

Instructions for Archery Set Yate with Accessories

Dear customer, thank you for buying the Archery Set Yate with Accessories and we believe that you will be satisfied and have a lot of fun. Read the manual carefully for your safety and for safety for people around you and keep the manual for future reference.

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1) Safety instructions and conditions for shooting

- Only a physically and mentally competent person may shoot from the bow. The difficulty of firing from the bow is fully equal to the difficulty of firing from firearms.
- The minimum age for shooting from this bow is 6 years. For persons under the age of 15 adult and responsible person must be present for safety reasons.
- Stop the shooting immediately if you are not sure with the right function of the bow, arrows, safety of losing an arrow (e.g. persons or pets / animals appears in the shooting area, that we can endanger with the bow shooting)
- Others must stand behind the shooter.
- Put the arrow in the string only at the place of shooting, when you can shoot only towards the target.
- Do not shoot upwards toward the sky, the kinetic energy of uncontrolled arrow returning towards the ground can seriously injure or kill. Always aim to the target.
- Beware of the impact area of the arrow, the target (composed of a box according to the instructions) must always be placed in a safe area from where the arrow cannot bounce in another direction (pay attention especially to various sheet metal surfaces, eaves, etc.). Make sure that the arrow, if missed by a target, does not hurt a person or animal or did not damage anything in the space behind the target.
- The recommended distance from the target is 5 m. Sometimes the arrows get stuck deep and are difficult to pull out - no one can stand behind you (risk of eye injury, etc.)
- Arrows (and the entire archery set) must be transported (e.g. in the car) always secured against spontaneous movement (e.g. during braking)
- The bow, even the weakest, can become weapons in unauthorized hands (e.g. children shooting without adult supervision). Remember that it is forbidden to modify the purchased bow in any way, not only because of loss of warranty, but especially for security reasons.
- It is forbidden to modify arrow heads.
- Shooting from a bow under the influence of alcohol or other addictive substances is not permitted.
- Do not leave the bow in a closed vehicle in direct sunlight, as high temperatures can irreparably damage the bow, which can also occur when shooting by bow rupture.
- Always check the bow after shooting for any damage.
- When the target holders are worn and the arrows are not safely stopped, a new target holder must be provided for fire to ensure shooting safety. You can buy a target at www.yate.cz.

- Follow the instructions in this manual and observe the laws of the country in which you are located!
- Use common sense when shooting. When you control yourself, you also control the bow and its power.

2) Shooting technique

The bow is designed for recreational shooting at the recommended distance of 5 m for right-handed and left-handed users.

Basic archery technique

Archery is an individual activity; therefore, the style should be adapted to the physical and mental characteristics of the individual. However, the integrity of a particular style must be respected and in particular the objective laws arising from physical laws - the use and properties of the bow, arrow, ballistics, and the nature of the physics, mechanics, and biomechanics of human. This manual is intended for right-handed (and left-handed L) shooting with traditional techniques. We use terms - front hand - holding bow, back hand – cocking bowstring, front leg - closer to the target, rear leg - further away from the target.

Position

We must always look for a stable position of the legs, the hips and torso, which we can always repeat without much strain and effort. The foot further away from the target is stepped forward about half a foot, the hips and torso are slightly turned towards the target. Legs are slightly bent, feet extended to shoulder width, balance on both legs is the same, torso is slightly bent forward and head slightly tucked forward.

Holding a bow



Arrow pad placement



Before using the bow for the first time, attach the arrow pad above the handle as shown on the left. Right-handed people usually hold the bow in their left hand, the arrow passing to the left of the bow. Hold the bow with the front hand and place the arrow with the back hand so that it is on the string in the defined space between the rings. Place the front part of the arrow on the arrow pad. Two feather fletching of the same color point to the string, one feather fletching of a different color points away from the string. We hold the bow in the left hand and with the right hand we draw the string (Left hand backwards). Insert the handle into the "V" between the index finger and thumb. The wrist is propped up in a natural position, relaxed and the bow grip rests on the muscle triangle between the thumb, palm, and forefinger. The front arm is stretched and reinforced. The elbow of the front hand must be turned downward so that it does not obstruct the string line in the shot line, but the entire arm must remain firm and able to apply pressure to the bow. The hand must not slack against the bow in the elbow.

Holding the string (back hand)

We hold the string with three fingers, do not use the thumb and little finger. When you draw the bow, the elbow and especially Forearm should be above shoulder joint. The elbow is locked in its extreme position. The whole movement of the back hand is around the shoulder with the forearm and back of the rear hand as close as possible to the jaw below ear. Forearms and wrists are relaxed. The fingers holding the string are bent at the last joints. Bending of the fingers is shallow. The back of the hand is in the line with the forearm, preferably without any tendency to twist the string. Both arms are reinforced even with the front hand in one unit. For protection against string injuries, we recommend use the back protector and the forearm protector.

Finger protectors



Head

The head should be upright and turned freely towards the target. When pulling the bow with a slight move the head in front reaches the back of the index finger of the back hand with the jaw. This position allows stable pulling and control of the bow position including accurate aiming.

Draw of the bow

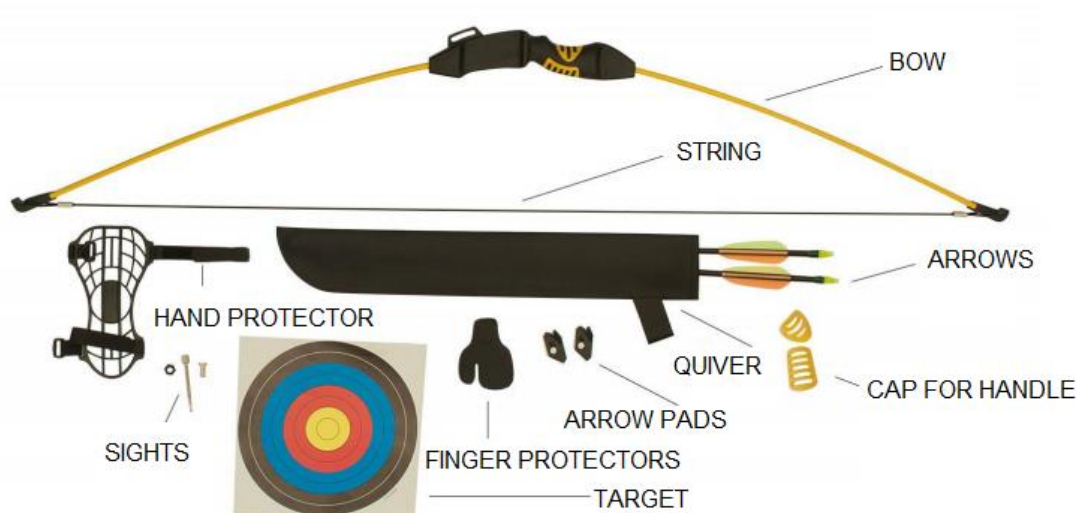
We put our front hand on the bow, tightening it in the shoulder and arm. In a light preload, raise both hands above the shoulder axis so that we can aim at the target.

Full draw is performed by symmetrical pull of the shoulder and back muscles of both arms.

Aim

We follow the target with both eyes and focus on its center, unconsciously detecting the trajectory of the arrow's flight. We aim with both eyes open, which allows plastic vision, better orientation in space and better distance estimation. You can install the sight on the bow for ease of aiming. However, this requires some experience and the sights are indicative only.

3) Content of package



Warning: Target holder is not included in this set. You can buy target holder on www.yate.cz

