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ARCHERY



ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Стифанишин І. М.

«СТРІЛЬБА З ЛУКА»

**методична розробка
з англійської мови**

***для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»***

***для студентів III курсу
денної та заочної форми навчання
за напрямками підготовки «фізичне виховання» та «спорт»***

**Львів
«Норма»
2013**

УДК 799.322:811.111(076.5)

ББК 75.723+81.2 англ

С 80

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Ухвалено до друку Вченою радою факультету ПК ІІІ та ЗО

Львівського державного університету фізичної культури

(протокол № 1 від 17 жовтня 2012р.)

Стифанишин І. М. Стрільба з лука : метод. розробка з англ. мови для сам. та ауд. роботи з теми “Спортивна спеціалізація” для студ. ІІІ курсу денної та заочної форми навчання за напрямками підготовки “фізичне виховання” та “спорт” / І. М. Стифанишин. – Л. :

С 80 Норма, 2013. – 20 с.

У методичній розробці представлено тему “Спортивна спеціалізація” (*Стрільба з лука*) для самостійної та аудиторної роботи студентів денної та заочної форми навчання третього року навчання. Теоретичний та практичний матеріал закріплюється розширеною системою вправ. Матеріали методичної розробки спрямовані на формування навичок усного та письмового мовлення. Методична розробка призначена для студентів третього курсу за напрямками підготовки “фізичне виховання” та “спорт”, які навчаються за кредитно-модульною системою.

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ARCHERY

Text A

Pre-text exercises

1. Read and learn the active vocabulary.

- archer, *n* - лучник
- arrow, *n* - стріла (600 – 800 мм, діам. 6,4 – 8 мм)
- bow string - тятива
- competition bow - лук для змагань (1580 – 1770 мм)
- device, *n* - пристрій, прилад, апарат
- drawing hand - на витягнуту руку
- fletching, *n* - пера
- grip, *n* - рукоятка
- nock, *n* - хвостовик;
зарубка, виїмка на луку (на стрілі)
- pile (point) of the arrow - наконечник стріли
- point-of-aim mark - руховий приціл з поличкою для
опори стріли
- precision, *n* - влучність, точність
- shaft, *n* - трубка стріли
- shooting range - стрільбище
- shot, *n* - постріл, вистріл
- skeet, *n* - скет, круглий стенд
- stabilizer, *n* - стабілізатор
- stance, *n* - стійка, положення
- target, *n* - мішень
- target archery - стрільба з луку
- vane, *n* - флюгер
- width, *n* - ширина
- trail, *n* - слід, стежка

2. Translate without using a dictionary.

Historically, expert, dominant, convention, perpendicular, progress, plastic, component, typical, oriented, normally, color, parallel, vertical, assist, mechanical.

3. Read and translate the text.

Archery

Archery is the practice of using a bow to shoot arrows. Archery has historically been used in hunting and combat and has become a precision sport. A person practicing archery is called an *archer*, and one who is fond of or an expert at archery is sometimes called a *toxophilite*.

The bow is held in the hand opposite to the archer's dominant eye, though holding the bow in the dominant hand side is advocated by some. This hand is referred to as the *bow hand* and its arm the *bow arm*. The opposite hand is called the *drawing hand* or *string hand*. Terms such as *bow shoulder* or *string elbow* follow the same convention. Right-eye-dominant archers hold the bow with their left hand, have their left side facing the target, sight towards the target with their right eye and handle the arrow and string with their right hand.

Modern international competitive form. To shoot an arrow, an archer first assumes the correct stance. The body should be perpendicular to the target and the shooting line, with the feet placed shoulder-width apart. As an archer progresses from beginner to a more advanced level an '*open stance*' is used / developed. Each archer will have a particular preference but mostly this term indicates that the leg furthest from the shooting line will be a half to a whole foot-length in front of the other, on the ground.

To load, the bow is pointed toward the ground and the shaft of the arrow is placed on an arrow rest which is attached in the bow window. The back of the arrow is attached to the bowstring with the '*nock*'. This is called *nocking the arrow*. Typical arrows with three vanes should be oriented such that a single vane is pointing away from the bow. In years past there was normally a vane with a different color, called "*the odd vane out*" or "*the nocking vane*". However, most modern archers tend to use same color vanes; as different dyes can give varying stiffness to vanes. This results in less precision.

The bowstring and arrow are held with three fingers. When using a sight, the index finger is placed above the arrow and the next two fingers below. The string is usually placed in either the first or second joint of the fingers.

The bow is then raised and drawn. This is often one fluid motion which tends to vary from archer to archer. The string hand is drawn towards the face, where it should rest lightly at an *anchor point*. This point is consistent from shot to shot and is usually at the corner of the mouth or on the chin. The bow arm is held outwards toward the target. The elbow of this arm should be rotated so that the inner elbow is parallel to the ground though Archers with hyper extendable elbows tend to angle the inner elbow

toward the ground as exemplified by the Korean archer Jang Yong Ho. The bow should always remain vertical which can be assisted by the fitment of stabilizer rods.

In proper form, the archer stands erect, forming a 'T'. The archer's back muscles are used to pull the arrow to the anchor point. Some bows will be equipped with a mechanical device, called a *clicker*, which produces a clicking sound when the archer reaches the correct draw length.

The arrow is typically released by relaxing the fingers of the drawing hand. An archer should pay attention to the recoil *or follow through* of his or her body, as it may indicate problems with form (technique).

(Originated from Wikipedia, the free encyclopedia)

Post-text exercises

1. Give Ukrainian equivalents to the following phrases.

- | | |
|--------------------------|------------------------------|
| 1) a precision sport | 6) the string hand |
| 2) archer's dominant eye | 7) the shooting line |
| 3) the opposite hand | 8) the correct draw length |
| 4) the nocking vane | 9) the inner elbow |
| 5) an anchor point | 10) with a mechanical device |

2. Match the definitions to the following notions.

- | | |
|----------------|---|
| 1) arm guard | a) the motion of the arrow caused by wind or weather; |
| 2) drift | b) the long centre part of the arrow; |
| 3) eye | c) a protective cover for the lower part of the bow; |
| 4) crest | d) shooting distance; |
| 5) point | e) an arrow lost in deep grass; |
| 6) range | f) the string loop; |
| 7) perfect end | g) a plastic feather on an arrow; |
| 8) snake | h) the metal tip of the arrow; |
| 9) vane | i) the marks identifying the arrow; |
| 10) shaft | j) to put 6 shots in the gold. |

3. Combine the following words and translate them.

- | | |
|---------------|--------------|
| 1) inner | a) eye |
| 2) anchor | b) muscles |
| 3) bow | c) arm |
| 4) modern | d) line |
| 5) dominant | e) elbow |
| 6) mechanical | f) tend |
| 7) shooting | g) device |
| 8) plastic | h) component |
| 9) fluid | i) point |
| 10) back | j) motion |

4. Insert the prepositions where necessary.

above, from, in (2), through, with (3), on, next, at (2), by (3), of (6), out.

1. Archery has historically been used ... hunting.
2. Right-eye-dominant archers hold the bow ... their left hand, have their left side facing the target.
3. When using a sight, the index finger is placed ... the arrow and the ... two fingers below.
4. The bow should always remain vertical which can be assisted ... the fitment ... stabilizer rods.
5. This point is consistent ... shot to shot and is usually ... the corner ... the mouth or ... the chin.
6. ...years past there was normally a vane ... a different color, called "the odd vane ..." or "the nocking vane".
7. An archer should pay attention to the recoil or follow ... his or her body.
8. The bowstring and arrow are held ... three fingers.
9. The arrow is typically released ... relaxing the fingers ... the drawing hand.
10. One who is fond ... or an expert ... archery is sometimes called a toxophile.

5. Match two parts of the sentences.

- | | |
|---|---|
| 1) Archery has historically been used ... | a) ... attached to the bowstring with the 'nock'. |
| 2) The bow is held in the hand ... | b) ... placed in either the first or second joint of the fingers. |
| 3) The body should be perpendicular to ... | c) ... in hunting and combat and has become a precision sport. |
| 4) The back of the arrow is ... | d) ... oriented such that a single vane is pointing away from the bow |
| 5) Arrows with three vanes should be ... | e) ... vertical which can be assisted by the fitment of stabilizer rods. |
| 6) The archer's back muscles ... | f) ... opposite to the archer's dominant eye |
| 7) The bow should always remain... | g) ... as different dyes can give varying stiffness to vanes |
| 8) The index finger is placed ... | h) ... the target and the shooting line, with the feet placed shoulder-width apart. |
| 9) The string is usually ... | i) ... above the arrow and the next two fingers below. |
| 10) Most modern archers tend to use same color vane ... | j) ... are used to pull the arrow to the anchor point. |

6. Complete the sentences with appropriate terms.

1. ... is the practice of using a bow to shoot arrows.
2. The body should be perpendicular to the ... and the, with the feet placed shoulder-width apart.
3. The back of ... is attached to the bowstring with the 'nock'
4. ... and arrow are held with three fingers.
5. ... is usually placed in either the first or second joint of the fingers.
6. The archer's back muscles are used to pull ... to the anchor point.
7. ... should always remain vertical which can be assisted by the fitment of stabilizer rods.
8. Most modern ... tend to use same color vanes; as different dyes can give varying stiffness to vanes.
9. The arrow is typically released by relaxing the fingers
10. An archer should pay attention to ... of his or her body, as it may indicate problems with form.

7. Answer the following questions.

1. What is archery?
2. What is toxophilite?
3. Which stance does the archer assume to shoot an arrow?
4. Where is the back of the arrow attached?
5. Where is the bow held?
6. Why the most modern archers tend to use same color vanes?
7. Where is the shaft of the arrow placed?
8. What the archer's back muscles are used to?
9. What the arrow is typically released by?
10. What is the position of the body to the target and the shooting line?

8. Finish the following sentences.

1. Archery is the practice of ...
2. The bow is held in the hand opposite ...
3. The opposite hand is called ...
4. Right-eye-dominant archers hold the bow ...
5. The back of the arrow is attached to ...
6. The archer's back muscles are used to ...
7. When using a sight, the index finger is ...
8. Typical arrows with three vanes should be oriented ...
9. Most modern archers tend to use ...
10. Some bows will be equipped with ...

1. Read the text to find the information about:

- 1) *Mesolithic pointed shafts*;
- 2) *Middle Ages archery*;
- 3) *horse archers*.

The bow seems to have been invented in the late Paleolithic or early Mesolithic. The oldest indication for its use in Europe comes from Germany and date from the late Paleolithic Hamburgian culture (9000 – 8000 BC). The arrows were made of pine and consisted of a mainshaft and a 15 – 20 centimetres (6 – 8 inches) long foreshaft with a flint point. There are no known definite earlier bows; previous pointed shafts are known, but may have been launched by atlatls rather than bows. The oldest bows known so far come from the Holmegård swamp in Denmark. In the 1940s, two bows were found there. They are made of elm and have flat arms and a D-shaped midsection. The center section is biconvex. The complete bow is 1.50 m (5ft) long. Bows of Holmegaard-type were in use until the Bronze Age; the convexity of the midsection has decreased with time. Mesolithic pointed shafts have been found in England, Germany, Denmark, and Sweden. They were often rather long (up to 120 cm [4ft]) and made of hazel (*Corylus avellana*), wayfaring tree (*Viburnum lantana*) and other small woody shoots. Some still have flint arrow-heads preserved; others have blunt wooden ends for hunting birds and small game. The ends show traces of fletching, which was fastened on with birch-tar. Bows and arrows have been present in Egyptian culture since its predynastic origins. The nine bows symbolize the various peoples that had been ruled over by the pharaoh since Egypt was united. The bow was one of the earliest forms of artillery. Bows eventually replaced the atlatl as the predominant means for launching projectiles. Classical civilizations, notably the Persians, Macedonians, Nubians, Greeks, Koreans, Parthians, Indians, Japanese, and Chinese fielded large numbers of archers in their armies. Arrows proved exceptionally destructive against massed formations, and the use of archers often proved decisive. The Sanskrit term for archery, dhanurveda, came to refer to martial arts in general. During the Middle Ages, archery in warfare was not as prevalent and dominant in Western Europe as popular myth sometimes dictates. Archers were quite often the lowest-paid soldiers in an army or were conscripted from the peasantry. This was due to the cheap nature of the bow and arrow, as compared to the expense needed to equip a professional man-at-arms with good armour and a sword. Professional archers required a lifetime of training and expensive bows to be effective, and were thus rare in Europe. Archery was highly developed in Asia and in the Islamic world. In East Asia the ancient Korean

civilizations were well-known for their archery skills, and South Korea remains a particularly strong performer at Olympic archery competitions even to this day. Horse archers were the main military force of most of the Equestrian Nomads. Central Asian and American Plains tribesmen were extremely adept at archery on horseback.

(Originated from Wikipedia, the free encyclopedia)

2. Are the sentences true or false? Correct any false sentences.

1. The oldest indication for bow use in Europe date from 9000 – 8000 BC.
2. In the 1950s two bows were found in the Holmegård swamp in Denmark.
3. Bows of Holmegaard-type were in use until the Bronze Age.
4. Bows and arrows have been present in English culture since its predynastic origins.
5. The bow was one of the earliest forms of artillery.
6. Classical civilizations fielded large numbers of archers in their armies.
7. During the Middle Ages, archery indeed was so prevalent in Western Europe as popular myth sometimes dictates.
8. Archers were quite often conscripted from the peasantry.
9. The ancient Korean civilization was well-known for its archery skills.
10. South Korea remains a weak performer at Olympic archery competitions to this day.

3. Divide the text into paragraphs. Give headings to them.

4. Ask and answer 10 questions to the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.**Rules**

Archers using compound bows often use a release aid to hold the string steadily and release it precisely. This attaches to the bowstring at the nocking point and permits the archer to release the string by pulling a trigger. The “trigger” may be an actual trigger lever which is depressed by a finger or thumb (or held then released) but it may also be some other mechanism. Hydraulic and mechanical time delay triggers have been used, as have “back tension” triggers which are operated by either a change in the position of the release or “true back tension”; that is to say the release triggers when a pre-determined draw weight is reached. A mechanical release aid permits a single point of contact on the string instead of three fingers. This allows less deformity in the string at full draw, as well as providing a more consistent release than can be achieved by human fingers.

There are two main forms of aiming in archery: *instinctive and sight shooting*.

Instinctive shooting is the coordination between the eyes and the how arm. This was the most common method of shooting for many years. It requires large amounts of concentration and practice. In the archers mind there can be nothing but the center of the target. This is the secret of instinctive shooting.

Shooting with a sight is the other most common method for shooting a bow. It is also the most modern method. This method uses pins on the side of a bow to be adjusted for different distances. Since this is much easier to use when learning how to shoot a bow it has become very popular.

Bows function by converting elastic potential energy stored in the limbs into kinetic energy of the arrow. In this process, some energy is dissipated through elastic hysteresis, reducing the overall amount released when the bow is shot. Of the energy remaining, some is damped both by the limbs of bow and the bowstring.

(Originated from Wikipedia, the free encyclopedia)

2. Compile a vocabulary of archery terms.**3. Make a presentation of archery.**

Types of bows

A *longbow* is a type of bow that is tall (roughly equal to or greater than the height of the user), is not significantly recurved, and has relatively narrow limbs that are D-shaped in cross section. The traditional English longbow is usually made so that its thickness is at least $\frac{5}{8}$ of its width. If the thickness is less than $\frac{5}{8}$ of its width then the bow would be disqualified from most modern longbow competitions. Typically a longbow is widest at the handle. Longbows have been used for hunting and warfare, by many cultures around the world, a famous example being the English longbow, during the Middle Ages.

A *flatbow* is a bow with non-recurved, flat, relatively wide limbs that are approximately rectangular in cross-section. Most modern flatbows are otherwise similar to the classic longbow.

A *shortbow* is any shorter version of the longbow or flatbow design. While it is lighter and more maneuverable, it can be drawn less far, therefore stores less energy and hence has a shorter maximum range. Short bows were used for hunting by, among others, many West Coast American tribes (often with a flat or lenticular cross-section) and by South African Bushmen (often with a rounded cross-section similar to the classic longbow).

A *recurve bow* is the only class of bow that is shot at the Olympic Games. Its basic working principles are similar to that of a traditional longbow. Its defining feature is that the ends of the limbs curve forwards, which increases the power gained from the bow and smoothens the draw. Composite bows are recurved in form.

A *compound bow* is designed to reduce the force that an archer must hold, yet increase the overall energy stored by the bow. Most compound designs use cams or elliptical wheels on the ends of the limbs to optimize the leverage exerted by the archer and to reduce the holding force of the bow at full draw in what is known as the "let-off". With less force required to hold a compound bow at full draw, the muscles take longer to fatigue, thus giving a compound archer more time to aim. A compound bow must be adjusted so that the let-off occurs at the correct draw length appropriate to the archer.

A *crossbow* is a variation on the general bow design. Instead of the limbs being held vertically, they are mounted horizontally on a stock much like that of a firearm. The limb design can either be compound or a recurve but the basic concept of shooting is the same. The string is pulled back either manually or with a windlass and locked into place. The string remains in this locked position, held solely through mechanical means until the energy stored in its limbs is released by a trigger mechanism, which launches the loaded arrow. The energy stored in the shortened limbs is comparable to the longbow but packed into a smaller design that is also much easier to aim. Crossbows shoot quarrels or bolts, which are shorter arrows than those usual for bows.

Types of arrows and fletching

A normal arrow consists of shaft with an arrowhead attached to the front end, with fletchings and a nock at the other. Shafts are usually made of solid wood, fiberglass, aluminum alloy, carbon/alloy composite or carbon fiber. Wooden arrows are prone to warping. Fiberglass arrows are brittle, but are more easily produced to uniform specifications. Aluminum shafts were a very popular high-performance choice in the later half of the 20th century due to their straightness, lighter weight, and subsequently higher speed and flatter trajectories. Carbon fiber arrows became popular in the 1990s and are very light, flying even faster and flatter than aluminum arrows. Today carbon/alloy arrows are the most popular tournament arrows at Olympic Events, especially the Easton X10 and A/C/E.

The arrowhead is the primary functional part of the arrow, and plays the largest role in determining its purpose. Some arrows may simply use a sharpened tip of the solid shaft, but it is far more common for separate arrowheads to be made, usually from metal, horn, or some other hard material. The most commonly-used forms are target points, field points, and broadheads, although there are also other types, like bodkin, judo, and blunts.

Fletching is traditionally made from bird feathers, but also solid plastic vanes and thin sheetlike spin vanes are used. They are attached near the nock (rear) end of the arrow with thin double sided tape, glue, or, traditionally, sinew. The fletching is equally spaced around the shaft with one placed such that it is perpendicular to the bow when nocked on the string (though with modern equipment, variations are seen especially when using the modern spin vanes). This fletch is called the "index fletch" or "cock feather", (the others sometimes being called the "hen feathers") and is a reference for the nocking of the arrow. Three fletches is the most common configuration, though more may be used. The fletching is sometimes attached at a slight angle, to introduce a stabilizing spin to the arrow while in flight. Oversized fletchings can be used to accentuate drag and thus limit the range of the arrow significantly; these arrows are called *flu-flus*. Misplacement of fletchings can often change the arrow's flight path dramatically.

Bow string

Dacron and other modern materials offer high strength for their weight and are used on most modern bows. Linen and other traditional materials are still used on traditional bows. Almost any fiber can be made into a bow string. The author of "Arab Archery" suggests the hide of a young, emaciated camel. Njal's saga famously describes the refusal of a wife, Hallgerd, to cut her hair in order to make an emergency bowstring for her husband, Gunnar Hámundarson, who is then killed.

Protective equipment

Most archers wear a bracer (also known as an arm-guard) to protect the inside of the bow arm and prevent clothing from catching the bow string. The Navajo people have developed highly-ornamented bracers as non-functional items of adornment. Some archers also wear protection on their chests, called chestguards. Chestguards are to prevent the bowstring from being obstructed by the archer's body or clothing as it is released. They also protect the archer. Roger Ascham mentions one archer, presumably with an unusual shooting style, who wore a leather guard for his face.

The drawing fingers, or thumb in the case of archers using the thumb or Mongolian draw, are normally protected by a leather tab, glove, or thumb ring. A simple tab of leather is commonly used, as is a skeleton glove. Mediaeval Europeans probably used a complete leather glove. Eurasian archers using the Mongolian draw protected their thumbs, usually with leather according to the author of "Arab Archery", but also with special rings of various hard materials. Many surviving Turkish and Chinese examples are works of considerable art; some are so highly ornamented that they could not have been used to loose an arrow. Presumably these were items of personal adornment. In traditional Japanese archery a special glove is used, provided with a ridge which is used to draw the string.

(Originated from Wikipedia, the free encyclopedia)

Archery Glossary

- Aluminium (material):** Used in modern archery for the production of arrows.
- AMO (organization):** The Archery Manufacturers and Merchants Organization (now known as the ATA).
- AMO length (measure):** A standardized length for measuring how strings.
- Archer (practitioner):** One who practices Archery (a.k.a. howman).
- Archer's paradox (effect):** The effect produced by an arrow flexing as it leaves the bow.
- Archery (practice):** The practice of using a bow to shoot arrows.
- Arm guard (equipment):** A protective strap or sheath for an archer's forearm (a.k.a. bracer).
- Arrow (equipment):** The main projectile in Archery.
- Arrowhead (equipment):** The front end of an arrow; also known as the head, point or tip.
- Arrow rest (equipment):** A device used to hold the arrow against the handle until it is released.
- ATA (organization):** The Archery Trade Association (formerly known as the AMO).
- Blunt (equipment):** An unsharpened arrowhead used for targets and small game.
- Bodkin point (equipment):** A sharp, pointed arrow head.
- Bolt (equipment):** A crossbow projectile; also called a quarrel.
- Bowman (practitioner):** One who practices Archery (a.k.a. Archery).
- Bow (equipment):** An ancient weapon powered by elasticity used for hunting and sport.
- Bowfishing (practice):** The use of archery equipment for catching fish.
- Bowhunting (practice):** The practice of taking game using archery.
- Bow string (equipment):** A fiber joining two ends of a bow for launching arrows.
- Bowyer (craftsman):** One who makes bows.
- Brace (practice):** The act of attaching a bow string to a bow.
- Bracer (equipment):** A protective strap or sheath for an archer's forearm (a.k.a. arm guard).
- Broadhead (equipment):** A sharp-bladed hunting head.
- Bullseye (target):** The center of a target.
- Butts (location):** A practice field with mounds of earth used as targets.
- Carbon fiber (material):** Used in modern archery for the production of arrows.
- Clicker (equipment):** A device used to indicate an archer's optimum draw length.
- Clout shoot (practice):** An archery game in which arrows are shot at an arc toward a flat target laid out on the ground.
- Cock feather (equipment):** A differently-colored fletch that indicates proper arrow alignment (a.k.a. Index feather).

Composite bow (equipment): A bow made from laminating various materials together.

Compound bow (equipment): A modern bow that uses a system of cables and pulleys.

Crest (equipment): Heraldic markings on an arrow used for identification or design.

Crossbow (equipment): A bow mounted on a stock that shoots bolts or Quarrels.

Daikyu (equipment): A Japanese longbow.

Decurve bow (equipment): A form of bow in which the unstrung tips curve toward the archer.

Deflex bow (equipment): A form of bow in which the entire length of the handle and arms curve toward the archer.

Drawing (practice): The act of pulling an arrow against a bow string in readiness for shooting.

Draw weight (measure): The number of pounds of force required to draw a bow twenty-eight (28) inches.

End (equipment): A round of arrows shot during an archery event (rarely more than six arrows).

English longbow (equipment): A powerful medieval bow; also known as the Welsh longbow.

Fiberglass (material): Used in modern archery equipment for the production of both bows and arrows.

Field archery (practice): Shooting at targets of unmarked distances in an open field.

Field tip (equipment): A practice head for targets.

Finger tab (equipment): A small leather patch to protect the archer's fingers (a.k.a. Tab).

Fistmele (measure): The proper distance between the handle of a bow and the bow string when the bow is strung.

Flatbow (equipment): A non-recurved bow with a rectangular cross section.

Fletching (equipment): The stabilizing fins or vanes of an arrow (each individual fin is a fletch).

Fletcher (craftsman): One who makes and attaches fletching for arrows.

Flex (measure): The amount of "bend" an arrow shaft provides; contrasted with Spine.

Flu-Flu Arrow (equipment): A specially designed short-range arrow.

Footed arrow (equipment): An arrow with a shaft composed of two types of wood.

Game (target): Non-domesticated animals hunted for food or sport.

Glove (equipment): Protective gear for an archer's fingers (a.k.a. Shooting glove).

Gungdo (practice): The Korean art of archery.

Hankyu (equipment): A short Japanese bow.

Head (equipment): The front end of an arrow; also known as the arrowhead, point or tip.

Hen feather (equipment): One of two like-colored vanes on an arrow that is not the index feather.

Horse archer (practitioner): An archer mounted on a horse.

Index feather (equipment): A differently-colored fletch that indicates proper arrow alignment (a.k.a. Cock feather).

Judo points (equipment): A target and small-game head equipped with spring wires for easy location.

Kisser (equipment): A button used to indicate consistent vertical distance when drawing a bow.

Kyudo (practice): The Japanese art of archery.

Longbow (equipment): A tall bow without significant recurve.

Loose (practice): The act of shooting an arrow from a bow (a.k.a. *Release*).

Mounted archer (practitioner): An archer mounted on a horse.

Mongolian draw (practice): The act of drawing a bow with one's thumb (a.k.a. Mongolian release).

Nock (equipment): The notch at the rear end of an arrow.

Nock (practice): The act of setting an arrow in a bow.

Nocking point (equipment): The point on a bow string over which an arrow nock is placed.

Overdrawn (measure): A condition in which a bow string is too short for the bow; fistmele is exceeded.

Plunger button (equipment): A device used to correct an arrow's flex at the point of release.

Point (equipment): The front end of an arrow; also known as the arrowhead, head or tip.

Poisons (equipment): Toxic additions to arrow heads in order to increase hunting effectiveness.

Quarrel (equipment): A crossbow projectile; also called a bolt.

Quiver (equipment): A container for an archer's projectiles.

Recurve bow (equipment): A form of bow in which the unstrung tips curve away from the archer.

Reflex bow (equipment): A form of bow in which the entire length of the handle and arms curve away from the archer.

Release (practice): The act of firing an arrow from a bow (a.k.a. Loose).

Rest (equipment): A device used to hold the arrow against the handle until it is released (a.k.a. Arrow rest).

Riser (equipment): The handle section of a Bow.

Safety arrow (equipment): Arrow with Wide tip or padded head for reenactments.

Self bow (equipment): A bow made from a single piece of material (normally wood).

Serving (equipment): Extra thread wound around a bow string in order to support the main fiber.

Shaft (equipment): The main structural element of an arrow.

Shooting glove (equipment): Protective gear for an archer's fingers.

Spine (measure): The stiffness of an arrow shaft; contrasted with Flex.

Stabilizer (equipment): A weighted rod or set of rods used to provide balance to a bow.

Stave (equipment): A strip of wood from which a bow may be made.

Tab (equipment): A small leather patch to protect the archer's fingers (a.k.a. Finger tab).

Target (equipment): General term for the intended destination of a shot arrow.

Target archery (practice): Shooting at non-moving circular targets placed varying distances away.

Target point (equipment): Bullet-shaped practice head for targets.

Target shooting (practice): Competitive event that uses projectile weapons for tests of proficiency.

Thumb ring (equipment): Protective ring for an archer's thumb.

Tip (equipment): The front end of an arrow; also known as the arrowhead, head or point.

Vane (equipment): The stabilizing fin of an arrow.

Wand shoot (practice): An archery event in which arrows are shot at a slat of soft wood that is typically 6' tall and 2" wide.

Welsh longbow (equipment): A powerful medieval bow; also known as the English longbow.

Wood (material): The earliest material used for the construction of bows and arrows.

Yabusame (practice): A type of mounted archery practiced in Japan.

Yew (material): A type of wood traditionally used to make bows.

Yumi (equipment): An asymmetric Japanese bow; includes both long and short varieties (daikyu and hankyu).

(Originated from IOC site: <http://www.olympic.org>)

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**Навчально-методичне видання
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**Методична розробка з англійської мови
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за напрямами підготовки «фізичне виховання» та «спорт»**

**Підписано до друку 03.01.2013. Формат 62x88/16.
Ум друк. арк. 1,21. Тираж 50 прим. Зам. № 52. Ціна договірна
Свідоцтво про внесення видавця видавничої продукції
до Державного реєстру видавців, виготівників і розповсюджувачів видавничої продукції
від 14.06.2007 р., серія ДК, № 2877**

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