



# Pathway into Archery

## STEP 1

### Tried Archery

Tried archery on holiday or at an attraction? Then book in for one of our "Taster" sessions. If you enjoyed your taster session and would like to take things to the next level, then book on to one of our Beginners Courses.

### Additional Information

## STEP 2

### Beginners Course

Complete one of our beginners courses, where you will learn how to perform archery correctly and safely. Completing a beginners course is normally required before you join a club.

Our Beginners Course focuses on recurve archery. We introduce other bow styles. After the course, you can branch off into any bow style that you choose.

## STEP 3

### Join our club

Progress your archery by joining our club. You will be welcome to use club equipment while you develop your archery and using this equipment will help to develop your strength and conditioning required for archery.

Here is a list of some items you may wish to purchase: tab, sling, bracer, stringer, quiver, bracing height gauge.

## STEP 4

### Practise as often as you can

Regular practise will quickly improve your archery and strengthen the muscles used to perform archery. Keep up your regular practise and you will soon be ready to consider purchasing your own equipment.

Regular practise is essential to develop your archery technique and physical stature.

## STEP 5

### Buy your own equipment

After a period of regular practise (this will vary person to person), you should be ready to purchase your own equipment. This is what you have been waiting for. Your own bow and arrows!

You will need: a bow (riser, limbs, string, rest), a set of arrows (8 or 12), sight, tab, sling, bracer, stringer, quiver, button, kit box or bag, spares to repair arrows.  
optional items: clicker and long rod.

## STEP 6

### Further improve your archery

Club coaches will be on hand to help you with shooting technique and equipment setup. All you have to do is ask them for some help and advice. Upgrading archery equipment may improve your scores.

Doesn't matter how good the equipment, you will need good technique to improve your scores. Using better quality limbs and arrows may help but you will still need to refine and improve your technique.