

# Sports

## Archery



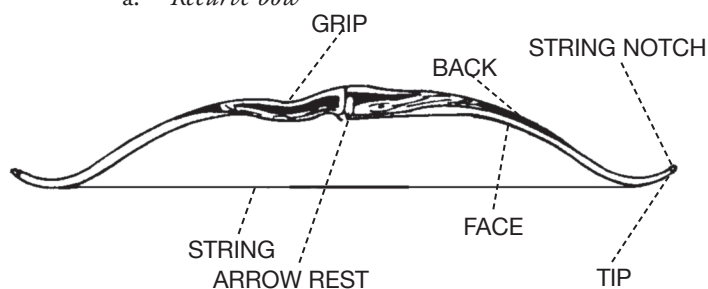
### PURPOSE

To help your Cadets learn basic archery skills and reach a reasonable level of achievement, thus helping them discover and begin developing any God-given abilities in this area.

### LEARNING

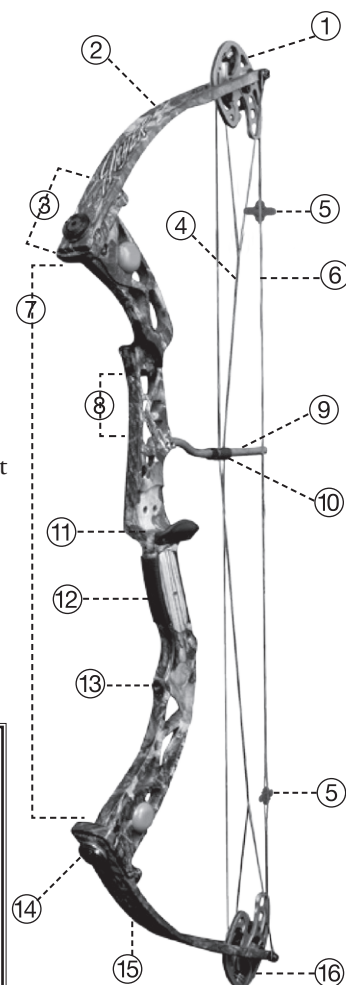
1. The parts of a bow and arrow:

a. *Recurve bow*



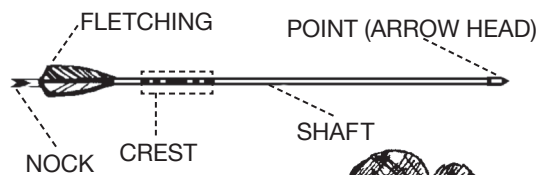
b. *Compound bow*

- 1) Idler wheel
- 2) Top limb
- 3) Limb pocket
- 4) Bus cable
- 5) String silencer (two)
- 6) bow string
- 7) Bow riser
- 8) Sight window
- 9) Cable rod
- 10) Cable slide
- 11) Arrow shelf
- 12) Grip
- 13) Stabilizer mount
- 14) Limb bolt
- 15) Bottom limb
- 16) Cam



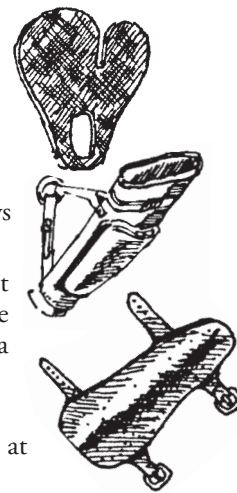
**NOTE:** This illustration will be used in future editions of R•P•B Guidebook. At the bottom of the next page is an Archery merit badge revision you may copy to replace part b of Learning #1 for the 20th Edition or older R•P•B Guidebook.

c. *Arrow*



2. Safety items:

- a. Finger tab — to protect the fingers on the hand that draws the string back.
- b. Quiver — to hold the arrows (point down!)
- c. Arm guard — to protect against the string slapping against the arm after releasing the arrow (a real problem for beginners.)

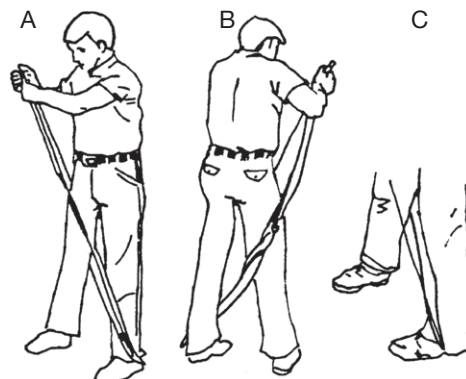


3. Be certain they know the archery range rules (in their own words at least).

4. The archery fundamentals were not illustrated in the R•P•B Guidebook because they should be taught by an adult (or older Cadet who has experience in archery). They are as follows:

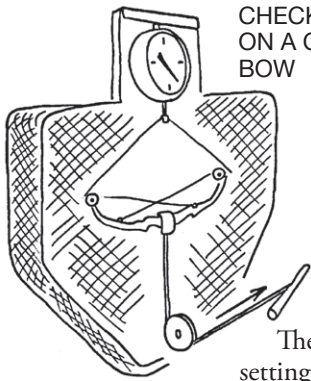
□ *Stringing the bow (recurve bows only)*

- Carefully position the string loop in the lower nock.
- Hold the string loop in your left hand and the bow in your right, step across the bow with your right leg and position the bow handle behind your right thigh as high as possible (Figures A and B).
- Holding the upper limb of the bow in your right hand, place the lower tip over the instep of your left foot. Be certain you keep the tip off the ground. Adjust your foot so that the face of the bow near the tip rests evenly over your instep so it won't twist (Figure C).



- With your right hand holding the upper end at the back and just below the tip, apply pressure *backwards* with the right leg on the lower end and apply pressure forward with your right hand just below the upper tip. Keep the upper part of the bow close to the body. A slight forward bend of your body will help (Figure B).
- With the left hand, slip the loop of the string over the bow's upper tip into the string notch. Don't release your pressure until you are certain that both loops are in place.

☐ *Checking tension on the bow (compound bows only)* — while the recurve bows come from the factory



**CHECKING TENSION ON A COMPOUND BOW** properly set for draw weight and balance,

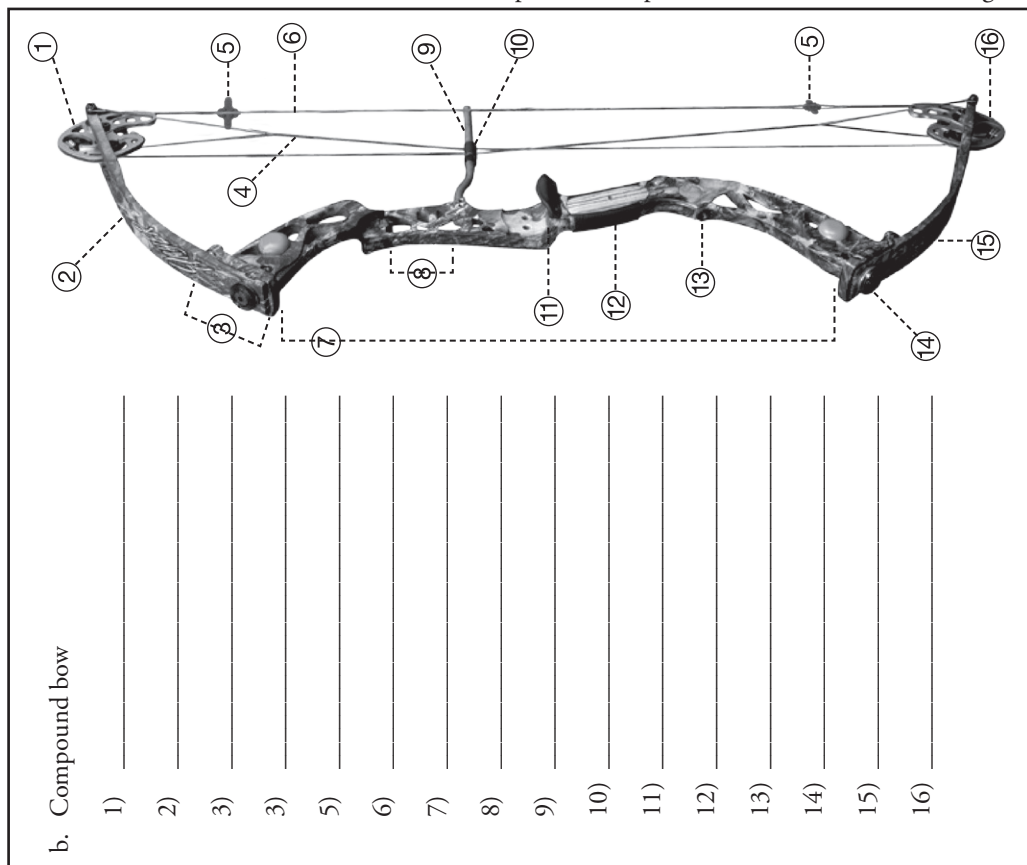
compound bows need to be set up according to manufacturer's instructions. The best way to do this, unless you're an expert, is to take the bow to a reputable archery equipment dealer. Usually, a dealer will perform the service at no charge. There are basically two operations in setting up your bow.

- First of all, it must be "tillered." This is a process which balances the upper bow-limb against the lower bow-limb. Compound bows need to be tillered to ensure accuracy. This is easily done by

tightening the lower draw-weight adjustment bolt about one turn tighter than the upper bolt, putting the lower limb under slightly greater pressure than the upper limb. This compensates for the fact that a bow hunter grips the bow and bowstring slightly off the vertical center of the bow. Recommended steps for this process are usually quite simple and clearly articulated in the literature from the manufacturer.

- Once the bow has been tillered, the next step is to set it at the desired draw weight. Again, for a recurve, this is done at the factory. For a recurve, the draw weight is the amount of pull on the bowstring when pulled back to 28 inches (71 cm). It is measured by a simple scale. A compound bow is not so simple! Whereas a recurve gets harder to pull the farther you pull it back, a compound bow is hardest at about halfway back, and then gives less pressure as you pull it back to full draw. Some compound bows are factory set. Others have pre-marked settings that make reaching a specific draw weight a simple process. The draw weights of most compound bows, however, must be carefully checked and rechecked on an archery shop bow scale. The draw weight adjustment bolts are rotated until the desired draw weights are exactly achieved.

☐ *Loading (nocking) the bow* — lay the arrow on the left hand arrow rest with the odd colored feather up or out. Slip the arrow nock onto the string.



Revision to copy for the Archery merit badge, Learning #1, part b in the R•P•B Guidebook

# Canoeing



## PURPOSE

To help Cadets to achieve the basic skills involved in canoeing, enabling them to enjoy this popular activity.

## INTRODUCTION

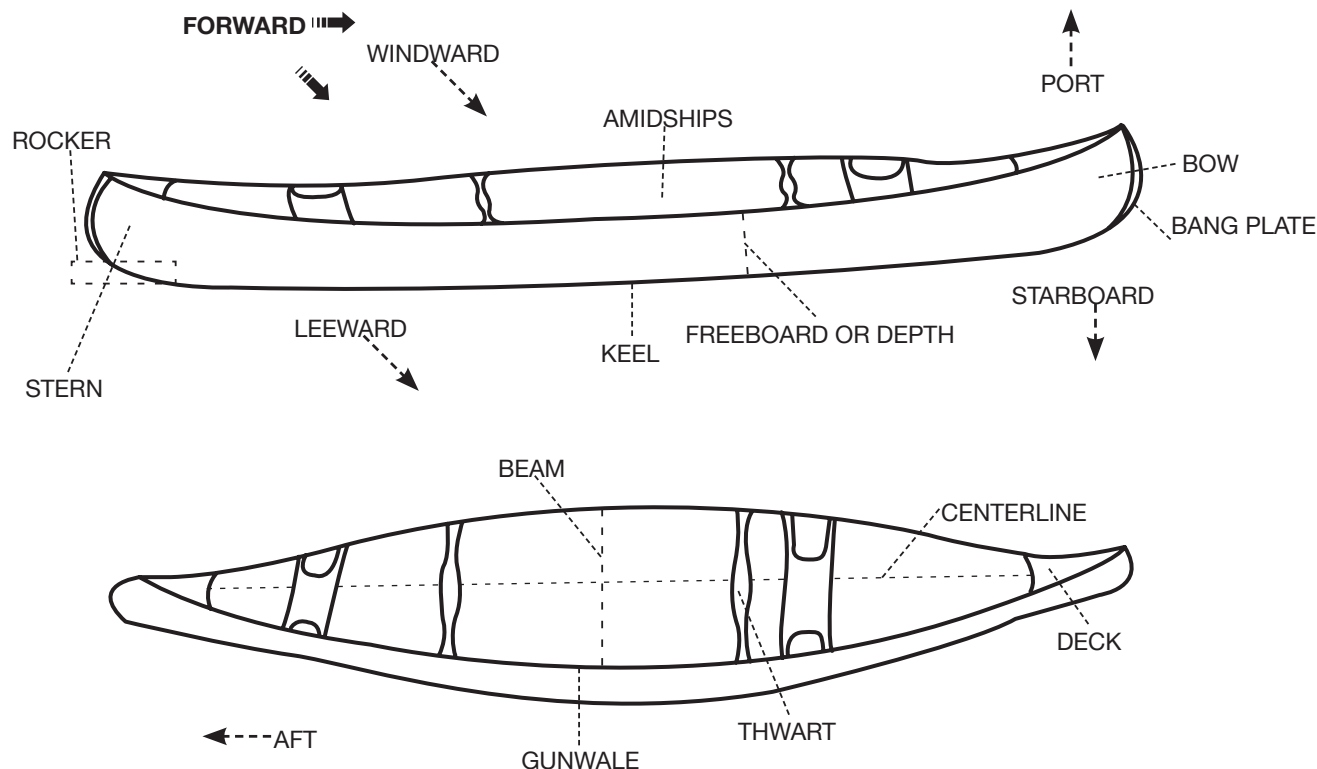
The completion of this badge in no way qualifies Cadets to canoe on their own. It is, however, evident that canoeing is an activity often engaged in by Cadet clubs or cadres as a group. Therefore, some training in the handling and safety procedures of canoeing is very valuable. Please emphasize to your Cadets that the training that they are receiving by acquiring this badge is minimal and they must all take precautions when canoeing as a group. Paddling skills can be taught at poolside or dockside, but handling and safety skills must be demonstrated with a canoe, preferably at a lake where wind and water conditions are factors.

Discuss these capabilities and limitations with your boys.

- Paddler must not attempt water beyond his ability.
- Don't attempt to use shallow lake canoeing on rough lake or ocean water.
- Stress never to canoe alone, minimum of three canoes is recommended.
- Stress that all equipment must be in good condition.
- Discuss obstructions, log jams, rapids, whirlpools, etc. and other hazards which face especially the inexperienced canoeist.

## LEARNING

1. Diagrams for canoeing terms (see below)



- ❑ *The draw* — use three fingers to draw. The index finger is above the arrow nock; the middle and ring fingers below. Place the string so that the first joint of your fingers is the holding point. Extend the bow arm fully and draw back on the string until the right hand touches your nose and cheek — with the left arm straight and the point of the arrow even with the bow front.
- ❑ *The release* — to release, slowly relax the three fingers. Follow through by continuing to relax your fingers and hold the bow in position until the arrow hits the target.

## DOING

The “Doing” options are set so that if a Cadet attempts item #1 and doesn't make it, he can shoot three additional rounds within the next four weeks. He can receive his merit badge at that time (assuming all other requirements have been met) if he scores 110 or if he improves at least ten points over his first round (as stated in item #2).

For scoring points in archery, the gold center (bull's-eye) is worth nine points, the red ring is seven, blue is five, black is three, and white is worth one point. Anything outside of the white ring receives no points.

## OTHER SUGGESTIONS

To do this badge as a cadre:

1. “Learning” items 1, 2 and 3 should be completed by each Cadet individually.
2. “Learning” #4 should be taught to the cadre as a group. Each Cadet should then show his ability to do the fundamentals.
3. The requirements under “Doing” can be done as a cadre project.