December THE DART 2022

A publication of the OHIO ATLATL ASSOCIATION

The Ohio Atlatl Association is a not for profit organization dedicated to the use of the atlatl and dart as a recreational pastime and the introduction of the atlatl and dart as an historic element in the progress of humankind to the general public.

Ohio Atlatl Association Standard Accuracy Competition Best Scores of 2022

Note: OAA uses a 120 cm, multicolored, 10 ringed FIFA archery target, numbered 1 thru 10 with an X ring in the 10. The target is approximately four feet in diameter.

Masters, Men (M-7) 3 darts from 15, 17, 20, 22, and 25 meters.

Score	Name	Month	Location
121	*DOUG BASSETT*	July	Steve's Dam ISAC
112	Ray Strischek	Sept	Indianapolis Indiana
104XX	Ryan Grohsmeyer	July	Flint Ridge
93	Randy Whaley	Aug	Steve's Dam ISAC
86X	Mamerto Tindongan	Oct	The Plains Mound Festival
91X	Don Roberts	July	Flint Ridge

76	**Steve Hall**	**July**	**Flint Ridge**
75	**Dave Paterson**	**July**	**Flint Ridge**
74	**Tim Whaley**	**Aug**	**Steve's Dam ISAC**
71	**Mike Glen**	**Oct**	**Mike Lester's House, Ohio**
68	**Erik White**	**Sept**	**Indianapolis Indiana**
63	**Greg Maurer**	**Sept**	**Flint Ridge**
59	**Frank Lukes**	**Sept**	**Indianapolis Indiana**
58	**Jerry Nevins**	**July**	**Flint Ridge**
56	**Tim Hall**	**July**	**Flint Ridge**
53	**Andy Majorsky**	**July**	**Flint Ridge**
36	**Steve House**	**Sept**	**Flint Ridge**
20	**Pat McGee**	**June**	**Athens Library**
16	**Mike Lester**	**July**	**Flint Ridge**

Masters, Women, (F-6) 3 darts from 15, 17, 20, 22, and 25 meters.

Score	**Name**	**Month**	**Location**
78	***LORI MAJORSKY***	**July**	**Steve's Dam ISAC**
71	**Sue Mercer**	**July**	**Flint Ridg**
59	**Kerry Opel**	**July**	**Flint Ridge**
57	**Anita Lukes**	**Sept**	**Indianapolis Indiana**
46	**Leilani England**	**July**	**Flint Ridge**
39	**Debbie Andrews**	**June**	**Athens Library**
37	**Margie Takoch**	**July**	**Flint Ridge**

Novice, Men, (M-5) 3 darts from 10, 12, 15, 17, and 20 meters.

Score	**Name**	**Month**	**Location**
110	***GREG MAURER***	**Sept**	**Flint Ridge**
105X	**Tim Whaley**	**Aug**	**Steve's Dam ISAC**
102	**Steve Hall**	**July**	**Steve's Dam ISAC**
95	**Tim Hall**	**Oct**	**ROAR Zaleski Nat Forest Ohio**
85X	**Mike Lester**	**Aug**	**Steve's Dam ISAC**
78	**Mike Eickholtz**	**Sept**	**Indianapolis Indiana**
61	**Jay Sullivan**	**July**	**Flint Ridge**
58	**Jake Webster**	**Sept**	**Flint Ridge**
58	**Mike Lewis**	**Oct**	**Louisville Kentucky**
58	**Robert Crawford**	**Oct**	**The Plains Mound Festival**
52X	**Shelby Mitchell**	**July**	**Indianapolis Indiana**

49	**Tony Bruck**	**July**	**Indianapolis Indiana**
47	**Eric White**	**Oct**	**Louisville Kentucky**
38	**Ryan Rickerson**	**Sept**	**Flint Ridge**
38	**Zaynrico Roberto**	**Oct**	**The Plains Mound Festival**
23	**Bert Weschke**	**Sept**	**Flint Ridge**
12	**Ray Madden**	**July**	**Flint Ridge**

Novice, Women (F-4) 3 darts from 10, 12, 15, 17, and 20 meters.

Score	**Name**	**Month**	**Location**
94	***NISA HOBROOK***	**Aug**	**Steve's Dam ISAC**
58	**Kerry Opel**	**July**	**Flint Ridge**
55	**Joannah Tindongan**	**Oct**	**The Plains Mound Festival**
16	**Patty Cassidy**	**Sept**	**Indianapolis Indiana**
8	**Jacquiline Barco**	**Oct**	**The Plains Mound Festival**

Youth, Male, 12-16 years old (M-2) 3 darts from 7, 10, 12, 15, and 17 meters

Score	**Name**	**Month**	**Location**

Youth, Female, 12-16 years old, (F-2) 3 darts from 7-10-12-15, and 17 meters.

Score	**Name**	**Month**	**Location**
56	***AUBREY BOWERS***	**Aug**	**Steve's Dam ISAC**

Youth, Male, under 12 years old, (M-1) 3 darts from 5, 7, 10, 12, and 15 meters.

Score	**Name**	**Month**	**Location**
54	***CROSBY BARNETT***	**Aug**	**Steve's Dam ISAC**

Youth, Female, under 12 years old, (F-1) 3 darts from 5, 7, 10, 12, and 15 meters.

Score	**Name**	**Month**	**Location**
22	***ABERLYN BAILITZ***	**July**	**Flint Ridge**

ATLATL TARGET STAND

During the World Atlatl Association meeting at Flint Ridge, Ohio, July 2022, some folks asked me about the target stands we used to hold the 50 inch X 50 inch by 3 inch thick foam pads that serve as the target backing for both the ISAC and Ohio Atlatl Association Standard Accuracy Contests.

Above pictured, a target face for the Ohio Standard Accuracy Competition. It is a 122 CM (approximately 49 inches by 49 inches) multicolored target face used by FIFA for long distance archery contests. It is scored 1, 2, points white, 3, 4, points black, 5, 6, points blue, 7, 8 points red, and 9, 10 points yellow, with a small circle inside the 10 ring for an X. The target faces cost about $6 to $9 each on line, depending on whether you buy paper, poster board, or the fabric grid embedded version. Personally, I have found that there is little durability increase between the three versions for atlatl dart purposes, certainly nothing to justify the added expense.

Materials:

For **each leg** of the two-legged stand.

ONE **2 inch x 2 inch x 8 foot** long piece which is cut into 3 foot long and 5 foot long pieces.

ONE **½ inch x 2 foot x 2 foot** sheet of plywood. (This is cut diagonally to create two triangles.)

TWO **8 inch long x ½ inch diameter** dowel rods.

FOUR **12 inch long x 3/8 inch** diameter nails.

To be used on both legs:

One tube of Liquid Nails. (Actually, you could glue up at least four legs with one tube.)

One box of **1 ¼ inch** dry wall screws. (There are easily enough screws for 6 legs in a box.)

Note: The 3 foot long 2X2 is the foot, the horizontal piece on the ground.

The 5 foot long 2X2 is the leg, the vertical piece.

Position the vertical piece 10 inches in from one end of the horizontal piece. See the drawing for placement of the plywood triangle, the holes for the 12 inch nails, and dowel rod. The dowel rod places the bottom of the foam pad 8 inches off the ground so that when the target face is mounted, the bullseye is belt buckle high (within ISAC parameters).

I found 2 feet by 2 feet by ½ inch plywood squares at Lowes, as well as the 2 by 2s, the big honking nails, glue, and screws. I used regular pine 2 by 2s and as long as you store them when

not in use, the stands will last several years. The big nails anchor the stand legs to the ground. **When it is time to take the stands down, you might need a crowbar or claw hammer to get the nails started out of the ground.** I would not recommend rocking the stands back and forth to loosen the nails from the ground unless the ground is really, really wet. These things are pretty sturdy but they are not idiot proof.

To attach the foam pad to the stand, use one of the big honking nails to punch two holes about 3 inches apart, 4 inches in and down from each corner. You will need **4 lengths of rope, ¼ inch by 3 feet long.** Use the big nail or long shank regular screwdriver to push the ends of the ropes into and through the holes. Use the ropes to tie the foam pad to the stands.

The purpose of these stands is portability. OAA has several events at state parks and therefore have a need to be able to transport targets faces, target backings (foam pads) and target stands to these locations and it helps that they are relatively light weight. The fit easily laid flat and stacked in a pick-up truck bed between the wheel wells, or in a small utility trailer with at least 4 feet by 7 feet inside dimensions.

For the World Atlatl Association annual meeting, I was able to haul six sets of target stands (2 legs each), 6 foam pads, and 12 targets wrapped in a tarp, lashed to my 5 x 7 open air utility trailer from Athens to Flint Ridge (75 miles) with no problems. The large plastic utility box with all the distance stakes, 12 inch nails used to anchor the stands to the ground, target stays, measuring tapes, and other tack and tools fit between the legs of the stands and under the foam pads.

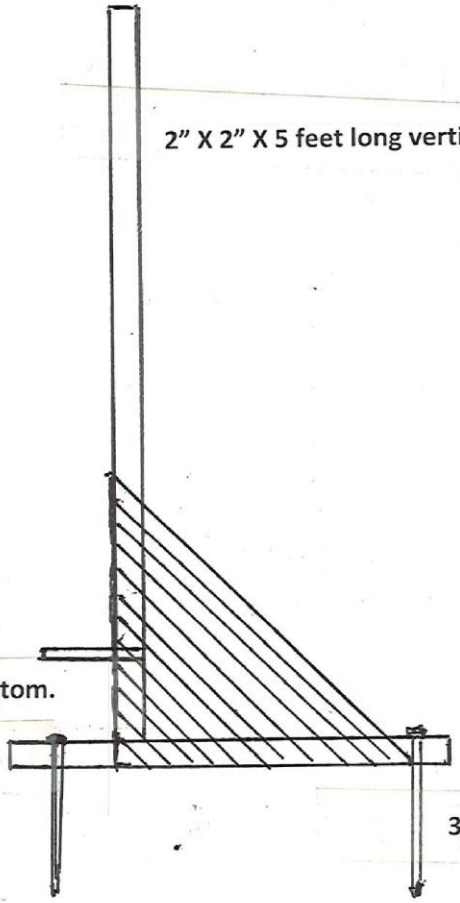
I have been using this method (either pick-up truck or small utility trailer) to haul all the atlatl event targets, backings, and stands for 22 years with only one mishap. The very first time I hauled the foam pads and stands in the back of my pick-up truck, I used twine to lash things down. A semi-truck coming in the opposite direction caused the twine to snap and the foam pads went flying. Since then, I use 3/8 of an inch diameter ROPE and have never suffered a mishap since.

Above: my small trailer packed with 4 stands, 4 foam backings, and a tarp containing target faces glued to cardboard. If you look closely you can see that the foam backings and tarp of targets are bundled as a unit and then strapped to the trailer. This prevents the 52 card pick up syndrome when a semi-tractor-trailer rig comes at you from the opposite direction doing 70 miles and hour. Have Atlatl Competition, Will Travel. Duh, da, duh, dum.

Ray Strischek

Ohio Atlatl Association, Athens Ohio

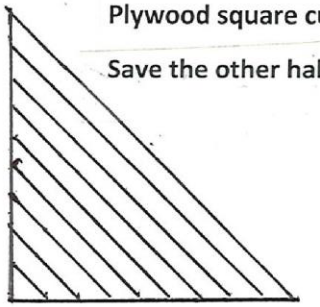
TARGET STAND



2" X 2" X 5 feet long vertical

½" X 8" dowel rod
Located 8 inches from the bottom.

2" X 2" X 3 feet long horizontal



One half of a 2 foot X 2 foot X ½"
Plywood square cut diagonally.
Save the other half for the second leg.

3/8" X 12" nails to anchor to the ground

A DIFFERENT KIND OF ATLATL

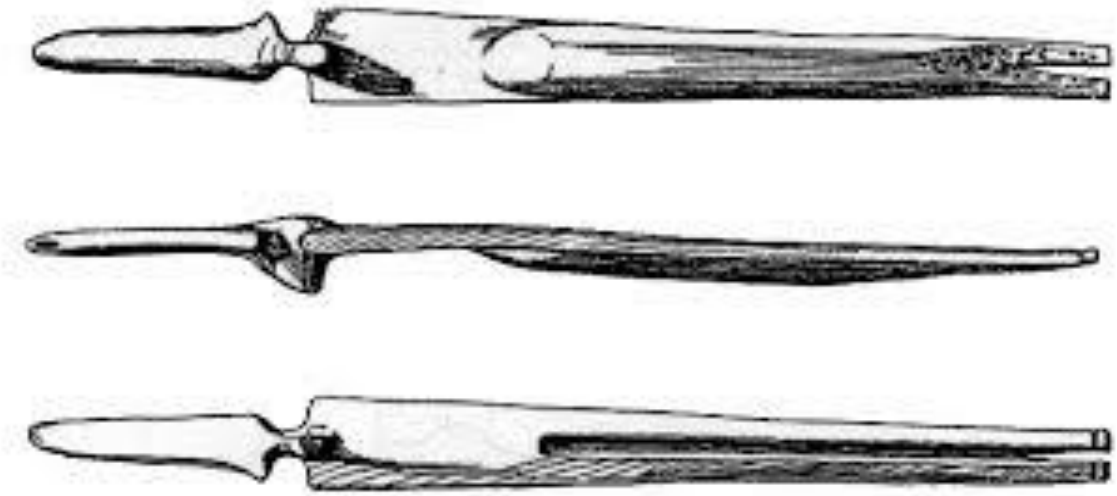


FIGURE 13. Lovelock Cave Atlatl *(after Loud and Harrington)*

Above is a split shaft atlatl drawing replicating a Love Lock Cave atlatl. Instead of having a spur that is inserted into the "cup" of the dart, it has a string which engages a nock in the rear of the dart. This is not a basketmaker missing its loops and spur. This is a hammer grip atlatl. The dart rests on the knuckles of the three small fingers gripping the handle while the thumb and first finger seated in the narrow neck of the atlatl handle pinch/hold the dart. **The extra bit of wood below the narrow neck** rests in the crotch between the thumb and first finger and seems to me would provide greater ease in tipping the atlatl at the fulcrum point during the wrist flick portion of the throwing motion.

Below is a more modern version of the same concept. Note the nock in the dart shaft.

I can't think of a single reason why this wouldn't work as long as the nock is not to deep.

ATLATL ACCURACY

By Ray Strischek

The fact of the matter is, that there are many steps in the process of launching a dart with an atlatl, and it only takes one mistake with one of the steps to cause a miss. And in fact, it is "The Dance Of The Launching Of The Dart" that inspired "The Stealth Of The Bow And Arrow".

Obviously, less steps should mean better accuracy. Normally, I, like many of my North American counterparts, take a step forward during the throwing motion. One year, I had a case of gout. I could hardly walk. I could not take a step as part of my throwing motion. So, I did not. Low and behold, I scored a 94XX in the ISAC that day. One would think that a light bulb would have gone on in my brain telling me to go that route from then on. But no, as soon as modern medicine chased the gout away, I was back to taking that step in the throwing motion. And why not? I have scored 97XX and some 95s and a lot of other above 90 scores in the ISAC taking that step. So,,,,, there it is. The old guy resists change.

(Note: Many of our European counterparts DO NOT TAKE THAT STEP, and seem pretty happy not doing so. **I take the step to start the momentum building process**. They start it by simply shifting their weight from back to front at the start of their throwing motion.)

When I teach beginners how to use the atlatl and dart, I say things like:

"The dart has weight and over 15 to 20 meters, it will start to drop out of the sky. Therefore, you need to figure out what angle above horizontal you need to aim and throw the dart into, in order to compensate for that drop out of the sky."

Why I say that: let's use the World Atlatl Association's International Standard Accuracy Contest (ISAC) target. It is 4 feet in diameter, with rings numbering 6, 7, 8, 9, 10 (which is the bullseye of a 10 inch diameter) and a 3 inch diameter X ring inside the 10.

(The center of the X ring is supposed to be elevated between 90 and 109 centimeters off the ground, though most people settle for an elevation within that range referred to as "belt buckle high".)

More of what I say: "When I am throwing from 15 meters at the ISAC target, I am aiming **to throw my dart at** the top of the 10 inch bullseye." Remember that the center of the bullseye is belt buckle high and that I am holding the atlatl and dart up near the top of my head, which if the dart and atlatl are horizontal, that means the dart is pointed at a spot about 1 foot above the entire target. Therefore, if I am **to throw my dart at** the top of the 10 inch bullseye, the trajectory (the angle of the dart thrown above or below horizontal) will be a slight downward angle.

"When I am throwing from 20 meters at the ISAC target, I am aiming **to throw my dart at** the 7 ring directly above the bullseye." This requires that the angle of my dart be pointed above horizontal. And, a bit more force of throw is required because increased distance means **gravity beats the crap out of velocity every time**."

"To throw my dart at", needs to be explained. "For a very brief fraction of a second, at the end of the throwing motion, when your arm is fully extended towards the target and the dart is just about to separate from the spur, you can see a straight line along your arm, along the atlatl, and along the dart to a spot on the target. At 15 meters, I want that spot to be the top of the 10 ring (bullseye). I want **to throw my dart at** that spot. At 20 meters, I want that spot to be the 7 ring directly above the bullseye. I want **to throw my dart at** that spot. And in both cases, I expect gravity to do its thing, and pull the dart down to the bullseye."

Now take it into consideration, that all of the above is all about me, the weight, length, and flexibility of my dart, the length of my flexible, weighted atlatl, and my 75 year old force of throw, such as it is, and yes, I use a goodly force of throw at 15 meters and a greater force of throw at 20 meters.

Now, I know people who can throw flat trajectories at 15 and 20 meters, no problem. I know people who throw side arm in pretty much a flat trajectory at both distances, no problem. I know a couple of people who throw basically underhanded, their darts going down towards the ground and then rising back up to the target. I have no idea how they do that. **I only know how to throw straight end over end, dart flying in an arc to the target**, and that is what I try to teach beginners.

The basics: (For right handers. Lefties, adjust for your own reality.)

Stand up straight and tall. Stand with your left foot pointed at the target. The other foot should be shoulder's width apart from and slightly behind the other foot and pointed slightly outward to the right.

Hold the atlatl handle up by the top of your head and slightly to the rear of the ear. The elbow of the hand holding the atlatl should be shoulder high. **The elbow must remain shoulder high all the way through the throwing motion.**

Let me repeat that: **THE ELBOW MUST REMAIN SHOULDER HIGH ALL THE WAY THROUGH THE THROWING MOTION.**

To start the throw, start taking a **STEP** forward with your left foot while at the same time **PULLING** the atlatl and dart **horizontally forward**. If you are not using a dart rest, **release your grip on the dart now.**

AFTER the atlatl handle has passed your face, start levering the atlatl upward/forward **while now PUSHING the atlatl and dart forward.**

When your arm is **nearly fully extended forward**, **briskly flick your wrist (FLIP) downward**.

Remember this if nothing else. The throwing motion is all about **creating and increasing forward momentum all through the throwing motion**. Anything that corrupts the momentum building process will result in a bad shot.

So, after boring the beginner with a long winded how to, I shorten it all to the following.

"Don't bend over.

Don't drop your elbow.

STEP PULL PUSH FLIP"

"If you bend over during the throw, or allow your elbow to drop below the shoulder during the throwing motion, you are effectively lowering the point of your dart downward during the throwing motion before the dart separates from the atlatl, and the only thing you are going to hit is the dirt in front of the target. You can throw harder, and harder, and harder all you want. The only thing you will accomplish is driving your dart deeper into the dirt in front of the target. Been there. Done that."

THE THREE MISTAKES THAT CAN RUIN YOUR DAY:

The reason I keep repeating DON'T BEND OVER/DON'T DROP YOUR ELBOW: It is the number one mistake every beginner makes, repeatedly. It is also the number one culprit for experienced atlatlists for that one really bad throw that ruins a day of competition for them.

The number two culprit, is **tired wrist**. **During the throwing motion** people sometimes allow **the wrist of their throwing hand to turn outward** which twists the atlatl and spur outward as well which causes the spur of the atlatl to drive the dart butt down and to the left which causes the dart to veer to the right (right handers**). In effect, what was supposed to be a straight end over end throw becomes a sword fighting slash from high right to lower left.**

The number three culprit is **levering the atlatl upward too soon**. This causes the rear of the dart to rise up above the front of the dart and the front of the dart never has a chance to rise up high enough during the flight to hit anything except the dirt in front of the target. **Don't start levering the atlatl upward until the atlatl handle has been PULLED past your face.**

I hope this information is helpful. Thanks for reading.

Raymond Strischek

Ohio Atlatl Association