

GET AN ARROW OUT OF A TARGET

arrow lube. It is a protective layer around the arrow that prevents it from sticking to the target, and by using it and by combining pulling with a twisting motion, you can get the arrow out much more successfully than other methods. WHAT ARE OTHER GOOD WAYS TO

The best way to get your arrow out of the target is to use

GET ARROWS OUT OF A TARGET? thebodytraining.com

The Use of **Arrow Lube**

It is one of the best ways to prevent the arrows from getting stuck, and it won't cause the arrow to go deeper into the target. be careful not to put the lube too high up the arrow, it should only go up the first 3 to 4 inches of the

arrow, or it could cause the arrow to lose grip.

Slightly Twist While You Pull One of the best ways to ensure that you have a good grip is to place some padding between your hand and the arrow, to protect from blisters, before slightly twisting as you pull the arrow from the target. Be careful not only to twist enough

> between the arrowhead and the butt of the target, and not to bend the arrow accidentally.

> > **Use An**

Arrow Puller

to break the connection/latch

The Use of **Ivory Soap** Only need to cover the first 2 to 3 inches of It offers protection from the friction for your the arrow with the soap. You should also hand while it still gives you an excellent grip to reapply the soap every few shots. get the arrow from the target. thebodytraining.com

SAFETY TIPS FOR

PULLING ARROWS Make Sure No

Additionally, make sure you are not pulling into your body; instead, pull past your body to avoid

hand, pull the arrow straight from the target

with a slight twist. If you use two hands, you may be more prone to falling over if it

dislodges unexpectedly.

One Is Behind You Before pulling on the arrow with the arrow puller, make sure no one behind you could be potentially impaled by tugging on the arrow.

getting yourself with the arrow. **Remove Unstuck Pull The Arrow Arrows First Straight Out** take out all of the ones you can get out easier. Don't tug down, or up, or sideways when This will help prevent you from breaking other taking the arrow out. Preferably with one

Arrow Heads in Targets Leaving the arrowheads could result in damage to other arrows that hit them when fired at the target. However, in the removal process, it's essential to try and avoid damaging the target.

Try Not To Leave

arrows shafts, and the arrow you're trying to

get out.

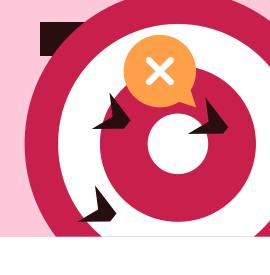
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TIPS FOR DIFFERENT **TYPES OF ARROWHEADS** thebodytraining.com

Field Points

Arrowheads These arrow points are considered typical and a "go-to"



type of arrowhead for many archers. However, a common mistake for these types of arrowheads is that they're not perfectly lined up with the shaft like they need to be.

Broad Points

Arrowheads

These types of arrowheads should not be used with foam

or bag target butts.

Screw-In Points Arrowheads

Screw-in arrowheads are incredibly tricky to get out when they're stuck. it may be better just to unscrew the arrow and leave the arrowhead in the target if it's not coming out with an arrow puller or the lube. There are a few tools you can try, like an arrow point puller

WHAT TYPE OF TARGET BUTT IS

EASIER TO GET ARROWS FROM?

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They are cheaper than other options and are easier to move on your own

However, when you have a high draw weight, the arrow can be lodged incredibly deep into the haybale, and they have shorter lifespans than some of

Bag Targets

time they're used. Additionally, they

can only be used with field tips.

Unfortunately, cheaper foam block targets can cause severe damage to your arrow, and smaller sizes can be harder to hit from far away. Arrow removal is more straightforward than other options, they stop the arrows quickly, and they're surprisingly affordable. These have a shorter lifespan and have to be brought inside after every

Foam Block

These are incredibly easy to move by yourself, are compatible with any kind of tip, are affordable, and some brands do offer some decent arrow removal.

Targets

of arrows on this one is much harder than others. Each target has different pros and cons, depending on your needs, arrowheads, and budget while practicing with the arrows. **HOW TO ENSURE SAFETY** thebodytraining.com

Every year there are approximately

4,300 YOUTHS
THAT ARE INJURED WHILE

ACTIVITIES.

while practicing at home.

PARTICIPATING IN ARCHERY

To ensure that no one is injured because of unsafe archery practices, keep the following tips in mind

Make Sure To Inspect

Many injuries caused in archery are from bows

The Equipment

snapping and damaged bows.

3D Targets

These can be better for real-life shot placement practice, confidence builders, good confidence builders, and fun

However, they are much pricier than other options, and the cheaper ones will be unusable much quicker than newer ones. Additionally, the removal

to shoot at.

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Dress Properly

jewelry, scarves, or loose shirts.

dangerous.

Firing

A Bow Safely

Participants shouldn't be wearing anything that could get snagged or tangled in the bow, such as sweaters with drawstrings, hoods,

Getting necklaces or earrings caught in the bow can cause serious injury, and is incredibly

For The Sport

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Fire in a Secluded Area **/Buffer Zone**

be at least 150 yards away from where the

arrow could be sent.

Grass Should be Trimmed

Ensure that wherever you choose to set up your target, there is no way that someone can walk behind the target or somehow in the range of the arrow unsuspectedly. Walkways, sidewalks, trails, and pedestrian areas should

Make Sure No

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Backdrops It's strongly suggested you set up a backdrop to prevent an arrow from going too far past the target.

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Archery

are no roots or branches between you and

your target to avoid trips and falls.

Unless trained and participating in a flight archery competition, flying arrows up makes it harder to predict where they are going to land and potentially cause injury and harm to some-

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one, possibly in the way.

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Always Use Field Point These are much safer than broadheads at archery ranges and cause less damage to the practice targets than the broadhead arrow-

heads do.

CONCLUSION Before you even launch your first arrow, you

should be aware of the best arrowheads, and butts as well as the correct way to set up your targets safely to avoid injury of yourself and others participating with you. There are many ways to be injured while participating in archery for sport and recreation if you're not taking the

correct precautions.

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How Do You Get Your Arrow Out of The Target?

4 STEPS TO

The best practice is to ensure that a single archer should load, aim, shoot, and retrieve their arrows all at once at the same time. Create some kind of system if you are practicing with someone else, giving each other warning before firing the next arrow. **Retrieving Your Arrows** Ensure that you are retrieving your arrows right after you fire them, but not to launch or load an arrow while someone else is retrieving

their arrows.



Never Shoot An Arrow High

