



3D Archery- Determining Your Dominant Eye

Lesson 1

"...your young men shall see visions." Joel 2:28c (KJV)

Life Application

The fundamental principle of **visualization** is a significant key to becoming an **effective** archer. The efforts put forth in focusing and envisioning a successful shot many times is what separates the good archer and the mediocre archer. As you move forward in life, what is the vision you have for your future?

"Vision is the art of seeing the invisible." - Jonathan Swift

Are you applying the proper character traits and skills now to see your vision come to fruition? What are some steps you might take in order to hit the mark as you stay on target for life?

Biblical Application

Joel 2:28

And it shall come to pass afterward, that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions:

People talk a lot about "vision." And they mean different things by that. Sometimes the word is used to mean actual things that a person sees, even if others cannot see it. A movie came out in 1999 called "The Sixth Sense," starring Bruce Willis. In the movie a little boy told Willis (his dad), "I see dead people." Other times people speak of vision not as something that they literally see, but as something very vivid in their minds, as if they could see it. Often we use the word to mean the ability to imagine or conceptualize something that we believe in very strongly. Most people do not have visions like the little boy in the movie, but it is important to visualize your dreams. In the Bible verse we are looking at this time, the main meaning is that people will be able to visualize something new that most others had not seen before. We know that because Simon



Peter quoted this verse in Acts 2 when the Holy Spirit came upon the people gathered for worship. No one saw any literal visions that day, but they saw something new coming upon them—salvation through Jesus accomplished by the gift of the Holy Spirit. If you are a follower of Jesus, you, too, can have visions for your life that will enable you to live strong and be a blessing to others. Your vision may be to be a great musician or athlete. It may be to start a business one day or to be a teacher. The vision the prophet Joel spoke about saw lots of people come to Jesus, and then they went along through the Book of Acts being a blessing to lots of others. Your vision may be for your own life, but bring others along with you. Have a big vision.

How To

When it comes to archery, determining your dominant eye is crucial. This exercise will determine which hand you should use to hold your bow. To sum it up, if you are right eye dominant, you will have the bow in your left hand and you will pull the string with your right hand, while your left side will face the target.

Everyone knows whether they are right or left-handed, but few know whether they are right or left eye dominant. Follow this simple procedure to find out which eye to use when aiming your bow.

To determine your dominant eye:

1. Make a triangle with both of your hands by overlapping your thumbs and the top half of your fingers.
2. Extend your arms toward your target.
3. Look through the triangle at the target closing your non-dominant eye. The target should remain centered in the opening.
4. Keep your hand-triangle small enough so that only one eye can look through it up close.
5. Keep both eyes open.
6. Move your hands back to your face while still looking at the target through your hands. Whichever eye your hands gravitate toward is your dominant eye.
7. Double check by holding the triangle at arms distance again and closing your non-



dominant eye. The target should remain centered in the opening.

Did You Get It?

1. Why is it important to determine your dominant eye? It allows you to understand which hand you should use to hold the bow. This simple step sets you up to become a successful archer.
2. What should happen to the target when you close your dominant eye? When you close your dominate eye the target should move.
3. What hand should you hold the bow with if you are right eye dominant? You should hold you bow with the left hand and pull the string with the right hand if you are right eye dominant (the opposite if you are left eye dominant).
4. Why is focusing on the right path in life important? When you focus on the right path you are able to deter distractions that would prevent you from staying on target for life (You could have students list some of their life goals as well).



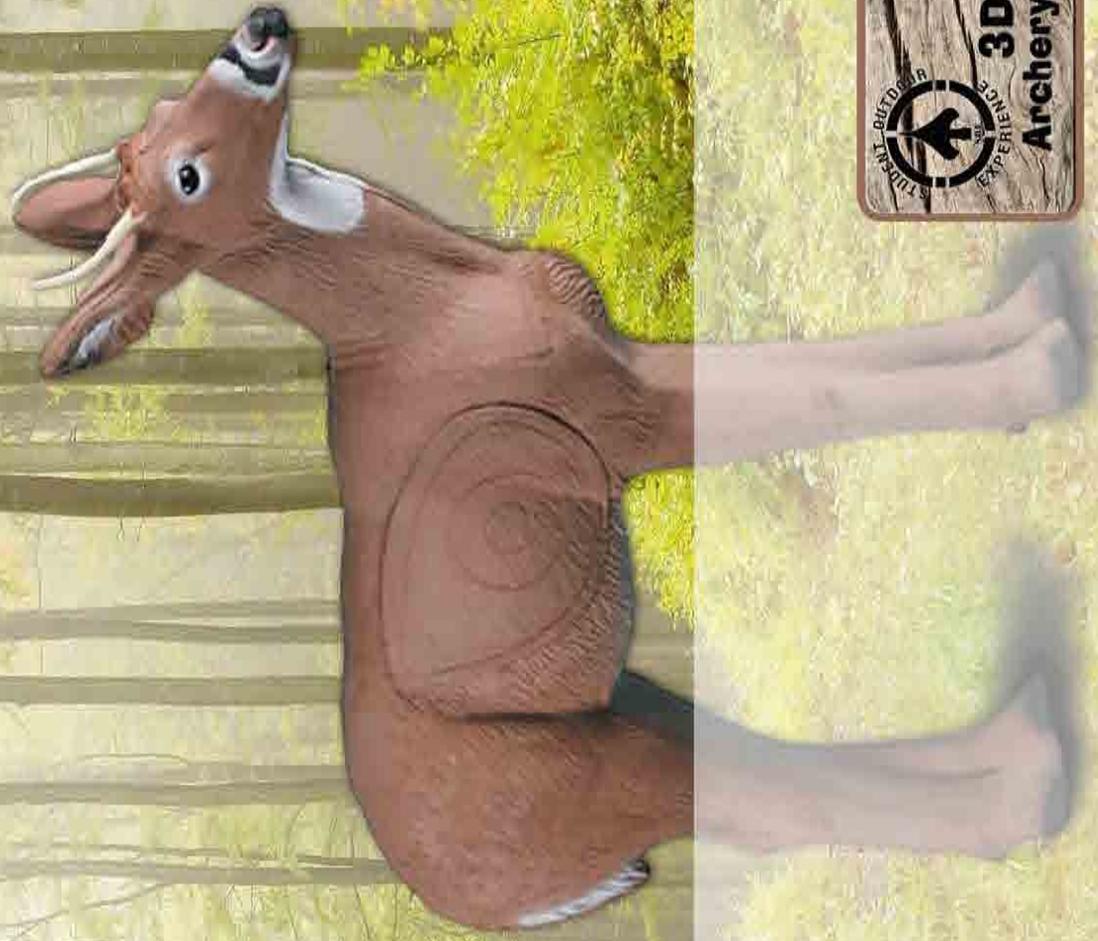
Sample How To's

The How To section should be fun and exciting for each student. Make sure that you have all the necessary elements available to insure you are properly teaching this section. Make sure you reiterate SAFETY and the importance it has in our lives and in our sport. Having them participate will have a significant impact on their overall experience of your group:

Sample How To's:

1. **Gold:** Walk the students through the correct procedure for determining their dominant eye
2. **Platinum:** Divide the students into pairs with one person blindfolded and the other person leading. Set up a simple obstacle course and have the pairs walk through it. Discuss the importance of vision and sight and any observations they might have.
3. **Titanium:** Invite an archery instructor or seasoned archer to talk to the class about the importance of determining the dominant eye in archery. (Can be a part of a comprehensive archery demonstration)

LESSON # 1



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HOW TO DETERMINE YOUR DOMINANT EYE

“...your young men shall see visions.”

Joel 2:28c (KJV)

The fundamental principle of **visualization** is a significant key to becoming an **effective** archer. The efforts put forth in focusing and envisioning a successful shot many times is what separates the good archer and the mediocre archer.

As you move forward in life, what is the vision you have for your future?

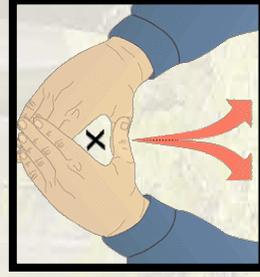
“Vision is the art of seeing the invisible.” - Jonathan Swift

Are you applying the proper character traits and skills now to see your vision come to fruition? What are some steps you might take in order to hit the mark as you stay on target for life?

LEARN IT!

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4. Keep your hand-triangle small enough so that only one eye can look through it up close.
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6. Move your hands back to your face while still looking at the target through your hands. Whichever eye your hands gravitate toward is your dominant eye.
7. Double check by holding the triangle at arms distance again and closing your non-dominant eye. The target should remain centered in the opening.

DID YOU GET IT?

1. Why is it important to determine your dominant eye?
2. What should happen to the target when you close your dominant eye?
3. What hand should you hold the bow with if you are right eye dominant?
4. Why is focusing on the right path in life important?





Stance

Lesson 2

"...stand fast in the Lord..." Philippians 4:1b (KJV)

Life Application

The stance of a person doing any activity takes priority over everything. If the basic skills of standing correctly are not fine tuned, then the archer will never be consistent.

In life, we all stand stronger for some things than others. As life continues you will find some things that are very important to stand for, and you will find other things that you won't feel compelled to stand for. What are some things, values, or positions that you would stand for in a public arena?

Biblical Application

Philippians 4:1

Therefore, my brethren dearly beloved and longed for, my joy and crown, so stand fast in the Lord, my dearly beloved.

In most sports, standing correctly is one of the keys to playing well. Offensive linemen in football, for instance, learn very complex foot maneuvers in order to get the best of the defensive players they face. It is not always their size and strength that gives them the advantage, but how they stand. In professional baseball some hitters are well known for their unique stances as they stand at the plate to hit the ball. How we stand says a lot about us. You will be called upon to take a stand many times in your life. You may have to stand up and defend your family, or your church, or the very fact that you are a Christian. Gale Sayers was one of the most famous football players of the 1960s. He said, "There comes a time when you have to stand up and be counted." That takes courage, especially if you are in the minority, but courage to stand for the right things comes from the Holy Spirit who indwells us. Our world today is moving away from biblical morality in many areas. Gay marriage, abortion rights, alcohol abuse, drug usage are all areas where Christian people have to stand for what Scripture teaches. That is going to be difficult at times, but stand we must.



How To

In the sport of archery the stance is very important. But when hunting or in 3D archery shooting, a stance does not always mean standing. In 3D shooting you may find yourself on a knee shooting through a opening in a tree or a bush, or you may find yourself sitting in a chair shooting out of a blind. Regardless of your position, everything about a stance comes into play no matter how or where you are shooting.

When shooting at a target follow these few steps and perfect your stance to allow you to shoot consistently at your target.

1. Draw an imaginary straight line from the target to you.
2. If you are right handed, your left side will be towards the target and if you are left handed, your right side will be towards the target.
3. Put the tip of your toes against that imaginary straight line.
4. Put both feet on the same side of the line.
5. Place your feet about shoulder's width apart.
6. Stand straight and tall.
7. Your shoulders should be down and relaxed.
8. Just relax!

Did You Get It?

1. Check your feet, are they on the target line?
The shooter's feet should be on an imaginary line going toward the target.
2. How far apart are your feet?
The shooter's feet should be about shoulder's width apart.
3. What side of your body is facing the target if you are right handed?
For the right handed shooter the left side will be toward the target.
4. What is the position of your shoulders when in your stance?
The shoulders should be down and relaxed.
5. An archer has to pay very close attention to the way he or she stands holding the bow. Why is how we stand on important moral, spiritual, and family issues critical?
Answers may vary.



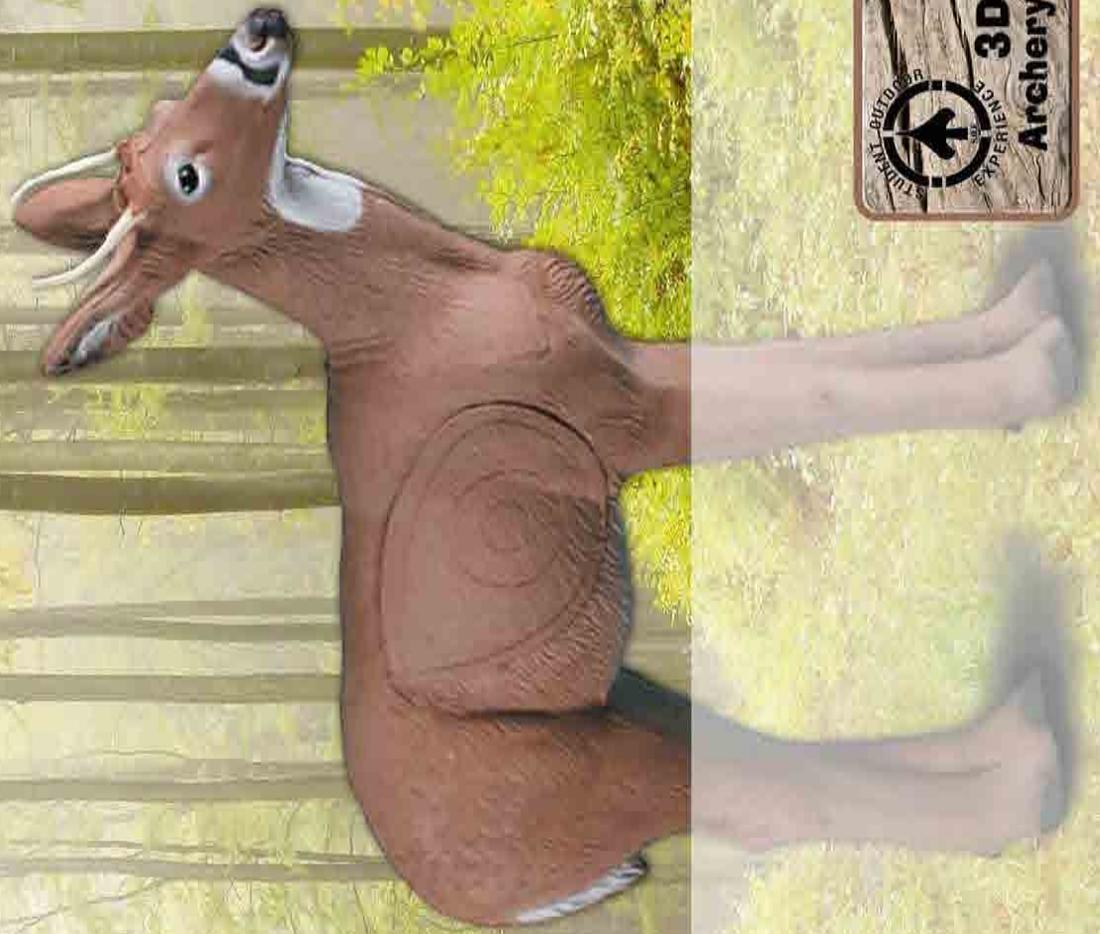
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Sample How To's:

1. **Gold:** Discuss the proper archery shooting stance using pictures or video
2. **Platinum:** Have the students line up and practice going through their stance and set up.
3. **Titanium:** Invite an archery instructor or seasoned archer to talk about the importance of a proper stance in archery.

LESSON # 2



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STANCE

“...stand fast in the Lord...” *Philippians 4:1b (KJV)*

LIFE APPLICATION

The stance of a person doing any activity takes priority over everything. If the basic skills of standing correctly are not fine tuned, then the archer will never be consistent.

In life, we all stand stronger for some things than others. As life continues you will find some things that are very important to stand for, and you will find other things that you won't feel compelled to stand for. What are some things, values, or positions that you would stand for in a public arena?

LEARN IT!

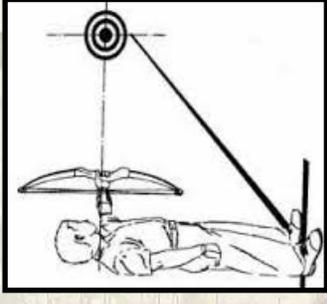
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When shooting at a target follow these few steps and perfect your stance to allow you to shoot consistently at your target.



LESSON # 2

1. Draw an imaginary straight line from the target to you.
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3. Put the tip of your toes against that imaginary straight line.
4. Put both feet on the same side of the line.
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8. Just relax!



DID YOU GET IT?

1. Check your feet, are they on the target line?
2. How far apart are your feet?
3. What side of your body is facing the target if you are right handed?
4. What is the position of your shoulders when in your stance?
5. Why is how we stand on important moral, spiritual, and family issues critical?





Grip

Lesson 3

*“Let us hold fast the profession of our faith without wavering”
Hebrews 10:23a (KJV)*

Life Application

In most circumstances in life, when you grip something it is to squeeze or hold it firmly so that it will not fall. But when it comes to gripping your bow that is not the case. Most beginning archers want to grip the bow tightly in their hand to prevent it from flinging out of their hand after the string has been released.

We all have things that we will grip tightly in life and never want to let go. Often, it is because we do not trust others to help us with these things that we have gripped for so long. Archery teaches us that with the most important things (a bow when shooting) we must have trust and faith in ourselves. And with this faith and trust we must let go of some of the things that we hold so close in our lives because we can only hold so much before we drop it all.

Biblical Application

Hebrews 10:23

Let us hold fast the confession of *our* hope without wavering, for He who promised *is* faithful..

“Hang in there, baby!” That is a common line that we use in all sorts of contexts. We may say it to a friend who is studying hard for a final exam. We might say those words to someone whose boyfriend or girlfriend seems to have lost affection for them. A person might say that to one of us who is trying to get a starting position on the basketball team at school. It is also something appropriate to voice to one another when it comes to keeping on in our Christian faith. Being a Christian is sometimes hard. We are tempted to dabble in sin when we see our friends going out on Saturday night to do things they should not



do. We all want to be liked by our buddies, and when they regularly say, “Oh, come on, just this once,” it is easy to fall to temptation. The Christian life is also hard sometimes because it requires discipline from us. Going to church, reading the Bible daily, praying every day, and living up to the Bible’s expectations are all difficult at times. So, let us say to one another, with our Bible passage, “Let us hold to the hope we profess.” Hang in there, baby!

How To

The grip of your bow is very important because with the slightest movement or misdirection of your bow hand your shot will never be consistent. An improper grip of the bow is one of the common problems that seasoned archers have when they are under pressure or facing an important shot in a 3D tournament or in range of a prize animal. So we must learn the basics of the grip to start the proper muscle memory form of holding your bow.

When holding your bow, follow these few steps to ensure the proper technique each time and get the consistent shot you want.

1. Find the “life line” or “pressure line” on your bow hand. (It can be found by simply applying pressure with your string hand into the fatty part of your hand where your thumb and palm meet. Where you apply the pressure and it hurts; that is the pressure line).
2. The pressure of the bow should be across the whole pressure line of your bow hand, while your thumb points towards the target.
3. Relax your fingers. They do not need to go around the bow handle with a grip.
4. Your index finger and thumb may touch slightly, but they need to be relaxed. Your hand needs to be at a 45’ angle out from the bow (bottom of palm away from bow).



Did You Get It?

1. How can you find the “pressure line” of your hand?

Apply pressure with your string hand into the fatty part of your hand where your thumb and palm meet. Where you apply the pressure and it hurts; that is the pressure line.

2. In which direction does the thumb of your bow hand point?

Toward the target.

3. Can your index finger and thumb touch?

They may touch slightly but need to be relaxed.

4. At what angle is your hand away from your bow?

45’ angle out from the bow.

5. An archer has to learn the proper grip on the bow in order to hit the target. He or she has to hold it correctly. What are some things we can do to encourage one another to hold on to our faith correctly?

Answers will vary. You may have to start the discussion with a few quick examples.



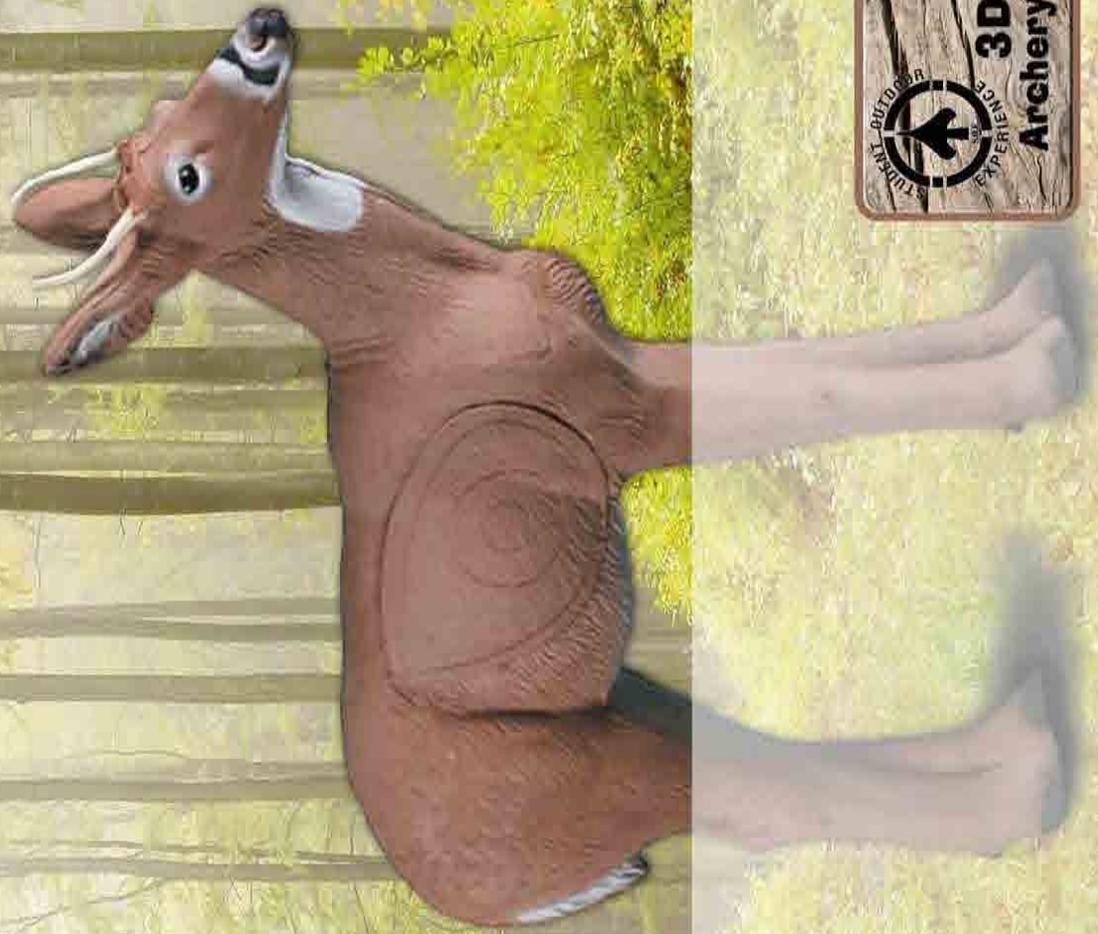
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Sample How To's:

1. **Gold:** Discuss proper archery shooting grip using pictures or video
2. **Platinum:** Bring in a bow and have student practice gripping correctly and setting up in the proper stance.
3. **Titanium:** Invite an archery instructor or seasoned archer to talk to the class about the importance of a proper grip in archery.

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GRIP

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LIFE APPLICATION

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DID YOU GET IT?

1. How can you find the “pressure line” of your hand?
2. In which direction does your thumb of your bow hand point?
3. Can your index finger and thumb touch?
4. At what angle is your hand away from your bow?
5. What are some things we can do to encourage one another to hold on to our faith correctly?





Raising the Bow

Lesson 4

“Lift up your heads...” Psalm 24:7a (KJV)

Life Application

In life, whenever you choose to raise our hands it is intentional. Whether you are in school and need to ask or answer a question, telling a teammate that you are ready for the ball, or raising your arms to shoot a bow; raising your arm is an important task and tells a lot about you.

As life continues you will have the need to figuratively raise your arms to make your statement or let your voice be heard. When the time comes to raise your hand in front of everyone, you must know what you going to say and say it well. Leaders will show themselves in life by rising up and speaking up for those who are following.

Biblical Application

Psalm 24:7

⁷ Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in.

Indiana Jones and the Raiders of the Lost Ark is an old movie now, but everybody has seen it and it has kept its appeal over the years. Most of you know that the “Ark” in the film is supposed to be the Ark that Moses constructed to symbolize the presence of the Lord with the people of Israel, and that eventually King Solomon placed the Ark in the temple he built. But some years before the temple, King David brought the Ark into the city of Jerusalem that he had just conquered for Israel. It seems likely that this was when he wrote Psalm 24. So, its meaning is, “The Lord is coming through the gates of the city. Gates, lift up your heads for the Lord!” In other words, “Turn your face toward God in worship!” We do a lot of things with our heads in worship. Sometimes we bow them in solemn prayer. Other times we are to raise them, as if we were gazing into the very throne room of the Lord in praise and celebration of who he is. “Lift up your heads, and worship God.” Worship involves adoration of God, praise to him for saving us,



prayer to him for our needs and the needs of others. Worship should be both private and corporate. That is, we should have our own times of worship in our homes, but we should also come together in our churches and Bible study groups and worship the Lord. Lift up your heads, you gates!”

How To

When it comes to archery the slightest misalignment will cause the shot to be off. After the grip is solid, the next step is to extend the bow arm to prepare for the shot. This step brings the stance and the grip all together to form a great machine known as an archer.

Whether shooting at 3D targets uphill, downhill or level with you, all these steps should be followed to ensure proper alignment with the whole body.

1. Bring the bow arm to shoulder height, but remember to keep your shoulders down. (Don't stiffen up.)
2. Your bow arm should have some flex at the elbow.
3. The elbow of your bow arm should be turned away from the string.
4. Keeping your bow arm stretched out, raise the elbow of your string hand so it is at least level or slightly above your shoulder.
5. Turn your head and look directly at the target.

Did You Get It?

1. Where should the flex be at on your bow arm?
Your bow arm should have some flex in the elbow.
2. Should the elbow of your bow hand be turned toward or away from your bow?
The elbow of your bow arm should be turned away from the string.



3. Where should your string hand be during this time of raising your bow?
By your side.
4. Your head is facing where during this stance?
The head is facing directly at the target.
5. Why is it important for leaders to rise up?
To speak for those they lead and those who have no influence.
6. Discussion question: An archer must raise the bow in the same way every time when about to take a shot. At the same time the archer must raise his or her head. There are also times when we are to raise our heads in worship. Why is that important?
Answers may vary.



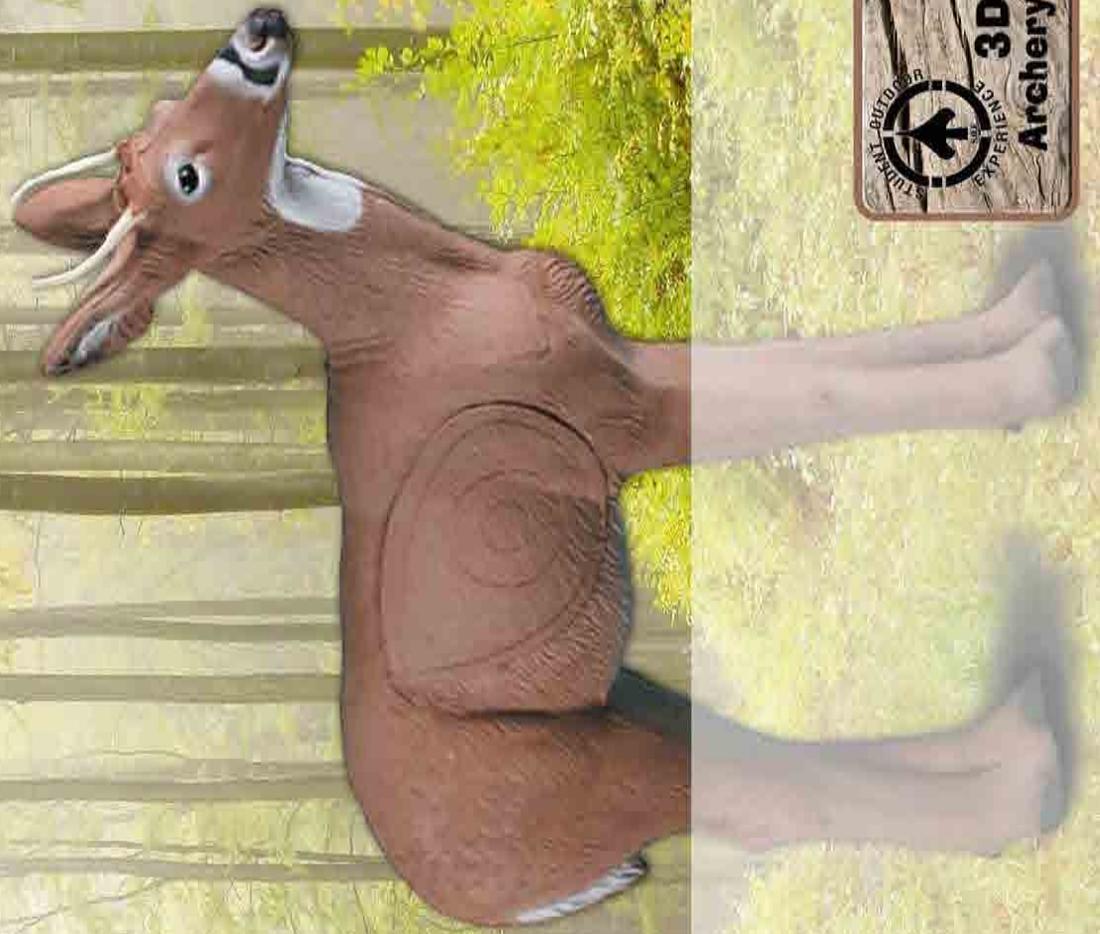
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Sample How To's:

1. **Gold:** Discuss properly raising the bow hand using pictures or video
2. **Platinum:** Bring in a bow and have the students practice raising it properly. (Note: do not allow the students to dry fire the bow as this could lead to serious damage to the bow and/or injury to the student.)
3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate properly raising the bow (can be part of a comprehensive demonstration/ explanation.)

LESSON # 4



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RAISING THE BOW

“Lift up your heads...”
Psalm 24:7a (KJV)

LIFE APPLICATION

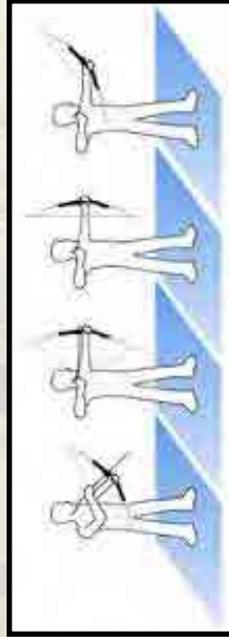
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LEARN IT!

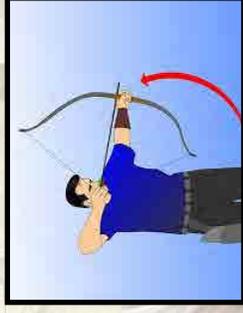
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LESSON # 4

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DID YOU GET IT?

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4. Your head is facing where during this stance?

5. Why is it important for leaders to rise up?





Anchoring / Aiming

Lesson 5

“Which hope we have as an anchor of the soul...”

Hebrews 6:19a (KJV)

Life Application

A foundation or anchor point is pivotal in any structure to keep it from moving, shaking or sinking. The same is true in archery and in life. You may not be a building or a boat, but you do have a foundation or anchor. Everyone stands firm on what he or she believes, but sometimes his or her foundation or anchor is not solid enough to hold.

“Good order is the foundation of all things.” - Edmund Burke

I have seen boats that were tied to cinder blocks or buckets of concrete used as an anchor. While these may keep the boat from drifting in a normal current when fishing, when the winds pick up and the water speed increases these improper anchors cannot dig into the bottom of the lake or river. As a leader, be certain your anchor point in life is firm and will not drift.

Biblical Application

Hebrews 6:19-20

¹⁹ Which hope we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;

²⁰ Whither the forerunner is for us entered, even Jesus, made an high priest for ever after the order of Melchisedec.

Anchors are used for keeping ships or boats in the same place in the water, preventing them from drifting in the wind or from the tide. Big ships need big anchors. The Titanic, which sank after hitting an iceberg in 1914, had the largest anchor of any ship to that time. Its center anchor was 18 and one-half feet long and weighed 30,000 pounds.



You think that is big? In 2007 a Dutch company produced a new anchor that weighs 150,000 pounds, is shaped like an airplane, and its “wingspan” is 110 feet long! You probably don’t need that for your fishing boat! Remember, an anchor keeps a ship or boat from drifting. Our Bible passage for today tells us that we have a spiritual anchor. If you study the text, you will find that it states that our anchor is found in the Cross of Jesus Christ, which is what it means by the phrase “the inner sanctuary behind the curtain.” The Cross is our one sure hope for not drifting. In Hebrews the author warns the people he is writing to over and over again not to drift away from their faith, and he assures them that Jesus can keep them from drifting because he has died for their sin on the Cross. Of course, an anchor requires a rope that keeps it attached to the boat. In our lives that rope is our church, our Christian friends, and others who come along with us in our spiritual voyage on the sometimes scary waters of life. Trust in your anchor. Keep trusting in Jesus.

How To

An anchor point in archery is similar to the foundation of a house. It is immovable. The anchor point is the point where you bring the string to every time to ensure that each shot released starts from the same place ensuring accuracy.

Follow these steps to shoot consistent groups on your 3D targets.

1. The string or the end of your string release should touch the corner of your mouth.
2. Keep your teeth together and your mouth closed.
3. Your finger should be on the trigger of the release.
4. Your hand should feel comfortable on your face.
5. You should be able to look straight down the arrow with ease and comfort.



Did You Get It?

1. Where is your anchor point?

The corner of the mouth serves as the anchor point.

2. How should your mouth be situated?

You should keep your teeth together and your mouth closed.

3. What is the first thing you look down to start the aiming process?

You should be able to look straight down the arrow.

4. To be successful in hunting for prey with a bow, an archer has to “anchor” himself on the ground. Why is it important to anchor ourselves in our spiritual lives? What is our anchor?

So you do not drift toward uncertain and bad decisions. Jesus is our anchor.



Sample How To's

The How To section should be fun and exciting for each student. Make sure that you have all the necessary elements available to insure you are properly teaching this section. Make sure you reiterate SAFETY and the importance it has in our lives and in our sport. Having them participate will have a significant impact on their overall experience of your group:

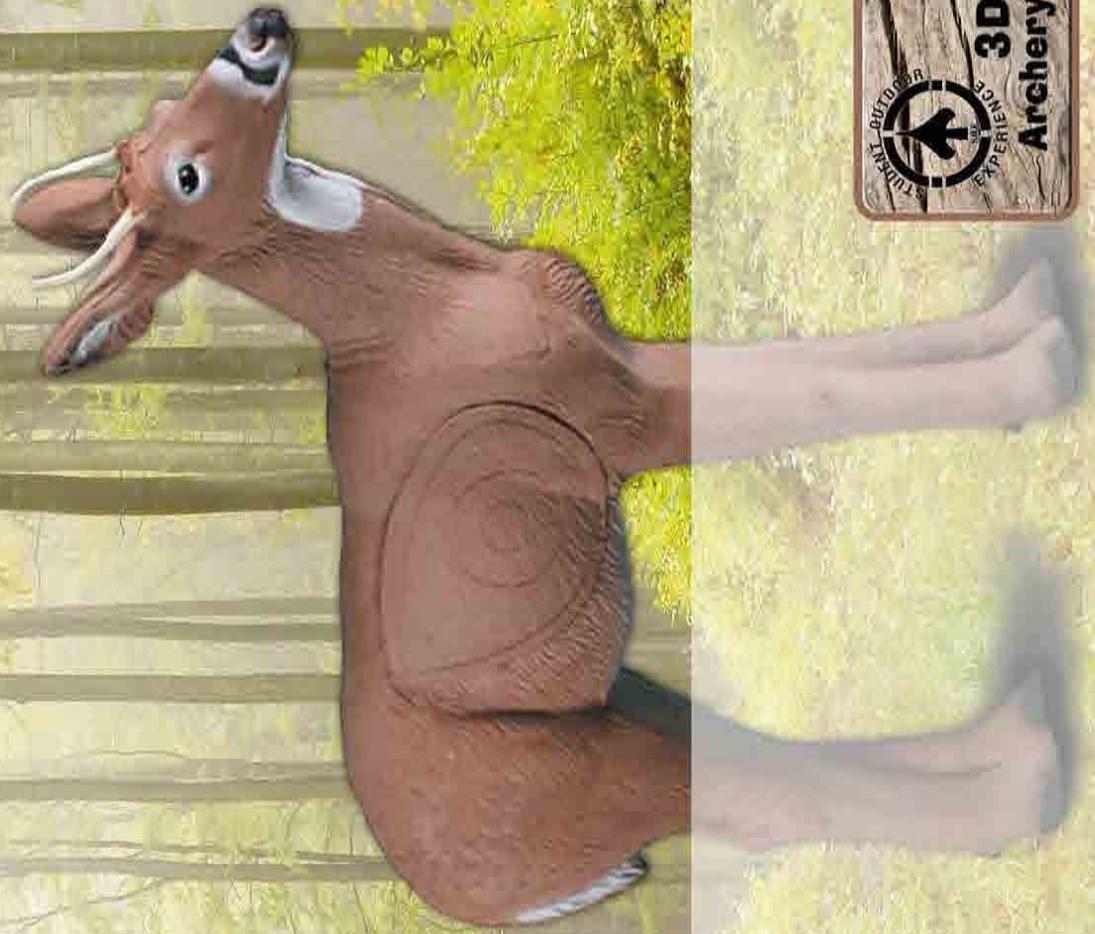
Sample How To's:

1. **Gold:** Discuss proper anchoring using pictures or video.
2. **Platinum:** Bring in a bow and have the students practice drawing the bow and anchoring (note: do not allow the students to dry fire the bow as this could lead to serious damage to the bow and/or injury to the student).

**Dry fire: pulling back the string and letting go without an arrow.

3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate proper anchoring technique (can be part of a comprehensive demonstration/ explanation).

LESSON #5



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ANCHORING/AIMING

“Which hope we have as an anchor for the soul”
Hebrews 6:19a (KJV)

LIFE APPLICATION

A foundation or anchor point is pivotal in any structure to keep it from moving, shaking or sinking. The same is true in archery and in life. You may not be a building or a boat, but you do have a foundation or anchor. Everyone stands firm on what he or she believes, but sometimes his or her foundation or anchor is not solid enough to hold.

“Good order is the foundation of all things.”

- Edmund Burke

I have seen boats that were tied to cinder blocks or buckets of concrete used as an anchor. While these may keep the boat from drifting in a normal current when fishing, when the winds pick up and the water speed increases these improper anchors cannot dig into the bottom of the lake or river. As a leader, be certain your anchor point in life is firm and will not drift.

LEARN IT!

An anchor point in archery is like a foundation of your house. You never come home to find your house has moved a little or it has moved down the street. It is immovable. The anchor point in a point wear you bring the string to every time to ensure that every shot you release starts from the same place ensuring as much accuracy as you possibly can.



LESSON #5

Follow these few easy steps to shoot better groups and be more consistent on your 3D targets.

1. The string or the end of your string release should touch the corner of your mouth.



2. Keep your teeth together and your mouth closed.

3. Your finger should be on the trigger of the release.

4. Your hand should feel comfortable on your face.

5. You should be able to look straight down the arrow with ease and comfort.

DID YOU GET IT?

1. Where is your anchor point?

2. How should your mouth be situated?

3. Where is your hand in location to your head?

4. Why is it important to anchor ourselves in our spiritual lives?





The Draw

Lesson 6

"I appeal as a fellow elder..." 1 Peter 5:1a (KJV)

Life Application

Drawing the bow is basically pulling the string against the resistance of the pulleys and the curvature of the bow.

Throughout life you may have to pull things or people to do what's right, even when met with resistance. It is naturally easier to push than to pull. As a leader, you will need to learn when to push people and when to pull them in order to meet a common goal.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

Biblical Application

1 Peter 5:1-4

¹ To the elders among you, I appeal as a fellow elder and a witness of Christ's sufferings. The elders which are among you I exhort, who am also an elder, and a witness of the sufferings of Christ, and also a partaker of the glory that shall be revealed:

² Feed the flock of God which is among you, taking the oversight thereof, not by constraint, but willingly; not for filthy lucre, but of a ready mind;

³ Neither as being lords over God's heritage, but being examples to the flock.

⁴ And when the chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away.

William Wallace lived from 1270 to 1305 AD. He was from Scotland and became the key leader in the Scottish revolt against England's King Edward I. The Scots were under English rule and were treated cruelly, especially the common folk. You probably know that Mel Gibson made a film about Wallace a few years ago called Braveheart,



and that Gibson played in the starring role. Though the film altered some of the details of the story, its portrayal of Wallace was just about perfect. Wallace was one of the greatest leaders of men in history. He knew when to push people to do things in the revolution, and he knew when to pull them or draw them along. Simon Peter wrote a letter to a church that is found in our New Testament. We don't know the name or the location of the church, but the letter has some great advice about leadership. He wrote to the elders (leaders) of the church and told them several things. Be shepherds of God's flock (a metaphor for the congregation), that is, keep them safe from those who would do them harm, and help them be spiritually fed (from the Bible). Do this because you want to, not for money and not just because you feel you have to. And as you lead, don't be bossy or always have to get your own way. If you do that, God will reward you in ways you cannot even imagine. Be an example to them. To put that another way, "Don't be an exception, be an example." Even if you are not a pastor, this is good advice. You will have opportunities to be a leader, probably even while you are in school. Take Peter's advice.

How To

For many archers this can be a challenge because it uses the arm muscles and a lot of force is required to move the bowstring. Because of the resistance when drawing the bow, many beginning archers fall out of their proper stance, grip as they set up to draw the bow. Just like everything else mentioned, drawing the bow is muscle memory, but it is also a workout for certain muscle groups that are not commonly used.

You will need to practice this routine a lot to become efficient and be able to draw the bow back 20-40 times in a few hours at a 3D tournament. Follow these steps to ensure proper drawing techniques.

1. In a smooth motion, draw the string along the bow arm in a straight horizontal line.
2. While drawing back the string, use your back muscles moving your shoulders blades toward one another.
3. Bring the string to the corner of your mouth (anchor point).
4. Stand straight up and relax.
5. Keep both shoulders as low as possible.



Did You Get It?

1. What muscles do you use when drawing your bow?
Using your back muscles move your shoulder blades toward one another.
2. Where is your anchor point for your string hand?
The corner of the mouth is the anchor point.
3. How should your shoulders be after full draw?
Keep both shoulders as low as possible.
- 4.
5. Why would you want to push or pull those you are leading?
To lead them to a common goal.
6. Discussion topic: Archers have to learn the art of the draw, the art of drawing the string. We all have to learn that art of the draw in life – how to lead others. What are some things we learn from Peter's advice to that church in the first century?
Answers may vary.



Sample How To's

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Sample How To's:

1. **Gold:** Discuss proper archery draw using pictures or video.
2. **Platinum:** Bring a bow and have the students practice drawing the bow (note: do not allow the students to dry fire the bow as this could lead to serious damage to the bow and/or injury to the student).
3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate proper drawing of the bow to the students (can be part of a comprehensive demonstration/ explanation).

LESSON # 6



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THE DRAW

“I appeal as a fellow elder...”

1 Peter 5:1a (KJV)

LIFE APPLICATION

Drawing the bow is basically pulling the string against the resistance of the pulleys and the curvature of the bow.

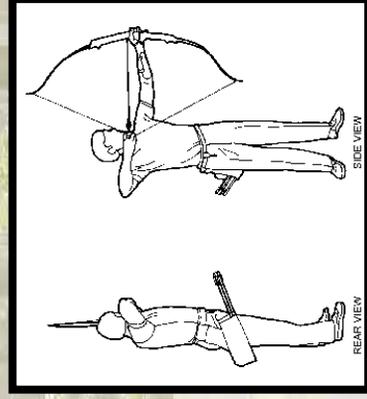
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“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” - John

Quincy Adams

LEARN IT!

For many archers this can be a challenge because it uses the arm muscles and a lot of force is required to move the bowstring. Because of the resistance when drawing the bow, many beginning archers fall out of their proper stance, grip as they set up to draw the bow. Just like everything else mentioned, drawing the bow is muscle memory, but it is also a workout for certain muscle groups that are not commonly used.



LESSON # 6

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3. Bring the string to the corner of your mouth (anchor point).
4. Stand straight up and relax.
5. Keep both shoulders as low as possible.

DID YOU GET IT?

1. What muscles do you use when drawing your bow?

2. Where is your anchor point for your string hand?

3. How should your shoulders be after full draw?

4. Why would you want to push or pull those you are leading?





Aiming

Lesson 7

“reaching forth unto those things which are before,”
Philippians 3:13b (KJV)

Life Application

To aim at something is to make that the goal of where you want to hit. In life you have many things you aim for like good grades, being the best athlete, finding a spouse, and getting a good job.

“Creativity requires the courage to let go of certainties.”
- Erich Fromm

People who are successful and leaders among their peers and industries have learned a very important principle about aiming. They have learned to “aim small”. This means they hone in on the exact spot of their goal and they figure out what it takes to hit that spot. What are some of your goals and how can you aim smaller on those goals and targets for your life?

Biblical Application

Philippians 3:12-14

¹² Not as though I had already attained, either were already perfect: but I follow after, if that I may apprehend that for which also I am apprehended of Christ Jesus.

¹³ Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before,

¹⁴ I press toward the mark for the prize of the high calling of God in Christ Jesus.

Abraham Lincoln once said, “Our reach is higher than our grasp. Therefore, aim high.” Well said! In Philippians 3 the Apostle Paul aims about as high as a Christian can. He admits in these words that he has “not yet taken hold of it,” by



which he means that he is not as far along in his Christian life as he would like to be. Who is? If Paul, in his final years in life had not yet attained it, then no one will. There is a lot of confusion about these things among Christian people. At a family reunion a lady once announced to her visiting relatives that she had not sinned in 20 years! A certain twelve-year-old boy among those visiting started to say, "I am sorry, but you just did!" But his perceptive mother stopped him short. On the other hand, some people have come to believe that living the Christian life is just not possible. It is too hard. Paul has it right here. We will never achieve perfection, but we have to keep reaching for the goal, and that goal is being as much like Jesus as we can be. Keep reaching, keep praying, keep serving the Lord, and you go farther than most. Just don't stop aiming high!

How To

When aiming at a 3D target or an animal you do not simply aim for the kill zone, but you shoot for the 10 ring which is the innermost and smallest part on the 3D target. This 10 ring is considered to be the ultimate death shot to an animal.

When you are looking at your 3D target, do not simply shoot at the target in the kill zone. Look through binoculars to find the 10 ring and determine what you need to hit the deadly 10 ring. If you aim for something big you will hit something big, but if you aim for something small you will hit small!

Follow these next few steps to learn how to aim small and increase your grouping and precision.

1. With the string pulled back, close your non-dominant eye and look at the target.
2. Look through the peep sight on your bowstring at the pins in your sight attached to your bow.
3. Pick the pin that matches the distance of the target and line that with the 10 ring of the target.
4. You are now aligning your vision through the peep sight onto the correct yardage pin, and then onto the 10 ring of the target.
5. This process should take between 3-6 seconds. Practice is the key to success.



Did You Get It?

1. Which eye do you leave open to aim?

You leave your dominant eye open.

2. What is the first thing you look through to start the aiming process?

You will look through the peep sight on your bowstring at your pins in your sight attached to your bow.

3. How long should the aiming process take?

The whole process should take between 3-6 seconds.

4. In hunting with a bow, you learn how to identify the target ring on your prey or on 3D targets. How do we keep aiming toward our target in the Christian experience?

Answers will vary.



Sample How To's

The **How To** section should be fun and exciting for each student. Make certain that all the necessary elements are available to properly teach this section. Make sure to reiterate SAFETY and the importance it has in our lives and in our sport. Their participation will have a significant impact on their overall experience of your group:

Sample How To's:

1. **Gold:** Discuss proper aiming of the bow using pictures or video.
2. **Platinum:** Bring in a bow and targets and have the students practice aiming.
3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate proper aiming technique (can be part of a comprehensive demonstration/ explanation).

LESSON # 7



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AIMING

“...reaching forth unto those things which are before,” *Philippians 3:13b (KJV)*

LIFE APPLICATION

To aim at something is to make that the goal of where you want to hit. In life you have many things you aim for like good grades, being the best athlete, finding a spouse, and getting a good job.

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People who are successful and leaders among their peers and industries have learned a very important principle about aiming. They have learned to “aim small.” This means they hone in on the exact spot of their goal and they figure out what it takes to hit that spot. What are some of your goals and how can you aim smaller on those goals and targets for your life?

LEARN IT!

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When you are looking at your 3D target, do not simply shoot at the target in the kill zone. Look through binoculars to find the 10 ring and determine what you need to hit the deadly 10 ring. If you aim for something big you will hit something big, but if you aim for something small you will hit small!

LESSON # 7

Follow these next few steps to learn how to aim small and increase your grouping and precision.

1. With the string pulled back, close your non-dominant eye and look at the target.
2. Look through the peep sight on your bowstring at the pins in your sight attached to your bow. If you do not have a peep sight you will look down the arrow shaft.
3. Pick the pin that matches the distance of the target and line that with the 10 ring of the target.
4. You are now aligning your vision down the arrow or through the peep sight onto the correct yardage pin, and then onto the 10 ring of the target.
5. This process should take between 3-6 seconds. Practice is the key to success.



DID YOU GET IT?

1. Which eye do you leave open to aim?
2. What is the first thing you look through to start the aiming process?
3. How long should the aiming process take?
4. How do we keep aiming toward our target in the Christian experience?





Release

Lesson 8

“For what is a man advantaged, if he gain the whole world...”
Luke 9:25a (KJV)

Life Application

Letting go of something is the same as sending it. When you send something you always have an intended destination for whatever you are letting go. When a great basketball player sends a shot to the basket they intend for it to go into the hoop to score the points. When an archer lets go of the string he or she is sending the arrow to the target.

“Creativity requires the courage to let go of certainties.”
- Erich Fromm

People let go of things all the time (words, actions, thoughts, etc.) that sometimes they wish they hadn't. What are some things in your life that you have done or said but now regret? An archer can never take back an arrow, so be 100% confident of where the arrow is being sent.

Biblical Application

Luke 9:23-25

²³ And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

²⁴ For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it.

²⁵ For what is a man advantaged, if he gain the whole world, and lose himself, or be cast away?



There comes that moment in bow hunting when you have to release the arrow. No release, no kill. In *The Lord of the Rings* there came the moment when Frodo had to leave the Fellowship of the Ring and set out to Mordor. He was frightened. He did not know how to get there, he knew the road was fraught with dangers, and he left behind all of those who could protect him. But he did it anyway because he had to. Jesus said that if you wish to save your life you must lose it. “Deny yourself and follow me.” What does that mean? It means that we have to release the control of our life to him, and let him set the course of our future. You don’t get to make your own plans or chart your own course. At least not in the big things. God has a plan for you and you have to tell him that, as he unfolds that to you, that you will follow that plan, even if it means that you will go in a direction you had not originally wanted to. You have to die to yourself in order to live for the Lord. That does not mean life will be a dreary and ugly thing. Jesus’ disciples did as he asked (all but one of them), and when you read their story in the Book of Acts, it was anything but dull! They took a new course. Some had been fishermen; now they became evangelists and missionaries. It is not God’s will for everyone to be a preacher, of course, but it is important for all of us to find out just what God’s will is, and do it. In 1955 a college student named Jim Elliot wrote in his diary, “He is no fool who gives what he cannot keep to gain what he cannot lose.” A year later, while serving as a missionary in South America, he and four missionary friends were killed by hostile natives that they were trying to reach with the gospel. Jim could not keep his life, but as a result, thousands of those natives became Christians in the next few years.

How To

The moment you have been waiting for: the release! You have spent a lot of time practicing and thinking about the steps. The moment has come to release the arrow. Most think this is the easy part, but this is the time that if an archer is not aware and conscious of all the other steps, then the whole process will have been for nothing.



To release the string is usually the smallest movement in the whole process, but everything rides upon this one step. Follow these steps to ensure you will hit the target.

1. While holding the string back and properly aiming, pull your shoulder blades together while relaxing the shooting hand.
2. Place your trigger finger on the release trigger.
3. Relax your bow hand.
4. Breathe in through your nose.
5. Exhale through your nose slowly.
6. While exhaling through your nose, press the trigger of your release.
7. Watch your arrow all the way to and through your target.

Did You Get It?

1. How do you relax your shooting hand?
While relaxing your shoulder blades.
2. Should you breathe in through your mouth or nose?
Through your nose.
3. How should you exhale?
Slowly through your nose.
4. You have to release the arrow in order to achieve your goal of making the shot. Christian people also have to release control of their lives to the Lord. What are some ways they can do that?
Answers will vary.



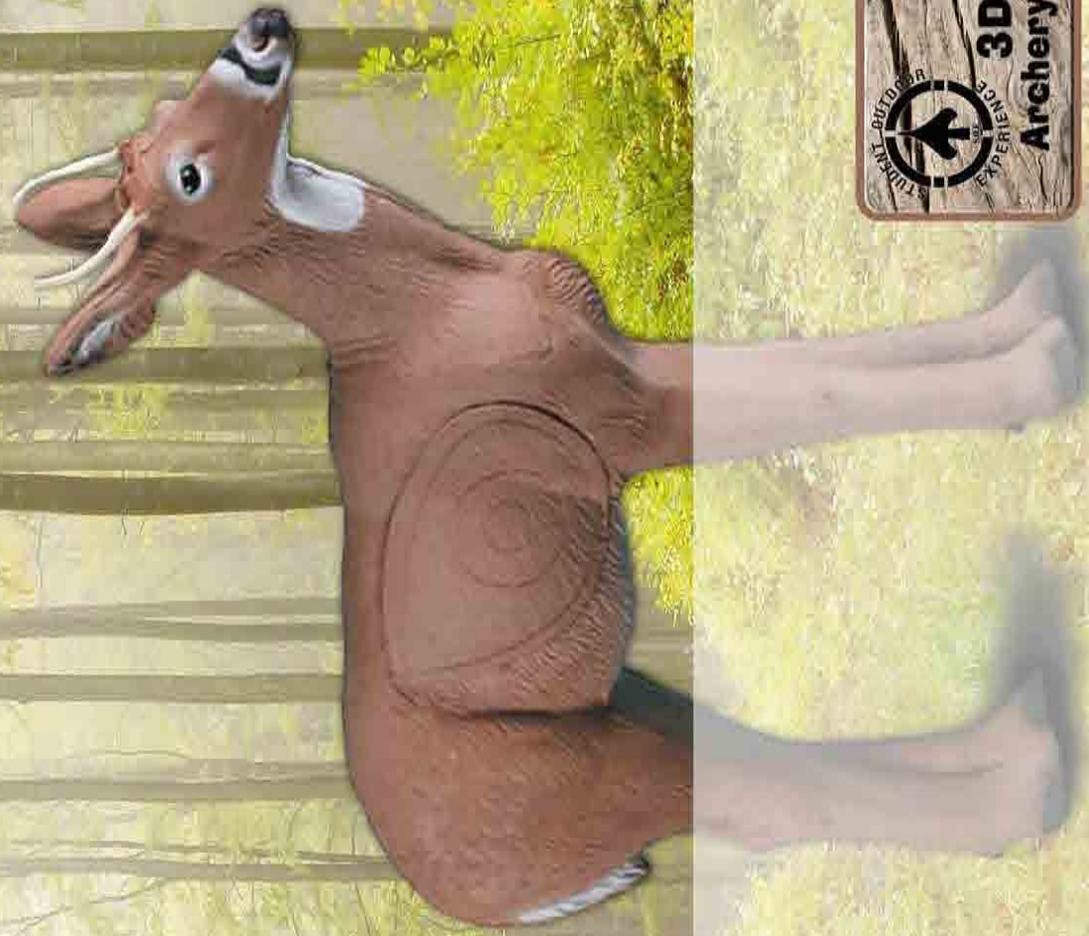
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Sample How To's:

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2. **Platinum:** Bring in a bow and targets and have the students practice shooting at targets working on their release.
3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate proper anchoring technique (can be part of a comprehensive demonstration/ explanation).

LESSON # 8



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RELEASE

“For what is a man advantaged, if he gain the whole world...” Luke 9:25a (KJV)

LIFE APPLICATION

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“Creativity requires the courage to let go of certainties.”

-Erich Fromm

People let go of things all the time (words, actions, thoughts, etc.) that sometimes they wish they hadn't. What are some things in your life that you have done or said but now regret? An archer can never take back an arrow, so be 100% confident of where the arrow is being sent.

LEARN IT!

The moment you have been waiting for: the release! You have spent a lot of time practicing and thinking about the steps. The moment has come to release the arrow. Most think this is the easy part, but this is the time that if an archer is not aware and conscious of all the other steps, then the whole process will have been for nothing.

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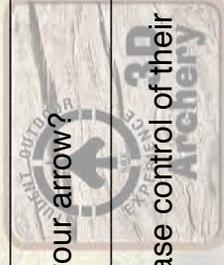
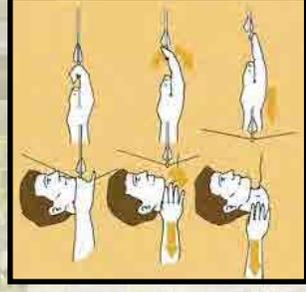
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1. While holding the string back and properly aiming, pull your shoulder blades together while relaxing the shooting hand.
2. Place your trigger finger on the release trigger (if using a release.)
3. Relax your bow hand.
4. Breathe in through your nose.
5. Exhale through your nose slowly.
6. While exhaling through your nose, press the trigger of your release or roll the string off your fingers if you are using your hand.
7. Watch your arrow all the way to and through your target.



DID YOU GET IT?

1. How is relaxation given to you shooting hand?
2. Should you breathe in through your mouth or nose?
3. How should you exhale?
4. What should you do after the release of your arrow?
5. What are some ways Christians can release control of their lives?





Follow Through

Lesson 9

“And he began to teach them....” Mark 8:31a (KJV)

Life Application

Doing something well means figuring out the principle of perseverance. Perseverance means to keep going no matter what happens. Most successful athletes and business leaders never stop moving toward their goal. They keep going because science teaches us that it is easier to keep moving than to start moving.

“You must know in your heart before anyone else does what is going to be good and then follow through.” - Bill Budge

People who train to do something and do not keep working at it will never be successful because they do not persevere. What are some things in your life that you have stopped or quit and later wished you had continued? Train yourself now about the importance of seeing through something till the end!

Biblical Application

Mark 8:31-34

³¹ And he began to teach them, that the Son of man must suffer many things, and be rejected of the elders, and of the chief priests, and scribes, and be killed, and after three days rise again.

³² And he spake that saying openly. And Peter took him, and began to rebuke him.

³³ But when he had turned about and looked on his disciples, he rebuked Peter, saying, Get thee behind me, Satan: for thou savourest not the things that be of God, but the things that be of men.

³⁴ And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me.



Imagine being Jesus! Or just imagine being around him. Suppose you could have Bill and Ted's excellent adventure and go back in time to Galilee in Jesus' day—to this day when he spoke these words. Here is this guy, and for the three years before he said these words he did and said amazing things. And he had been telling his friends all along that he actually came down from heaven to do these things. Healing sick people, raising dead people, teaching amazing new truths—his life had been amazing up to that point. Who would want it to change? After all, he was only in his early thirties; many people in his day lived into their seventies. Imagine how many more stories would be written in the Gospels if he had continued his work for another thirty years or so? But in this text, he reveals to his disciples, for the first time, that this was not the plan. And he told them that had never been the plan. The plan was for him to do those things, and then present himself to the authorities in Jerusalem in such a way that they would come to believe that they had to get rid of him, and that they would do just that. When Jesus spoke these words they were in fact on a long journey that would take them to Jerusalem just a few weeks away. Peter was so upset that he told Jesus, in essence, "You don't know what you are talking about. We got a good thing going here. It can't come to an end like that!" Jesus knew, that as important as everything else had been, that this was the endgame for him, and that he had to follow through with that plan, difficult as it might be. We have to follow through as well. When the game is over, you have to take a shower and put your stuff in your locker. You don't just run to your parents' car and wave at your coach. When the mission trip is over, we have to keep in touch with the people we served for that week. Follow through is important.

How To

In the game of golf the follow through is the most important part of the swing. It controls the spin, loft, trajectory and power. Just like the golfer, the entire body of an archer shooting at a target is in motion, and it needs a way to collectively come back together without haltering or impeding the flight of the arrow.



The archer needs to follow through after the release of the arrow to have consistent shots. Follow these next steps to help hone your follow through and get the maximum benefit of each shot.

1. Your relaxed bow hand will let the bow drop.
2. You will feel the tug of the bow sling on your rest letting you know the bow is caught and secure.
3. Try to keep your head, bow arm, and body in the same position as you aim.
4. Do not move until you see the arrow hit the target.

Did You Get It?

1. A bowman has to finish his shot with a consistent follow through. Jesus had a follow through that was painful and hard, even for him. Why is important to follow through in the experiences we have in life? What are some of those follow-throughs?

Answers will vary.

2. What should you do with your head after the release of the arrow?

Keep it still, in the same position as when shooting.

3. When can you move?

Once you see the arrow hit the target you can move.

4. What does it mean to have pressures?

To keep going no matter what happens or how hard it gets.



Sample How To's

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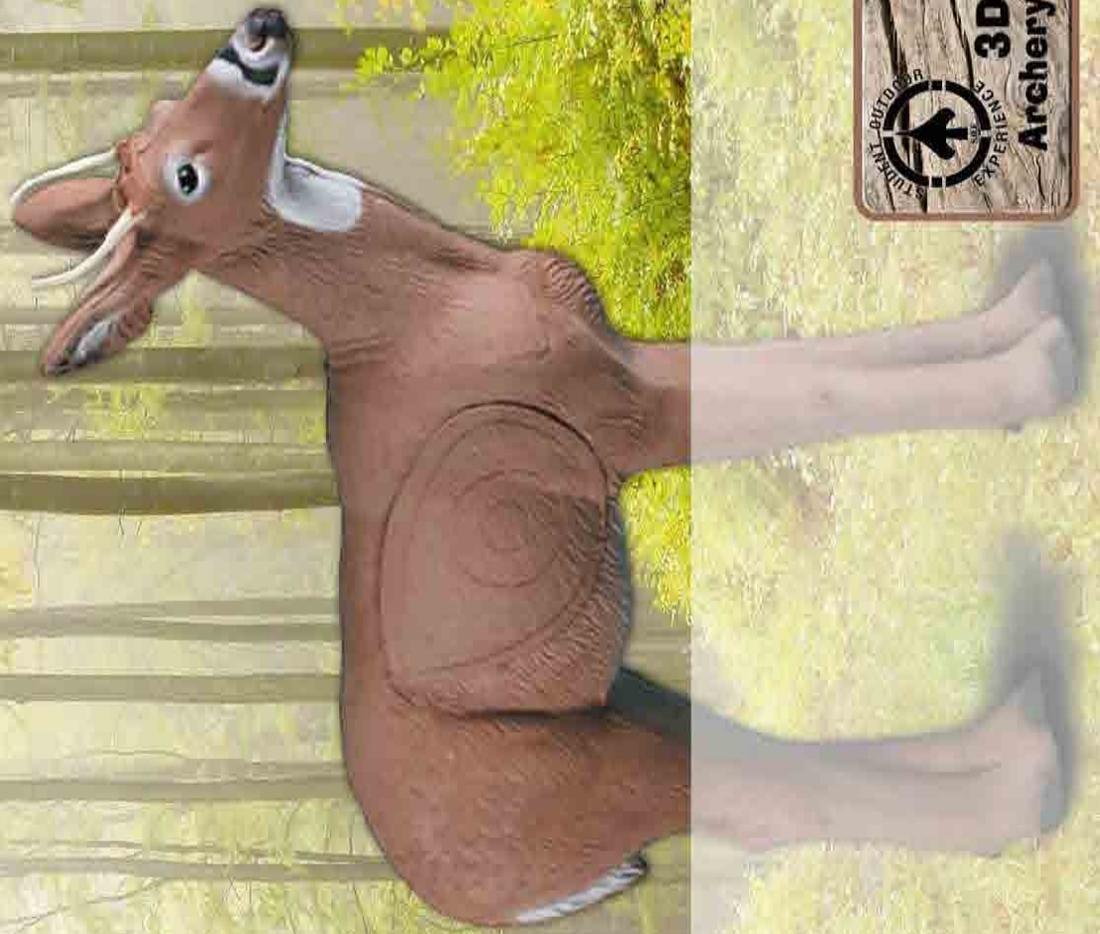
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LESSON # 9



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FOLLOW THROUGH

“And he began to teach them...”

Mark 8:31a (KJV)

LIFE APPLICATION

Doing something well means figuring out the principle of perseverance. Perseverance means to keep going no matter what happens. Most successful athletes and business leaders never stop moving toward their goal. They keep going because science teaches us that it is easier to keep moving than to start moving.

“You must know in your heart before anyone else does what is going to be good and then follow through.” - Bill Budge

People who train to do something and do not keep working at it will never be successful because they do not persevere. What are some things in your life that you have stopped or quit and later wished you had continued? Train yourself now about the importance of seeing through something till the end!

LEARN IT!

In the game of golf the follow through is the most important part of the swing. It controls the spin, loft, trajectory and power. Just like the golfer, the entire body of an archer shooting at a target is in motion, and it needs a way to collectively come back together without haltering or impeding the flight of the arrow.

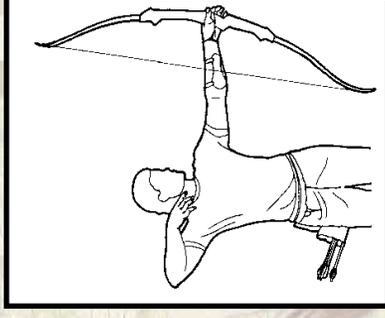


LESSON # 9

The archer needs to follow through after the release of the arrow to have consistent shots.

Follow these next steps to help hone your follow through and get the maximum benefit of each shot.

1. Your relaxed bow hand will let the bow drop.
2. You will feel the tug of the bow sling on your rest letting you know the bow is caught and secure.
3. Try to keep your head, bow arm, and body in the same position as you aim.
4. Do not move until you see the arrow hit the target.



DID YOU GET IT?

1. Why is it important to follow through in the experiences we have in life?

2. What should you do with your head after the release of the arrow?

3. When can you move?

4. What does it mean to have pressures?





Review and Competition

Lesson 10 (KJV)

“For as the body is one, and hath many members...”

1 Corinthians 12:12

Life Application

As typical humans, we tend to like those who are similar to ourselves. Look around your school and you will see this in a very visible way. The football team sits together, the band players sit together and so on. We all prefer certain people around us and mostly they are people that are just like us. If you really want to become a better person and a better leader you will start hanging around those who are different than you. Make them feel comfortable when you are with them. We like those around us, who are like us, because we do not want to be questioned or pressured for anything. We want to be comfortable.

“A man who wants to lead the orchestra must turn his back on the crowd.”

- Max Lucado

True leaders surround themselves with friends, but also with those who do not look like them, think them, or even like the same things as they do. When you have to start giving reasons why you do certain things, then you will start to learn who you truly are and allowing others to see who you really are, too.

Biblical Application

1 Corinthians 12:12-19

¹² For as the body is one, and hath many members, and all the members of that one body, being many, are one body: so also is Christ.

¹³ For by one Spirit are we all baptized into one body, whether we be Jews or Gentiles, whether we be bond or free; and have been all made to drink into one Spirit.

¹⁴ For the body is not one member, but many.



¹⁵ If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body?

¹⁶ And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body?

¹⁷ If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smelling?

¹⁸ But now hath God set the members every one of them in the body, as it hath pleased him.

¹⁹ And if they were all one member, where were the body?

Competition is a part of life. Most people love competition, which is why so much money is spent on sports. We have sports channels, sports commentators, and we have lots of sports at every level of life. General George Patton once said, “Americans play to win all the time.” There is nothing wrong with that, but it must also be tempered by our willingness to learn from others and to pass our knowledge and experience on to them. You can learn a lot from others in handling your archery equipment. The Apostle Paul wrote a letter to a church that had a competitive spirit. The problem is that they were not competitive with each other in sports, but in who had the most influence in the church. That is not wholesome! So he wrote these words. In them he states that a congregation is like a body. Each person in the congregation is like a different part of the body—a hand, an eye, a foot, a leg, an ear, and so on. Some may feel like they are one of the internal organs, and sometimes we may think of one guy at the church who must be the backside! But each one is important and serves a function, just as every part of our body does. A congregation is more like a family than it is like a business; it is more like a body than it is like a bunch of people who just happen to work in the same building. Because of that, we ought to help one another and bless one another. You might get up and let an elderly couple have your seat in the church building if that would help them. Take advantage of church “work days,” and go clean someone’s gutters. After all, if they are in your church, they are part of you.



How To

Reviewing all the content of these lessons on 3D archery will not only make sure that you understand these basic principles, but it sets up an atmosphere that you can interact with other students in the room to show them that you have mastered these basics of 3D archery.

Follow these steps showing others that you have understood the 3D archery tips.

1. Why is it important to add cooperation to our competition in our church life? What are some bad forms of competition?
2. Go over the parts of the bow and compare other bows. (Different peeps, sights, releases, etc.)
3. Try setting up or finding some other terrain; then, practice shooting from different terrains, slopes and shot structures.
4. Have some shooting competitions, counting off for improper technique and form.
5. Final competition to see who knows the most about all the 3D archery facts.

Did You Get It?

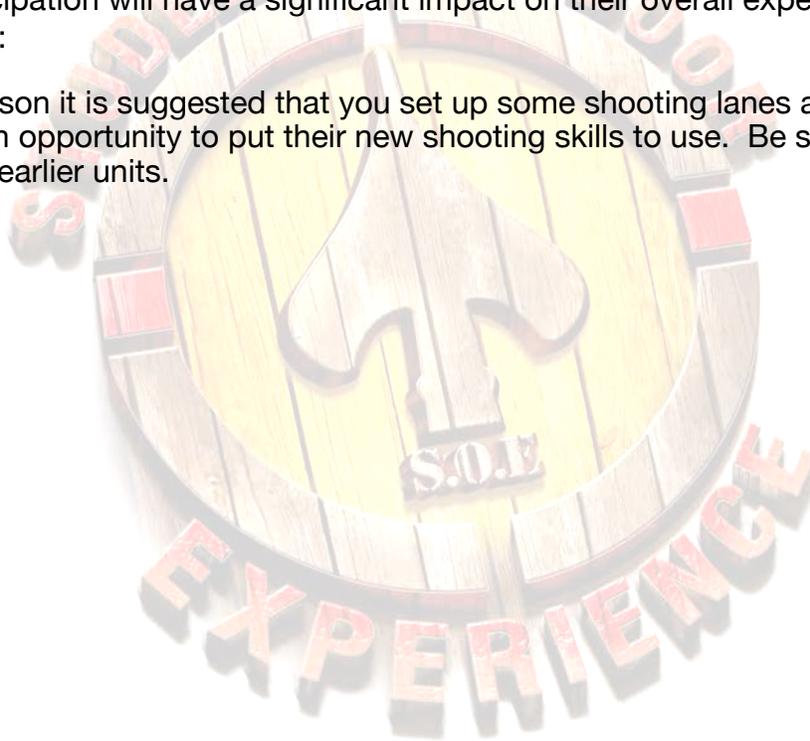
1. Who are some students at your school who do not look, think or talk like you?
Answers will vary.
2. What are some local places that you could practice your target archery?
Answers will vary.
3. Do you have any more questions about target archery?
Answers will vary.



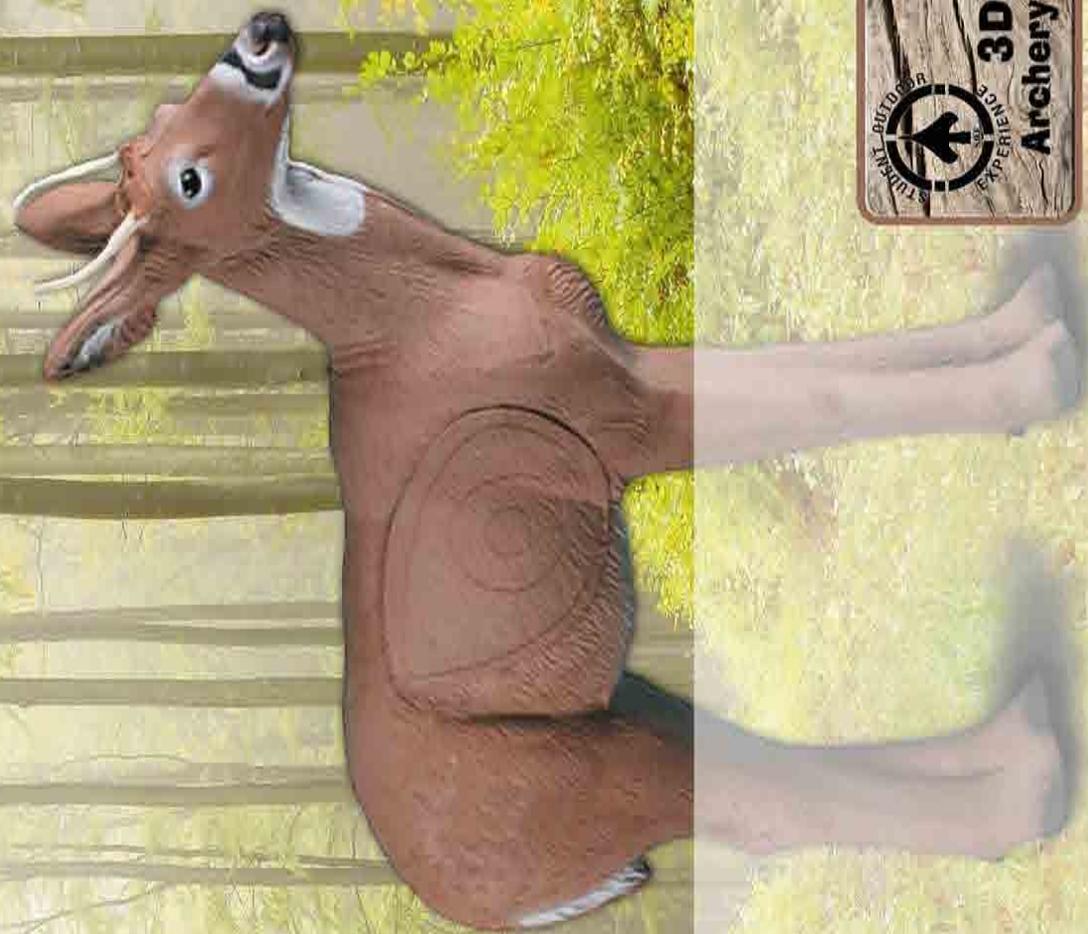
Sample How To's

The **How To** section should be fun and exciting for each student. Make certain that all the necessary elements are available to properly teach this section. Make sure to reiterate SAFETY and the importance it has in our lives and in our sport. Their participation will have a significant impact on their overall experience of your group:

For this lesson it is suggested that you set up some shooting lanes and give the students an opportunity to put their new shooting skills to use. Be sure to review the earlier units.



LESSON # 10



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REVIEW & COMPETITION

“For as the body is one, and hath many members.”
- 1 Corinthians 12:20 (KJV)

LIFE APPLICATION

As typical humans, we tend to like those who are similar to ourselves. Look around your school and you will see this in a very visible way. The football team sits together, the band players sit together and so on. We all prefer certain people around us and mostly they are people that are just like us. If you really want to become a better person and a better leader you will start hanging around those who are different than you. Make them feel comfortable when you are with them. We like those around us, who are like us, because we do not want to be questioned or pressured for anything. We want to be comfortable.

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LEARN IT!

Reviewing all the content of these lessons on 3D archery will not only make sure that you understand these basic principles, but it sets up an atmosphere that you can interact with other students in the room to show them that you have mastered these basics of 3D archery.

LESSON # 10

Follow these steps showing others that you have understood the 3D archery tips.

1. Look at one another's stances, grips, and set-ups to discuss technique and make sure of proper form.
2. Go over the parts of the bow and compare other bows. (Different peeps, sights, releases, etc.)
3. Try setting up or finding some other terrain; then, practice shooting from different terrains, slopes and shot structures.
4. Have some shooting competitions, counting off for improper technique and form.
5. Final competition to see who knows the most about all the 3D archery facts.

DID YOU GET IT?

1. Why is it important to add cooperation to our competition in our church life? What are some bad forms of competition?
2. What are some local places that would be good hunting grounds?
3. Do you have any more questions about 3D archery?
4. What happens when we become uncomfortable as leaders?





The Big Love *Salvation Lesson*

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Life Application

Sometimes something very small makes all the difference in the world for something very big. Think about the rudder of a ship or a boat. In comparison to the size of the ship, the rudder is tiny. Yet, without the rudder the ship would just go around in circles and never get you anywhere. So, think about the verse of Scripture that we just read. It is the most famous verse in the Bible. At NFL football games people sitting behind the goal posts raise up banners with “John 3:16” on them when a team tries for a field goal or extra point. Even people who have never gone to church know this verse, and they all think they understand it, and I am sure they do, in part. But really, the verse is attempting to tell us, with crystal clarity, one thing: that God’s love is BIG LOVE! You know how I know? Because of the smallest word in the verse. The key to really understanding this amazing statement is the little word “so.” “God so loved . . . that.” It is telling us that God’s love is Big Love, and it brings the truth of that out in three simple ways.

How To

First, God’s love is so big that he loved “the world.” Now this does not mean that God loved the planet earth. If you read the Gospel of John you will find that John uses the word “world” to mean the world in darkness, the world in rebellion against God—people in rebellion against God. If you glance back at the first chapter of the Gospel, it says the Jesus was in the world, but the world did not know him because it was all in spiritual darkness. Do you know how big God’s love is? It is so big that he loves people who want nothing to do with him. He loves people who hate him, or who are indifferent toward him. That is amazing!



Second, God's love is so big that he gave his only Son to die for that world. Fathers love their children and would do anything to protect them. God did not protect his Son, but sent him to die for our sins, because that is the only way we can be saved. Jesus came and took our sins on himself and suffered cruel torture and death so that we could be saved and have our lives changed.

Third, God's love is so big that it saves us from the most terrible thing that could ever happen to us. That is what John means here when he says, "shall not perish." "Perishing," here means one major thing: so that we will not die one day and spend eternity separated from God. A famous Christian named Augustine wrote a book in 397 AD in which you will find this prayer: "Lord, you made us for yourself, and our hearts are restless till they rest in you." The Bible is clear that there are only two options after death: heaven or hell. God's love is so big that he wants everyone to be in heaven, and not hell. And remember, that includes the "world," people who do not like the God of the Bible. And it includes the fact that the only way to get them to heaven is through letting his only Son be killed for us.

Did You Get It?

1. How does God demonstrate His love toward us? God's love is so big that he gave his only Son to die for a corrupt and sinful world.
2. How can we experience God's love? Tucked away in this verse is the one truth that will get you connected to God's Big Love: Believe in Jesus! Trust in him to be your Savior. Then you can bask in the warm glow of God's love for life and eternity.
3. What now? You can simply pray and ask God to forgive you and become the Lord and Savior of your Life.

Close this session and get ready to hand out your Certificate of Achievement to the students.

*****Please follow up with anyone that indicates that they accepted Christ and insure they understand the decision they have made and their next steps as a follower of Christ.**

CERTIFICATE of ACHIEVEMENT



This certifies that



*This certificate has been awarded for the completion of all steps
contained within the Student Outdoor Experience 3D Archery
requirements to include all safety and how-to sections.*

DATE

SOE LEADER