Compound Bow Questionnaire.



The questions below should be answered in conjunction with the PowerPoint presentation 'Changing from recurve to a Compound bow'.

|  |  |  |
| --- | --- | --- |
| Q1. Which of the statement is true, and which is false? | 1. In general, hard cam bows shoot at speeds lower than 300fps. 2. Hard cam bows are aggressive and have a small let-off. 3. Solo cam bows are easy to tune. 4. A bow with Binary cams is very fast? 5. Soft cam bows are more comfortable to draw. 6. Shorter length bows have a higher arrow speed. | True or false.  a.  b. c.  d.  e.  d. |
| Q2. How do you determine the axle-to-axle length of a compound bow? | 1. It is determined by measuring from the centre of the top cam to the centre of the bottom cam. 2. The axle-to-axle distance is the distance between the two edges of the cams/idler wheels. 3. By measuring the tiller of the bow. | Kindly choose one.  a.  b.  c. |

|  |  |  |
| --- | --- | --- |
| Q3. How do you determine your draw length? | 1. Use the Arm-span method by measuring the distance from the end of your middle finger to the end of your other middle finger then divide by 2 ½. 2. By measuring your height and using a draw length chart (correlation chart). 3. By using a draw length calculator 4. By adding two inches to your recurve draw length. | Please choose the correct answers.  a.  b.  c.  d. |
| Q4. Bracing height (BH). | 1. A lower BH means the arrow flight is slower. 2. A lower BH makes arrow flight faster. 3. Most modern bows have a bracing between six and seven inches. 4. BH is the distance between the string and the bow grip while the bow is in a resting position. | True or false.  a.  b. c.  d. |
| Q5. For an excellent anchor, which of the following points are true or false | 1. The string needs to touch the tip of the Archer's nose, the corner of their mouth, and the archer chin's side. 2. With the trigger release aid, the knuckle should be in front of the ear of the Archer. 3. With a wrist release aid, the knuckle of drawing hand is just behind the ear. 4. Your head should be vertical and in the same position every time you draw. | True or false.  a.  b. c.  d. |

|  |  |  |
| --- | --- | --- |
| Q6. Stabilisers. | 1. Stabilisers help maintain a steady hold on the target. 2. Are essential for the bow to shoot. 3. When choosing stabiliser's, it is best to use the subjective method of selection 4. When choosing stabiliser's, it is best to use objective tests. | True or false.  a.  b. c.  d. |
| Q7. Draw weight | 1. The recommended draw weight for a medium-framed woman is 30 to 40 lbs. 2. Recommended draw weight small man is 40 to 50 lbs. 3. You must choose a bow-poundage that you can pull to anchor with ease. 4. You need to raise the bow to the target and then draw using a 'T' draw. | Please choose the correct answers.  a.  b. c.  d. |
| Q8. Basic shot routine. | 1. The primary shot routine for a compound Archer has six steps. 2. The primary shot routine for a compound Archer has seven steps 3. The primary shot routine for a compound Archer has five steps. | Choose the correct answer. |
| Q9. Do I need a coach? | 1. Have I the expertise to learn to shoot a new style of bow? 2. How will I seek support from my club, do they have any experienced compared Archers? 3. Do I want to be a better Archer? 4. Do I have any ambitions as a compound Archer? | 1. Yes or No? 2. Yes or No? 3. Yes or No? 4. Yes or No? |

|  |  |
| --- | --- |
| Keys points to note when purchasing a compound bow. | 1. Take into consideration your eye dominance. 2. Choose a bow with an axle-to-axle length that suites your draw length. 3. Purchase a bow with an adjustable draw length and allow little extra length. 4. That choose a bow that you can draw repeatedly using a 'T' draw whilst maintaining good posture. |

The PowerPoint presentation contains all the answers within the presentation.

Once you've checked that email [CCO@berkshirearchery.co.uk](mailto:CCO@berkshirearchery.co.uk) To collect your certificate for completing 'Changing from recurve to a Compound bow' this online training.