



Archery Merit Badge Workbook

SCOUTMASTER BUCKY

Scouts participating in a Scoutmaster Bucky merit badge opportunity, whether online or in person, should consider using the Archery merit badge pamphlet for discovery and knowledge, along with the class preparation pages for clarifications, insights, and expectations.

<https://scoutmasterbucky.com/merit-badges/archery/archery-pamphlet.pdf>

<https://scoutmasterbucky.com/merit-badges/archery/archery-cpp.pdf>

REQUIREMENT 1a: Explain what is a projectile.

Notes:

REQUIREMENT 1a: Explain why any device that shoots a projectile at high speed must be handled with care and respect, and used only in approved locations.

Notes:

REQUIREMENT 1b: Explain the five range safety rules.

Range Safety Rule #1:

Range Safety Rule #2:

Range Safety Rule #3:



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Range Safety Rule #4:

Range Safety Rule #5:

REQUIREMENT 1c: Explain the four whistle commands used on the range.

Range Whistle Command #1:

Range Whistle Command #2:

Range Whistle Command #3:

Range Whistle Command #4:



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REQUIREMENT 1d: Explain how to safely remove arrows from the target and return them to your quiver.

Notes:

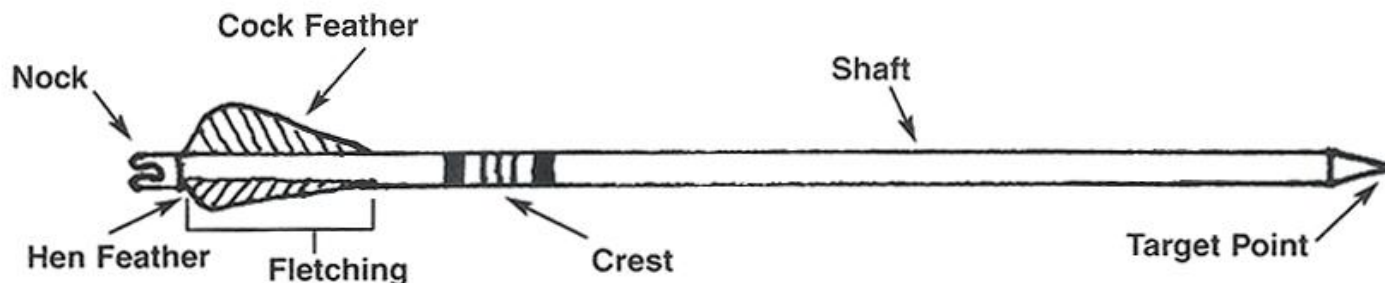
REQUIREMENT 1e: Tell your counselor about your local and state laws for owning and using archery equipment.

Notes:



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REQUIREMENT 2a: Name and point to the parts of an arrow.



REQUIREMENT 2b: Describe three or more different types of arrows.



Bullet



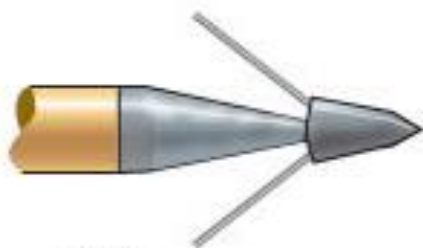
Blunt



Field



JUDO



Fish



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REQUIREMENT 2c: Name the four principal materials for making arrow shafts.	
#1:	#3:
#2:	#4:

DO ONE OF THE FOLLOWING (2D1 or 2D2) FOR REQUIREMENT 2D

REQUIREMENT 2d1:	Make a complete arrow from a bare shaft using appropriate equipment available to you.
REQUIREMENT 2d2:	To demonstrate arrow repair, inspect the shafts and prepare and replace at least three vanes, one point, and one nock. You may use as many arrows as necessary to accomplish this. The repairs can be done on wood, fiberglass, or aluminum arrows.

The instructor / counselor will determine which option to do as a part of the class for Requirement 2d

This requirement will be completed with your merit badge counselor.

BE PREPARED!

REQUIREMENT 2e:	Explain how to properly care for and store arrows.
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Notes:



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REQUIREMENT 3a: Explain the proper use, care, and storage of, as well as the reasons for using tabs, arm guards, shooting gloves, quivers.

TABS:

Proper Use:

Proper Care:

Proper Storage:

Reason(s) for Using:



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ARM GUARDS:

Proper Use:

Proper Care:

Proper Storage:

Reason(s) for Using:



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SHOOTING GLOVES:

Proper Use:

Proper Care:

Proper Storage:

Reason(s) for Using:



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QUIVERS:

Proper Use:

Proper Care:

Proper Storage:

Reason(s) for Using:



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REQUIREMENT 3b: Explain the following terms: draw length, draw weight, mechanical release, barebow.

Draw Length:

Draw Weight:

Mechanical Release:

Barebow:



Archery Merit Badge Workbook

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REQUIREMENT 4a: The difference between an end and a round.

End

Round

REQUIREMENT 4b: The differences among field, target, and 3-D archery.

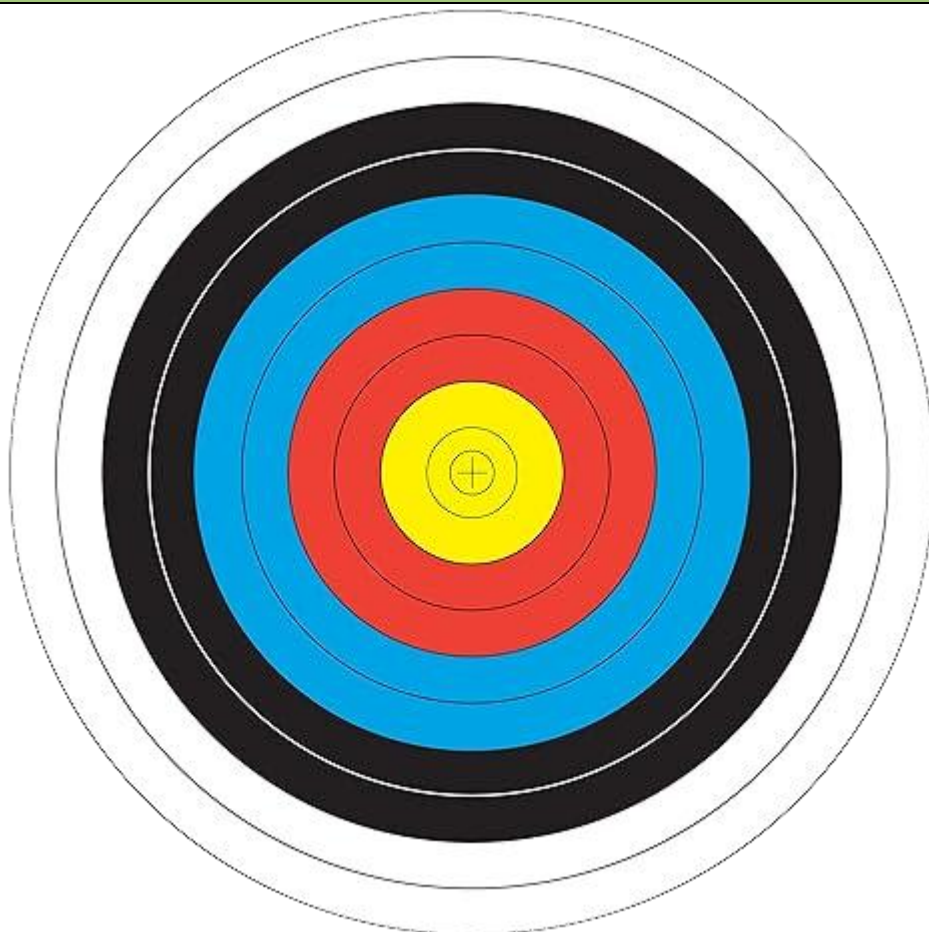
Field archery:

Target archery:

3-D archery:



REQUIREMENT 4c: How the five-color World Archery Federation target is scored.





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REQUIREMENT 4d: How the National Field Archery Association (NFAA) black-and-white field targets and blue indoor targets are scored.



REQUIREMENT 5: Working under the supervision of a certified USA Archery Level 1 Instructor or a certified long-term camp staff member (i.e., a National Camping School [NCS] Range Activities Director; or a Rangemaster over age 18 who is trained by a NCS Range Activities Director or by a USA Archery Level 1 Instructor), do ONE of the following Options:

DO ONE OF THE FOLLOWING (2D1 or 2D2) FOR REQUIREMENT 2D



LONGBOW



RECURVE



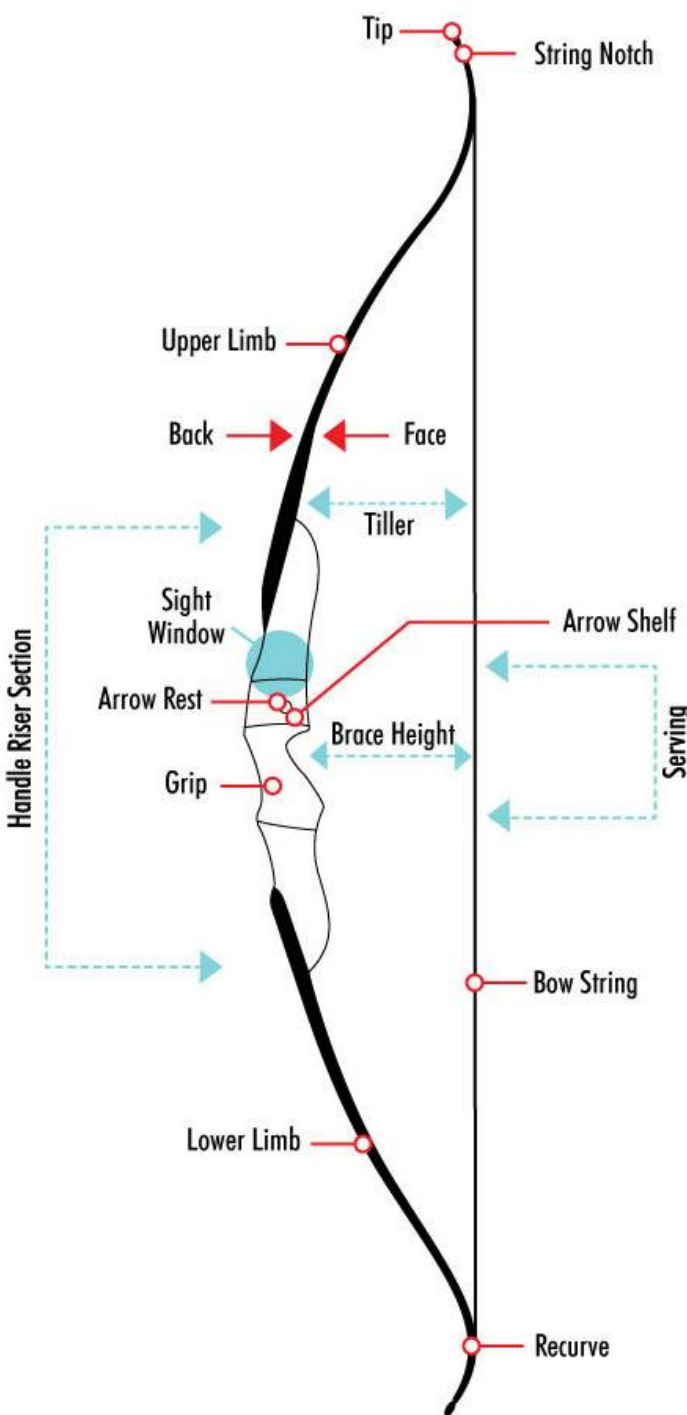
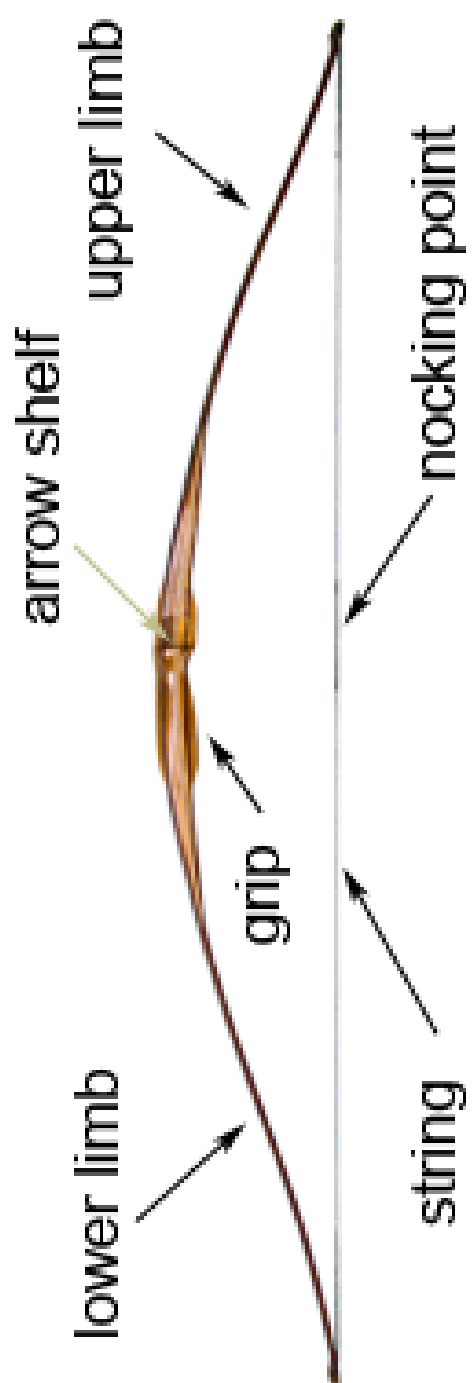
COMPOUND



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**OPTION A
REQUIREMENT 5a:**

Name and point to the parts of the recurve or longbow you are shooting.

RECURVE BOW	LONG BOW
	



**OPTION A
REQUIREMENT 5b:**

Explain how to properly care for and store recurve bows and longbows.

Notes:



**OPTION A
REQUIREMENT 5c:**

Demonstrate and explain USA Archery's eleven "Steps of Shooting" for the bow you are shooting.

USA Archery's Steps of Shooting

1. Stance

- › Straddle the shooting line with one foot on either side.
- › Move the foot closest to the target back so that the toes of that foot line up with the center of the arch of the outside foot.
- › Angle the hips by turning the toes of both feet toward the target approximately 30 degrees.

2. Nock

- › The index vane is pointing away out or away from the riser.
- › The arrow is snapped onto the string.

3. Hook and Grip

- › The grip on the bow is loose and the knuckles are at a 45 degree angle to the bow.
- › Index, middle and ring fingertips are curled around the string below the nocking point.

4. Posture / Alignment (*Set)

- › Stance, hook, and grip maintained.
- › The head is turned toward the target.
- › The bow arm is out of the path of the string.

5. Raise Bow (*Set-Up)

- › The bow arm is lifted straight up from the ground.
- › The bow hand is stopped at shoulder height.

6. Draw (*Draw to Load)

- › Pull the bowstring back in a straight line towards the face.

7. Anchor

- › The index finger of the draw hand is settled in the corner of the mouth.

8. Transfer to Hold

- › The draw arm elbow moves slightly behind the arrow.

9. Aim (*Expand/Aim)

- › Place the point of the arrow toward the intended target.
- › The focus is equally on the arrow point and the target.

10. Release / Follow Through

- › Relax the fingertips and allow the string to roll off the fingers.
- › The shot is finished by moving the drawing arm so that the drawing hand stops between the ear and shoulder.

11. Feedback

- › What improvements could you make?

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!

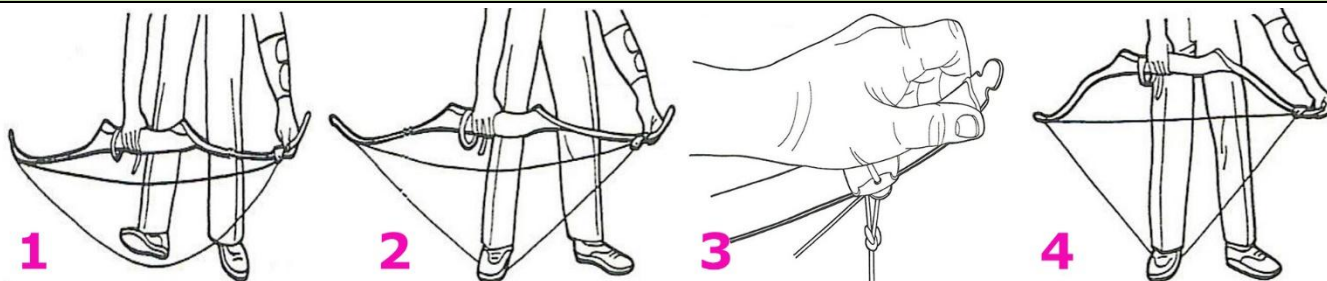


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OPTION A REQUIREMENT 5d:

Demonstrate the proper way to string a recurve bow or longbow.

RECURVE BOW



Step 1

Identify the top string loop and slide the top loop over the upper limb of the bow and locate the lower loop in the lower string-nock. Check the position of the bottom loop ensuring that it is located in the string groove of the limb and then slide the large pocket of the stringer over the bow tip and string loop.

With the bow held horizontally and the string underneath, place the small pocket of the bow stringer over the top bow tip. If using the saddle type bow stringer place the dimpled saddle of the stringer over the upper limb and below the bowstring loop. Slide the dimpled saddle of the stringer along the upper limb of the bow and locate it directly behind the upper string loop.

While holding the bow by the handle around the grip with one hand (if using the saddle type stringer) position the dimpled saddle with the other hand. Allow the cord of the stringer to touch the ground and place the ball of one or preferably both feet onto the cord. Under no circumstances should the cord be located under the arch of the foot, as this will allow the cord to slip when the tension is taken up. It is recommended that children use both feet.

Step 2

Take up the slack in the cord and place the thumb and index finger of your free hand on each edge of the bow limb located just behind the string loop and take up the slack in the bow string.

Step 3

In one action draw up using the hand holding the bow. This causes the limbs to bend downwards. At the same time, slide the string up the limb with the other hand until it engages with the string nock.

Step 4

Using your finger, check that the string is seated correctly in the bow nock.

Step off the cord and, at arm's length, rotate the bow, string toward the body with the limb tips pointing away from the body and vertical to the ground, this will ensure if there is an accident the limb and string will move away from the body. Inspect the string is correctly seated in both limb tips in particular the upper limb nock is correctly seated in the nock groove.

If correct, remove the bow stringer and check that the lower string loop has not moved and is still seated correctly.

Now check the brace height and nocking point height before shooting.

LONG BOW



1. Slide the top loop over the nock and down the limb.
2. Hook the bottom loop into the nock.
3. Holding the bottom of the string taught by the center serving step through the bow with your left leg.
4. Rest the bottom of the bow against the front of your right ankle and position the handle high at the back of your left thigh.
5. Using your left hand push the top of the bow forwards and slide the string up and into the nock to string your bow.

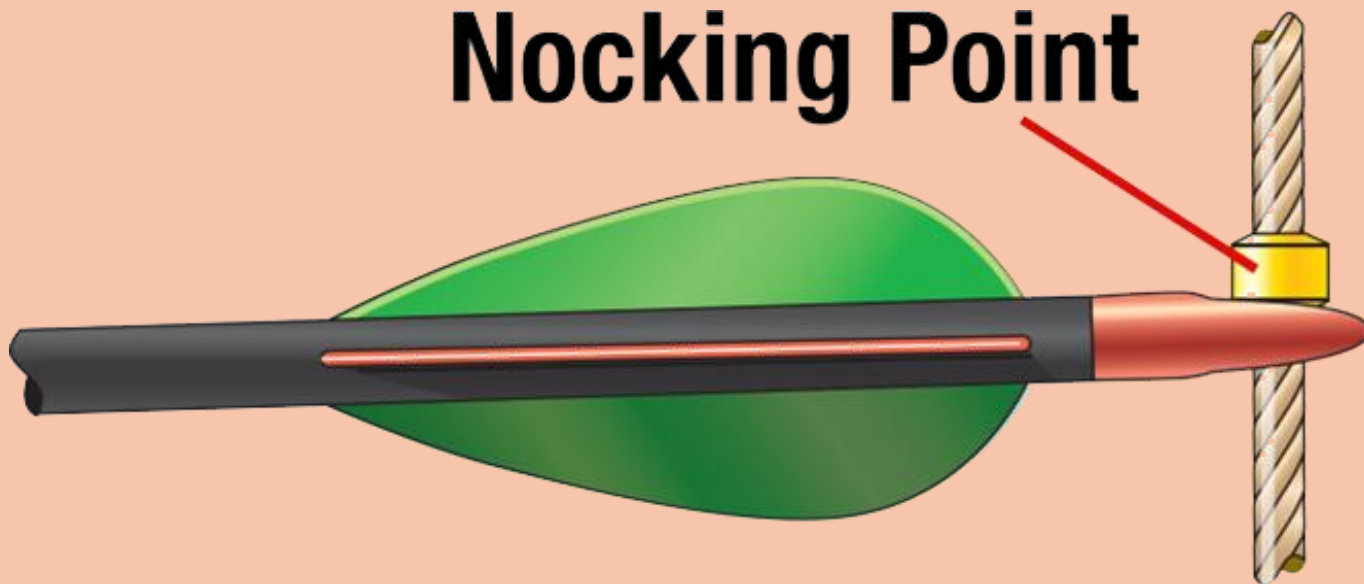


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**OPTION A
REQUIREMENT 5e:**

Using a bow square, locate and mark with dental floss, crimp-on, or other method, the nocking point on the bowstring of the bow you are using.

Nocking Point



DO ONE OF THE FOLLOWING (5F1 or 5F2) FOR REQUIREMENT 5F

**OPTION A
REQUIREMENT 5f1:**

Using a recurve bow or longbow and arrows with a finger release, shoot a single round of one of the following:

- An NFAA field round of 14 targets and make a score of 60 points
- A Scouting America field round of 14 targets and make a score of 80 points
- A World Archery/USA Archery indoor round and make a score of 80 points (indoor rounds may be shot outdoors if this is more convenient)
- An NFAA indoor round and make a score of 50 points (indoor rounds may be shot outdoors if this is more convenient).

**OPTION A
REQUIREMENT 5f2:**

Shooting 30 arrows in five-arrow ends at an 80-centimeter (32-inch) five-color target at 10 yards and using the 10 scoring regions, make a score of 150.

These requirement components are skill-based and can only be completed by meeting the standards and expectations specified in your selected choice.

Notes:

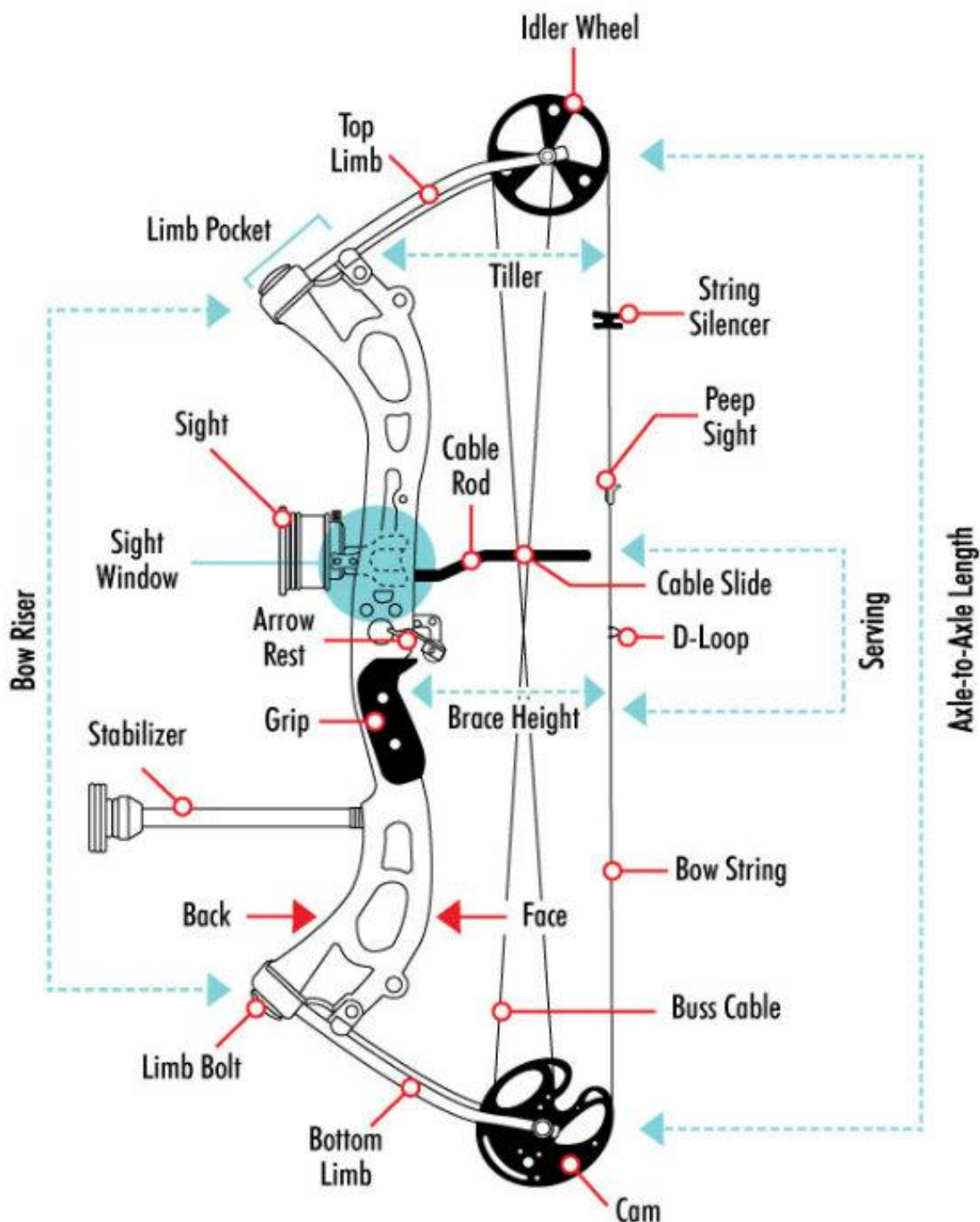


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OPTION B
REQUIREMENT 5a:

Name and point to the parts of the compound bow you are shooting.

COMPOUND BOW





**OPTION B
REQUIREMENT 5b:**

Explain how to properly care for and store compound bows.

Notes:



**OPTION B
REQUIREMENT 5c:**

Demonstrate and explain USA Archery's eleven "Steps of Shooting" for the bow you are shooting.

USA Archery's Steps of Shooting

1. Stance

- › Straddle the shooting line with one foot on either side.
- › Move the foot closest to the target back so that the toes of that foot line up with the center of the arch of the outside foot.
- › Angle the hips by turning the toes of both feet toward the target approximately 30 degrees.

2. Nock

- › The index vane is pointing away out or away from the riser.
- › The arrow is snapped onto the string.

3. Hook and Grip

- › The grip on the bow is loose and the knuckles are at a 45 degree angle to the bow.
- › Index, middle and ring fingertips are curled around the string below the nocking point.

4. Posture / Alignment (*Set)

- › Stance, hook, and grip maintained.
- › The head is turned toward the target.
- › The bow arm is out of the path of the string.

5. Raise Bow (*Set-Up)

- › The bow arm is lifted straight up from the ground.
- › The bow hand is stopped at shoulder height.

6. Draw (*Draw to Load)

- › Pull the bowstring back in a straight line towards the face.

7. Anchor

- › The index finger of the draw hand is settled in the corner of the mouth.

8. Transfer to Hold

- › The draw arm elbow moves slightly behind the arrow.

9. Aim (*Expand/Aim)

- › Place the point of the arrow toward the intended target.
- › The focus is equally on the arrow point and the target.

10. Release / Follow Through

- › Relax the fingertips and allow the string to roll off the fingers.
- › The shot is finished by moving the drawing arm so that the drawing hand stops between the ear and shoulder.

11. Feedback

- › What improvements could you make?

This requirement must be reviewed with your merit badge counselor.

BE PREPARED!



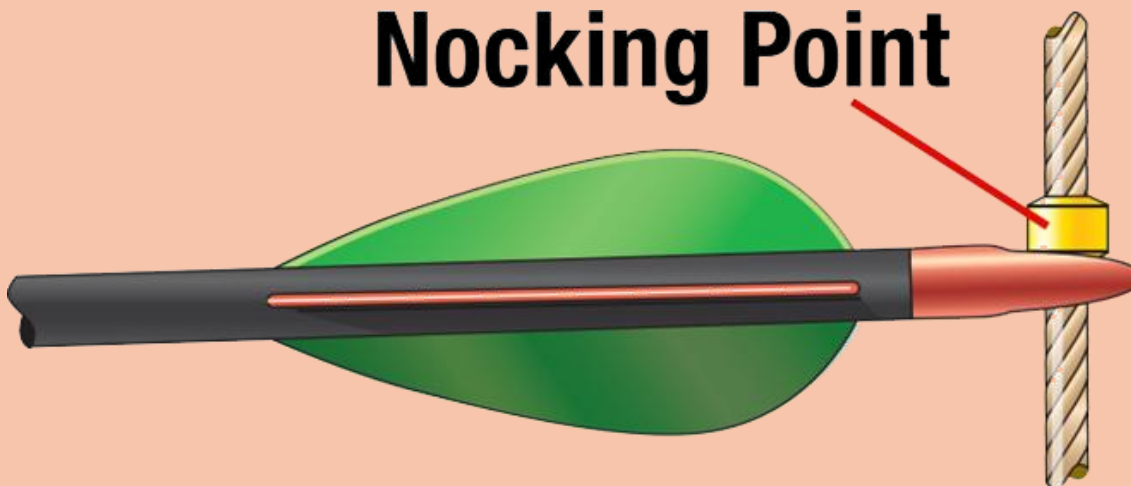
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OPTION B
REQUIREMENT 5d: Explain why it is necessary to have the string or cable on a compound bow replaced at an archery shop.

Notes:

OPTION B
REQUIREMENT 5e: Using a bow square, locate and mark with dental floss, crimp-on, or other method, the nocking point on the bowstring of the bow you are using.

Nocking Point



DO ONE OF THE FOLLOWING (5F1 or 5F2) FOR REQUIREMENT 5F

OPTION B
REQUIREMENT 5f1: Using a compound bow and arrows with a finger release, shoot a single round of ONE of the following:

- a. An NFAA field round of 14 targets and make a score of 70 points
- b. A Scouting America field round of 14 targets and make a score of 90 points
- c. A World Archery/USA Archery indoor round and make a score of 90 points (indoor rounds may be shot outdoors if this is more convenient)
- d. An NFAA indoor round and make a score of 60 points (indoor rounds may be shot outdoors if this is more convenient).

OPTION B
REQUIREMENT 5f2: Shooting at an 80-centimeter (32-inch) five-color target using the 10 scoring regions, make a minimum score of 160. Accomplish this in the following manner:
Shoot 15 arrows in five-arrow ends, at a distance of 10 yards
AND
Shoot 15 arrows in five-arrow ends, at a distance of 15 yards.

These requirement components are skill-based and can only be completed by meeting the standards and expectations specified in your selected choice.