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Making a String Bow[®]
Training Aid



Making a String Bow® Training Aid

Lesson Objectives

The BAI will learn to make a String Bow® and understand how this training aid can make archery a more enjoyable life-long activity.

Classroom Application

This lesson is conducted before archers shoot their first arrows.

Discussion

The use of the String Bow® enables the instructor to teach the student proper shooting technique without distraction or interference from equipment or the target. It helps prevent the student from judging performance solely upon where the arrow hits the target during the beginning stages of learning. A correctly made String Bow® will also determine an archer's proper draw length. Too many archers shoot bows that have too long (veterans) or too short draw lengths (beginners). Improper draw length makes it nearly impossible for the archer to perform proper form, shot execution, and follow through.

Use of the String Bow® allows the student to practice proper archery form, shot execution, and follow-through. The student can also use the String Bow® to perform warm up and cool down exercises. The String Bow® helps educate the new archer about proper hand and finger position on the bowstring. The instructor can guide the archer to proper hand placement on the bow's grip. The String Bow® is also used to teach the student how to rotate the bow arm elbow to prevent the bowstring from striking the forearm when shooting.

The String Bow® is used to teach proper archery shooting dynamics. Students can learn which muscles they need to activate and practice keeping them active so the arrow will clear the bow before the bow moves. Learning the proper way to release the string is very easy with the String Bow®. It will allow you to observe the student's follow-through and provide instant feedback whether or not the student is keeping their muscles properly active throughout the shot. By using the String Bow®, the teacher can emphasize the importance of working on shot technique and developing proper, repeatable form. Without the actual bow and arrow in hand, the student can better concentrate on learning the proper technique without the distraction of scoring well on the target. The teacher is able to help the archer feel the shot and shoot to learn, rather than being overly concerned about where the arrows land. String Bow® use helps to emphasize process over results.

Basic Archery Instructor

Materials Needed

- Provide each student a non-elastic 1/8-inch (12.5 mm) diameter cord 84-90 inches (210-225 centimeter) long

Classroom Set-Up

Bows and arrows should not be used during this lesson. However, it is important if the entire archery range isn't set up, there is a waiting line, shooting line, and target direction for the students to position themselves along and toward. If bows are present on the range they should remain on bow racks. If arrows are present, they should be in storage rather than in quivers on the shooting line. Students should be standing behind the waiting line. **(Teaching Suggestion 3.1 & 3.2)**



Teaching Suggestion 3.1 Stance and the String Bow®

Since no shooting will be taking place during this lesson, some instructors will conduct the lesson in a classroom, hallway, etc. If you choose not to conduct this lesson on the archery range, it is important the shooters be oriented as if they were straddling a shooting line, so the bow arm side of their body is facing the direction they would be shooting. This will help make sure the String Bow® is constructed to the archer's correct draw length.

Conducting the Lesson

Sample Introduction

"Most people who have been taught archery eventually quit because they develop shooting problems. The title of this lesson is how to make, fit, and use a String Bow® training aid. The purpose of making the String Bow® is to help archers learn correctly and to prevent future dropout from the sport."



Teaching Suggestion 3.2

The instructor should have marked a line across the three draw hand fingers showing where the String Bow® will be placed in the drawing hand. The instructor should also have a line marked in the life-line of the bow hand. **(Figures: 3.1 & 3.2)**

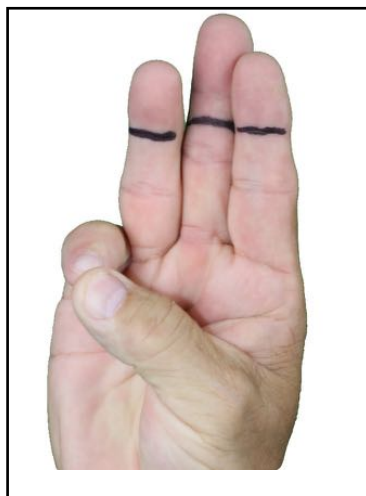


Fig. 3.1

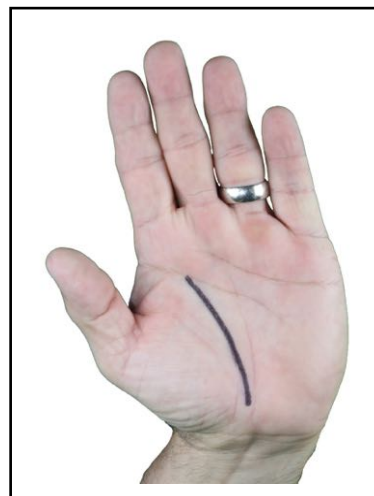


Fig. 3.2

Basic Archery Instructor

Making the String Bow®

- A. Have all students positioned behind the waiting line.
- B. Blow two whistles indicating that students should move to the shooting line. Have them straddle the line with their bow arm side facing the targets in the shooting position.
- C. Provide each student with a non-elastic 1/8 inch (12.5 mm) diameter cord 84-90 inches (210-225 centimeters) long. **(Figure 3.3)**
- D. Fold the string in half by placing the cut ends together in your bow hand. **(Figure 3.4)**
- E. With your bow hand grasp the folded string about 8 inches (20cm) below the fold.
- F. Bring your bow hand thumb under the string and over the index finger. You've made a bow hand "grip" around both strands of the folded string. **(Figure 3.5)**



Fig. 3.3



Fig. 3.4



Fig. 3.5

- G. Hook the first three fingers of the drawing hand in the loop end of the string (left hand for left-handed shooters and right hand for right-handed shooters). The string should be resting in the first joint line of the first and third fingers and just inside the joint (toward the palm) of the middle finger. **(Figure 3.6)**

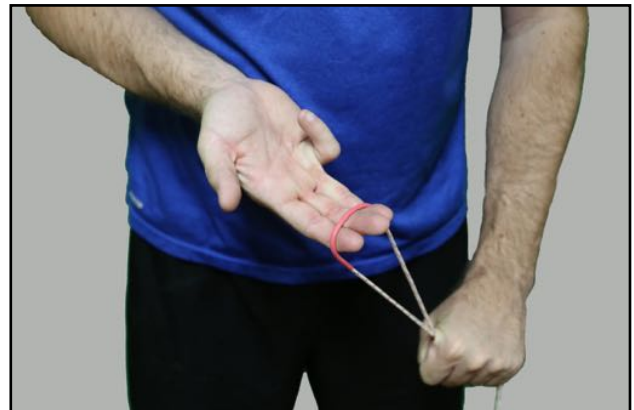


Fig. 3.6

Basic Archery Instructor

- H. Straighten your bow arm and hang it at your side in the direction of the target.
- I. With your bow arm side facing the shooting direction, hinge the bow arm to eye level. Simultaneously raise the drawing arm elbow parallel to the ground or floor.
- J. Draw the string through your bow hand fist by pulling the string hand toward your face and touch your index finger tip to the corner of your mouth. Your drawing hand and arm should be level and above your bow hand and arm. **(Figure 3.8)**
- K. While keeping your bow hand wrapped around the string, remove your drawing hand fingers from the string loop.
- L. Use these drawing hand fingers to pinch the string where it exits the top of your bow hand grip between the index finger and thumb. **(Figure 3.9)**
- M. With your bow hand, tie a knot as close as possible to this location where you've pinched the string. **(Figure 3.10)**
- N. Next place the bow hand in the knotted end of the big loop making sure the string



Fig. 3.8



Fig. 3.9

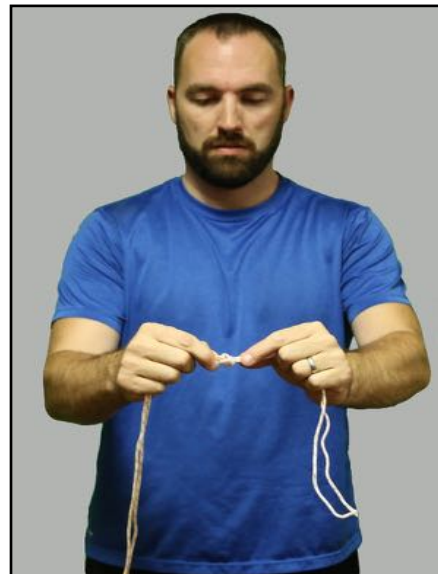


Fig. 3.10

Basic Archery Instructor

rests along the life-line of the bow hand. It may be helpful to turn the bow hand on a 30-45 degree angle to keep the string loop in the life-line.

- O. Check each student's String Bow® to make sure it is the proper length. **(Teaching Suggestion 3.3)**
- P. Tie a second knot about a hand width away from the first knot, toward the cut ends to form a sling. Have the instructor candidates remount the String Bow® using the sling. **(Figures 3.11 - 3.13)**



Teaching Suggestion 3.3 Checking String Bow® Length

It is critical the String Bow® be the proper length to fit the archer. Before checking, make sure the student has the string seated in the life-line of the bow hand. Some students will incorrectly place the string around their thumb or on the heel of their palm. Make sure the loop end of the string is placed in the last joint of the first and third fingers of the drawing hand and just inside the joint, towards the palm, of the middle finger. Then have the student straddle a shooting line and bring the String Bow® to the corner of the mouth with the bow arm at eye level and pointed toward a target. The drawing arm elbow should be slightly (.5 inches or 1.75 centimeters) in front of a straight line drawn from the bow hand through the anchor, and beyond the drawing arm elbow. If the elbow is further in front of this line, the String Bow® is too short. The String Bow® should be lengthened by moving the knots further from the looped end. If the elbow is on or behind this line, the String Bow® is too long. The String Bow® should be shortened by moving the knots toward the looped end. **(Figures 3.14 - 3.16)**

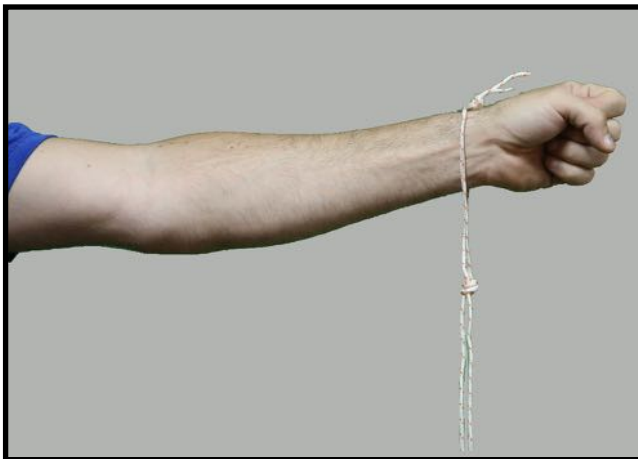


Fig. 3.11

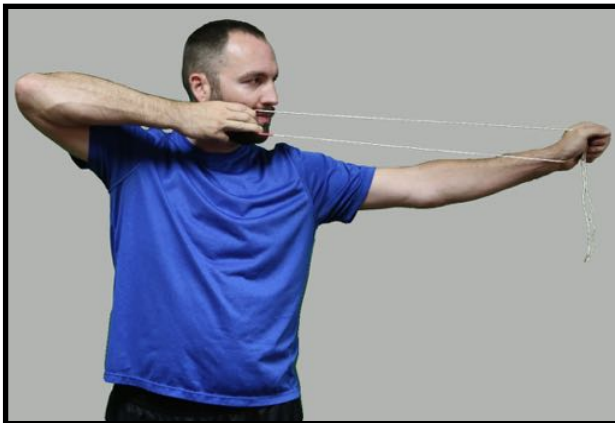


Fig. 3.12



Fig. 3.13

Basic Archery Instructor

LONG

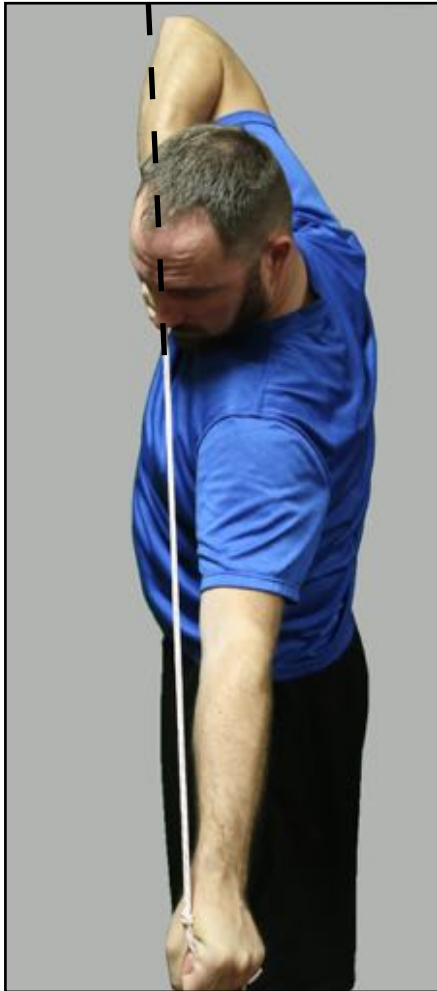


Fig. 3.14

CORRECT



Fig. 3.15

SHORT



Fig. 3.16



Checks for Understanding

Why is the String Bow® useful for teaching a new archer?

How can an experienced archer benefit from practice with the String Bow®?

Why is focus on form better than focus on the target?