

# The History of Archery

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**Received:** 28 March 2026; **Accepted:** 23 April 2026; **Published:** 10 May 2026

**Abstract:** This article analyzes the history of the emergence of the sport of archery, its role in the development of mankind, and the stages of its formation as a sport. The study highlights the fact that the bow and arrow were initially used as a means of hunting and protection in primitive society, and later became a means of military training and competition. It also provides information on the development of archery in the history of the peoples of the East and West, its role in ancient civilizations, and its international popularity as a sport.

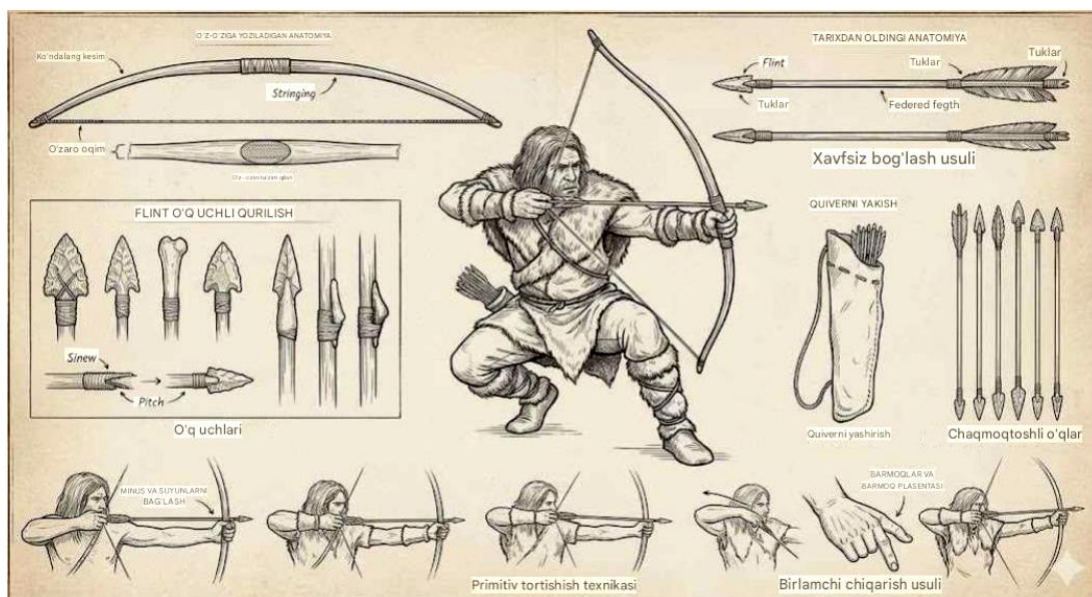
The article analyzes the formation of modern archery, the activities of international sports organizations, its inclusion in the Olympic Games, and the stages of development of this sport in Uzbekistan. The results of the study show that archery is not only a historical and cultural heritage, but also an important sport in the physical, spiritual, and volitional education of young people.

**Keywords:** Archery, Sport discipline, Olympic Games, Bow and arrow, Historical development, Martial art, International federation, Athlete training, Competition rules, Traditional sport.

## INTRODUCTION:

Archery is the art of practicing or mastering the art of shooting with a bow. Historically, it has been used for hunting, fighting, and warfare. However, in our time,

its main purpose is for people to have fun. A person who practices archery is usually called an “Archer” or “Archer”.



Scientists believe that the bow was invented at the end of the Paleolithic and the beginning of the Mesolithic. The oldest evidence of its use in Europe was found at Stelmor in the Orenburg Valley, north of Hamburg, Germany. The date corresponds to the Late Paleolithic period, that is, to 9000-10000 BC.

No evidence of earlier use has been found. Of course, scientists from time to time find arrowheads older than 10000-9000 BC, but they cannot say for sure that these are arrowheads. It is likely that the arrowheads were spears that were used long before the bow. The oldest known bow today was found in a swamp in Denmark.

Eventually, the bow replaced the atlete (spear) as the main throwing weapon on all continents except Australia. By the way, bows and arrows have existed since the creation of Egyptian culture.

Traditional civilizations, particularly the Assyrians, Hungarians, Persians, Parthians, Indians, Koreans, Chinese, and Japanese, had a large number of archers in their armies. The Sanskrit term for archery eventually became a general term for martial arts. Archery was highly developed in Asia and the Islamic world.

In East Asia, the ancient Korean civilizations of Sila, Baekje and Goguryeo were famous for their platoons of professional archers. In Central Asia and the American plains, there were tribes that were very skilled at archery on horseback.

Perhaps because bows and arrows were popular weapons in myths about the gods, or because medieval legends were not outdated, at least the legend of Robin Hood is still alive, the tradition of archery is still alive.

Robin Hood first demonstrated his skills 123 years ago at the II Olympiad in Paris in 1900. In 1904-1908 and 1920, this sport was included in the official Olympic Games program, but was later excluded from the

Olympic Games. Because there were no unified Olympic rules. In 1931, at the initiative of the People's Republic of Poland, it united 140 countries of the world today. The International Target Archery Federation (FITA) was formed. Since 1931, FITA has held the World Championships annually, and since 1953, they have been held every two years.

The most famous archers in human history are the Mongols.

In 1208 AD, Genghis Khan succeeded in establishing a vast empire by leading his armies westward from the Mongolian plains. The Mongols were amazing horsemen. They could shoot arrows from the saddle in any direction. At their peak, the Mongol Empire stretched from Austria to Syria, Russia, Vietnam, and China.

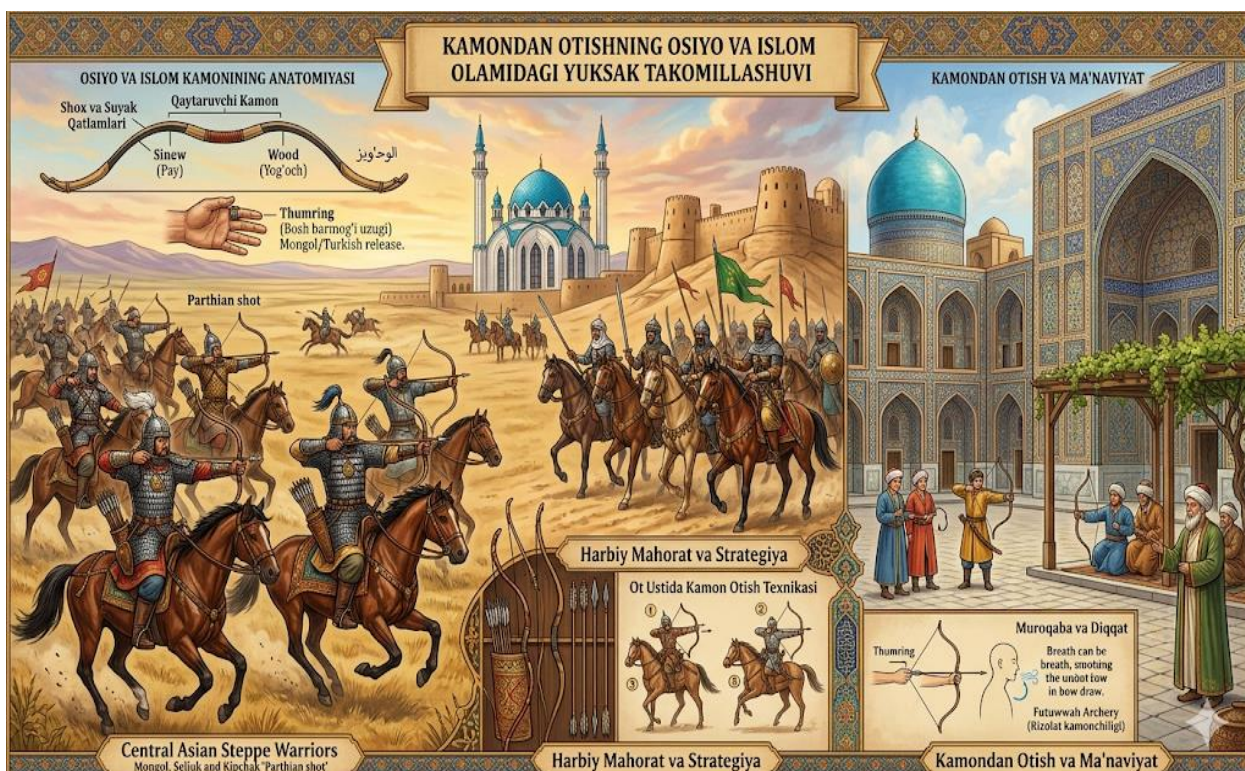
The Japanese developed archery in two ways, Kudo and Yabusamaya. These martial arts, which were more of a lifestyle, are still popular today. One of the most famous books on Zen Buddhism, *Zen and the Art of Archery*, was written by Eugene Herrigel in 1930, in which he described his experiences with Kyudo.

During the Norman invasion of Great Britain in 1066 AD, King Harold was shot in the right eye by a Norman arrow. At that time, the Anglo-Saxons did not use archers in combat.

Archery was first introduced as an Olympic sport at the 1900 Olympic Games in Paris.

However, due to the lack of generally accepted rules, this sport was left off the side program for a long time. Finally, in 1972, in Munich, this sport was included in the Olympic Games.

The World Archery (FITA) was founded on September 4, 1931 in Lviv. The world championships also began in 1931. By the mid-1950s, standard exercises M1 and M2 were developed, which were included in the program of major competitions.



Archery has been an Olympic sport since 1900. In 1900, 1904 and 1920, the program of the games included various non-standard types (shooting from 50, 60, 80 yards, etc.). Since 1924, this type has been excluded from the program due to the lack of general rules, and returned to the 1972 Games with the M2 discipline in the individual championship.

Archery in the former USSR has become a mass sport since the 1960s. In 1971, Emma Gapchenko held the first World Championship. Major centers for the development of this sport have emerged in Moscow, Central Asia, Transcaucasia and Transbaikalia.

Modern archery is a sport that combines the latest achievements of various scientific fields. In its development, this sport has gone through several stages, which are related to its inclusion in the Olympic Games or not. The development trends of archery were commercialization, changing the rules of competitions in the direction of increasing the fun of the game, and increasing competition on a global scale.

Archery has existed since ancient times in human history, was originally used for hunting and military purposes, but today it has developed as a modern sport and has become widely popular internationally. This sport has occupied an important place in the

culture of various civilizations throughout its long historical development and has been enriched with scientific and methodological foundations over time.

Modern archery requires not only physical training, but also a high level of attention, accuracy, patience and psychological stability. The process of training athletes is complex and systematic, and includes stages of technical, tactical and functional training. At the same time, the introduction of modern technologies and scientific approaches is further increasing the effectiveness of this sport.

Today, archery has developed into an Olympic sport, is regulated by international federations, and competitions are held according to uniform rules. Interest in this sport is also growing in Uzbekistan, and special attention is paid to the training of young athletes, ensuring their physical and technical development.

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