



# ARCHERY



Kimia Ramezani  
Instructor: Mrs.Keshavarz

## ◆ History of Archery



Archery has long been a means of hunting animals and a means of defense for humans. In general, it is not possible to say where and by whom it was invented.

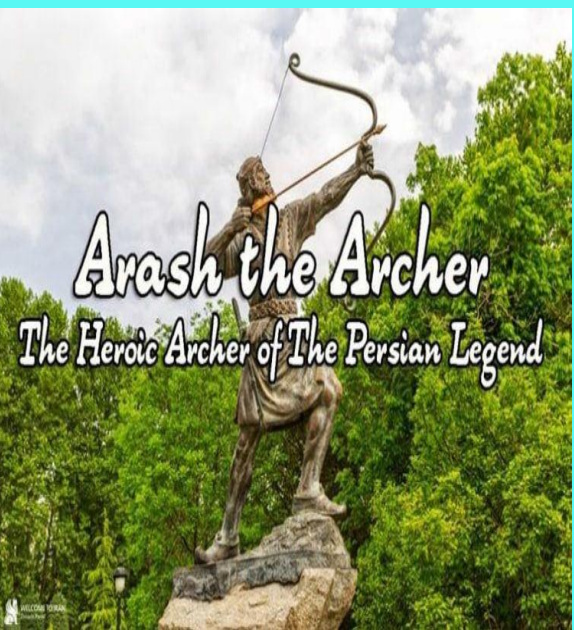
But without a doubt, the history of using this device dates back to five thousand years BC.



Archers have always been mentioned in literature, art, mythology, dialects, epic stories and anthropology of the past and in great **ancient civilizations** such as **Iran, Egypt, China, Greece.** And **Rome** is mentioned.



In ancient history, **the Iranians and Egyptians** had the **best archers** in the world, and in the armies of these two emperors, archery was used. Archery has had a special place among Iranians and in various festivals and celebrations, young and old showed their skills to the scene.

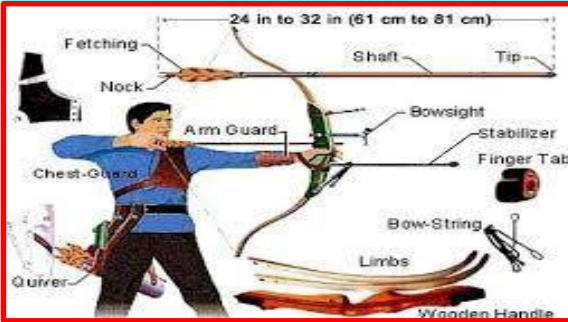


In the book of “**the national epic of Ferdowsi's Shahnameh**”, there are poems that indicate the role of shooting among the ancient Iranians and their wars. Princes and other nominees organized competitions and honored the winners with property awards.

In the epic martial story of Arash Kamangir, we read:

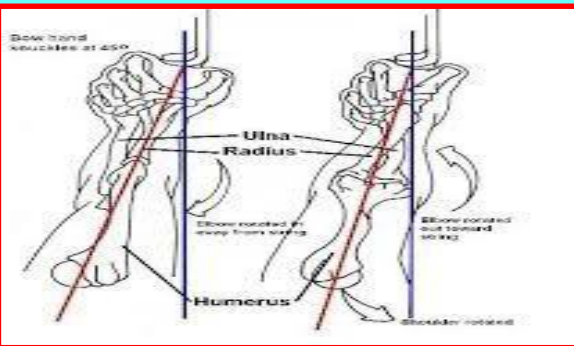
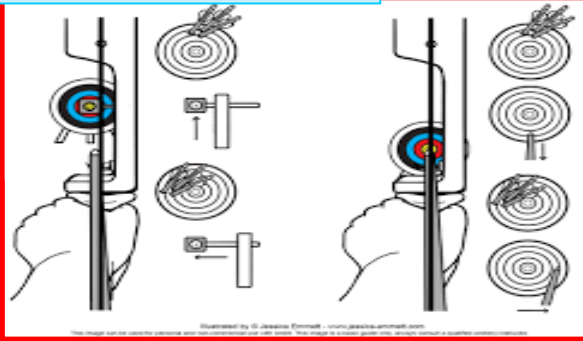
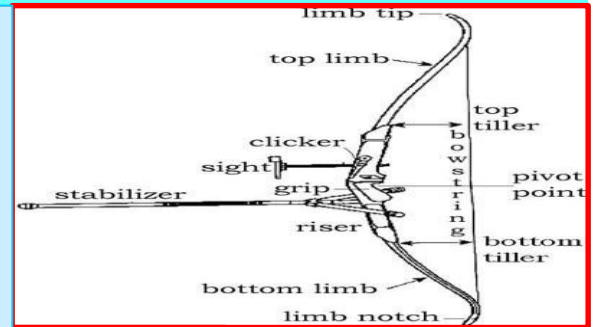
**“I am also an archer, Arash”**

## ◆ Introduction to Archery



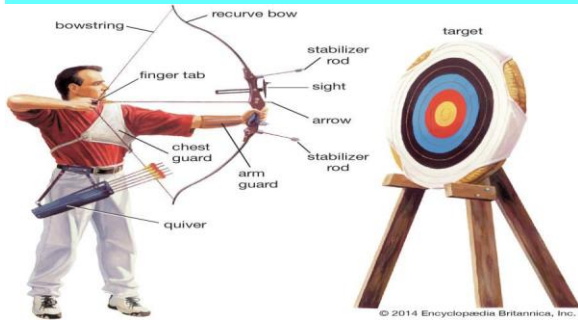
1. Bow: There are several different types of bows including compact, recurve, and primary curve. In this class we will use a recurve bow like the one shown at the right.

2. Stringing the Bow: Place bow across your shin. Step through with your opposite leg. Pull the string until the string hooks on the bow.



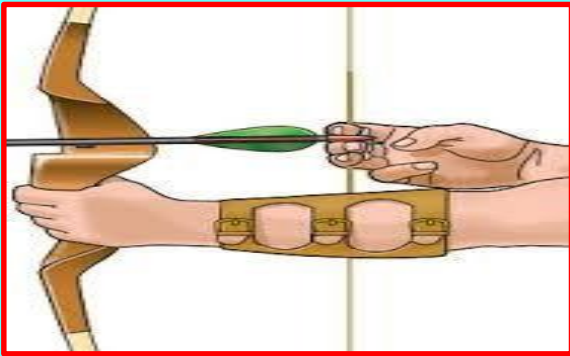
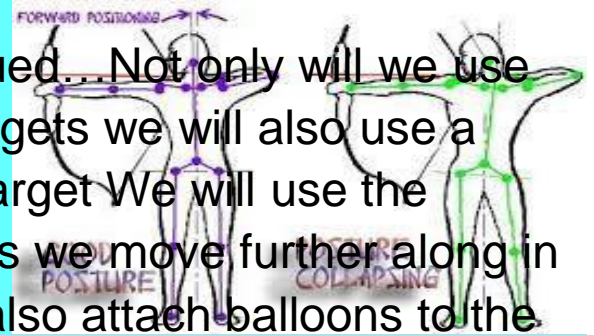
3. Arrow: There are several different types of arrows. The arrow we are going to use is a broad head arrow much like the one shown below.

## ◆ Introduction to Archery



4. Targets We will use two different targets  
The one on the left is a very traditional target and the scoring is: Gold – 9 points/Red 7 points/Blue – 5 points/Black – 3 points/White – 1 point

5. Targets continued... Not only will we use the traditional targets we will also use a smaller square target We will use the smaller targets as we move further along in our unit We will also attach balloons to the target towards the end of the unit



6. Finger Tabs: There are a variety of accessories used in archery to help with comfort One accessory is the finger tab Another is the pro glove Both of these help protect your fingers when you are shooting

7. Arm Guards: An arm guard is worn on the bow arm and helps prevent the bow string from burning your arm when shooting

An arm guard is worn on the bow arm and helps prevent the bow string from burning your arm when shooting

