

Shoot Like Robin Hood

There are few heroes as reliable with a bow and arrow as our great leader, Robin of Loxley. If you want to fight alongside him in the Crusades or against King John, you'll need to master it yourself. Follow these simple instructions and you'll be splitting an apple on a fair maiden's head in no time.

You will need:

- A stout yew bow.
- A full quiver of arrows (you will miss a lot to begin with).
- Something to shoot at.
- A strong forearm. Exercise is important to keep your strength up.

What to do:

First, it is important to check that there is nothing between you and your target. You can ignore this if it happens to be an enemy soldier. This is still very important in battle. Your own allies will be trying to stay alive. The last thing they need is you shooting them in the backside.

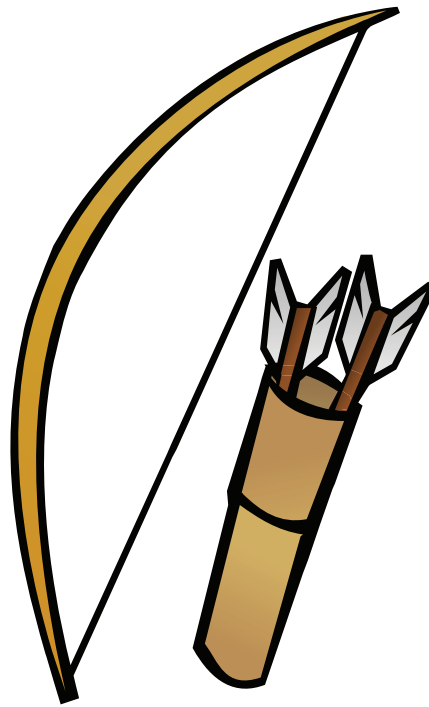
Nocking an arrow is a way of clipping your arrow onto the bowstring. Eventually, you will be able to do this quickly and without looking. To begin with, make sure that you take the time to line up the arrow correctly and to click it firmly into place. Before you head out into battle, you will need to be able to fire an arrow every two seconds. This sounds like a lot, but the best English archers can do this with ease.

Once you are confident, you can move on to shooting. Initially, you will want to get used to holding the bow at arm's length. After that, practise drawing the string back fully. This will tire your arm very quickly. Make sure you exercise often to build up your strength.

You will be no use to Robin if you can't aim your bow. Most archers find it easier to close one eye when firing. Leaving one eye open allows you to focus clearly on the arrowhead. This should be lined up with your target. For now, practise over short ranges. In time you will be able to make full

use of your bow's range - 250 yards. You will need to pay attention to the wind and weather at that distance.

Only once you have mastered all of these steps will you be able to join Robin Hood's elite band. Until that time, make sure you keep practising. Don't forget to hone your skills with a sword as well.



SUMMARY FOCUS

1. What is another name for placing the arrow against the bowstring?
2. What must you do before you can move on to shooting an arrow?
3. What is the first step to learning how to shoot?
4. What should you do first, close your eye or pull back the string?
5. Why has the author put the list of things you'll need at the beginning?

VIPERS QUESTIONS

V

List three words or phrases that the author uses to indicate time.

R

What is the full range of the bow?

I

What does the author feel is the most important thing?

R

What should your bow be made from?

E

Find and copy the phrase that tells you it will be hard work.

Answers:

1. Nocking
2. Be confident nocking the arrow
3. Check there is nothing between you and your target
4. Pull back the string
5. So that you can have them ready before practising

V: First/eventually/to begin with/before/once/initially/for now/only once

R: 250 yards

I: Practise

R: Yew

E: This will tire your arm very quickly