Quivers & Quarrels

VOLUME 5, ISSUE 3
DECEMBER, A.S. LIV



Featuring:

Buying a Bow for SCA Target Archery

Quiver Corner with Master Petros

Teaching Archery to Children (Pt 2)

SSAC Results and Rules

Archery for Beginners: A Reference Guide

Quivers & Quarrels

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Letter from the Editor...



While I was reorganizing things after taking over this publication I came across some email from quite some time ago that had been overlooked during Quivers & Quarrels' hiatus. It has taken some time to gain publication rights to this material, as its creator had passed away shortly after submitting it. This, as well as the passing of many other friends, acquaintances, and mentors in the archery community over the past several years got me thinking about the best, and most respectful, way to pay homage to those who paved the way for the rest of us to fulfill our own paths and dreams in this glorious Society.

So I have chosen to try and make a special memorial issue of Quivers & Quarrels, to be named "Final Flight", happen between this and the next full issue. I need your help in this task. Though I knew many of those who have passed before us in these past few years, I did not know them all. I have had several interviews in order to begin this task, but I know there have been many more than those I have been honored and humbled to have known. I need you to send me stories of those we have lost or articles about those who have made such a difference in your own archery through some interaction with those who have gone before us.

Please send your submissions to qqchronicler@gmail.com and help make this memorial issue one they all would have been proud of.

Forever Humble in Your Service,
Lady Máirin Ó Nialláin

Managing Editor
Quivers & Quarrels



Buying a Bow For SCA Target Archery

by

Baron Christophe of Grey



In this article, I'm going to discuss getting started in SCA target archery with a handbow. Let's start with the SCA rules for archery equipment for target archery. The bow must be, what is modernly called, a traditional bow. That means, using modern terms, the bow is a recurve or longbow. Compound bows are not allowed. Your bow also may not have sights or trigger releases, both often used on modern compound bows.

Let's start with bow types. You will encounter the following types of bows that work for SCA target archery: recurve, longbow, period bow, horse bows. Let me define each type in more detail. The limb tips of a recurve bow bend away from the archer. The limb tips of a longbow bend towards the archer when the bow is strung. There is a slight variation to this with modern longbows. There may be a slight curving of the limb tip away from the archer. This is called a reflex/deflex bow and is common in modern longbow construction. However the curving away from the archer of the limb tips is not nearly as severe as with a recurve bow. Both recurve and longbow bows will typically have a shelf the arrow rests on while the bow is drawn.

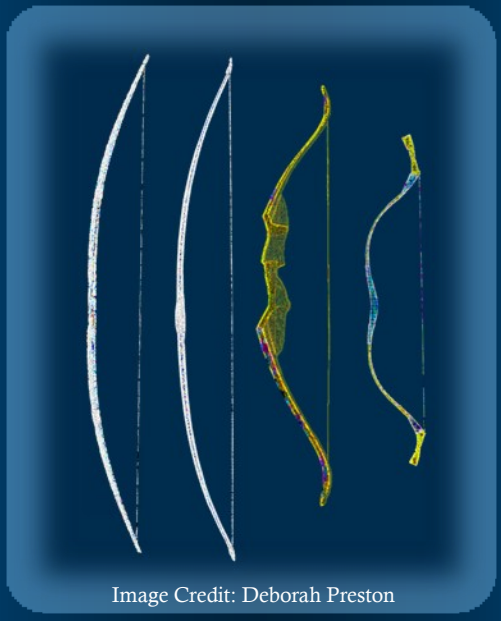


Image Credit: Deborah Preston

A period bow is a longbow without an arrow rest. Within the SCA archery community, there is an ongoing discussion about arrow rests. Most marshals running period shoots do not allow arrow rests on bows. This is interesting as the SCA wide target archery rules specifically allow an arrow rest made of a small wedge of antler or bone or built up leather. However, to be safe, if you desire to shoot in a period shoot, realizing it is up to the marshal running the shoot, most will not allow an arrow rest of any type thus you shoot with the arrow resting on your bow hand.

Horse bows also do not have an arrow rest. Horse bows are called thus as they were most common with Mongol warriors who shot from horseback, thus the name. However, to be more correct this type of bow should be called a static eared recurve. Named thus because the limb tips of this type of bow are large and typically do not flex like the limbs of all the other bow types discussed here.

Another determination of the right bow for you is whether you shoot right or left? Right or left is determined by which hand draws the bow string. Typically this is determined

by eye dominance. To determine eye dominance, select an object in the distance. Form a small aperture with your hands held at arm length through which you can see the object. Slowly move your arms back towards your face, keeping the object centered in the aperture. You will find you have moved your hands back to your dominant eye. Sometimes right handed people find it is their left eye that is dominant. As you are just starting out you may be able to shoot a bow left handed, sighting with your left eye even though you are right handed. Whether a bow is right or left handed does not apply to period bows or horse bows as they have no arrow rests. Longbows and recurves it does matter.


Image Credit: Deborah Preston

I am often asked the question, "Which bow is easiest to shoot?". Let's go back to bow design for a moment. With longbows, period bows, and horse bows the arrow does not pass through the centerline of the bow. Due to the typically deep cut for the arrow rest with recurve bows, the arrow passes through the centerline of the bow. Imagine a line drawn from one limb tip down to the other, this is the centerline of the bow. Due to the mechanics of how a bow and arrow interact, when you release your draw, the back of the arrow actually begins moving before the front. With a recurve bow this causes the arrow shaft to flex vertically causing the arrow to porpoise the first 20 yards or so. With all the other bow types the arrow flexes horizontally. To say that slightly differently, the arrow flexes around the bow handle/riser which causes the arrow to "swim" down range. This flexing affects where the arrow will hit. Part of tuning your archery equipment includes the arrow sitting at the same place every time you shoot. As period bows and horse bows do not have arrow rests, there is a good possibility that the arrow will be shot from a different resting point based on bow hand placement. Due to these flight characteristics, the ease of shooting (a debatable concept) the various bow types are rated thus in order of easiest to shoot to more difficult: recurve, longbow, period, and horse bow. That is not to say that any bow type cannot be mastered over time. The point I'm making here is that for a new archer recurves are easier to master than a period bow.



The next and perhaps most important factor to consider in choosing a first bow is your budget. You can spend as little as $45 and as much as well over $1000 for a bow. Let me share some advice before you answer this question. You can have a very nice, very good longbow for about $400-$500. But what if you decide you don't like target archery? You just spent a lot of money on a specialized piece of equipment you no longer use. If you sell it there is little chance of getting back what you put into the bow. For that reason I recommend a good starter bow in the $100 - $150 range. An example of this is the Samick Sage, now called the Lancaster Galaxy Sage. While this

shoot all day long.

Caring for your bow is fairly easy. First is how to store the bow. Do not store your bow strung. If you are going to an event do not string your bow at home, put it in your car and drive to the event, particularly if it is hot. Do not leave your bow in a hot car. If you have, let the bow cool down before you string it. Also, if at an event do not leave your bow in the sun. I was at an event, and the bow racks were in the sun and held the bows horizontally. A friend put his bow in the rack and sat out for about 30 minutes. When he retrieved his bow and shot an end, his lower limb delaminated, and ruined his bow! You can hang your bow by the bow string, unstrung, from a hook. You can also store your bow horizontally. DO NOT store your bow standing in the corner, closet or standing anywhere. This is a very common cause for twisted lower limbs.



Photo Credit: https://pixnio.com/objects/traditional-wooden-bows-rack - [CC0 - Public Domain]

Your bow only works if strung. I often see serious mistakes folks make stringing their bows. One method for stringing is to step through the bow, flex it and slide the string into the limb tip nock. I do not recommend this method. Use a bow stringer. This is a string with a pocket on one end and a loop on the other. You fit the pocket over the lower limb tip and slide the loop over the upper limb with the bow string between the stringer loop and the limb tip. Stand on the stringer string and pull up on the bow. As it flexes, slide the bow string over the top limb nock. You can unstring your bow by simply reversing this process. I generally recommend not totally removing your string from the bow. Use a string keeper (i.e. rubber band wrapped about the limb tip) to keep a little tension on the bow string. If you remove the bow string, you will have to reset your brace height when you string your bow next time. (Brace height is the distance from the string to where the arrow passes the bow handle. This measurement is all part of tuning your archery equipment for best results.)

The type of material used for your bow string is critical to your bow. There are basically two types of bow string materials used today, Dacron, or what is called “fast flight” (there are many other names for this type of bow string material). Dacron tends to stretch more than fast flight materials. Limb tips on newer bows are reinforced to use Fast Flight material. Older bows need the Dacron string’s stretch or flex. If you use a fast flight string on an older bow, you can seriously damage the bow. If in doubt, check with the manufacturer to be sure. Realize that every new bow string will stretch a bit. Typically after you have shot about 30 – 50 arrows with the string, it will not stretch any more. This is why I recommend not completely removing the bow string from your bow when

bow is priced at the low end for a bow this is what I started with and was able to establish a Royal Round average of 80.

At some point, you will learn that there are bows available that are all wood with no modern materials, such as fiberglass. While this makes the bow much more period, the reality of how a bow works will work against you. Every time you draw your bow, you are actually crushing some wood cells. When new, your bow was most likely straight unstrung and, let's say, had a draw weight of 30 pounds. Over time the bow will retain some of the curve when unstrung, resulting in a loss of draw weight. This is called string follow. If your bow has a layer of fiberglass on the limbs, this does not happen. The fiberglass can be white, black or clear. If clear, your bow, for all intents and purposes, will appear to be all wood.



Photo Credit: https://pixabay.com/photos/archery-arrow-bow-hunt-bow-hunting-847888/ - Pixabay License - Public Domain

"Can I get a good used bow or find a good bow at a garage sale?" Yes you can, but there is a "but". When buying any used bow, make sure the limbs are not twisted. Sight down the length of the bow to check this. String the bow and draw it, gently at first as you don't know the state of the bow. As you draw it check that both limbs curve the same. Many folks string their bows using the step through method (more on stringing bows later). Often, the back of their knee is not at the handle of the bow, but in the middle of the lower limb. This causes undue stress on the lower limb causing it to flex more than the upper limb. A bow strung like this will very soon break. Run the limbs through you fingers. If the fiberglass is failing on the bow, you will feel the fibers beginning to break and flex up. You can feel them usually before you can even see them. The state of the string on the bow is irrelevant, you can always replace it. If the bow passes these simple checks, you can often find excellent bows at garage sales or used. I once bought a Bear Kodiak Magnum at a garage sale for $20. New that bow costs $500! One issue that is critical when buying used bows is the type of string material used on the bow. I'll discuss that below.

The next issue in buying a bow for SCA archery is draw weight. This represents the energy required to draw the bow string back. Let's assume you do not plan on hunting with your bow. If you do, check with your state's requirements for traditional bow hunting. Often the minimum draw weight will be about 50 pounds. For SCA target archery, the farthest you will ever shoot is about 100 yards. This is the typical clout shoot at Pennsic or Gulf Wars or many of the larger SCA events. A 30 pound bow set up properly can shoot an arrow about 125 – 150 yards. For this reason, a bow for an adult in the 30 – 50 pound range is perfectly adequate for SCA target archery, and will allow you to

you unstring it. You will need to reset the brace height each time you string your bow otherwise. You can change the brace height by twisting or untwisting the bow string, which lengthens or shortens the string.

While discussing bow strings, know that there are basically two types of bow strings available,: endless loop or Flemish twist. Endless loop is just as it sounds. Your bow is most likely marked with "AMO" followed by a number. This number is the length of your bow string. For endless loop strings, posts are set at this AMO length and the string looped about the posts multiple times until the string is about 14 strands thick. For a Flemish string, approximately 14 individual strands are made as long as the AMO length, then twisted together for cohesion. Endless loop strings have a second wrapping, a "serving", at the loops that go on the limb tips. Both the endless loop and Flemish strings have servings where you nock the arrow. Typically the serving at the nocking point is long to help protect the bow string from wear where it hits your arm guard (bow arm). Endless loop strings are typically all black. Flemish strings are typically two or more colors and have no serving at the limb tip loops. The finished strings will be several inches shorter than your listed bow length depending on bow type.

The final part of the bow string is the nocking point. This is usually a metal clip, but can be tied on using string. You then nock your arrow either below, above, or between the nock point(s) if you choose to use two. Above or below is determined by your personal technique. A very common error when setting a nocking point is to set is so the arrow is perpendicular to the bow string. If you nock below the nocking point it should be one half the diameter of your arrow shaft or about 1/8th inch above perpendicular. When you release the bow string to shoot your arrow, if the arrow is perpendicular to the bow string the arrow is forced down onto the arrow rest causing a porpoising of the arrow.



Photo Credit: Andy Rogers - Arrow on String [CC BY-SA 2.0]

Now you have your bow. What are you going to shoot? Arrows of course!



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Now let's remember that when you release the bow string the back of the arrow starts moving before the front causing the arrow shaft to flex. For this simple mechanical reason you MUST match the spine, or flex of the arrow shaft, to the draw weight of your bow. The basic rule is match draw weight to spine. Thus a 30 pound draw weight uses 30 – 35 spined arrows. (Spine is in 5 pound ranges.) This rule applies to longbows. For recurve or horse bows add 10 pounds to spine. Thus a 30 pound recurve or horse bow should use 40 –

45 spined shafts. If you use softer spined arrow shafts you stand a very good chance of the arrow breaking upon release and the shaft going through your bow hand. I have seen this happen! Arrows that are too stiff give unsatisfactory results.



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The other issue with arrows is length. Obviously too short is bad as you could over draw the arrow pulling the point beyond the bow handle. Too long will seriously affect results in a negative manner. To determine draw length hold both arms straight out in front on you, palm to palm. Measure from your finger tips back to your sternum. This is your draw length. I prefer to have my arrow shafts cut 1 inch longer than my draw length. When the nock and arrow point are attached the arrow is about 1 ½ in longer than my draw length. If I break off an arrow point usually I can retip the arrow and use it for practice.

If you make your own arrows here's a bit more about shaft spine. Spine is measured on 28 in centers. For every inch longer reduce spine by 5. For every inch shorter increase spine by 5 pounds. Every coast of finish such as clear lacquer or paint adds 5 pounds. Thus if a shaft rated 40-45 is cut to 30 inches, 2 inches longer than 28, it is now 30-35 spine. Add 2 coast of lacquer, adding back 10 pounds, brings the spine back to 40-45. Do know that there is a lot of information required to make good arrows that yield good results. I have other articles that discuss these factors.

SCA arrows for target archery must be wooden shafts with feather fletches. If you use 2, 3 or 4 fletches it is a personal choice. Most archers use 3 fletched arrows. Color and fletch shape is purely a personal choice. You may use plastic nocks or nocks made of any other material. For fully period arrows, a slot is cut into the fletch end of the arrow shaft for the bow string. Usually several wraps of thread are applied near the base of the nock slot to reinforce the nock. In some cases, a thin wedge of horn, antler, bone or hard wood is inserted in the end of the arrow shaft and the slot cut perpendicular to this wedge. I don't recommend this for new archers. You will break or lose arrows. Making purely period arrows look nice, is fun and something to strive for, but it is time consuming and frustrating when you break or lose them!

The final items to complete your archery kit are the accessories, quiver, arm guard, and glove or tab. Quivers can be side style or back style. They both have advantages and disadvantages thus it becomes a personal choice.



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Glove or tab is used to protect your draw hand fingers. A tab is a piece of leather that fits around our thumb and goes between your draw fingers and the bow string. A glove is a three finger glove protecting your draw fingers. If you are using a period bow or a horse bow, any bow without an arrow rest, you will need a bow hand glove that covers the thumb and index finger area of your bow hand. It is amazing that a feather can actually penetrate your hand or cut you upon release!



Photo Credit: Michael M. Eugster [CC BY-SA 3.0]



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For all the bows discussed here except one ,you draw the bow string using what is called the "Mediterranean style". That is, the index finger goes over the arrow nock and the middle and ring finger go below to catch the string to draw back. For a right handed shooter the arrow will be on the left side of the bow resting on the arrow rest or your bow hand (period bow). If you choose to shoot a horse bow in the fashion it was done in period, for a right handed shooter the arrow goes on the right side of the bow, shooting off the bow hand thumb. You draw the bow string by hooking the string with your thumb. Thus you will need a thumb ring that protects the pad of your thumb.



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An arm guard protects your bow arm from string slap between the wrist and elbow. String slap is much more prevalent with longbows, period bows, and horse bows due to the smaller brace heights on these bows. With recurve bows, once your technique improves, you may not need an arm guard. However I highly recommend one for starting out. If you are getting string slap above your elbow it means your bow arm is flexing inward or reverse at the elbow. This is a technique issue that can be corrected.

This was Baron Christophe's final submission to *Quivers & Quarrels* before he passed. Thank you CoG for your never ending service to our Archery Community.

I would like to send a heartfelt thanks to his widow, Baroness Eleanor of Grey, for her continued support, and permission for the future use of his many works.



Photo: Public Domain, https://commons.wikimedia.org/w/index.php?curid=6234511

Quiver Corner with Master Petros

The Miscellaneous Ramblings of a Crazy Old Man

Petros Mystikos, OL
M.K.A. Daniel T Fishback

Greetings,

This column is intended to share some of what I have learned over the years about archery quivers, as seen prior to the 17th Century. This has been an obsession of mine since a good friend handed me a left-handed recurve bow and a dozen arrows – and said that I should go forth and have fun. Well… I did… until I decided that I needed a quiver to carry the arrows in. That rabbit hole has proven to be bottomless for me. Since then… much research… made a bunch of quivers… done very little archery practice. Thank you Master Robert.

The information that I plan to share with you will come as…

- **Depictions – from manuscripts, stone carvings, paintings, non-quiver artifacts, etc.**
- **Descriptions – from historic inventories, rents, wills, etc.**
- **Artifacts – quivers and pieces of quivers**

Other Sources...

Some of the columns will consist almost entirely of an image and a description of what is known about the image. Some will be my own opinions with whatever supporting information is available to me. All are intended to give you a glimpse into this obscure little corner of archery's history. I hope you find it both useful and entertaining.

About me…

I have been a Companion of the Laurel since October of 2015. My specialty is in the surface decoration of leather (mostly quivers). I have also been known to do a bit of fairly simple woodwork and to tinker with a few other crafty things. Other than that, I have served in several local level SCA offices and am the current Seneschal of the Shire of Beau Fort, Kingdom of Meridies.

Outside of the SCA…

I am proud to be the father of one and grand-father of five. I am a retired jack of all trades… I have been an automotive technician, automotive technology teacher, automotive repair shop owner, dance teacher, dance teacher trainer, truck driver, purchasing agent, bill collector, file clerk, wrecker driver, etc., etc., etc.

Contact Information...

If you find errors in any of my writings, or want to share information that you have, or seek my assistance with anything SCA related, please contact me by PM (Private Message) on my Facebook page. It is listed as Petros Mystikos. Otherwise, you may contact me through the good offices of this publication.

- Date - Created in 1375-1400 AD
- Description - Death of Absalom - Swabia (Germany)

Item Specifics:

- Name: Historien Bibel / Manuscript. M.268[1]
- Folio: 19r
- "The pictures are accompanied by text of various periods."[2]

Notes:

- The Pierpont Morgan Library & Museum indicates that this image originated in the late 14th century. That is the basis for my dating of this to 1375-1400. The date could perhaps be narrowed to 1390-1400 AD.
- Images contained in manuscripts may indicate contemporary use – and often do. They may also be iconic in nature.
- Configuration:
  - Profile: Straight
  - Cross Section: Round
  - Bottom Shape: Squared off
  - Lid/Door: None
  - Materials: unknown – but rigid
  - Measurements: unknown
  - Where Carried: At the right hip
  - How Carried / Mounts: Girdle/Belt
  - Vertical / Tilt / Cross body: Vertical
  - Approx. Arrow Coverage: All but the fletchings
  - Arrowheads Up/Down: Down
  - Decorations: There is a narrow band at the top and a wider band at the bottom of the body of the quiver. These bands may be either decorative or stiffening/reinforcing bands.

[1] Pierpont Morgan Library & Museum "MS M.268"; http://corsair.themorgan.org/cgi-bin/Pwebrecon.cgi?BBID=35810.(Accessed: 09-30-2019)

[2] Ibid "Curatorial Description"

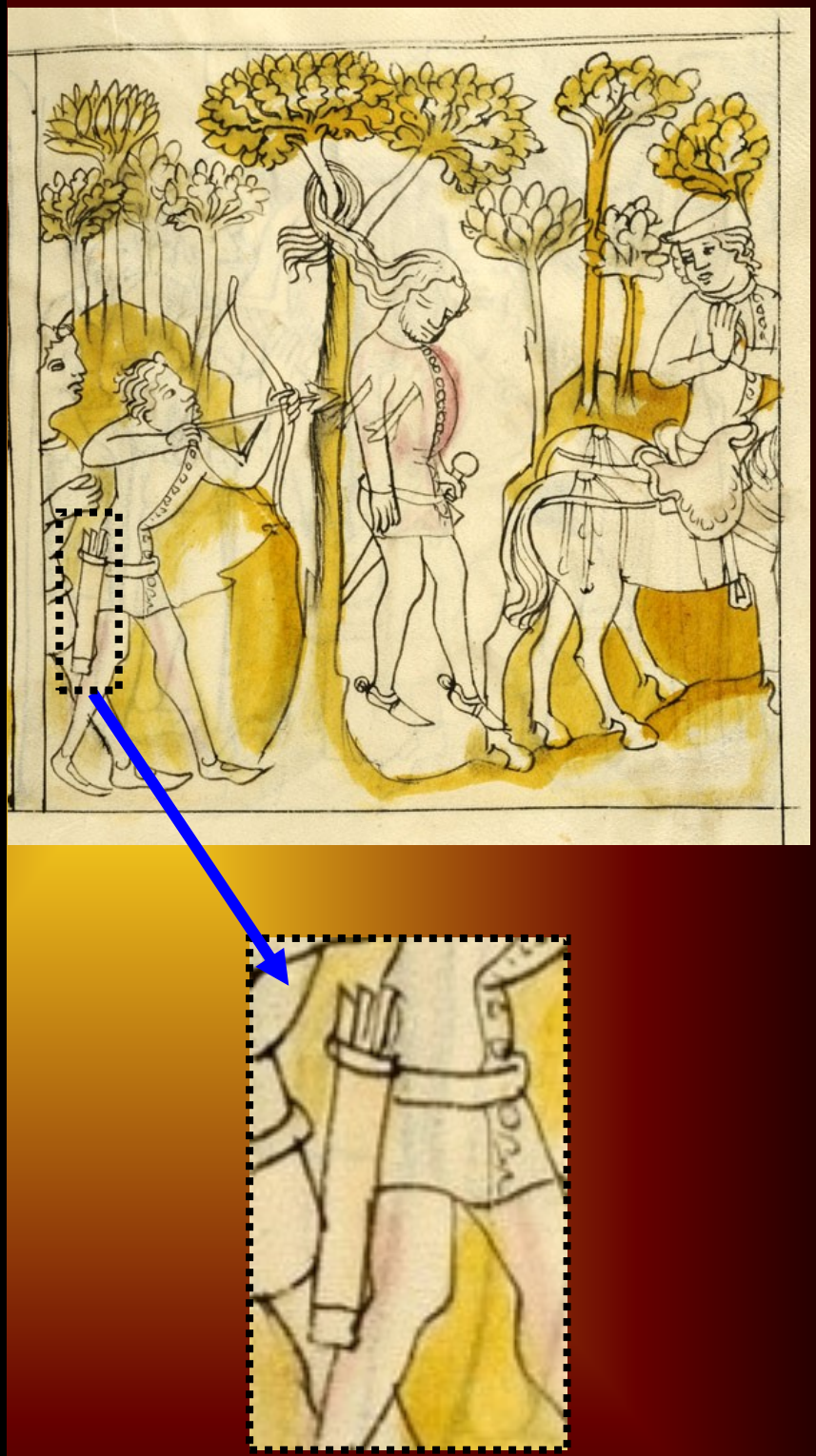


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Teaching Archery to Children - Part 2

Article by Gabrielle d'Auvergne (M.K.A. Lorna Czarnota)

My Teaching Techniques

The following have been developed over 25 years as an archery teacher. I'm giving this information freely, but would appreciate verbal credit for anything new to you.

Stance:



Photo Credit: "DSC_1991" by CaliforniaDFW is licensed under CC BY 2.0

Stand straddling the shooting line, legs about shoulder width apart, comfortable, not twisting or leaning. You should feel balanced and stable.

Point front toe (the one closest to the target, or left foot for right-handed people) toward the target. Do not twist your torso, just turn your toe.

Your front toe lines up with your shoulders and when you raise your arms to shoot, your bow arm lines up with the toe, your shoulders line up with the target, and when your bowstring is pulled properly, you can draw a line from elbow, through shoulders, to hand. This is great form.

An exception would be those using a kiss-bead or thumb-ring, drawing Persian style. For Lesson One you are more concerned with feet position than shoulder.

Fingers:

Again, assuming archer is not using a trigger or other device to draw their bowstring, I teach 3-finger, like giving the scout pledge. Basically, thumb and pinky touching each other but curled under and not touching the string. The pointer finger is above the knocking point on the string, with the arrow below it and the other two fingers on the string below the arrow. Use only the first joints in your fingers, or finger tips.

Young children, or people with poor hand muscles tend to grip the string with the knuckle joint (second joint) and curl their fingers around it (fist shooting). Break them of this habit quickly, because when they shoot this way, they tend to twist the string on release and no matter what you teach them about aiming, their aim will never be true.

One inch of movement at the string, can equal one foot or more off target by the time the arrow gets there.

Shoulders:

New archers, and very young ones often begin by drawing the string back to their chest, or waist, sometimes even to their hips. Their elbows are tucked in and their shoulder scrunched up. It doesn't look good and it must be uncomfortable. I let them shoot like this only a day or two before correcting it.

DO NOT try to correct everything at once. Children will lose confidence. They came to have fun. Give them time for both, fun and corrective coaching.

You may have to remind them to get their elbows up and relax their shoulders, but

they should be able to do so by your third lesson. They will probably find shooting is easier this way and more fun.

Draw and Anchor:

Our main goal is to get to a full draw. Muscles need to be strengthened and because our equipment isn't the best quality, if the students don't get a full draw their arrows may not make it to the target.

Anchor is really significant because it is part of consistency. If you sometimes pull to here and sometimes pull to there, or don't even know where you are pulling to, you cannot adjust aim.

Show the students where your bow string finger/hand/thumb usually touches your face or lips. Give them ideas about where they can draw to; earlobe, cheek, lips, under chin, and explain that if they press there, the feeling will linger to remind them where to anchor.



Photo Credit: https://www.maxpixels.net/Aiming-Leisure-Kid-Boy-Weapon-Arrow-Archery-898001 [CC0 - Public Domain]

Tell the students they will shoot and remember where they were anchored, then have the students draw an arrow and shoot, telling you where they anchored. Have them shoot a second arrow anchoring in the same spot.

THIS IS IMPORTANT

Release and Freeze:

Do not twist the string. Just open your fingers.

After the arrow is released, do not move—not your feet, not your arms, not your head, no talking. Silently count to three, slowly 1…2…3 **DO NOT** take another arrow until you have counted 3.

You can't do this in a speed round, timed round, but the truth is, I teach my students to take their time even then. Getting one bullseye is far better than missing with all your arrows. The better your aim, the faster you can try shooting.

This is about concentration. The Zen of archery in which you mentally pull the target closer to you before shooting. Taking time will help you "feel" the shot and if it is a good shot, you can try for that same feeling on your next arrow. It is how I put all six arrows in the bullseye, I feel each shot throughout my entire body and mind.

Stability:

I added this to my lessons after noticing many of the smaller, younger students' bodies twisting and jerking after they shoot. Some of this is due to their size and lack of muscle. Some is just because they aren't body-aware. I use a martial art idea.

Your balance resides about 4 inches below your belly button.

I will bring a wobbly student up in front of the class and once they are standing next to me, give them a very gentle shove. Usually this results in their feet moving to get back their balance. Then I tell them about the

belly button technique. "When you go to release your arrow, concentrate just below your belly button and you will be stronger." I have them concentrate now, without a bow in hand, then shove them again. Usually this results in an immovable student. I'm even using the technique to help with my balance when exercising at the gym. It works!

Aim:

Before we master aiming our arrows where they actually do hit when we shoot, we need to be confident in all other lessons we have had, especially in being consistent. Only then can we kind of break the rules. If we are 100% consistent, there can be no change, but what if we aren't hitting where we want to? Then, we have to change. We're not changing how we stand or draw or anchor, and our front foot, the one closest and pointed at the target NEVER moves. However, we can and should move our back foot to adjust our aim.

First, you need to shoot an arrow using all your best skills and concentrate on how it feels, and see where it goes. If it hits where you were aiming, repeat. If it missing, decide if you need to go left or right, above or below where you were aiming in order to hit your mark.

Up or down is hard. About all you can do is incrementally point higher or lower. Remember your arrow may fly straight, but most times it makes an arc, even a slight one, and the farther you are shooting the more pronounced the arc. In some cases, you may need to shoot at the bottom of the target in order to hit center, or at a tree branch in the distance when you are very far away from the target to increase the arc. You need to experiment, or adjust with each arrow.

Remember: Small changes at the bow, are always bigger at the target.

I teach students not to use sights, although they do get them when they buy their own equipment. When I was shooting in the SCA, we were allowed to place a mark on our bow limb. That still requires human skill for calibration.

For adjusting right to left, I developed this method for my students. Move ONLY your back foot. Move it in very tiny increments. If right-handed, move it in a straight line back to shoot more to the right, and forward to shoot more to the left. Let your entire body follow your foot. In other words, your torso remains aligned, your shoulders always line up with your hips. It will feel a bit unnatural, but by doing this, you can always come back to where you were in the beginning. If you twist at the waist instead, you will never know just how far you twisted. After a while, you will know instinctively, through muscle memory, where you need to stand and how to align yourself with your target.

We practice, practice, practice to gain muscle memory.

A final note.

The goal of teaching children to shoot isn't as much about hitting the target as it is the Ps and Cs, and self-control, responsibility, and building self-confidence. Also, I have to admit, I like when children learn archery and stick with it, even if they take a break and come back to it as adults. If we push them too hard toward perfection, they won't want to learn. It needs to be fun to keep them coming back, and you will love teaching them when their faces light up with excitement.

SSAC Rules & Scores

Winter 2019
Society Seasonal Archery Contest
Poll Results

⇒ The winner of the poll is "Quarterly & Saltire" with 19 votes.

⇒ The competition will begin December 1 and end February 29.

⇒ The rules may be seen at the SCA archery scores site.: https://scores-sca.org/public/scores_rules.php?R=25&Shoot=396

⇒ **Results of the poll:**

1.	Quarterly & Saltire	19
2.	Anti-FITA	12
3.	Random Stance	7
4.	Renard Round	7
5.	Grouping	7
6.	Triangle	4
7.	Yin Yang	4
7.	Ferrara Ring	2
8.	Armored Enemy	1

⇒ **Rules:**

This is a variation on a shoot that frequently appears at tournaments in the northern Outlands. I first encountered it at tournaments run by THL Eirikr Morrison and THL Ailinn Shadowfox. This shoot has two targets: Quarterly and Saltire.

Please read the SSAC General Rules, as these apply to all SSAC shoots. Below are the additional rules for this specific shoot.

⇒ **Distances:**

All ends are shot at 20 yards

⇒ **Ends:** There are two ends at each target

- **Quarterly Untimed -** 6 arrows
- **Quarterly Timed** - 30 Seconds
- **Saltire Untimed -** 6 arrows
- **Saltire Timed -** 30 Seconds

⇒ **Targets:** This shoot has two targets, Quarterly and Saltire.

Quarterly - target is a 20 inch square divided quarterly, which is split vertically and horizontally to make four 10 inch squares. In the center of each square is a 3 inch diameter circle.

Saltire - target is a 20 inch square divided saltire, which is split from diagonally corner to corner to make 4 triangles. In the center of each triangle is a 3 inch diameter circle.

⇒ **Scoring:**

- Arrows must touch the colored portion of the space, not just the black dividing line, to count for that space. Each arrow may only count toward a single quarter/saltire.
- Arrows hitting the circle are worth 2 points each.
- Arrows hitting the rest of the quarters/saltires are 1 point each.
- If all four quarters/saltires (including the circle within) are hit then your total score is doubled.

Example: There is an arrow in Quarters A, B, and C, and an arrow in the Circle within Quarter D, the other arrows missed entirely. This would score 1 point for the arrows in A, B, C, plus 2 points for the arrow in the Circle of D for a sub-total of 5. As there is an arrow in each quarter/saltire that is doubled, for a final total of 10.

This shoot was suggested by: Ubertino Nicolai di Fara San Martino

Fall 2019

Society Seasonal Archery Contest

Rules

⇒ **Rules:**

The goal of the Golf Shoot is to hit all of the spaces. Your score is the total of the spaces that are left un-hit. This means that a LOW score is better.

⇒ **Distances:**

Fall/Spring:	25 yards
Winter:	20 yards

⇒ **Ends: There are two ends**

1. 9 arrows, un-timed
2. Timed 45 seconds

⇒ **Target:**

The target is generally the same for each season, the only thing is the dimensions are slightly different. Draw a Tic-Tac-Toe grid, then cut the corner squares in half diagonally to create an octagon. For the Fall/Spring the squares should each be 20cm (60cm total target width), for the Winter the squares should each be 15cm (45cm total target width). Lines should be fairly thick to be clearly visible.

⇒ **Scoring:**

Your score for each end is the sum of all the spaces that are left UN-HIT. Arrows breaking into more than one space (the white space itself, not the just touching the line) count in the archer`s favor (each arrow may only count toward one block). The blocks may be hit in any order for both the timed and un-timed rounds. There is no additional score for hitting a block more than once as your score is made up of the blocks that are not hit.

⇒ **Bonus:**

On the timed round, after successfully hitting all nine spaces, with your remaining time you may attempt the bonus to get a negative score. Hit each space a second time, counting up from one towards nine. This will score as that number but negative.

Example: Hit all blocks once in 32 seconds, with the clock still running use the remaining time to hit a second arrow in 1, 2, 3, and 4, this would score as -4 (highest consecutive number hit a second time). If the second hit on 2 missed, then it would only score as -1 even if the 3, and 4 were hit (highest consecutive number hit a second time was 1). Likewise, if when scoring you find out that the arrow you thought hit the 8 actually missed, even though you hit 1,2,3, and 4 a second time, your score is a +8 as per the normal rules as it was unhit.

This shoot was suggested by:
Nate of Dun Carraig

FINAL SCORES

SSAC Fall 2019

The final scores are in for the Golf competition. The top ten archers in each division are listed on the next page. The complete listing of all archers for all divisions may be seen at: https://scores-sca.org/public/scores_current.php?R=25&Shoot=481

The top ten archers in the each of the five divisions; Period Handbow, Period Crossbow, Open Handbow, Open Crossbow, and Youth will be awarded two archery coins by Sir Jon as a token of their skill in the SSAC.



The coins were a gift to Sir Jon from the Moneyers Guild of An Tir. The dies were cut by Magister Arion the Wanderer, OGGS. The inscription lettering style is circa late 1200`s - early 1300`s. It reads: SIR.JON.FITZRAVF on the bust side and TRVE.HEART.TRVE.AIM on the reverse.



Which means TRUE HEART/TRUE AIM The coin is modeled after the French gros tournois/ English groat. It is 25 mm diameter x 0.7 mm and is 3% silver / 97% tin pewter.

To receive a coin you must send Sir Jon a US Mail self addressed stamped business size envelope within thirty days of the end of each seasons contest. His address is: John R Edgerton, 7662 Wells Ave. Newark, CA 94560-3530. Please include your Scadian name, division, and score.

There were no Open Crossbow or Youth Scores for this SSAC round

PERIOD HANDOW

	Name	Kingdom	Current
1	Katherine Fox	An Tir	36.0
2	Daniel del Duffeld	Outlands	26.0
3	((Celina Nissim))	Outlands	19.0

PERIOD CROSSBOW

	Name	Kingdom	Current
1	John Buchanan	Ansteorra	64.0

OPEN HANDBOW

	Name (Age)	Kingdom	Current
1	Coel Hen	Ansteorra	64.0
2	Thomas of Salisbury	An Tir	56.0
3	Alaricus Simmonds	An Tir	52.0
4	Brig inghean Uateir	Caid	50.0
5	Daniel Larke del Glen	Outlands	46.0
6	Iurii Levchenich	An Tir	46.0
7	((Chris Bipes))	West	36.0
8	Seán Ó Labhradha	West	31.0
9	Angel d'Auvergne	Outlands	31.0
10	Sibéal inghean Alaxandair	West	29.0

Corrections from the September Issue:

I would like to apologize to the top 10 scorers from the Spring SSAC Open Handbow Division they were omitted erroneously. The scores were as follows:

1. Jamil al`Wadi
   Outlands 97.0
2. Konrad von Alpirsbach
   Outlands 96.0
3. Snorri skyti Bjarnarson
   Æthelmearc 79.0
4. Alaricus Simmonds
   An Tir 73.0
5. Miruska Lyubomyr
   Æthelmearc 58.0
6. Ubertino Nicolai di Fara San Martino
   Outlands 55.0
7. Kenneth le Beaman
   Outlands 46.0
8. Bjarki Rikarðarson
   Æthelmearc 42.0
9. Patrick of the Quiet Woods
   Outlands 41.0
10. Marguerite fitz William
    An Tir 39.0

Archery for Beginners...A Reference Guide

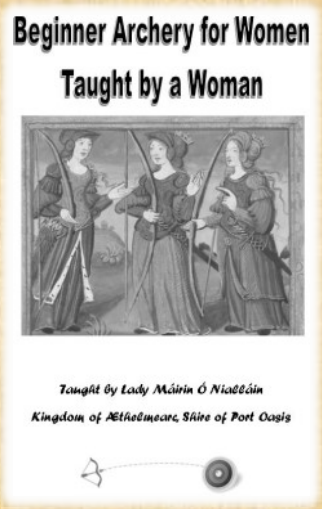
By Lady Máirin Ó Nialláin

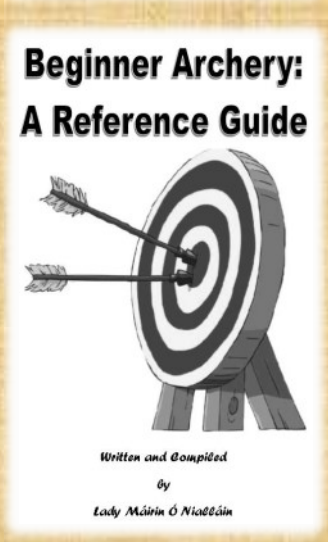
As many folks begin their journey along the often lifelong path as archers, I was handed a bow and some arrows, told how to hold it, load an arrow, aim, and shoot, then I was left to my own wiles to figure out all the rest as I went along.

It hadn't really been something I often reflected on, until I found myself the focus of new archers in search of knowledge along the beginnings of their own paths, more specifically women and children looking to me to be their instructor or mentor. I realized that there was something lacking. There had never been a simple way to share all the basics, a quick reference with basic general information that's easily shared with newcomers. Something more than the traditional "hand them a bow and arrows, and a few short words of wisdom" could give them. Basics of form, parts of the various equipment, safety, general terminology, rules you encounter on a range, etc.

The more I thought about this the more I realized how long it truly took a new archer to learn all of the finer details of this information, sometimes an entire lifetime. I know many folks who have been shooting for years who didn't know proper terminology for certain aspects of the art and process. There definitely was a gap in experience and knowledge.

So I set my self on a quest to create such a guide, one I would unveil at a class I would teach at an event. Not just any event, but the oldest war in the Society. I was going to unveil this little reference at a specialized beginner archery class for women at Pennsic, and so I did.





Once I announced the class and advertised the booklet, I was approached by several folks about creating a non-gendered version for use in their merchant booths to handout to brand new, and novice level archers, something they could give them upon the purchase of new equipment, or when they were inquiring about lessons, etc. I was more than happy to oblige.

I tried to cram as much information in this guide as possible without making it overwhelming. I felt the importance of having a reference like this could be the beginning of standardizing some of the basics, and helpful in making newcomers to our sport more comfortable when trying to engage in conversations about archery, or follow along when more experienced archers are engaged in hashing out the finer details of the sport.

Since this information is mostly common knowledge, useful for both Society & mundane archers alike, I have deposited both versions into shared folders on Dropbox. They may be freely downloaded, printed & shared, all I ask is that proper credit be given for their use. The links for the documents are:

- **Beginning Archery for Women:** https://www.dropbox.com/sh/sxlwgu44b9olyit/AAA_880VZk_v4mhCWjKAT2WTa?dl=0

- **Beginner Archery** (non-gendered version): https://www.dropbox.com/sh/m5rm7i8ztud1c6k/AAB8sCNIMEKSHVXdeJ1jNqRta?dl=0

Feel free to send questions and comments about the article or handouts to me at:
mairin_o_niallain@yahoo.com

Guidelines

All submissions require releases

- Written submissions may be of any length. Very lengthy feature articles may be broken up over two or more editions.
- Written submissions must be in .doc, .docx, or .txt format. PDF files may be acceptable, but are not recommended. No other typeset formats. Document formatting for style is optional and will taken into consideration but is not guaranteed.
- Submissions should be minimally formatted with headings so that sections are clear. Academic-style papers with references should be submitted in MLA or APA style with all appropriate citations. Footnotes will be reformatted into endnotes, and tables of content will be omitted.
- Photographs and illustrations must be submitted separately as .jpg, .jpeg., .bmp., or .tiff, though they may also be included within the text of the article to indicate placement. Photographs and illustrations of a usable file size and resolution generally cannot be extracted from .doc, .docx, or .pdf files, so the original, full-size files are recommended.
- In-text photographs should be a minimum of 2048x1536 pixels at 300 dpi. Full-page or cover photographs should be a minimum of 2736x3648 pixels at 300 dpi. Sizes are approximate. Photos with a resolution of 150 dpi or less cannot be used.

Questions about submission guidelines may be directed to the Managing Editor, at qqchronicler@gmail.com

Submission Deadlines

March 1, 2020
March A.S. LIV

June 1, 2020
June A.S. LV

September 1, 2020
December A.S. LV

December 1, 2020
December A.S. LV

Submissions, including photographs and releases, are due by the submission deadlines above. Questions about submission deadlines may be directed to the Managing Editor.

Currently, Quivers & Quarrels is not accepting any types of advertising. Questions regarding future advertising may be directed to the Managing Editor at qqchronicler@gmail.com



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