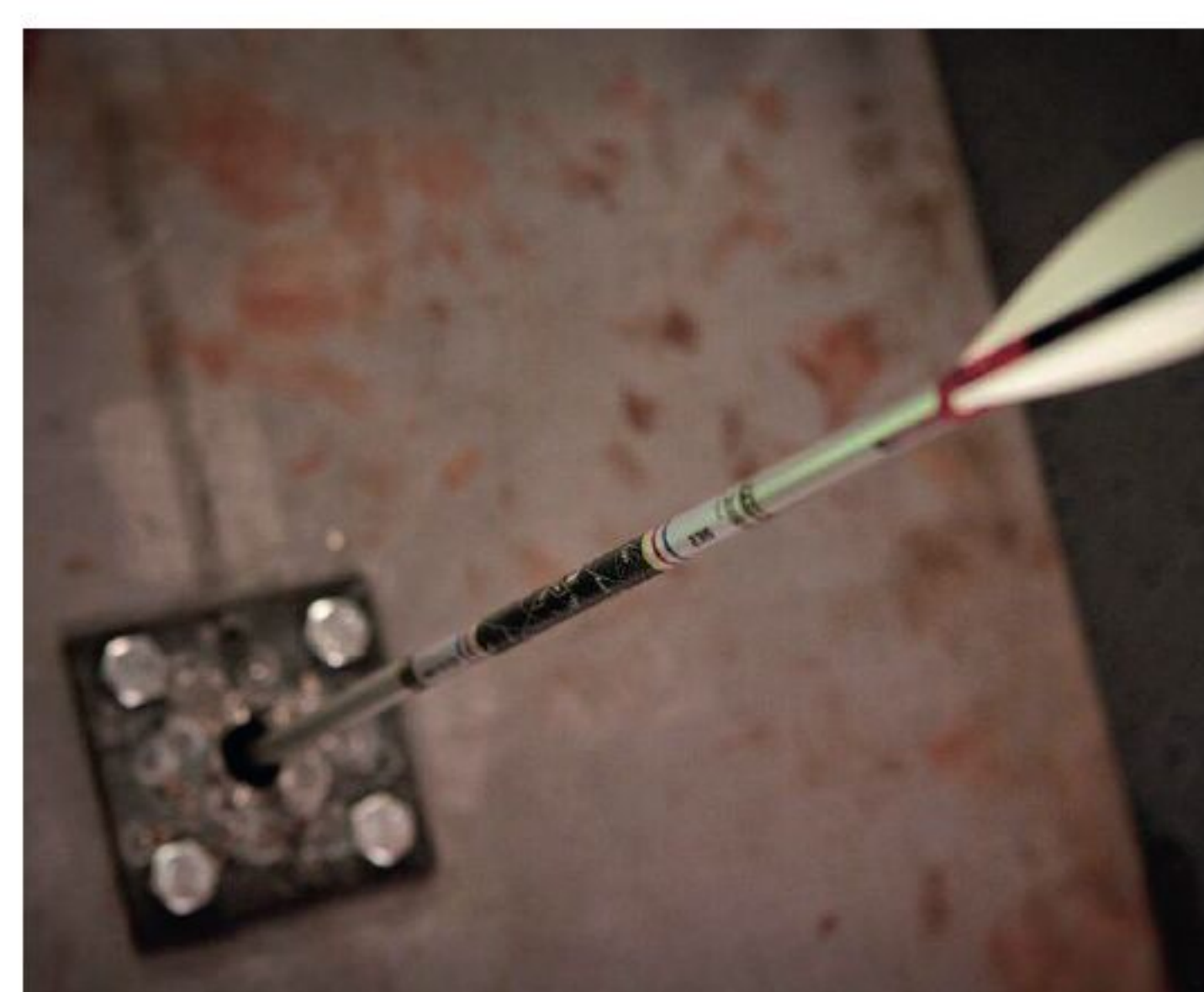
KINGS OF ARCHERY

This one-of-a-kind event in the European archery calendar was founded in 2011 and expanded with the support of Netherlands-based archery distributor JVD in 2018.

Marked as one of the first major indoor competitions of the year, 828 entrants from 43 countries arrived in the Netherlands last year to compete at the biggest Vegas-style shoot in Europe.

The Kings of Archery JVD Open is more than just a tournament though, you can also visit the extensive trade fair and learn about the latest product releases directly from the manufacturers and retailers; or expand your knowledge by attending seminars and live Q&A's with professionals and experts in the industry.

Once the competition has ended for the day, why not find out whether you have 'Nerves of Steel' with KOA's very unique side shoot? Instead of a target face archers shoot their arrows through a small hole in the centre of a steel plate. The hole begins at 12cm in diameter and is gradually reduced to only 2cms in width. If you miss the hole or your arrow breaks as it passes through, you're eliminated; so be prepared to damage your equipment as you compete to be the last one standing.



READY TO BREAK SOME ARROWS? (DEAN ALBERGA)

Format: The Kings of Archery JVD Open uses an unusual Vegas style 90-arrow qualification format. Compound archers score 10 points for the inner and 'recurve' ten (identical to a standard Vegas round) but unlike Vegas, recurve and barebow archers score the whole gold as 10. The top eight scorers in each category, or all 900-point shooters if there's more than eight, advance to the finals - along with a joker picked in a single-arrow shoot-off, from the 899 shooters.

Finalists then shoot out against each other to be crowned the King (or Queen) of Archery.

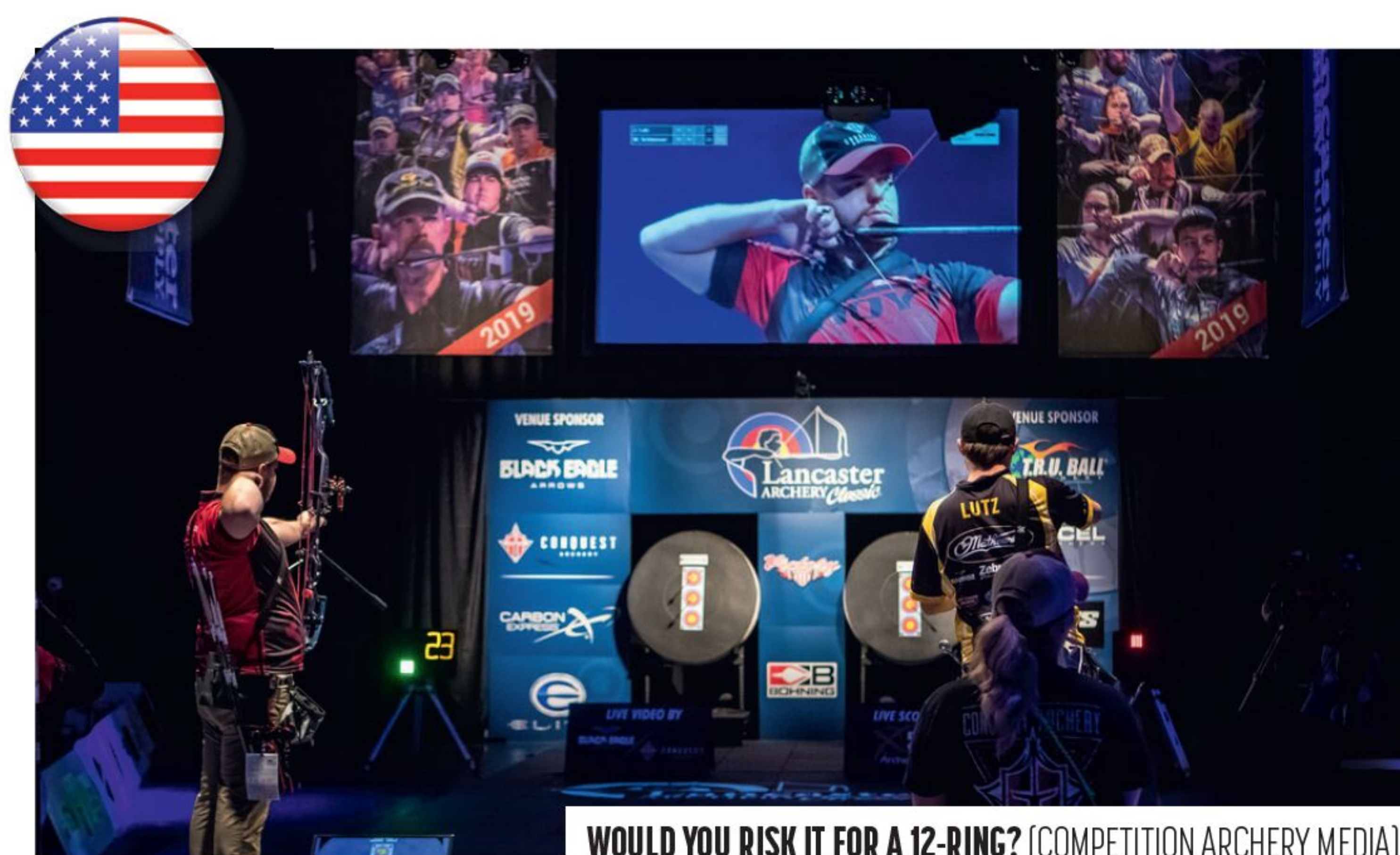
Location: Indoor Sportcentrum Eindhoven, Netherlands

Next Event: 10-12 November 2023

Entry Fee: JVD Open Session - €96

Nerves of Steel - €6

Information: www.kingsofarchery.com



WOULD YOU RISK IT FOR A 12-RING? (COMPETITION ARCHERY MEDIA)

LANCASTER ARCHERY CLASSIC

The Classic is the largest indoor archery shoot on the East Coast of America; it's known as the tournament where the improbable is always possible, due to its unique format. Nearly 2,700 archers from all over the world attended the four-day shoot this year at the Spooky Nook Sports complex, a massive site with integrated restaurants and hotels, which can accommodate 1,356 archers in the spacious TRU Ball/Axcel Hall. The Classic is in its 20th year and offers over \$300,000 in cash and prizes, including a top prize of \$20,000 for the Open Pro championship title.

Situated in the heart of Pennsylvania, Lancaster County is home to the oldest Amish communities in the country and offers wide open spaces and a peaceful change of pace for anyone wanting to escape the excitement of the tournament.

Format: Archers shoot an 18 metre, 60-arrow qualifying round at a 40cm face. A perfect score is 660, since the X-ring counts as 11 points at the Classic. This is followed by head-to-head matches that culminate in a shoot-your-way-to-the-top grand final. The recently introduced high-risk, high-reward 12-ring, positioned at 6 o'clock below the gold area and measuring just 1.5cm across has made the finals even more unpredictable. There's a big risk in going for the 12 ring - miss it, and the arrow scores either a seven or an eight, but going for it gives you a chance to make up lost ground and seal a victory. What makes the Classic such a thrilling archery competition is the unique and strategic format; you don't have to shoot perfect, you just have to shoot well enough to stay alive in the competition. The always-exciting Classic finals have great coverage and are broadcast on the Lancaster Archery Supply YouTube channel, but there's nothing like experiencing them live!

Location: Spooky Nook Sports Complex, Lancaster, Pennsylvania, USA

Next Event: 25-28 January 2024

Entry Fee: \$350 for Open Pro
\$250 for Women's Pro and Masters Pro
\$150 for Amateur divisions

Information: www.lancasterarcheryclassic.com

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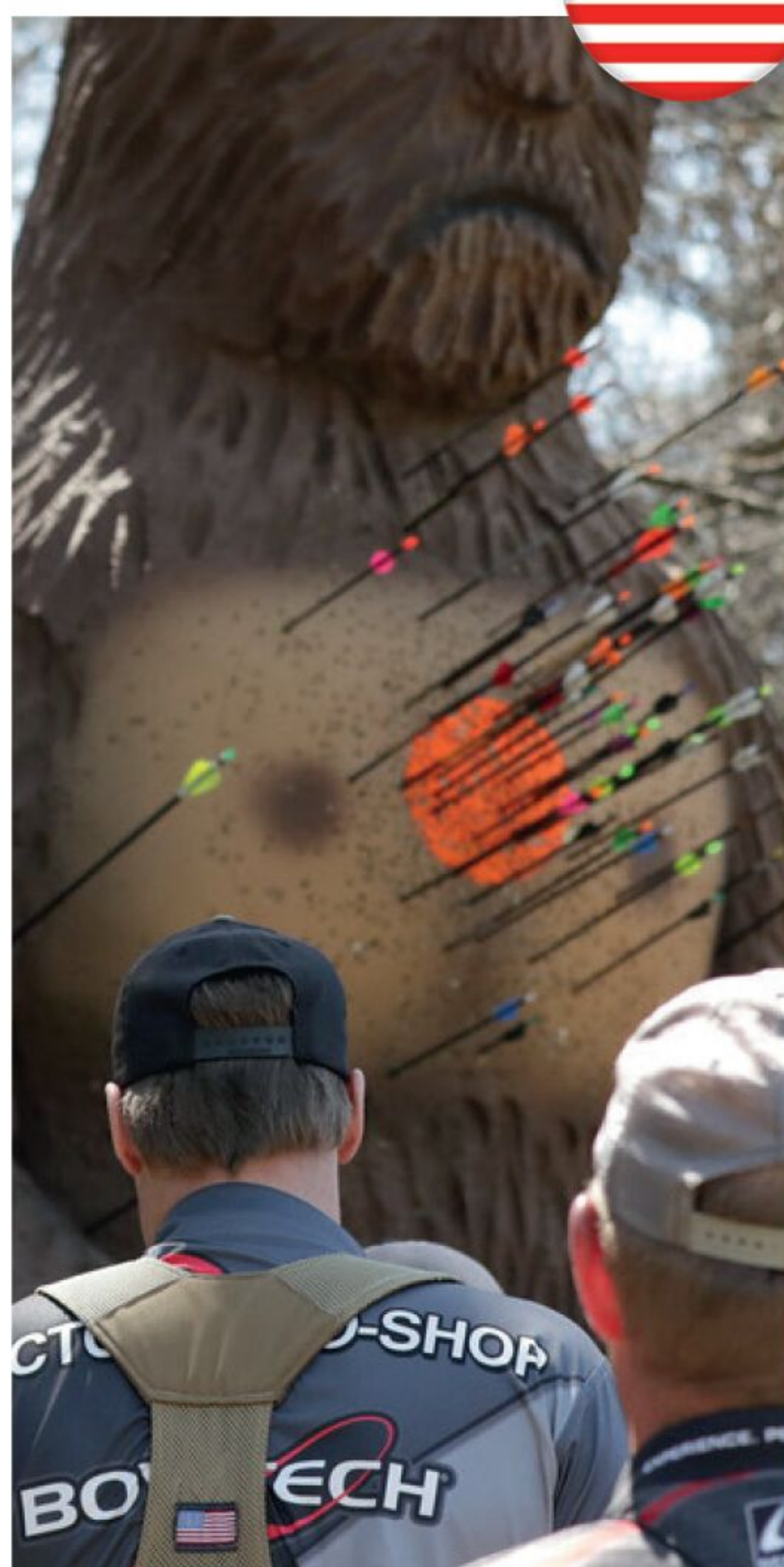
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WESTERN CLASSIC TRAIL SHOOT

The northern California countryside might be known for world-class vineyards, but serious archers also know it as the home of the iconic Western Classic Trail Shoot, often referred to as 'Redding'.

The Western Classic is the world's largest marked 3-D archery competition and draws archers of all skill levels from around the world. Hosted by Straight Arrow Bowhunters since 1983, 'Redding' is technically three tournaments in one – The Classic (amateurs' competition), The Classic (Money Shoot) and the NFAA 3D Marked Championship. Over 1400 archers made their way around 64 acres of beautiful scenery this year, to shoot 70 different animal targets over three days.

'Redding' is home to the famous Bigfoot target, which stands 13 feet tall and requires a ladder to remove the arrows. Shots range from 101 yards to only 4 yards and every target has a different sized bullseye. Due to the varying and often extreme angles this is one of the most technically challenging courses in the world and archers come as much for bragging rights as they do for the \$7000 top prize cheque.



101 YARDS AWAY ACROSS A CANYON – EASY!
(STRAIGHT ARROW HUNTERS)



Format: Archers shoot two arrows in each target which are scored as 11 for the Orange dot, 10 for the Yellow circle and 8 for any foam outside of the yellow circle. The size of the scoring rings depends on the size and distance of the targets; Bigfoot has a 20cm orange dot but stands 101 yards away across a canyon. On the opposite end of the spectrum the butterfly target has only a 4cm orange dot and is just 4 yards away.

Trail veterans tend to watch others shoot first to see where their arrows are hitting, so they can gauge third axis variables and wind drift. Some shooters are happy to just hit the foam, while others impress with their precision, stacking both arrows in the eleven ring – how do you think you'd score?

Location: Straight Arrow Bowhunters Range, Redding, California, USA

Next Event: May 2024

Entry Fee: Trail Shoot Entry Fee \$80

Championship Division \$150

NFAA Tournament Fee \$25 (Individual) \$125 (Pro Division)

Information: www.straightarrowbowhunters.com/westernclassic

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NOT A NATIONAL TEAM MEMBER? NO PROBLEM – COME SHOOT WITH THE BEST! (WORLD ARCHERY)

EUROPEAN ARCHERY GRAND PRIX

Grand Prix events are the perfect opportunity to experience world class shooting on an international stage, they are often used as qualifying shoots for prestigious tournaments; this year was no different. More than 300 archers from 38 countries attended the first leg in the UK, looking for world ranking points and quota places for this summer's European Games.

Participation is open to all World Archery member associations, so if you're a member of your national governing body, you can enter a European Grand Prix. While many countries send teams to represent them you can also register

as a club archer; this allows you to compete at an international World Archery event alongside Europe's best archers without the need to qualify for your national team.

World Archery rules apply so the competition is only open to compound and recurve archers but with a total prize fund of €12,000 (€1,500 goes to 1st place) it's an opportunity worth taking.

Live footage is broadcast through World Archery's YouTube channel, so why not see if you can make the final cut and pick up a world ranking while you're at it?

Format: Archers shoot a 72-arrow qualifying round at either 50 or 70 metres depending on their discipline; this gives them a ranking for the head-to-head elimination rounds. Head-to-heads for compounds are 15 arrow matches with a maximum score of 150; this is a cumulative score which rewards ultimate precision and consistency under extreme pressure.

Recurve archers compete in match play using the set-system; ends of 3 arrows are shot with 2 set points awarded for a win and 1 for a tie. The first archer to reach 6 set points is the winner, but if after 5 ends the archers are tied then the match is decided with a 1 arrow shoot off.

Location: Porec, Croatia
Next Event: 3-8 June 2024
Entry Fee: €200
Information: www.archeryeurope.org



INTERNATIONAL MASTERS GAMES

Ever wanted to experience an international multi-sport event like the Olympics but thought that you were too old and past it? The International Masters Games Association hosts a range of events for archers from the age of 30 all the way up to the over 70's. Their flagship event, the World Masters Games, is officially the world's largest multi-sport event; it takes place every 2 years and attracts thousands of athletes to beautiful and vibrant locations around the world.

2023 was the year of the European Masters which was held in Tampere, Finland. 4000 athletes and their supporters registered from 78 different countries and with an average age of 53 years its testament to the IMGA's philosophy of 'Sport for All'. The event featured 29 different

sports and attracted around 10,000 spectators. Categories in compound, recurve, recurve barebow, longbow and traditional disciplines were included for both target and field archery competitions.

With a vibrant master's village and a full entertainment program fitted around the competition schedule, this event has a non-stop festive atmosphere. From the opening ceremony with the athletes' parade, to the medal ceremonies; being at the IMGA Masters is a unique experience. Everyone is welcome and there is no other event as diverse, so if you want to be a part of the largest sports festival in the world how about competing with your friends at the next World Masters Games?



AGE IS JUST A NUMBER!

Location: Taiwan, Chinese Taipei
Next Event: May 2025
Entry Fee: €200
Information: www.imga.ch

EASTERN TRADITIONAL ARCHERY RENDEZVOUS

America's largest traditional archery festival takes place every year in the picturesque Pennsylvania wilds; one of the biggest blocks of green between New York City and Chicago.

The Rendezvous is described as legendary by the traditional archery community and one of the greatest archery adventures of all times. Thousands of traditional archers gather each year to shoot on three ranges and six courses with over 200 targets; the family-friendly event even includes a kids' course. The ETAR isn't just about shooting though, with over 100 vendors, including bowyers from all over the US, it's a unique opportunity for archers to try before they buy, which is a huge advantage for traditional archers that might normally have to wait over a year for their custom bow.

The ETAR takes place over 4 days and features seminars and demonstrations, food and drink, a 'swap meet' for used equipment and accessories, and fireworks display amongst a lot of other fun activities. So, what is it that makes the Rendezvous the place to be? "The courses and the vendors are fantastic at ETAR, but the real reason archers attend is the camaraderie - you meet other people that also share your interest and passion". ETAR is a place where lifelong friendships are born so what are you waiting for?

Location: Ski Sawmill Resort, Morris, Pennsylvania, USA

Next Event: 25-28 July 2024

Entry Fee: Thurs-Sun - \$50

Information: www.archeryfestivals.com



A PLACE FOR KINDRED SPIRITS (TABATHA BUNCH SNIDER)



ONE FOR HISTORY BUFFS! (ANGELIKA ALLES-HÖRNIG)

EUROPEAN TRADITIONAL OPEN

Traditional archers are not always well represented at prestigious tournaments, so if you want to attend a big event with other like-minded archers why not compete at the European Traditional Open? Organised by Traditional Archers International, the ETO is held every 2 years and is open to all traditional disciplines, including longbows, flatbows, horsebows and primitive recurves. This year the ETO will take place

in Eichenzell, Germany and will feature 3 days of competition through the woodland surrounding the beautiful baroque palace of Schloss Fasanerie.

Up to 420 archers shoot between 24-30 targets around 3 different unmarked courses - no gadgets, no aids, just pure instinctive skill with a bow and arrow.

The TAI organises many other traditional competitions around the world and are

committed to preserving and promoting traditional archery practices; the European Historical Open is held in between ETO years against beautiful historical backdrops. It's a great opportunity for traditional archers to get together and shoot not only 3D targets, but historical precision and moving targets from all over the world, including the Bandulan, Butan, French, Gungdo, Papingo, Puta, Three Zone and Wand targets. 🎯

Format: Archers compete for 3 days around two 3D hunting ranges and one 3D Sports range, each with 28 3D targets. The competition follows TAI rules and regulations.

You'll need to be a member of the Traditional Archers International association to compete.

You can join TAI as an individual special member or if your country has a club or associate representative you can affiliate through them.

Location: Eichenzell, Germany

Next Event: August 2023

Entry Fee: €120

Information: www.traditional-archers-international.org

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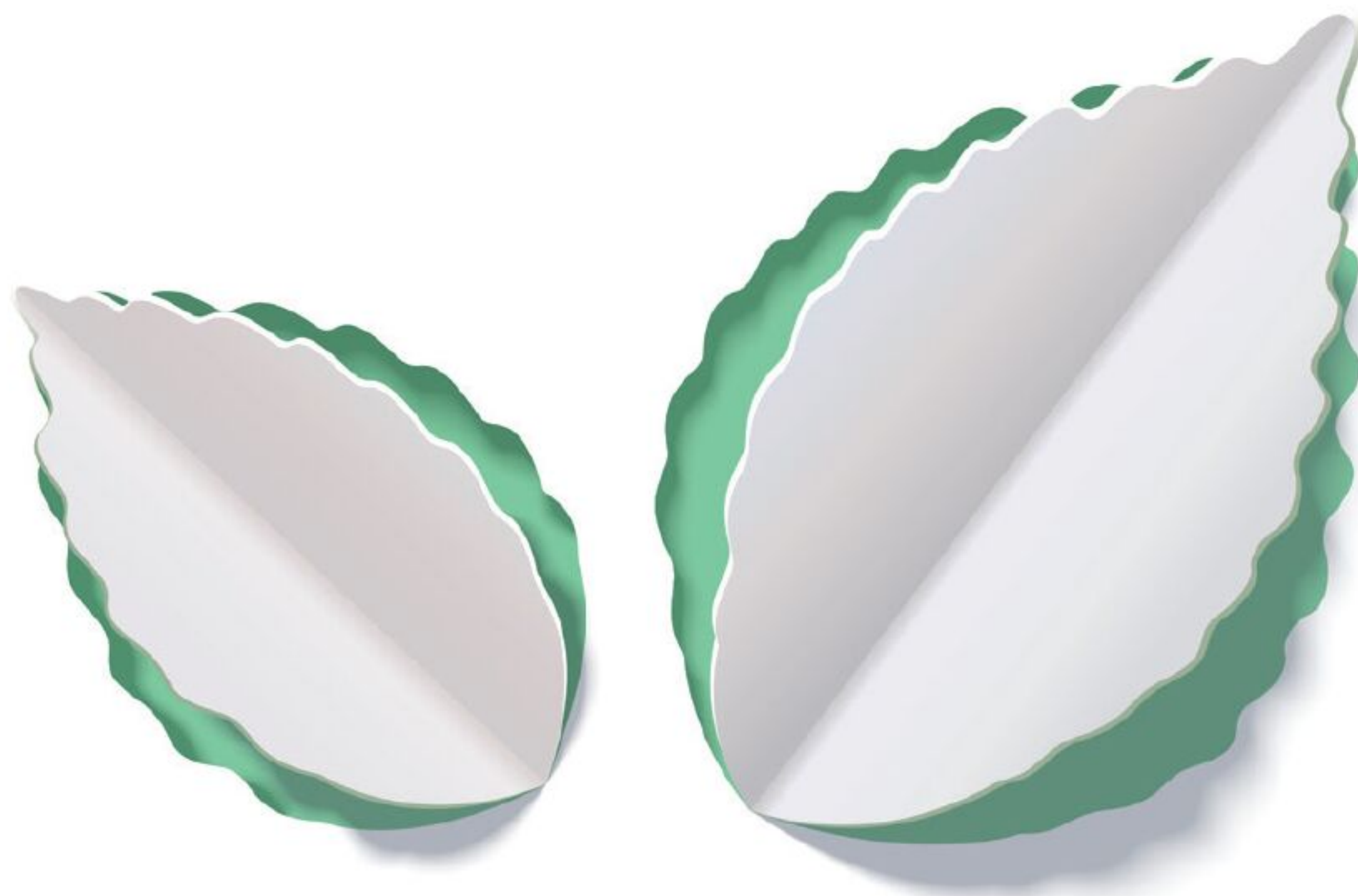
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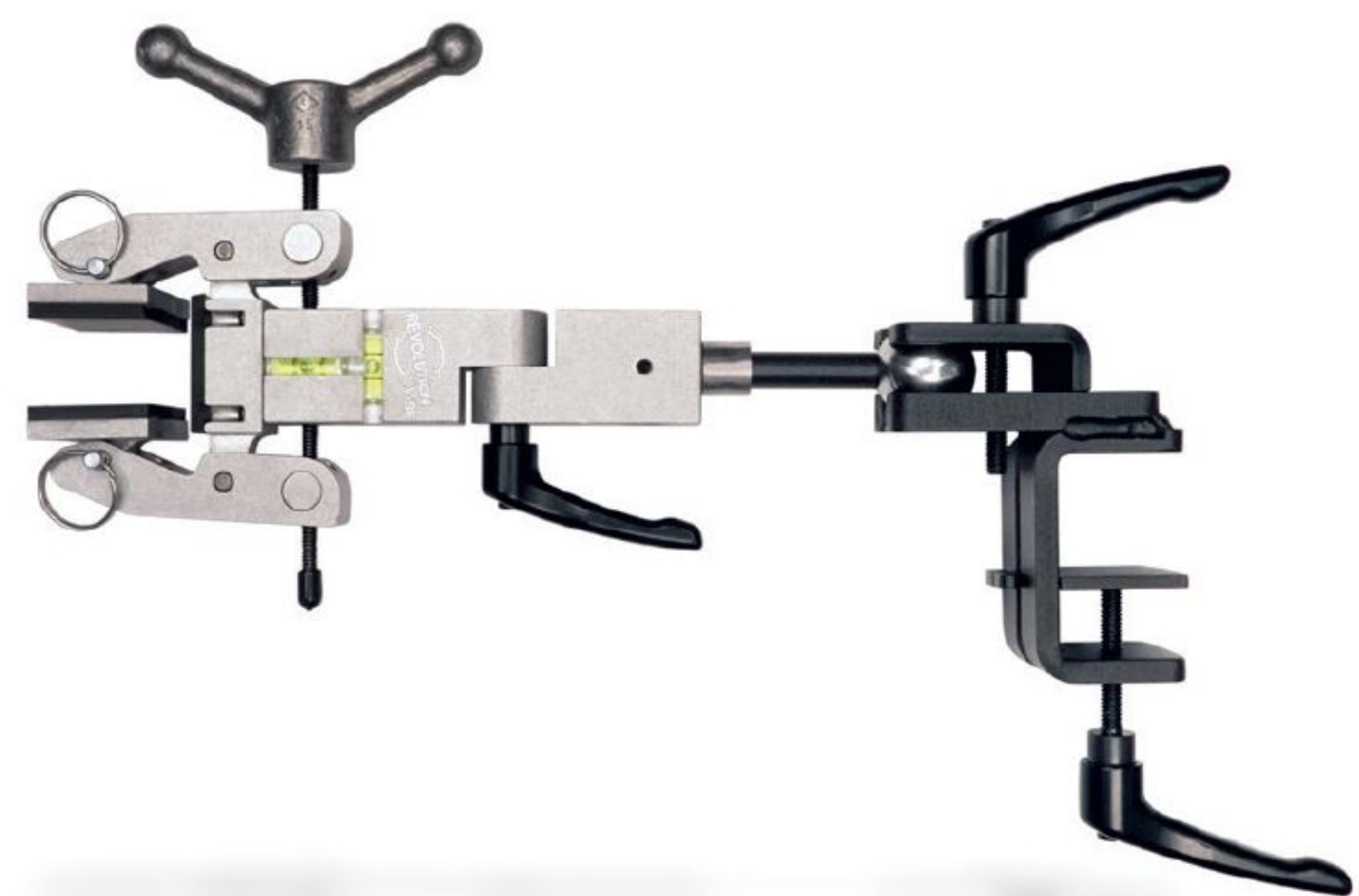
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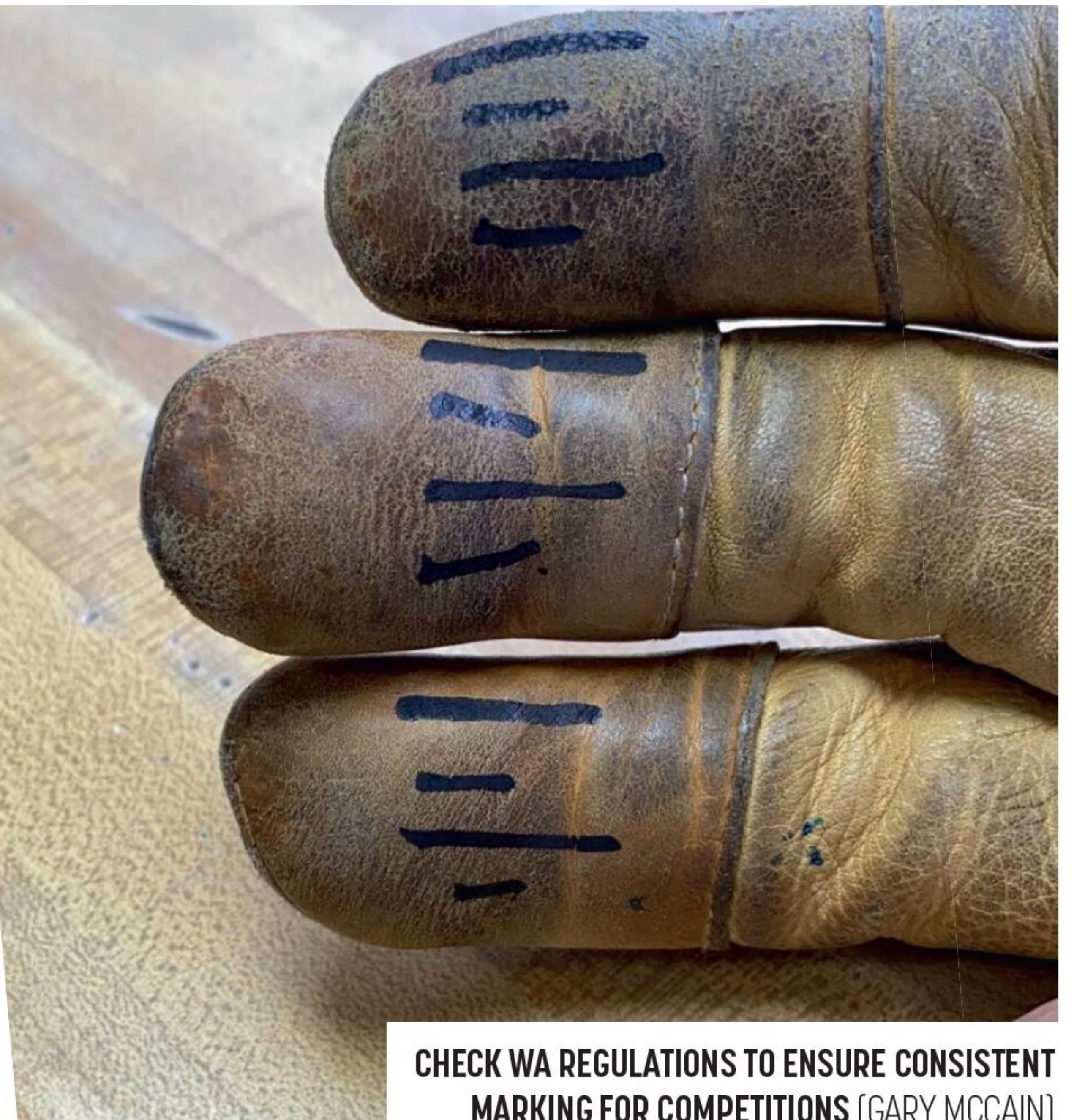
SCAN ME

ASK THE EXPERTS: BAREBOW

John Demmer answers your questions on stringwalking



MY TAB (JOHN DEMMER III)



CHECK WA REGULATIONS TO ENSURE CONSISTENT MARKING FOR COMPETITIONS (GARY MCCAIN)

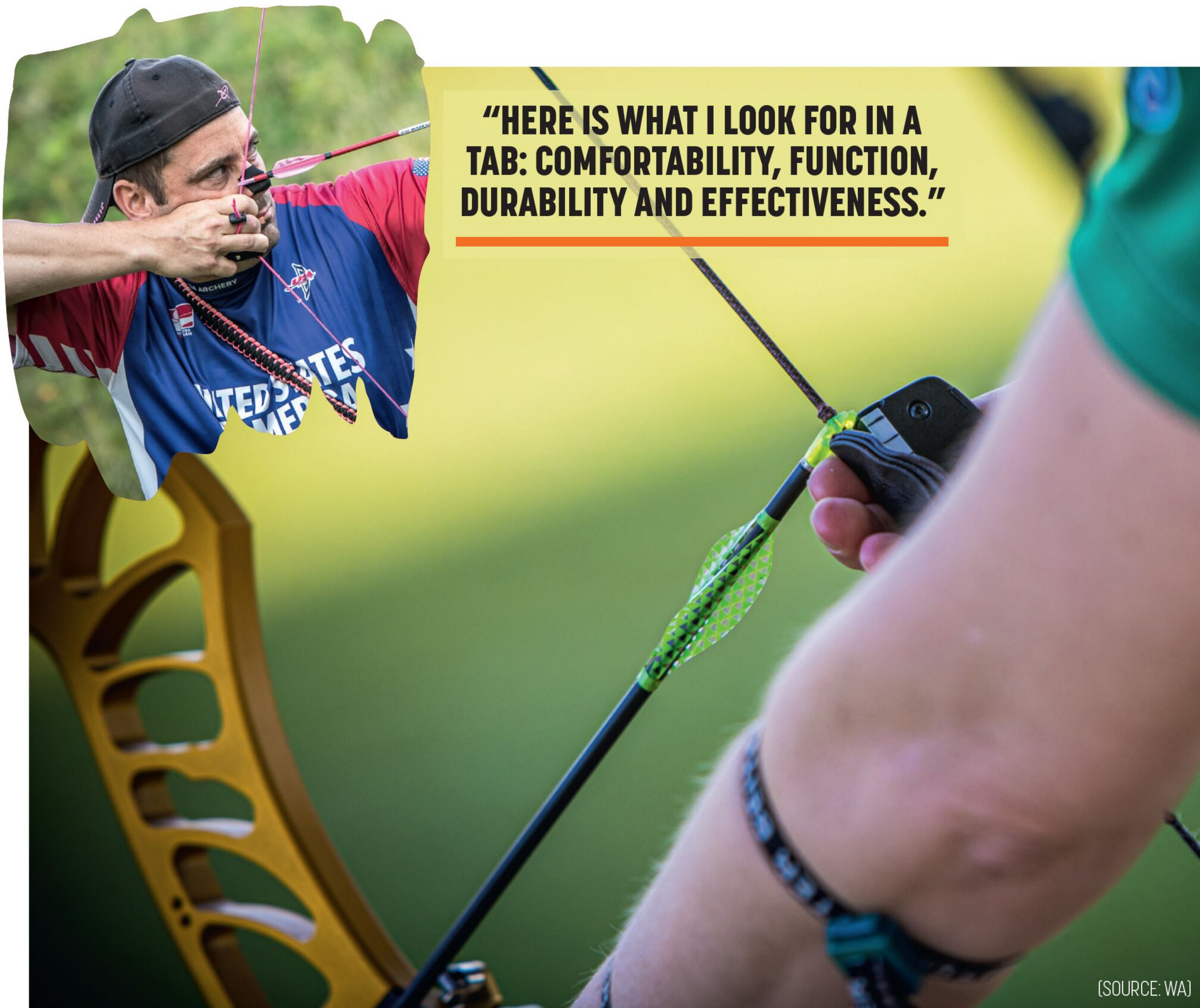
Q I've recently switched to shooting my barebow with a shooting glove because I find it more difficult to feel the hook with my tab. I have cut my tab and used both two and three layers, and the sensation is still not great. Do you have any tips for string-walking with a glove?

A Switching over from a glove to a tab takes some getting used to. Like you said, the intimate feeling you get with a glove will most likely not be achieved with a tab for various reasons. My switch-over

took a little bit of time, but I got used to it after a while. Whilst you don't get that feeling of the string pressed tightly against the thin glove to your fingers, I don't necessarily think that it is a hindrance to being able to shoot well with a tab. It's a feeling that will become natural over time, if that was a path you ended up taking. I personally shoot a three-layer tab and have next to no feeling, but that's what I want. Building it up in this manner allowed me to train hard with zero finger pain. If I trained the same amount with a glove or a thinner tab, I would start to feel the discomfort within a couple of training sessions.

The biggest advantage of stringwalking with a tab over a glove, is in that you have a hard plate reference. Immovable hard plate will allow you to always hit the same reference point, giving you a much more consistent way to find and keep those distance marks. The simplest (and probably the hardest) way to stringwalk with a glove is to mark it with some lines, like you would with a tab (see picture). It is important to keep your hooking fingers the same every time when addressing the string; shifting fingers around can change and distort the distances of the marks. Another, slower and more tedious, but

more consistent option to stringwalking with a glove is to count the layers of the string serving. I would go for a thicker string that has a .03" serving material and use the wraps to count. Those are very thick and most of them lay pretty flat, making them very easy to see, especially when the serving starts to get a little dirty. In this instance I recommend you go for large groove nocks, because you will have to go with a string that has fewer strand counts due to the thickness of the centre serving. You want to make sure the safety of the string is still intact, and that should still be well within the safety limits.



"HERE IS WHAT I LOOK FOR IN A TAB: COMFORTABILITY, FUNCTION, DURABILITY AND EFFECTIVENESS."

[SOURCE: WA]

Q I've only recently made a switch from recurve to barebow. I am really used to my split-finger tab, however I don't see any barebow archers shooting it, so I took off the spacer. The question is, do you think my current tab will affect the stringwalking, or do I need a three-finger tab to keep fingers closer?

A There are several things to consider when choosing the proper tab with any style of shooting. Here is what I look for in a tab: comfortability, function, durability and effectiveness. The tab must sit

comfortably in the hand so that it is in the same spot from shot to shot. It cannot have any features that will keep me from achieving a consistent and solid anchor. The tab must be made of durable materials so that it doesn't fall apart or wear out prematurely.

Given these foundations to my tab requirements, you must ask yourself: "Does it fit the bill?" If you are comfortable with the plate and leather, then it sounds like it will be an effective tab for you for barebow without any modifications. If the spacing of the leather is too large and opens the door to direct string contact to the skin, that might be an issue. I am assuming that the plate is built in a way that a

new solid piece of leather can be attached with some screws. If so, it is easily fixed with some new material that can be attached to it. If it cannot, I would then suggest getting a finger tab that has that capability.

I have shot two finger tabs in the past that were built for split finger shooting, which you might consider. One was a Wilson black widow tab and was easy to make that adjustment. I just cut the spacer leather tabs off and it worked well for three-under. The other tab was Mamba. There I was shooting three-under and have developed some blisters because my fingers were too close together; the leather spacing proved to be a little too

large. To fix that issue, I bought some suede and a piece of solid cordovan. I cut and shaped it to size and punched the screw hole locations on the leather. Then I screwed them all back to the Mamba plate. Worked like a charm after that replacement.

So yes, split finger tabs can work for barebow shooting. Some will require modifications, and some might be great without any changes. If you find any of the changes to be too much of a hassle, I suggest keeping it as is and finding a specially designed tab for the task at hand. That way you still have what worked great for your split finger shooting and one that will work great for three-under.

Our expert panel answers your questions. Send yours to: editor@bow-international.com

ASK EXPERTS: INSTINCTIVE



Jim Grizzly tackles your instinctive questions

"...HAVING APPROXIMATELY THE RIGHT ARROW IS A HUGE BENEFIT, BEATING YOURSELF UP ABOUT FINE-TUNING IS GOING TO DRIVE YOU CRAZY AFTER A WHILE."



[SOURCE: WA]

Q Does it matter what arrows I shoot? I normally don't worry about the spine too much, but would like to be more scientific about it, because sometimes I notice my arrow flight isn't very clean.

A Arrows, what is a bow without arrows, right? Well, yes, the right arrow in spine, weight, and length is hugely important to accuracy and safety, especially when it comes to traditional archery, as you don't have the ability to make the micro

adjustments that you normally would with other forms of archery. At the same time, it also isn't everything... what is important when it comes to consistency is the release. The release is paramount when it comes to archery in all of its forms. I get several emails and messages a month from people asking for advice on arrow tuning and how folks are struggling to get a good tune out of their traditional equipment.

But when I delve a little deeper into the issue, nine times out of ten, it's inconsistencies in the release that's causing the issues.

You could have the late great

Stephen Hawking calculate to the nearest micron exactly what arrow combination would work for your bow, but at the end of the day, unless you are consistent in your release, and other fundamentals, none of that really matters.

The thing I like to say to my students is "we need to tune you before we can tune your equipment".

While yes, having approximately the right arrow is a huge benefit, beating yourself up about fine-tuning is going to drive you crazy after a while. Using one of the many arrow manufacturers' spine charts, while taking key information

with a grain of salt, is really quite useful as a jumping off point, to get in the right ballpark, at least. By having approximately the right spine, providing the arrow is not too short and not too light, you will be able to get yourself and your release dialled in.

And having the knowledge that your release is solid and repeatable frees up headspace to start thinking about the more technical and scientific aspect of arrow tuning.

But to hammer the point home, if all your arrows are the same and you're having issues with inconsistency, it's more likely form, than it is equipment.

"TO BECOME GOOD - AND I MEAN REALLY GOOD - AT INSTINCTIVE ARCHERY TAKES A HELL OF A LOT OF WORK AND PRACTICE."



[SOURCE: JIM GRIZZLY]

Q I want to switch to instinctive because it feels natural. What I am concerned about is that it will affect my accuracy in competition. Is there a way to get more accurate with instinctive aiming?

A As a card-carrying instinctive archer, I feel you! To me, instinctive archery is the most natural thing in the world, and I can say that, as in my almost 40 years of archery, I've shot Olympic style recurve, compound and countless bent bits of wood. And nothing has ignited a passion in my soul greater than shooting instinctively.

The ability to pick a spot on a target and send an arrow down range and hit exactly what it is you're looking at is one of the best feelings in the world. It's so freeing to be out in the woods, completely unencumbered by cluttered, busy thoughts.

But when asking if shooting instinctively will affect your accuracy, yeah it probably will. You may even find that your accuracy actually improves, although not quite at first. But that accuracy does come with a caveat.

That being, the concentration needed to maintain that level of accuracy for a whole tournament is immense!

Even the late great Fred Bear once said "instinctive archers make lousy tournament archers"

himself, being one of our illustrious alumni.

It's not like you have a system to fall back on, if things start to go awry, like you do with gap shooting or stringwalking. You have to be switched on and focused shot after shot. Relying on your honed, fundamental archery skills, good solid repeatable form, and the ability to let your subconscious make the calculations for you.

When it comes to instinctive archery, people do tend to get caught up in the semantics and think it's a very easy way of approaching archery, when it couldn't be further from the truth.

To become good - and I mean really good - at instinctive archery

takes a hell of a lot of work and practice. It takes time to get your eyes, your brain and your body all working together; that, honestly, doesn't come overnight.

When people turn their back on instinctive archery, it's usually because they haven't given it enough time to truly become good at it and are looking for quick results.

I've been really lucky to have met and shot with some of the most amazing archers on the planet, and the ones that really stand out as special to me, are the ones that have been shooting instinctively for years.

But at the end of the day, it's hugely important to shoot in a way that puts the biggest smile on your face.

Our expert panel answers your questions. Send yours to: editor@bow-international.com



STRATOS

SARA LOPEZ

World Cup Final Gold Medal

Stratos 36 HBT

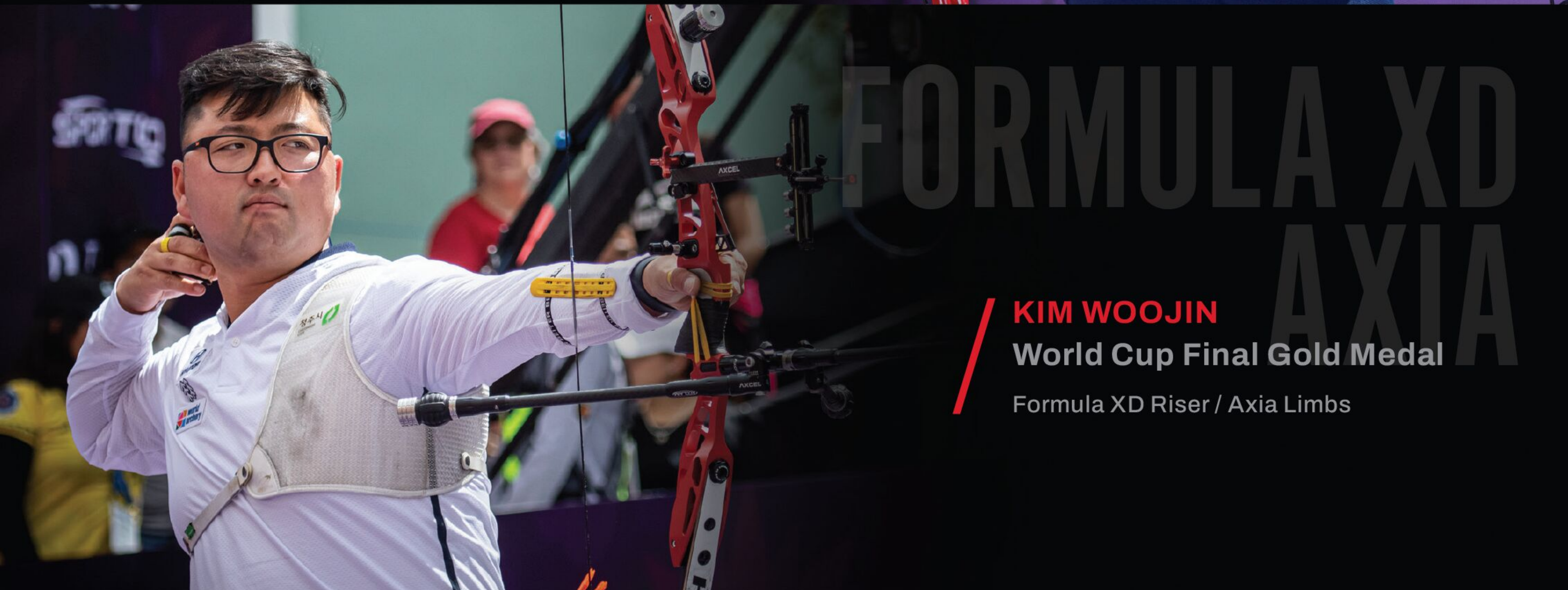


CHAMPIONSHIP PROVEN

MIKE SCHLOESSER

World Cup Final Gold Medal

Stratos 40 SVX



FORMULA XD AXIA

KIM WOJIN

World Cup Final Gold Medal

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“this Englishe matter in the Englishe tongue, for Englishe men”...
 “a thinge Honeste for me to vwrite, pleafaunt for some to rede,
 and profitable for manie to folovv” (p.14.)



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ASCHAM: THE MAN BEHIND THE WORK **Part II**

*Jan H. Sachers this time Jan H. Sachers delves
into the contents of Asham's archery manual*

Roger Ascham's *Toxophilus*, first published in 1545, is considered the oldest written introduction in Europe on how to shoot with bow and arrow. But it was not the sole achievement of its author, who himself had practised archery since childhood, to share his passion and experience with his readers, nor to instruct them in the discipline. His 'School of Shooting' is a complex work of literature, demonstrating Ascham's intellectual and linguistic capabilities, and reflecting his ambitions, morality, and views on society and education.

In the mid-sixteenth century, Latin still predominated amongst scholars as the language for intellectual discourse, written and spoken, the vocabulary and grammar of English being considered too crude a tool for the subtleties of academic and philosophical thought. Given the long tradition of precise classical terminology, replacing it with an English equivalent was never going to be easy. Hence Ascham was not exaggerating when he wrote in the dedication to King Henry VIII, "to haue vwritten this boke either in latin or Greke [...] had bene more easier and fit for mi

trade in study". But instead, he had decided to write about "this Englishe matter in the Englishe tongue, for Englishe men", because he considered it to be "a thinge Honeste for me to vwrite, pleafaunt for some to rede, and profitable for manie to folovv". (p. 14).

VALUE AND BENEFITS OF ARCHERY

Still, Roger Ascham took quite a risk with his endeavour. His enemies and competitors had long belittled him because, even after so many years at university, he had failed to produce any research or publication worthy

of a mention, something which they partly blamed on his excessive passion for archery. So, attempting to write a book in the vulgar tongue about this very subject does not at first sight appear the smartest move. However, the gamble paid off. He countered accusations of lacking intellectual substance not only through the content of his book, but also by its formal structure, an artfully crafted two-part Platonic dialogue between Philologus (lover of words), and Toxophilus (lover of the bow).

After the dedication and prologue, Ascham, or his alter ego, spends the next, roughly, 80 pages praising the many virtues and benefits of archery, and pointing out why it is not only an honest pastime fit for “princes and greate men”, but also for “scholars and studentes”. He argues that, as an antidote to intellectual work in a seated position, the practice of archery, standing upright and straight in fresh air, is highly recommended, since it brings the humours into balance and into motion, and sharpens both the senses and the mind.

sermons and writings, thus making him a highly respected and revered ally of Ascham in his intellectual crusade.

No apology for the bow and arrow would be complete without accounts of its military utility. Ascham rehearses these at great length, offering examples from antiquity to his own age, and paying special homage to the English archers and their victories over the Welsh, the Scots, and the French. He mentions Crécy, Poitiers, and Agincourt, and stresses the importance the medieval English commanders attached to large numbers of well-trained, reliable, and disciplined archers.

Ascham also knows why English archers were so numerous, and so effective in battle:

“England may be thought very frutefull and apt to brynge oute shooters, where children euen from the cradell, loue it: and yong men without any teaching so diligentely use it.” (p. 93). But the once obligatory practice on Sundays and holidays had since fallen into neglect: “Learnynge to shoote is lytle regarded

“What is the cheyfe poynte in shootinge [...]?” ... “To hyt the marke.” (p.106.)

To this claim is added a number of moral arguments. While associated with idleness, betting, gambling, and other vices by its enemies, archery could not be further removed from these, since it had two tutors, “the one called Day light, ye other Open place, whyche ii. keepe shooting from euyl companye”. (p. 52).

Archery is a virtuous pastime, because “companions of shooting, be prouidens, good heed giuing, true meatinge, honest comparison, whyche things agree with vertue very well” (p. 53).

Providence, mindfulness, precision, and honest comparison are also, as he points out elsewhere, worthwhile characteristics for public servants, diplomats, and other public figures. Hence archery not only advances the beneficial development of the individual, but also the moral and ethical constitution of society and state, a primary requirement of contemporary humanistic ideas.

Ascham also references authorities like Plato and Aristotle, who also praised archery’s positive contributions to society, and he mentions numerous bow-wielding heroes of antiquity as role models. Moreover, even “the learned Bishops” were known for their fondness of archery. This probably refers, amongst others, to Hugh Latimer (1485/92–1555) who was indeed a passionate archer, and often used archery metaphors in his

in England, for this consideration, bycause men be so apte by nature, they haue a greate redy forwardnesse and wil to use it, al though no man teaches them, al though no man byd them [...] and shoote they ill, shote they well, greate hede they take not”. (p. 95).

Effectiveness in war can only be achieved through regular practice in peace and thus the ‘Schole of Shootinge’ can also be considered an appeal for the military training of the young. Ascham explicitly applauds the repeated efforts of English monarchs to make archery a mandatory pastime, banning other sports and games, as Henry VIII himself had reiterated only shortly before. In contrast to other authors, however, who polemicized against the abolition of the bow as a weapon of war, and often used his arguments almost verbatim, Roger Ascham did in fact also recognise the importance of firearms in conflict.

Ascham makes use of a number of figures of speech and stylistic devices, following the rules of good rhetoric as laid out by authors like Cicero. He also embellishes his discourse with similes and quotations from classical literature which leave no doubt about the breadth of his reading, his erudition, and his scholarship.

The impact his work had on the development of the English language is testified by the fact that numerous words used by Roger Ascham for the first time appear in the Oxford English Dictionary. The first part

of Toxophilus in particular shows him as a linguistic innovator, an erudite and competent author, and a shrewd and surprisingly modern teacher, driven by humanistic educational ideals which give equal weight to the welfare of the individual and of society as a whole. Aside from these scholarly and philosophical qualities, he was also an entertaining storyteller and a great patriot.

THE POINT & ACCESSORIES OF ARCHERY

After Toxophilus, with sound and clever reasoning, managed to convince Philologus of the values and benefits of archery, Philologus begs to learn more about its practice. So begins the second part of the book, which possesses a systematic didactic structure in which each element follows logically from the one before, as shown in a graphical representation in the table of contents.

The first question is, “What is the cheyfe poynte in shootinge [...]?”, to which Toxophilus gives a simple, yet truthful, answer: “To hyt the marke.” (p. 106). However, hitting the mark, and doing so consistently, depends on various factors which Ascham explains in great detail, beginning with the equipment.

He does not consider a bracer or wrist guard necessary, but if one is worn, it should have no nails, buckles, or aglets to interfere with the string, but be fastened to the arms with laces.

“The shootyng gloue hath a purse whych shall serue to put fine linen cloth and wax in, twoo necessary thynges for a shooter.” (p. 110.)

A “shootyng gloue” is worn to protect the fingers drawing the string and should be made of fine leather lined with velvet, so the leather will not harden when in contact with sweat. To keep the fingers from pinching the nock too tightly, Ascham recommends sewing either a feather quill between leather and lining, or a piece of rolled leather to the outside of the finger. “The shootyng gloue hath a purse whych shall serue to put fine linen cloth and wax in, twoo necessary thynges for a shooter.” (p. 110).

The string should not be made by the bowyer, the fletcher, nor the archer himself, but by “honest stringers”, because “ill stringe breke the many a good bowe, nor no other thyng half so many”. (p. 110). Whether it be made “of good hemepe as they do now a dayes, or of flaxe or of silke” is left for the craftsman to decide. It is more important for the string

to be of the right length and thickness, to fit the smoothly rounded nocks well, and to be replaced when it shows signs of wear and tear.

When dealing with the bow Toxophilus first points out that “[d]yuers countryes and tymes haue vsed alwayes dyuers bowes, and of dyuers fashions.” (p. 113). He mentions “horne bowes”, and bows of “brasse, yron or style”, which are no good, as well as palmwood, and reed. “As for brasell, Elme, Wych, and Assche, experience doth proue them to be but meane for bowes”, so according to Ascham or his alter ego, “a bowe of Ewe must be hadde for perfecte shootinge at the prickes”, or in fact rather three or four, just in case.

He then goes to great lengths to explain how to recognise an honest bowyer and a good bow. For transport he recommends a “bowecase” made of leather, and for storage a wooden case placed “not to nere a stone wall, for that wyll make hym moyst and weke, nor yet to nere any fier for that wyll make him shorte and brittle.” (p. 119). Wooden cabinets in which longbows could be stored upright were very common up to the 19th century and were known as ‘Aschams’.

The bow should be rubbed down daily with a waxed cloth made of wool or hair.

Of the fifteen different types of woods that had been used for arrow shafts, only “Birche, Hardbeme, some Ooke, and some Asshe” are considered suitable for war arrows, “and not [...] Aspe, as they be now a days.” (p. 126).

The arrows should match the bow and the archer, in respect to their length, weight, and balance – at no point does Ascham mention arrow stiffness or spine.

Shafts tapering toward the nock are called “bobtayles” and suited for those “whiche shote vnder hand”, meaning at greater distance, while he “whych shoteth right afore him” needs breasted or barrelled arrows.

Nocks can be fashioned in different ways, but “the shalow and rounde nocke” best helps a clean release. Splicing in a fore-shaft, or a nock end, of Brazil or Holly wood can be used to make the arrow heavier and to correct its balance, but Toxophilus considers this practice “more costlye than nedefull.” (p. 128).

Only goose feathers are suitable for fletching, and they should be cut either “swyne backed” or “saddle backed”, although “al maner of triangle” is also acceptable (p. 133).



TOXOPHILUS DESCRIBES VARIOUS AIMING METHODS, BUT DISMISSES THEM ALL, BECAUSE "[T]HE EYE IS THE GUIDE" AND SHOULD THEREFORE REMAIN FIXED ON THE TARGET, NOT WANDER OFF TO THE ARROW, THE SURROUNDINGS, OR ANYTHING ELSE (P. 163). © LIBER ANTIQUUS EARLY BOOKS & MANUSCRIPTS

Most important though, the fletching needs to match the diameter of the shaft, the weight of the arrow, the manner of shooting, the weather, and so on. Ascham describes the choice of good feathers and their attachment to the shaft in great detail, so this may be the only craft he didn't leave entirely to the professionals, but trusted the archer himself to accomplish.

Arrowheads like the "brode arrowe or swalowe tayle", the "forke head", or the "bodkin" are suited for hunting and war, but not for target practice, or "pryckyng". Ascham describes three different types of points, with the terms "sharpe" and "blont" apparently referring to the shape of the socket. The best ones are called high ridged, creased, shouldered, or "syluer spone heades, for a certayne lykenesse that suche heades haue wyth the knob ende of some sylver spones." (p. 138). These silver spoon points had a rounded shoulder which helped with a constant draw length when it touched the forefinger of the bow hand.

FORM AND PRACTICE OF ARCHERY

Finally, after introducing all the necessary equipment, its history and mentions in classical literature, Toxophilus deals with the shooting itself. "[T]he best shootynge, is always the moost cumlye shootynge", and "comely shooting" is made up of five

components, namely "standynge, nockynge, drawynge, howldynge and lowsynge" (p. 144). Then follows a long list of mistakes that Ascham has witnessed in other archers, avoiding which shall more or less automatically result in correct technique.

The stance is upright, (but not too straight), stable, and balanced. The bow is held horizontally, the arrow placed above the hand with the cock feather up, and slid onto the string, "neyther to hye nor to lowe" - the (string) nocking point being a later invention. Then the arrow should be drawn to the ear, until the index finger of the bow hand feels the shoulder of the point. "Holdynge must not be longe, for it bothe putteth a bowe in ieopardy, and also marreth a mans shoote". The release should then be "quycke and hard", so that it happens naturally, but also "softe and gentle", so the arrow can fly straight and true (p.148f.)

Other factors that can have an impact on the shot are wind and weather, about which Ascham has a lot to say, the target, and the archer's state of mind. A good shooter should be courageous, calm, and suppress his emotions, particularly his anger.

Toxophilus describes various aiming methods, but dismisses them all, because "[t]he eye is the guide" and should therefore remain fixed on the target, not wander off to the arrow, the surroundings, or anything else

(p. 163). In order to correct such bad habits, he recommends shooting at two lights in the dark, which forces the archer to focus solely on his mark, and nothing else.

Ascham's instructions on proper shooting make up a rather short section of his book, but they are complete, and give sound advice still worth adhering to today when shooting with a traditional longbow. Later authors had little to add, so they often simply summarised Ascham's teachings in their own words. Horace T. Ford, as late as 1856, was the first to introduce the new method of anchoring under the chin, and thus revolutionised target shooting with his book *Archery, its Theory and Practice*.

Roger Ascham could not foresee the long-lasting success and appreciation of his book in re *Sagittaria*, nor could he enjoy it long. But even in his lifetime it was widely circulated, held in high esteem, reprinted first in 1571 shortly after his death, and then again eighteen years later. Still, the bow-loving scholar had good reasons to be content: he had proven that even a seemingly banal and common activity like archery can be the subject of academic discourse, and that his love for it did not get in the way of his learning, or hinder his intellectual capabilities. Not least, he had helped establish the English language as a medium fit for dealing with complex matters, following Aristotle's advice "to speake as the common people do, to thinke as wise men do" (p. 18).

Ascham may have derived some satisfaction from these accomplishments, but his motivation to write his book in the first place had been a lot more down to earth: patronage and financial security were the marks he had been aiming at. He had dedicated his work to King Henry VIII, himself a passionate archer, and sent a copy to the privy council, where it was well received, winning him an audience with the king, and an annual royal stipend of £10, later doubled to £20 by Queen Mary I.

Such mundane, but tangible benefits were without doubt more valuable to a poor scholar with a growing family, than everlasting glory, and pride of place in any serious archery library – accolades which belongs to Roger Ascham's 'Toxophilus' nevertheless. ☉

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FINAL NOTE

Reflections. By Kristina Dolgilevica



THREE GENERATIONS ON THE LINE, LEFT TO RIGHT: KIM JIN HO, PARK SUN HYUNG AND ONE LUCKY KID (KOREAN ARCHERY ASSOCIATION)

Many issues ago I contributed a piece to Bow about the Korean Archery Association and its sponsors – the Hyundai Motor group being most significant. Sports sponsorship is rarely straightforward; it offers opportunities, but often comes with sacrifices and conflicts of interest attached. I am aware that most people may not be greatly interested in the elite world of Korean archery. However, the Koreans are good at building the right kind of infrastructure - multi-layered and structured, like army battalions - and always focussed on putting the right people in the right expert roles. There is always space to grow for everyone involved, but none for excuses or second chances - everyone is replaceable. But bear in mind that the infrastructure of South Korean archery pales in comparison to that of South Korean baseball, football and basketball. Professional baseball players are the highest earners across East Asia, - look up how much Kia Tigers get paid, for instance.

I decided to raise this issue because I received a comment from one reader, wondering why top GB archers aren't "paraded" or utilised enough by local sports authorities. He remarked that "medals and podiums should bring investment". AGB, and most other countries' archery organisations, simply do not have enough funds to invest. Of course there is investment, but not on the scale needed to compete with the Koreans. Just before the World Cup Finals in Hermosillo, the KAA and Hyundai organised their third prestigious domestic competition, the Jeongneup Gubae Korean Archery Competition. Two hundred and nine of the strongest archers, including the national team, took part, ahead of the Finals in Hermosillo and the all-important Asian Games at the end of September.

This year the special competition coincided with the sixtieth anniversary of Olympic Archery in Korea and was free to attend to all willing spectators. Choice of finals venue, Yongsan War Memorial in Korea's Peace Square, was no coincidence,

it was a nod to the finals venue for the upcoming Games in Paris, which will be held at Les Invalides, also a war memorial; call that attention to detail. In addition to watching the current world's best, the lucky spectator was treated to some archery celebrity exhibition matches, with Kim Jin-Ho and Park Sung- Hyung amongst the guest shooters.

The winners of these events, (Lee Woo Seok being one), received over 60,000 GBP each, whilst the coaches of those winners were awarded 25% of that sum. In comparison, the World Cup Finals prize for top recurve in Hermosillo was only about 26,000 GBP. The altruistic idea that sport and money are incompatible cannot be sustained in respect of modern highly competitive professional sport, especially at the higher levels. Yes, the basic culture of sporting endeavour is vital, but what investment brings to a nation's chances of international success is widening of opportunities for its people, a greater depth of competition, and thus a higher standard of achievement. 🎯



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