



Range Set-Up

Target Archery – Lesson 1

“yet I prefer to appeal to you on the basis of love....” Philemon 9a (NIV)

Life Application

Making sure the range is set up properly is a crucial first step to target archery. Simply put, setting up the range means having the target and shooting lane free of obstructions and in the correct position.

“Character is the ability to carry out a good resolution long after the excitement of the moment has passed.” - Cavett Roberts

Having the proper set up and precautions make archery a safe and enjoyable sport. Just as in leadership, it is well worth the time of set-up and planning before you begin any new adventure. With proper precautions, a leader can confidently and accurately hit the mark every time!

Biblical Application

Philemon, verses 8-21

Therefore, although in Christ I could be bold and order you to do what you ought to do, yet I prefer to appeal to you on the basis of love. It is as none other than Paul—an old man and now also a prisoner of Christ Jesus— that I appeal to you for my son Onesimus, who became my son while I was in chains. Formerly he was useless to you, but now he has become useful both to you and to me.

I am sending him—who is my very heart—back to you. I would have liked to keep him with me so that he could take your place in helping me while I am in chains for the gospel. But I did not want to do anything without your consent, so that any favor you do would not seem forced but would be voluntary. Perhaps the reason he was separated from you for a little while was that you might have him back forever— no longer as a slave, but better than a slave, as a dear brother. He is very dear to me but even dearer to you, both as a fellow man and as a brother in the Lord.



So if you consider me a partner, welcome him as you would welcome me. If he has done you any wrong or owes you anything, charge it to me. I, Paul, am writing this with my own hand. I will pay it back—not to mention that you owe me your very self. I do wish, brother, that I may have some benefit from you in the Lord; refresh my heart in Christ. Confident of your obedience, I write to you, knowing that you will do even more than I ask.

Philemon is one of those rare, 1 chapter books in the Bible. It is a short letter, but it has had a huge impact on Western Civilization, which we will discuss in a minute. Philemon was a friend of Paul's who owned slaves, a very common practice in the Roman world of that time. One of his slaves, Onesimus, had escaped and ran away to Rome, where he met, of all people, the Apostle Paul, who was in prison at the time. Paul told him about Jesus, and Onesimus became a Christian. Onesimus knew that he had done wrong in running away (that was illegal) and decided to return to his master, Philemon. So, Paul wrote this short letter and sent it to Philemon in the hands of Onesimus. In the heart-warming little note Paul encourages Philemon to welcome his slave back, and, rather than punishing him, to extend open arms to his new brother in Christ. "Welcome him back as you would welcome me. If he has done you any wrong or owes you anything, charge it to me," Paul writes. This tender little letter shows the kind of care that we should extend to all around us. We ought to be concerned for their safety and wellbeing. We will talk about that safety concern when it comes to target shooting, but think of some other areas. If you are a teenager and you drive people around in your car, make sure the tires are sound and that it is clean so that no mishaps might happen. If you are working with children, be sure to keep them all together and do everything you can to minimize the possibility of injury. Being a good steward means that we are concerned for what might be considered the "little things" in our environment. Oh, and the impact of this letter? This letter has done more than any part of the Bible in ending the practice of slavery in the world. Why? Because if a man is your "brother" (verse 16), how can he any longer be your slave?



How To

Proper range set up and safety considerations are an important part of any shooting activity. Keep in mind that safety measures are not just for shooters but for onlookers, too. Similarly, a leader not only looks after themselves, but for the welfare of those around them. With proper attention to safety, archery can be fun for you *and* for those around you.

Here are some rules to help with range set-up and safety.

1. The range and safety zone must be clearly marked using ropes, poles, signs, tapes, etc.
2. There needs to be a safety zone behind and to the sides of the shooting line and targets. It must be free of people, traffic and other hazards.
3. The distance of the safety zone behind the targets may be reduced if there is a hill, permanent backstop, archery netting, etc., that will stop stray arrows.
4. The shooting line should be clearly marked. It must not present a tripping hazard.
5. So that no archer unduly endangers another by shooting from behind, all archers need to line up the same way, either all toeing the shooting line or all straddling it.
6. Each archer should have a minimum space of three feet on the line. The recommended space is four feet.
7. While shooting, all spectators should remain outside the marked safety zones and at least ten feet behind the shooting line.



Did You Get It?

When a leader sets up an archery range, one of his key concerns has to be the safety of the environment and the protection of the participants and observers. This spills over into other arenas. How can you demonstrate your consideration of the safety of others in ministry and other areas of life?

1. Where are the safety zones located on the range?

Safety zones are behind and to the sides of each archery lane.

2. How will the archers line up?

All facing the same way, either all toeing the shooting line or all straddling it.

3. How much space should an archer have at the line?

Each archer should have at least three feet of space on the line with the recommended spacing being at least four feet.

4. Where should all spectators be during an event?

All spectators should remain outside the marked safety zones and at least ten feet to the rear of the shooting line.



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 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 come and talk to the class about the importance proper stance in archery.

LESSON #1



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RANGE SET-UP

LESSON # 1

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Philemon 9a (NIV)

LIFE APPLICATION

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LEARN IT!

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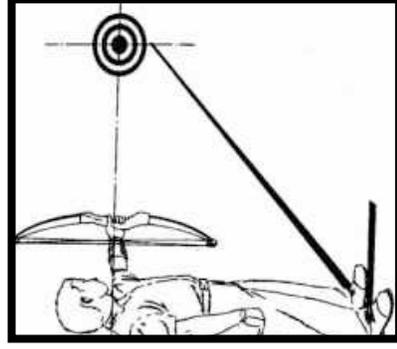
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7. While shooting, all spectators should remain outside the marked safety zones and at least ten feet behind the shooting line.

DID YOU GET IT?

1. Where are the safety zones located on the range?
2. How will the archers line up?
3. How much space should an archer have at the line?
4. Where should all spectators be during an event?





Dominant Eye

Target Archery – Lesson 2

“The eye is the lamp of the body...” Matthew 6:22 (NIV)

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 a good and bad archer. As you move through life, what is the vision you have for your future? It has been said that:

“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 will take in order to hit the mark as you stay on target for life?

Biblical Application

Matthew 6:22

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.

Ever notice how we sometimes use the word “eye” in a symbolic or metaphorical way? If someone is in love we might say that she is “moon-eyed.” If a person has a distorted view of reality we might say he is “cock-eyed.” If that guy is kind of mean we would call him “evil-eyed.” The Bible does the same thing, especially in Proverbs. And Jesus does it here, though most translations don’t quite capture the sense of it. Literally, the phrase is, “If your eye is single, your whole body will be full of light.” Of course, many readers might not know what a “single” eye is, so Bible translators interpret that. In the next verse Jesus warns against having an “evil eye,” and in the next verses he tells people not to have two masters. In other words, Jesus says that we are to have a single-eyed devotion to the Lord, and not to let our allegiance to him to be swayed by other things in life. You cannot serve two masters. In Jesus’ day many people had slaves, and a slave



works for only one master. There is an old song that says, “Turn your eyes upon Jesus, look full in his wonderful face, and the things of earth will grow strangely dim, in the light of his glory and grace.”

How To

How to Determine Your Dominant Eye for Archery

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?

The determination of your dominant eye plays such an incredible role in your form and accuracy as an archer. The same can be said when it comes to your character and leadership traits. How you see and view decisions in your life will determine your accuracy as a leader and conservationist.

1. Why is it important to determine your dominant eye? It allows you to understand what hand you should use to hold your bow. This simple step sets you up to become a successful archer. An archer has to find out which of his or her eyes is dominant and then to sight through that eye when aiming at the target. If you aim through both eyes you will miss the target.
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 our 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

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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 #2



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DOMINANT EYE

"The eye is the lamp of the body."

Matthew 6:22a (NIV)

LIFE APPLICATION

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

LEARN IT!

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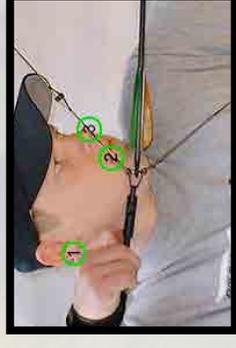
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LESSON # 2

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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 the dominant eye?
3. What hand should you hold the bow with if you are right eye dominant?
4. How should your shoulders be after full draw





Equipment

Target Archery – Lesson 3

“Watch me,” he told them. “Follow my lead....” Judges 7:17a (NIV)

Life Application

Equipment is very important for any person. Equipment can be anything that a person uses to get a job done. Sometimes people can even be the equipment because it may take their personal expertise to get a certain job or task done. The important thing to remember is that leaders recognize that people are more and will treat them as something more than a piece of equipment.

Good leadership consists of showing average people how to do the work of superior people.” - John D. Rockefeller

Every business owner depends on equipment to keep working and producing so that the business can keep operating. Businesses have specialized people to check on the equipment, repair or replace parts if needed. The same applies in archery. Every time you get out a bow, you need to look over the entire bow and its pieces to make sure it is ready to be fired down range.

Biblical Application

Judges 7:16-22

Dividing the three hundred men into three companies, he placed trumpets and empty jars in the hands of all of them, with torches inside.

“Watch me,” he told them. “Follow my lead. When I get to the edge of the camp, do exactly as I do. When I and all who are with me blow our trumpets, then from all around the camp blow yours and shout, ‘For the Lord and for Gideon.’”

Gideon and the hundred men with him reached the edge of the camp at the beginning of the middle watch, just after they had changed the guard. They blew their trumpets and broke the jars that were in their hands. The three companies blew the trumpets and smashed the jars. Grasping the torches in their left hands and holding in their right hands the trumpets they were to blow, they shouted, “A sword for the Lord and for Gideon!” While each man held his position around the camp, all the Midianites ran, crying out as they fled.



When the three hundred trumpets sounded, the Lord caused the men throughout the camp to turn on each other with their swords. The army fled to Beth Shittah toward Zererah as far as the border of Abel Meholah near Tabbath.

Having the right equipment can make all the difference. Here is an almost funny story in the Bible. The foreign Midianites had conquered the nation of Israel, and they took much of the crops the Israelites harvested, leaving Israel in a bad way. Then God raised up this “judge” (soldier-leader) named Gideon, to rescue them. Thousands of Israelites volunteered for the fight. But God wanted to show that he could enable them to win with a much smaller army, because he is, after all, God. So Gideon whittled the army down to three hundred men. The Midianite army was as many men as “sand on the seashore” (verse 12), which is something of an exaggeration, but it was a lot of men, probably twenty or thirty times the size of Gideon’s little force and perhaps many more than that. Gideon gave his three hundred men trumpets, torches, and jars. (They all had swords.) The lit torches were hidden inside the jars so that Midian would not see the approaching Israelites. Then when Gideon got right up to the enemy camp, arriving while there was a changing of the guard, his men blew their trumpets and smashed the jars, holding the torches in the air. Three hundred seemed like thirty thousand—and they were right on them with no warning. The Midianite soldiers thought they were doomed, and rose from their beds to flee back to their homes. Three hundred Israelites pursued the terrified foes, who did not even bother to grab their swords. They killed many, including two of Midian’s generals, and drove the enemy out of Israel for many years. The key, humanly speaking, was the plan, the trumpets, and the torches inside the jars. Their stealth, and the power of God, won the day for them. Always have the right equipment for athletics, war, or life.



How To

In any sport or hobby, you are only as good as your equipment. Like everything else, archery requires the participant to know the parts of the bow and the several different styles of bows. The archer should know his or her equipment and evaluate its condition so it remains in good condition.

There are four main bows that are used in target archery.

1. Self Bow = a bow made from one piece of wood or other material.
2. Long Bow = a bow made from one piece of wood that is usually over five feet long.
3. Recurve bow = a bow with the tips curving away from the archer.
4. Compound bow = a bow with mechanical aids to help with drawing the bowstring.

There are several parts to a bow, which transcends the type of bow that you are referring to.

Arrow rest - Where the arrow rests during draw.

Back (of bow) - The face of the bow on the opposite side to the string

Belly (of bow) - The face of the bow on the same side as the string

Grip - The part of the bow held by the bow hand

Limbs - The upper and lower working parts of the bow

Nocking point - The place on the bowstring where the nock of an arrow is fitted

String - The cord that attaches to both limb tips



Did You Get It?

Just like understanding your bow and its many parts gives you confidence in your shooting ability, understanding the people around you will help you to perform better and help you to rely on those that are friends. You cannot do everything yourself; you must rely on others to help you through life. Start to get to know those who are always around you.

For the archer, the right equipment is the key to a day of enjoyable shooting, as well as the possibility of doing well in competition. What would be some key equipment elements in being able to live our spiritual lives?

1. What are the 4 types of bows, mainly used in target archery?
Self, Recurve, Long and Compound Bows.
2. What parts of the bow are its working parts?
The upper and lower limbs are the working arts of the bow.
3. What is your favorite type of bow? Why?
Answers will vary.



Sample How To's

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Sample How To's:

1. **Gold:** Discuss proper archery shooting equipment using pictures and/or video.
2. **Platinum:** Bring in examples of different equipment for the students to experience.
3. **Titanium:** Invite an archery instructor or seasoned archer to talk to the class about the importance of proper equipment in archery. (Can be a part of a comprehensive archery demonstration.)

LESSON #3



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EQUIPMENT

LESSON # 3

“Watch me,” he told them. “Follow my lead...”
Judges 7:17a (NIV)

LIFE APPLICATION

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DID YOU GET IT?

1. What are the four types of bows, mainly used in target archery?

2. What parts of the bow are its working parts?

3. What is your favorite type of bow?

4. How should you treat those you lead?





Stance

Target Archery – Lesson 4

“Do not be afraid. Stand firm...” Exodus 14:13a (NIV)

Life Application

When it comes to the fundamentals of archery, there's no way around it...stance is king. Without the proper stance, it is nearly impossible to consistently achieve accuracy with a bow. The same is true in life. Without a firm foundation of core values, success will always be an accident. As the saying goes “if you stand for nothing, you'll fall for anything.”

“I've got big shoes to fill. This is my chance to do something. I have to seize the moment.” -Andrew Jackson

In life, you will encounter many situations which will demand that you take a stance. Sometimes these decisions will be easy. At other times taking a principled stand can be very difficult and costly. Take a moment to consider this: what are the core values that you want your life to be built upon? Are you willing to take a stand for these values even if it proves difficult or costly?

Biblical Application

Exodus 14:13-14

Moses answered the people, “Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still.”



There is an old English proverb that says, “A hero is a man who is afraid to run away.” I like that. Some times the least likely person turns out to be the hero—the one who stands. Alvin York was raised in a very poor family and as a grown man was a member of a church that did not believe in war or fighting of any kind. When America entered World War I in 1917, York tried to avoid the war by claiming to oppose fighting on religious grounds. His claim was rejected. In one battle in 1918 his men were pinned down by over thirty German machine guns, and would likely all have been killed or wounded. But York ran at the machine guns, shooting the Germans with his rifle as he ran. When they were all taken out, six enemy soldiers with bayonets charged him. He shot all six with his pistol, and so saved his men. When the fighting was over, he and his seven men marched 132 German prisoners back to where the main army was waiting. York won the Medal of Honor and went on to win more medals than any other American in that war. An unlikely hero, indeed! In Exodus 14 the Israelites had just fled from slavery in Egypt toward the Red Sea. Arriving at the beach, they heard the sound of the Egyptian chariots and horses pursuing them. They had no swords and no training in battle. Their best hope? Run! Suddenly Moses stood before them and spoke these words. “Stand firm and you will see the deliverance the Lord will bring you today.” And, of course they did. God opened up the sea and they walked across on dry land, while the Egyptians were destroyed by the collapsing water. Running is often a temptation. People tease us (or worse) because we are Christians. What do we do? Stand on our faith. People criticize the things we believe in and say unkind things about Jesus or the church. What do we do? Stand on our beliefs. In the end, more people will respect you than reject you for standing strong for your faith.



How To

In archery, having the proper stance is vital. It is much more than simply standing and shooting a bow, assuming the correct stance allows your entire body and your equipment to work together seamlessly. The result: consistent accuracy.

Do you want to achieve accuracy with a bow and arrow? Follow these steps to get your body and equipment aligned and working together.

1. Draw an imaginary straight line from your target to you.
2. If you are right eye dominant and using your right hand, 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?

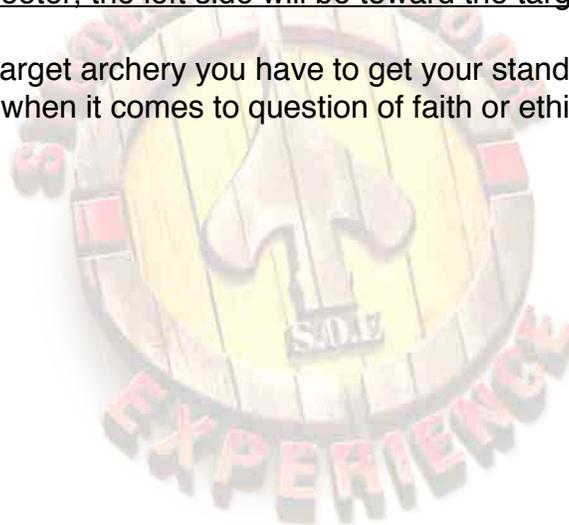
The shooter's feet should be about shoulder's width apart.

3. What side of your body is positioned toward the target if you are right handed?

For the right handed shooter, the left side will be toward the target.

4. To be successful at target archery you have to get your stand right. In what ways can we take the right stand when it comes to question of faith or ethics?

Answers will vary.





Sample How To's

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Sample How To's:

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

LESSON #4



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STANCE

LESSON # 4

“Do not be afraid. Stand firm...”
Exodus 14:13a (NIV)

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LEARN IT!

In archery, having the proper stance is vital. It is much more than simply standing and shooting a bow, assuming the correct stance allows your entire body and your equipment to work together seamlessly. The result: consistent accuracy.

Do you want to achieve accuracy with a bow and arrow? Follow these steps to get your body and equipment aligned and working together.

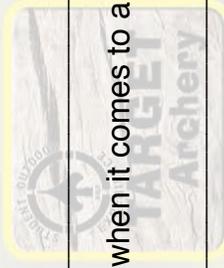
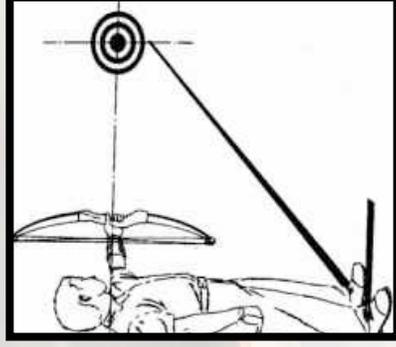


1. Draw an imaginary straight line from your target to you.
2. If you are right handed, your left side will be towards the target and if you are left handed, your right side will be towards the target.
3. Put the tip of your toes against that imaginary straight line.
4. Put both feet on the same side 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?
2. How far apart are your feet?
3. What side of your body is positioned toward the target if you are right handed?
4. In what ways can you take the right stand when it comes to a question of faith or ethics?





Grip

Target Archery – Lesson 5

“Hold on to instruction, do not let it go;” Proverbs 4:13a (NIV)

Life Application

In life, we have all heard of the importance of having a firm grip. Whether it is a firm handshake, holding onto something slippery, or trying to remove a tight lid there are many times when having a tight grip is necessary. In archery having a grip that is neither too tight nor too loose is key to achieving consistent accuracy.

*“Some of us think holding on makes us strong; but sometimes it is letting go.”
- Hermann Hesse*

Having the right grip is also important in life. We all walk through seasons of joy and difficulty, victory and defeat. It is easy to grip these moments tightly; however, learning when and how to let go of these feelings is an important part of life. Here, archery can teach us a lot. Learning to loosen our grip and trust our equipment is vital to consistently hitting the target. Likewise, we must learn to trust ourselves and loosen our grip on past experiences. As we do so, we are sure to find more of life's bull's eyes.

Biblical Application

Proverbs 4:13

Hold on to instruction, do not let it go;
guard it well, for it is your life.

Sometimes when you are young, it seems like everybody is telling you what to do. Your mom, your dad, your teachers, your grandma, even the crazy lady down the street who shows up to gossip to your mom tells you what to do. “Stand straight,” “eat all your vegetables,” “comb your hair,” “don't talk in church,” and a thousand other things get thrown at you seemingly by anybody



who is a little taller than you are. While not everyone saying those things has all the right intentions, most of them are trying to help you. This section of the Book of Proverbs is actually instruction from a father to his sons (see verse 1). He is likely quite old at this point, and he is putting down on paper reminders to his sons that he spent many years teaching them important truths about faith and life. Some of us had dads who taught us skills like woodworking or working on cars. Some of us had moms who taught us to cook and who made us memorize Bible verses. Those are all good things and we should “hold on” to them. We should seize them and hold them in our grip. Grip the things in life that will make you better, more capable, and a better servant to others. And, on the other hand, “let go” of things that will hinder you or cause you to sin.

How To

The grip of your bow is critical. With the slightest movement or misdirection of your bow hand your shot will be inconsistent. An improper grip of the bow is also one of the biggest problems that seasoned archers have when facing an important shot. Begin to learn the basics of the grip and start developing the important muscle memory form of holding the bow.

Follow these simple grip guidelines and start getting consistent shots.

1. Find the “life line” or “pressure line” on your bow hand. (Can be found by simply plying 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 exactly how to grip the bow in order to shoot well. Why is it important to grip the kinds of things that will make us better Christians?

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 archery shooting grip using pictures or video.
2. **Platinum:** Bring in a bow and have the students practice gripping it 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 proper grip in archery.

LESSON #5



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GRIP

LESSON # 5

“Hold on to instruction, do not let it go: “
Proverbs 4:13a (NIV)

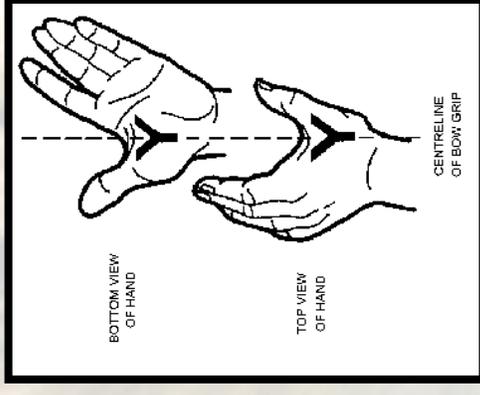
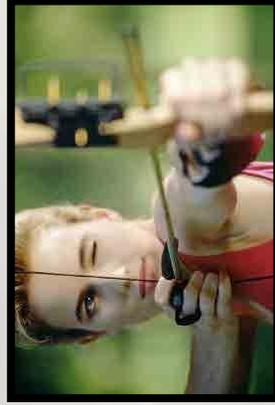
LIFE APPLICATION

In life, we have all heard of the importance of having a firm grip. Whether it is a firm handshake, holding onto something slippery, or trying to remove a tight lid there are many times when having a tight grip is necessary. In archery having a grip that is neither too tight nor too loose is key to achieving consistent accuracy.

“Some of us think holding on makes us strong; but sometimes it is letting go.” - Hermann Hesse

Having the right grip is also important in life. We all walk through seasons of joy and difficulty, victory and defeat. It is easy to grip these moments tightly; however, learning when and how to let go of these feelings is an important part of life. Here, archery can

teach us a lot. Learning to loosen our grip and trust our equipment is vital to consistently hitting the target. Likewise, we must learn to trust ourselves and loosen our grip on past experiences. As we do so, we are sure to find more of life’s bull’s eyes.



Follow these simple grip guidelines and start getting consistent shots.

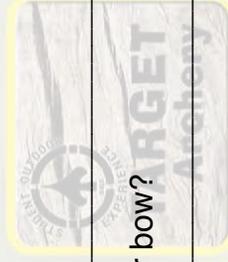
1. Find the “life line” or “pressure line” on your bow hand. (Can be found by simply applying pressure with your string hand into the fatty part of your hand where your thumb and palm meet. Where you apply the pressure and it hurts; that is the pressure line).
2. The pressure of the bow should be across 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).
5. Holding your bow correctly will help prevent the string from hitting your arm upon release.

DID YOU GET IT?

1. How can you find the “pressure line” of your hand?
2. In which direction does the 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?

LEARN IT!

The grip of your bow is critical. With the slightest movement or misdirection of your bow hand your shot will be inconsistent. An improper grip of the bow is also one of the biggest problems that seasoned archers have when facing an important shot. Begin to learn the basics of the grip and start developing the important muscle memory form of holding the bow.





The Draw

Target Archery – Lesson 6

*The Lord said, ‘Go up.’ David asked, ‘Where shall I go?’”
2 Samuel 2:1b (NIV)*

Life Application

Have you ever raised your hands to get someone’s attention? We all have! Raising your hands can mean a lot of things. Whether answering a teacher’s question, flagging down someone for help, or calling for the ball, raising your arms and hands is an act that immediately draws the focus of everyone around. It is letting your voice be heard and it is an important part of life. In archery, we raise our arms and hands to assume the correct position of firing an arrow. This is called “the draw.”

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

As you continue on the journey of life, there may be times when you need to let your voice be heard. Sometimes this means taking a stand for what you believe in, even when it is not popular. At other times it is saying “you can count on me” when faced with a difficult task. When these times come, remember that courage and conviction are what make a strong leader.

Biblical Application

2 Samuel 2:1-4

In the course of time, David inquired of the Lord. “Shall I go up to one of the towns of Judah?” he asked.

The Lord said, “Go up.”

David asked, “Where shall I go?”

“To Hebron,” the Lord answered.



So David went up there with his two wives, Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. 3 David also took the men who were with him, each with his family, and they settled in Hebron and its towns. 4 Then the men of Judah came to Hebron, and there they anointed David king over the tribe of Judah.

It is easy to be impatient. It is a special problem when you are younger, but really people of all ages are impatient. We want school to be over now; we want to be able to start dating sooner than our parents are willing; we want to get our driver's license quicker than the state allows. It is human nature that we are all impatient about some things. A ten-year old girl named Faith had just met a new friend at a new school. When she introduced herself as "Faith," the new friend asked her, "Do you have it?" "What? Faith answered, not getting the question. "You know, your name. Do you have faith," the other replied. "Oh, you mean, am I a Christian? Yes, I have faith, but I am just glad my parents did not name me Patience!" Patience is listed in the Bible as a fruit of the Spirit. It is a good quality. "Trees that are slow to grow bear the best fruit." That statement was made by French philosopher Moliere, and it is true. In 2 Samuel 2 David becomes King of Israel. But he had been anointed to become king fourteen years before by the prophet. He could have made war against King Saul, who actually spent much of that fourteen years trying to kill David. But David did not. He waited for God's timing, all the while watching his won back. Drawing back the string on the bow and making sure everything is right before we let the arrow go is an important part of the shot. Sometimes we have problems in life and we just want them to go away. But be patient, you might learn some very important lessons while you wait.



How To

When it comes to archery the slightest misalignment can cause an arrow to sail off target. After ensuring that you have a solid grip, the next step is to extend the bow arm to prepare for the shot. This step allows the stance and the grip to work together creating a consistently accurate shot. Proper alignment is critical to accuracy whether shooting uphill, downhill, or on level terrain. Follow these steps to ensure hitting the target consistently.

1. Bring the bow arm to shoulder height, but remember to keep your shoulders down. (Relax and 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 out stretched, raise your elbow of your string hand so it is at least level with your shoulder or slightly above.
5. Grip the string with the first joint of your first three fingers
6. In a smooth motion, draw the string along the bow arm in a straight horizontal line.
7. While drawing back the string, use your back muscles to move your shoulder blades toward one another.
8. Bring the string to the corner of your mouth (anchor point).
9. Stand straight up and relax.
10. Keep both of your shoulders as low as possible.



Did You Get It?

1. Describe the flex on your bow arm when drawing a bow?
The bow arm should have some flex to it (elbow should not be locked).
2. Should the elbow of your bow hand be turned toward or away from your bow?
Away from the string.
3. How do you grip the string?
Grip the string with the first joint of your first three fingers.
4. How should your shoulders be after full draw?
Shoulders should be as low as possible.
5. How do we learn to be more patient when things in our life seem to be going in slow motion?
Slow and steady, the draw is something that takes time and must be done carefully, especially when you are first learning. Few people can shoot arrows like Legolas in Lord of the Rings.



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 archery draw using pictures or video.
2. **Platinum:** Bring in 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

“The Lord said, ‘Go up’
David asked, ‘Where shall I go?’”
2 Samuel :1b (NIV)

LIFE APPLICATION

Have you ever raised your hands to get someone’s attention? We all have! Raising your hands can mean a lot of things. Whether answering a teacher’s question, flagging down someone for help, or calling for the ball, raising your arms and hands is an act that immediately draws the focus of everyone around. It is letting your voice be heard and it is an important part of life. In archery, we raise our arms and hands to assume the correct position of firing an arrow. This is called “the draw.”

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



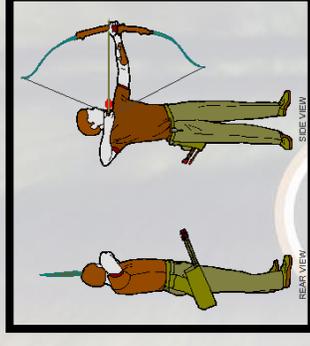
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LEARN IT!

When it comes to archery the slightest misalignment can cause an arrow to sail off target. After ensuring that you have a solid grip; the next step is to extend the bow arm to prepare for the shot. This step allows the stance and the grip to work together creating a consistently accurate shot. Proper alignment is critical to accuracy whether shooting uphill, downhill, or on level terrain. Follow these steps to ensure hitting the target consistently.

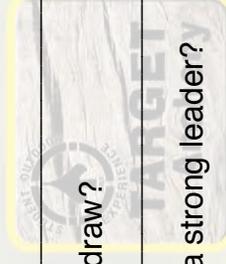
LESSON # 6

1. Bring the bow arm to shoulder height, but remember to keep your shoulders down. (Relax and 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 out stretched, raise your elbow of your string hand so it is at least level with your shoulder or slightly above.
5. Grip the string with the first joint of your first three fingers
6. In a smooth motion, draw the string along the bow arm in a straight horizontal line.
7. While drawing back the string, use your back muscles to move your shoulder blades toward one another.
8. Bring the string to the corner of your mouth (anchor point).
9. Stand straight up and relax.
10. Keep both of your shoulders as low as possible.



DID YOU GET IT?

1. Describe the flex on your bow arm when drawing a bow?
2. Should the elbow of your bow hand be turned toward or away from your bow?
3. How do you grip the string?
4. How should your shoulders be after full draw?
5. What are two character traits that make a strong leader?





Anchoring / Aiming

Target Archery – Lesson 7

“But what about you?” he asked. “Who do you say I am?”
Matthew 16:15 (NIV)

Life Application

There are few things in life more important than having a good foundation or anchor point. Think about it, would you step foot in a building knowing its foundation was shaky? Would you want to be on a boat that did not have an anchor? Of course not! You may not be a building or a boat, but you do have a foundation. We all have values and principles upon which our decisions and choices are based. This bedrock is as important in archery as it is in life.

“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

Matthew 16

When Jesus came to the region of Caesarea Philippi, he asked his disciples, “Who do people say the Son of Man is?”

They replied, “Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets.”

“But what about you?” he asked. “Who do you say I am?”

Simon Peter answered, “You are the Messiah, the Son of the living God.”



Jesus replied, “Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven. And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.” Then he ordered his disciples not to tell anyone that he was the Messiah.

A house has to have the right kind of foundation or else it will not last through the ravages of storms and other weather difficulties that houses have to endure. The passage of the Bible we just read is one of the most important in all of Scripture, and it was a climactic point in Jesus’ ministry to his disciples. He asks them, “Who do you say that I am?” Simon Peter answers and says, “You are the Christ, the son of the living God.” The truth! Jesus then says, “Only my Father could have revealed this to you, and I call you Peter, and on this rock I will build my church.” So, just what is this “rock” upon which Jesus builds his church? The rock is the confession that Jesus is the Messiah, the Christ. When the Father makes it clear to people that Jesus is the Christ, and that only he can save them, and they then confess that he is the Savior and ask him to be their Savior, they now stand on the firm foundation that Jesus promised. They can always trust him to be their Savior from that time on. Have you made that confession? If so, you stand on the “rock.” If not, maybe today is the time to think about it.

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 few easy steps to shoot better groups and be more consistent.

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 hand should feel comfortable on your face.
4. You should be able to look straight down the arrow with ease and comfort.



5. With the string pulled back, close your non-dominant eye and look at the target.
6. You will look down the arrow to your target.
7. You are now using the length of the arrow to correctly align you to your target.
8. This process should only take between 3-6 seconds, so practice is key.

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. How long should the aiming process take?
Ideally between 3-6 seconds.
5. In order to make the best shot in target archery you have to be anchored, you have to know how to stand so that you will be in a firm place. Have you prayed to Christ and confessed him as Savior and Lord?
Answers will vary. Listen closely.



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

LESSON #7



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ANCHORING/AIMING

*“But what about you?” he asked.
“Who do you say I am?” Matthew 16:15 (NIV)*

LIFE APPLICATION

There are few things in life more important than having a good foundation or anchor point. Think about it, would you step foot in a building knowing its foundation was shaky? Would you want to be on a boat that did not have an anchor? Of course not! You may not be a building or a boat, but you do have a foundation. We all have values and principles upon which our decisions and choices are based. This bedrock is as important in archery as it is in life.

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LEARN IT!

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.



LESSON # 7

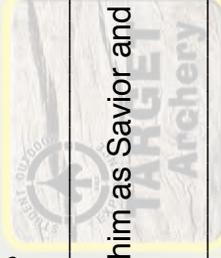
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6. You will look down the arrow to your target.
7. You are now using the length of the arrow to correctly align you to your target.
8. This process should only take between 3-6 seconds, so practice is key.



DID YOU GET IT?

1. Where is your anchor point?
2. How should your mouth be situated?
3. What is the first thing you look down to start the aiming process?
4. How long should the aiming process take?
5. Have you prayed to Christ and confessed him as Savior and Lord?





Release

Target Archery – Lesson 8

“And God said, ‘I will be with you....’” Exodus 3:12a (NIV)

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

Exodus 3:1-14

Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God.

There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. 3 So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

When the Lord saw that he had gone over to look, God called to him from within the bush, “Moses! Moses!”

And Moses said, “Here I am.”



“Do not come any closer,” God said. “Take off your sandals, for the place where you are standing is holy ground.” Then he said, “I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.

The Lord said, “I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering. So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.”

But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you will worship God on this mountain.”

Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?” God said to Moses, “I am who I am. This is what you are to say to the Israelites: ‘I am has sent me to you.’”

Letting things go is sometimes hard to do. General Robert E. Lee was the senior general in the army of the Confederacy during the Civil War, a war waged almost completely in the southern states. When the war was over and he was riding back to his wife and family, he passed an old woman standing in her yard, looking at what once had been a beautiful oak tree in her yard. Now it was a shattered stump with a few leafless limbs. As the famous general rode past the woman with tears in her eyes spoke to him and said, “General Lee, look at what the Yankees did to my beautiful tree.” Lee answered, “Let it go, ma’am, let it go.” Moses in our Bible passage had a good life. He had a wife, children, a good place to live, and stood to inherit a fortune when his father-in-law passed away. But God met him in a burning bush one day and told him he needed to leave all that behind, and go rescue the Israelites from slavery in Egypt. Moses gave God an argument. “Who I am? I am not qualified. What if they don’t want to go, or what if Pharaoh won’t let them go?” God just replied, “I will be with you.” Sometimes we don’t want to give up the things we have to be bothered to serve the Lord. But if God is with us, what else do we need?



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

Watch your arrow all the way to and through your target.

5. There comes a point when you have to let that arrow go. And sometimes, to do the Lord's will, we have to let things go, even good things. What kind of good things do we sometimes have to let go to serve the Lord?

Taking time to speak, listen and react.



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 follow through using pictures or video.
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

“And God said, ‘I will be with you...’”
Exodus 3:12a (NIV)

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.

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.

To release the string is usually the smallest movement in the whole process, but everything rides upon this one step.

LESSON # 8



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?
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 kind of good things do we sometime have to let go to serve the Lord?





Follow Through

Target Archery – Lesson 9

“continue to work out your salvation...” Philippians 12:12b (NIV)

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

Philippians 2:12-13

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.



Sometimes we think of life as a series of sprints. You sprint through the workday, the school day, Sunday at church, off to the beach, and so on. It is better to think that life is continuous, with some busy activities followed by times not so hectic. In the down time, we have to make sure that we are following through what we did in the hectic moments. Follow through is important in almost every venture, and especially so in our Christian walk. Paul, writing to the Christians living in the town of Philippi, tells them that they must work out their salvation. Hmm, that seems odd. In other places Paul writes that we are saved by faith, not works. That is certainly true! But remember, here he is talking to people who already are Christians. So, he is not telling them that they have to do good works in order to get saved in the first place. But now that they are saved, they have to take an active role in seeing to it that they live lives of service to the Lord. But that is not all that he says here. In the next verse he states how they can be sure that they can do this. He says that they can do this because God is working in their hearts to give them the energy, the resources, and the strength to do just that. “For it is God who works in you to will and to act in order to fulfill his good purposes.” In other words, because the Holy Spirit is in us, we can do the follow through. The Holy Spirit, for the Christian, is the great follow through agent. He is like the “wind beneath our wings” that gives us added power and incentive to follow through.

How To

In sports like basketball, golf and tennis, the follow through is a vital part of accurately hitting the target. In archery, we use the follow through as a way to collectively come back together without haltering or impeding on the flight of the arrow.

If we do not follow through after releasing the arrow, we will never experience consistent accuracy in our shooting. Follow these steps to help hone your follow through and experience the maximum benefit of your shots.

1. Your relaxed bow hand will let the bow drop.
2. Try to keep your head, bow arm and body in the same position as you are aiming.
3. Do not move until you see the arrow hit the target.



4. Wait until your instructor notifies everyone to clear the range, before retrieving your arrows.
5. Once given the okay from your instructor, walk in a straight path to your target and retrieve your arrows.
6. Return to your shooting spot with one hand covering the tips and the other hand covering the fletchings of the arrows.

Did You Get It?

1. What does your bow do after the release of the arrow?
Your relaxed bow hand lets the bow drop.
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. How do you walk to your target?
Walk in a straight path to the target to retrieve your arrows.
5. When you release the arrow, you have to follow through afterwards. How do you think the Holy Spirit works in us to enable us to follow through in our Christian walk?
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 follow through using pictures or video.
2. **Platinum:** Bring in a bow and targets and have the students practice shooting at targets working on their follow through.
3. **Titanium:** Invite an archery instructor or seasoned archer to demonstrate proper follow through (can be part of a comprehensive demonstration/ explanation).

LESSON #9



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FOLLOW THROUGH

“...continue to work out your salvation.”
Philippians 2:12b (NIV)

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!



LESSON # 9

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4. Wait until your instructor notifies everyone to clear the range, before retrieving your arrows.
5. Once given the okay from your instructor, walk in a straight path to your target and retrieve your arrows.
6. Return to your shooting spot with one hand covering the tips and the other hand covering the knocks of the arrows.



DID YOU GET IT?

1. What does your bow do after the release of the arrow?

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

3. When can you move?

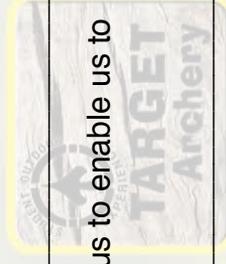
4. How do you walk to your target?

5. How do you think the Holy Spirit works in us to enable us to follow through in our Christian walk?



LEARN IT!

In sports like basketball, golf and tennis, the follow through is a vital part of accurately hitting the target. In archery, we use the follow through as a way to collectively come back together without halting or impeding on the flight of the arrow. If we do not follow through after releasing the arrow, we will never experience consistent accuracy in our shooting.





Review and Competition

Target Archery – Lesson 10

“make every effort to be found spotless.” 2 Peter 3:14-16 (NIV)

Life Application

It's a fact, we all like to be comfortable. Things that are comfortable are easy...predictable. It takes the guesswork out of life. Take a look around your school and you will see this in action. Chances are the football team sits together, the band kids sit together, and the chess club has their own table in the lunchroom. We all have our comfort zone when it comes to friends, activities and environments. Leaders have a way of reaching outside their comfort zone and finding ways to include others.

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

Think about your life. Who do you hang out with that does not look, think, or act like you? When was the last time you intentionally spent time with someone from a different background or with different interests? Challenge yourself to grow as a leader and begin looking for ways to include those who might not be a part of your normal comfort zone. Try it, you will grow as a person and as a leader!

Biblical Application

2 Peter 3:14-16

So then, dear friends, since you are looking forward to this, make every effort to be found spotless, blameless and at peace with him. Bear in mind that our Lord's patience means salvation, just as our dear brother Paul also wrote you with the wisdom that God gave him. He writes the same way in all his letters, speaking in them of these matters. His letters contain some things that are hard to understand, which ignorant and unstable people distort, as they do the other Scriptures, to their own destruction.



Leaders are able to get people to follow them and work with even if they are very different. One example of this is found in the New Testament. Simon Peter and Paul were very different personalities. One had a university education (Paul), while the other was a fisherman with no more education than what he got at the synagogue (church) when he was a boy. Paul spent most of his ministry reaching out to Gentiles, while Peter spent most of his ministry sharing the gospel with Jews. There is even an account of a conflict that took place between them in the Book of Galatians. But here, late in his life, he writes to a church and tells them that they should read the letters of Paul, whom he calls “our dear brother.” He also says that some of his writings are hard to understand, which all of us would say “Amen” to, since they are hard to understand for us as well. Competition sometimes causes us to have conflicts with others, but it does not have to. Make friends with someone outside your “circle” this week. It may be awkward at first, but it will be easier than you think.

How To

Take a moment to review the last nine lessons on target archery. Do you remember how to grip the bow? How about releasing the string properly? How has your accuracy improved? Now put it all together with your classmates by following these steps...

Follow these steps to provide a great completion showing others that you heard and understand all of the target archery tips.

1. Look at each other’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 different types of bows. (Different peeps, sights, releases, etc.)
3. Try setting up or finding some different terrain, slopes and shot structures to practice shooting.
4. Have some shooting competitions counting off for improper technique and form.
5. Consider a final competition to see who knows the most about all the target 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?

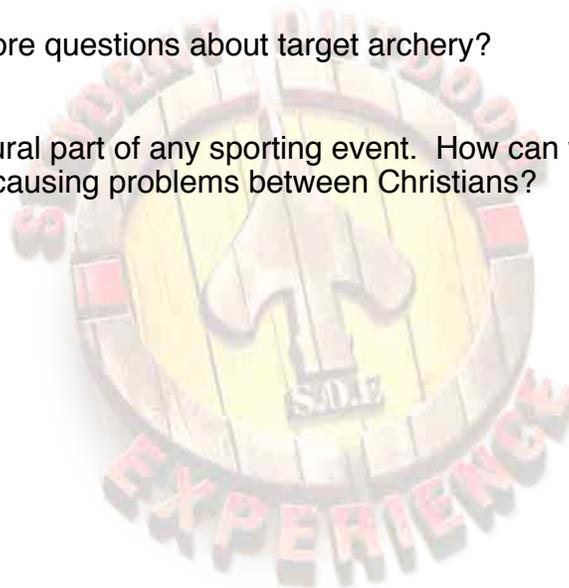
Answers will vary.

3. Do you have any more questions about target archery?

Answers will vary.

4. Competition is a natural part of any sporting event. How can we keep that competitive spirit from causing problems between Christians?

Answers will vary.



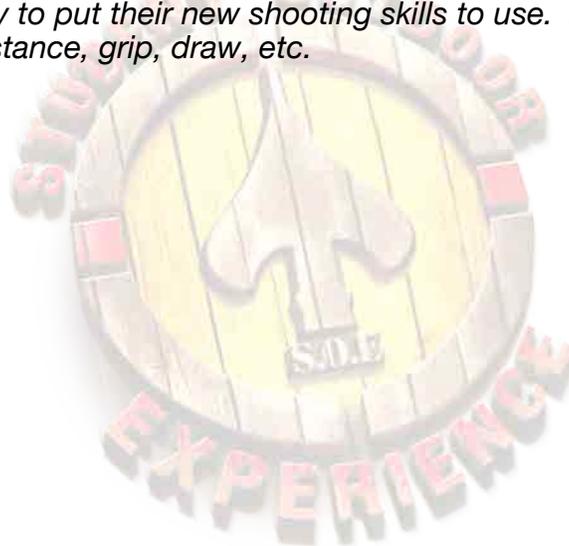


Sample How To's

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:

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 regarding stance, grip, draw, etc.





The Big Love

Salvation Lesson

¹⁶ For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life - John 3:16

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.**

LESSON #10



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REVIEW & COMPETITION

“make every effort to be found spotless.”
2 Peter 3:14b (NIV)

LIFE APPLICATION

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LEARN IT!

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LESSON # 10

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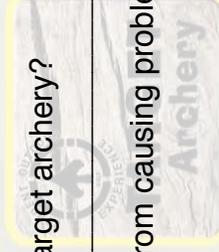
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3. Do you have any more questions about target archery?

4. How can we keep that competitive spirit from causing problems between Christians?



CERTIFICATE of ACHIEVEMENT



This certifies that



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

DATE _____

SOE LEADER _____