

Archery — Workbook

This workbook accompanies the Archery course and turns each module into hands-on exercises, structured reflection prompts, and ready-to-use planning templates. Work through each section alongside the lessons, returning to the checklists and worksheets after every live practice session to reinforce learning and track your progress.

Equipment Selection and Fit

Audit your equipment choices against objective fit criteria and build a pre-session inspection routine.

Exercise: Bow Selection Decision Exercise

Before buying or borrowing your first bow, work through these prompts to identify which bow type and specification matches your goals, budget, and physical measurements. Answer each prompt fully before moving on.

- What is your primary goal for taking up archery — recreational target shooting, club competition, bowhunting, or historical/traditional practice? How does this goal influence the bow type most suited to you?

- Measure your wingspan (fingertip to fingertip, arms extended) and divide by 2.5. Record your calculated draw length in inches. Now visit a local pro shop or use an online spine chart and identify two arrow shaft options appropriate for your draw length and a 24 lb draw weight.

- Compare two starter recurve setups and two compound setups at your local retailer or online. For each, record: brand, model, draw weight range, draw length range, price, and one strength and one weakness relative to your stated goal.

- Based on the lesson's guideline of no heavier than 24 lbs for adult beginners, what is the maximum draw weight you should start at given your wingspan measurement? How does this compare to the setups you found?

Worksheet: Bow Fit and Specifications Record

Complete this worksheet when setting up your bow for the first time, and update it whenever you change draw weight, limbs, or string. Keep a copy with your bow bag.

Archer name

Date of fitting

Wingspan measurement (cm)

Calculated draw length (inches)

Bow make and model

Limb weight at 28 inches (lbs)

Actual draw weight at your draw length (lbs)

Brace height measured (inches)

Arrow shaft make, model, and spine

Arrow length (inches)

Point weight (grains)

Nocking point position (inches above square)

Pro shop or coach who verified the fit

Notes on any adjustments made

Checklist: Pre-Session Equipment Safety Inspection

-] Inspect string from tip to tip for fraying, cut strands, or serving separation
-] Check limb surfaces for cracks, delamination, or splinters by running fingers along both faces
-] Measure and record brace height — confirm it is within the manufacturer's specified range
-] Flex each carbon arrow and listen for cracking sounds; discard any suspect shafts
-] Check all nocks by hand — confirm each snaps onto the string with audible click and no cracking
-] Verify point screws are tight — unscrew and re-apply threadlock if loose
-] Confirm arm guard is in place on the bow arm before the first arrow
-] Check finger tab or release aid for wear or loose components
-] Verify arrows are same length and spine before mixing into the same end

The Shot Cycle — Biomechanics and Technique

Map your personal shot cycle, identify your weakest link, and design a targeted drill plan.

Exercise: Shot Cycle Video Analysis

Film yourself shooting 6 arrows from the side and 6 from behind. Watch each clip three times — first for overall impression, second focusing on the draw and anchor, third focusing on release and follow-through.

Answer these prompts after each viewing.

- In the side-view footage, where does the drawing elbow finish at the end of follow-through? Is it behind the ear (back-tension driven) or pulled sideways/downward (arm-driven release)? Note the timestamp of the best and worst shots.

- In the rear-view footage, is your bow arm dropping or tilting at the moment of release? Describe the movement and estimate how many of the 6 arrows show the same pattern.

- At anchor point in the side view, is your head straight or is it pushed forward to meet the string? A forward head position indicates draw length is too long — note this for your worksheet.

- Compare the follow-through position across all 6 shots. Is it consistent (within 5 cm of the same spot) or

variable? Inconsistent follow-through is almost always a back-tension deficit — plan the band-pull drill for your next 3 sessions.

Worksheet: Seven-Step Shot Cycle Self-Assessment

Rate each step of your shot cycle on a scale of 1–5 (1 = needs major work, 5 = consistent and correct).

Review this worksheet after every 200 arrows and update your ratings to track improvement.

Assessment date

Arrows shot since last assessment

Step 1 — Stance (rating 1–5): notes

Step 2 — Grip (rating 1–5): notes

Step 3 — Hook and set (rating 1–5): notes

Step 4 — Draw and pre-draw (rating 1–5): notes

Step 5 — Anchor (rating 1–5): notes

Step 6 — Aim and breath hold (rating 1–5): notes

Step 7 — Release and follow-through (rating 1–5): notes

Lowest-rated step this assessment

Drill or focus planned for next session to address lowest-rated step

Coach or training partner who reviewed this session (if any)

Checklist: Daily Shot Cycle Drill Routine

- Complete 20 blind-bale shots (eyes closed, 1 metre from foam bale) before every session
- On each blind-bale shot, consciously engage rhomboid and lower trapezius before releasing
- Perform 3 sets of 10 elastic band external rotation exercises before picking up the bow
- Shoot one 6-arrow end focusing exclusively on bow-hand relaxation (no grip, use sling)
- After every end, say aloud the specific thing you focused on — verbalising locks in the feedback loop
- Shoot at least one end per session from 1–2 metres closer than your usual distance to build confidence and clean form
- Before the session ends, shoot 6 arrows with eyes closed at the bale to finish with a kinaesthetic imprint of correct form

Sight Alignment and Grouping Diagnostics

Build your personal sight record, diagnose your most frequent grouping error, and design a correction plan.

Exercise: Group Pattern Diagnosis Exercise

After your next three training sessions, photograph each target face. Print or sketch the group patterns below, then apply the diagnostic framework from the lesson to identify the most likely cause. Complete each prompt for every session.

- Describe the group pattern from session 1 using precise language: where is the centre of the group relative to the target gold, and what is the approximate spread diameter in centimetres? Does it form a cluster, a horizontal line, a vertical line, or a random scatter?

- Using the group pattern diagnostic table from Lesson 5, identify the most likely form error and one specific correction drill you will apply in the next session. Write the cause and the drill here.

- After applying the correction drill in session 2, describe how the group changed. Did the spread tighten, shift, or change shape? What does this tell you about whether you correctly identified the root cause?

- Write a one-paragraph summary of the pattern you see across all three sessions. Is the same error recurring, or are different errors appearing each session? What does consistency or variability in your errors tell you about where to focus your next phase of training?

Worksheet: Sight Mark and Zero Record

Record your sight settings every time you zero or re-zero at a new distance. This is your bow's distance tape — keep it with your equipment bag.

Date

Bow configuration (draw weight, string type, arrow spine, point weight)

Distance zeroed (metres)

Sight vertical position (bar marking or mm from top)

Sight horizontal position (mm from centre)

Number of arrows used to confirm zero

Group size at zero confirmation (cm)

Weather conditions (temperature, wind)

Notes (e.g., re-zero after string change, new limbs, etc.)

Checklist: End-of-Session Scoring and Logging Routine

- [] Photograph or sketch the target face after each end (set of 3 or 6 arrows)
- [] Record arrow scores from the target face before pulling arrows
- [] Measure and record the diameter of the tightest 6-arrow group of the session
- [] Note the session total score (if shooting a formal WA 18 or club round)
- [] Write one sentence in the training log describing what technique element was the focus
- [] Write one sentence describing what you actually noticed happening (may differ from the intention)
- [] Record draw weight, brace height, and any equipment changes made during the session
- [] Set a specific technique intention for the next session before closing the log

Arrow Tuning, Maintenance, and Range Culture

Establish a tuning baseline for your bow, build a maintenance schedule, and confirm understanding of range commands.

Exercise: Paper Tune and Walk-Back Tuning Exercise

Complete a full paper tune and walk-back confirmation on your bow setup. This should be done with a freshly strung bow at correct brace height, using arrows you will use for training. Complete each step and record your results.

- Describe the tear shape from your first paper test shot (bullet, tail-high, tail-low, tail-left, tail-right, or combination). Based on the tear, which adjustment did you make first and by how much?

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- After making the first adjustment, describe the next tear shape and any further adjustment made. How many iterations did it take to achieve a bullet hole or near-bullet result?

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- Describe the walk-back result: did arrows track straight down the tape, or drift left or right? If they drifted, in which direction did you move the rest, and what was the result after adjustment?

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- After completing both tuning steps, shoot a 6-arrow group at 18 metres. Compare the group diameter to your pre-tuning baseline. Record the before and after group sizes and describe any difference in arrow flight you noticed at the shot.

Worksheet: Equipment Maintenance Schedule

Use this worksheet to track recurring maintenance tasks. Complete the current-state column now, then update the next-due column after each maintenance action.

String: last waxed (date)

String: next wax due (every 100–150 shots or date)

String: condition rating (good / monitor / replace)

Serving: last inspected (date)

Serving: condition (intact / bunching / needs re-serve)

Brace height: current measurement (inches)

Brace height: within spec? (yes/no — note spec range)

Limbs: last visual inspection (date)

Limbs: condition (no defects / minor marks / needs shop review)

Arrows: number in current set

Arrows: last flex-tested (date)

Arrows: number retired this month

Nocking point: last verified (date)

Next full bow service appointment (pro shop)

Checklist: Range Readiness and Etiquette Checklist

- Can recite all four whistle commands and their meanings without prompting
- Know the emergency stop command and understand the immediate action required
- Never dry-fired the bow — confirm this is understood and nocking procedure is internalised
- Always wait for the 'walk forward' command before crossing the shooting line
- Call out to fellow archers before pulling arrows from a shared target
- Never turn with a nocked arrow; always point arrows down-range
- Know the club's specific rules for lost arrows in the surround — report rather than search alone
- Have signed the club's indemnity or membership form and hold a current national federation membership if required
- Know where the first aid kit and AED are located on the range premises
- Introduced yourself to the range officer or club coach on first visit to any new range

Your Action Plan

1. Visit a World Archery-affiliated pro shop or club within 7 days for a professional draw length fitting — bring this workbook's Bow Fit worksheet to record the results
2. Obtain and inspect your starter equipment using the pre-session checklist before shooting your first arrow
3. Shoot your first 100 arrows at 5 metres with no target — focus entirely on the shot cycle, not score
4. Film your shot cycle from the side and rear after your first 3 sessions and complete the Video Analysis exercise
5. Establish a training log (notebook or spreadsheet) and record every session from day one — log arrows shot, distance, and one form observation
6. Complete the paper tune and walk-back exercise after your first month of shooting, once you have a consistent anchor
7. Set a 60-day score target using the WA 18 benchmark table (aim for 200+ within 60 days of first shooting)
8. Book a lesson with a World Archery Level 2 or higher certified coach at the 4-week mark to get an independent form assessment
9. Join a club indoor league or monthly fun shoot in your first 3 months to experience range commands and competition culture
10. Review your Seven-Step Shot Cycle Self-Assessment worksheet every 200 arrows and update your training focus based on your lowest-rated step

