Introduction:

Welcome to Primitive Hunting. The devices in this class were developed by hunters over the centuries to bring food back from the hunt. The physical principles are sound and the devices relatively simple to make. Practice with the tools is essential for good results. There is satisfaction in mastery of a tool along with a valuable skill.

The tools and techniques in this class can have potential dangers involved with them. The authors take no responsibility for the actions of others that result in harm, injury or death. The procedures below are a good beginning for formulating a plan for the leaders to develop safety measures for their sites.

Not all injuries or incidents can always be identified and prevented. Procedures can be attempted to make all activities as safe as possible. Incorporate these and any other guidelines into the procedures.

- Define a danger zone for projectiles and monitor all who might enter the zone from any direction.
- As a leader collect all throwing devices before anyone goes into the danger zone.
- Keep all devices that swing in any manner out of the hands of participants until there is adequate space between them and there is adequate supervision.
- Keep pointed ends in a safe direction away from all others at all times. Be aware of what part of a device might strike a body if tripping or falling occurred.
- Walk at all time.

The Sling

Stone throwing slings have been around since at least the Neolithic period (~10,200 BC – 2,000 BC) in the Mediterranean area. Some archeologist believes the sling dates to the Upper Paleolithic period (~40,000 BC- 10,000 BC). Slings were found on all continents except Australia.

Due to their organic composition, slings are rare to find in archeological sites. The oldest slings are found in Peru and date back to 2500 BC while other slings have been found in the Egyptian tomb of King Tutankhamen from 1325 BC and in caves in the state of Nevada from 1200 BC.

Sling Loop

Also known as the Shepherd Sling, the sling is a very simple hunting device (and weapon) to make. It is designed to throw blunt objects such as stones. With practice it can be a reliable tool for hunting or defense. It is considered a low status device that could be owned mostly by those who could not afford more complex weapons or tools. It was preferred by shepherds in defending their flocks from predators.

The sling consists of a pouch area with a long string on each end. A loop for the middle finger holds one end of the sling line. The other end of the sling is pinched by the fingers while the projectile is suspended in the pouch.

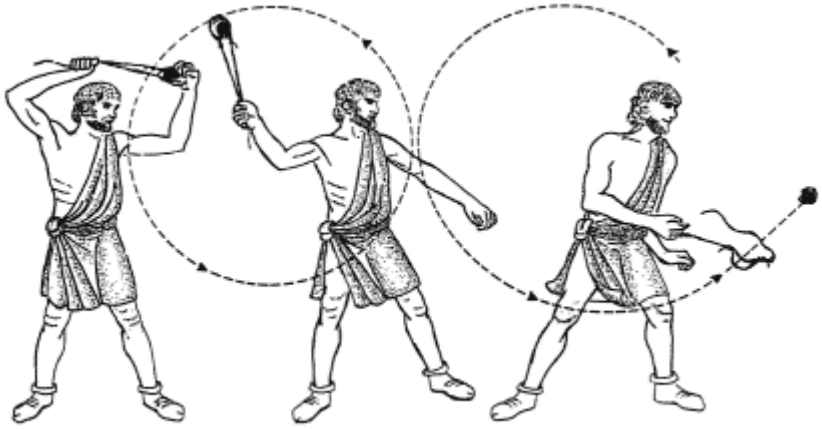
Simple Sling

A simple sling can be made from two cords of about 24 to 28 inches apiece. Tie an overhand knot in each cord about four inches from one end. Then slip the short end of each cord through the other cord and tie an overhand knot behind the overhand knot in the other cord. Tie a loop knot of some sort in one end of one of the cords. Put the loop over the index finger. Hold the two cords together and adjust until the pouch is level as it hangs. Tie an overhand knot, in the cord without a loop, in the place where the fingers pinching the sting keeps the pouch level. This pouch can then be filled in with duct tape, leather or any material to make a solid pouch. The pouch can stay just two strings if desired. This limits the size of projectiles to one size.

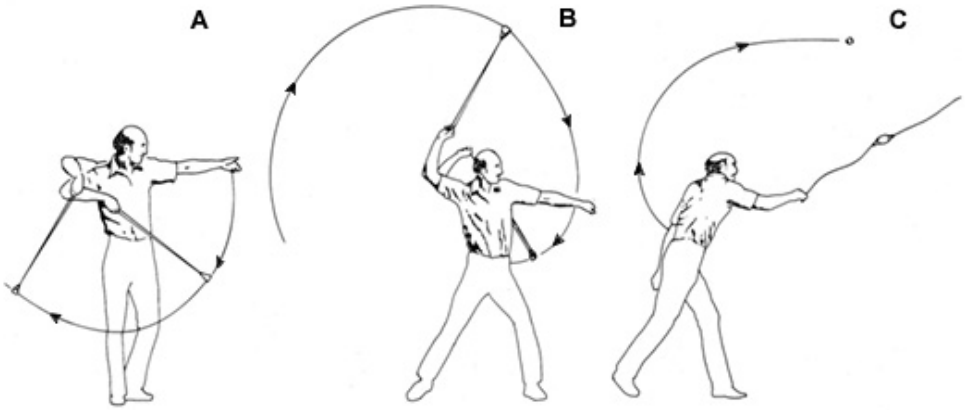
The Motion of the Sling

The sling is swung in an arch with the projectile being released by letting go of the string being pinched by the fingers. With practice the thrower will know when to release the projectile that will hopefully fly to the desired destination.

The two motions most often used are the Underhand/Side Arm Approach and the Overhand Approach. In both cases of either the Underhand/Side Arm or Overhand Approach, the string is just an extension of the thrower's arm. Once the projectile has some motion and the force of the motion is holding it in the pouch during the beginning of the throwing motion, it should stay in the pouch as long as the throwing motion is smooth and consistent. Releasing the pinched end of the string allows the projectile to leave its arc and travel in a straight direction.



Underhand/ Side Arm Approach



Overhand Approach

Just like with any thrown object, the technique is important. Hold the strings tight between the throwing arm and the other arm. With the foot on the opposite side from the throwing arm take a small step forward. The throwing arm, and sling, moving in a throwing motion creates an arc as the projectile moves in its path until it is released. Release the projectile/pouch from the non-throwing arm as the throwing arm goes into its motion. As the throwing arm is going forward, the foot on the same side as the throwing arm is stepping forward. It is all a natural motion. Release the pinched string in the throwing arm at the moment a person would release a pitched ball from a hand. Do not try to throw hard the first few times. Just go through the motions. Developing the technique will produce good habits and more effective throws.

The projectile in the sling pouch has potential energy, while that projectile flying through the air has kinetic energy. Slings have two types of forces when moving in a circle: Centripetal force ("center-seeking) and centrifugal force ("center-fleeing"). These forces have an action-reaction relationship. A moving projectile will go in a straight line until another force acts upon it (Newton's 1st Law of Motion).The faster the projectile is being swung, the greater the centrifugal force. An example of this is when a merry-go-round spins faster; the harder it is for someone (the projectile) to stay on. The mechanical restraint of the string connected to the pouched projectile cause's centripetal (center-seeking) force, or the pushing of the projectile back onto a circular path. At the same time, the projectile is trying to go in a straight line and experiences centrifugal (center-fleeing) force. When the projectile is released from this circle, it goes in a straight line until the forces of gravity, or another force, draw it back down to Earth (Newton's 3rd Law of Motion).

Sling Activity & Letter Game (PIG)

An activity to play is having someone pick an obstacle to hit. Each player gets a position in the game from first to last. Determine this by consensus or other means. The first person identifies a target and tries to hit it. Then each person in turn attempts to hit the target. Whoever hits the object goes first the next time. In cases of ties the first person to hit the target goes and determines the next target. All participants keep their position in the turn line with the "winner "of that round going first.

A form of a letter game could also be played. The player calls a target. Then all who miss that target get a letter spelling out some word. Whoever gets the word spelled first is the first one out of the game.

Range rules are stated.

1. All slings are directed at the ground, at all times
2. All participants will be behind throwers and throwing line
3. Instructor will hand out slings when ready
4. Instructor will hand participant one projectile at a time.
5. After your throws go back to wait next time.
6. Give sling back to instructor
7. All participants are aware of hazards and yell out concerns.

Sources

http://www.bing.com/images/search?q=sling+throwing&id=5A59B919F3F268B6D0AE2E434BADE07EBFCEC550&FORM=IQFRBA#view=detail&id=9D8DEF4BCF787B0C4A108940861ECF0CFD7BBF11&selectedIndex=16

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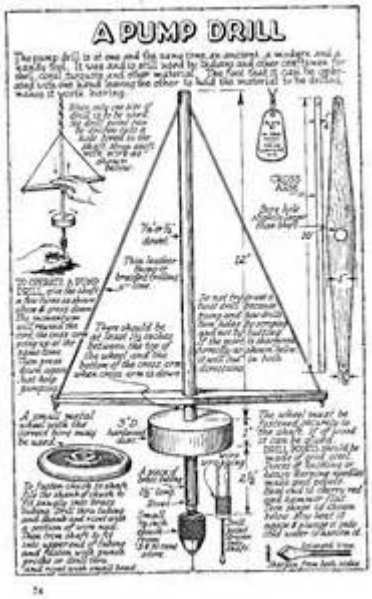
http://en.wikipedia.org/wiki/Sling_(weapon)

Pump Drill

The history of the pump drill is very old, coming most likely from northern Asia and to the American Indian of the Southwest and the Iroquois of the New York region. The pump drill is thought to have been discovered around 10,000 years ago. It has been used in carpentry, metal working and jewelry.



The drill has a board with a hole through the center that moves up and down the spindle to which is attached a fly wheel and bit. The strings attached to the board and the top of the spindle wrap and unwrap around the spindle as the board is pushed down and allowed to rise by the action of the spindle and flywheel. The fly wheel alternates in one direction and then the other. The bit at the end of the spindle grinds and scrapes to form holes in material. It can also be fitted to make fire.

Take the board with the hole in the center and place over spindle while placing string through holes in ends of board and attaching to top of spindle. Slide flywheel on to spindle near end away from the string. Attach drill bit or asymmetrical point to end.

Flywheels store rotational energy or kinetic energy due to the rotation of an object. The string being wrapped around the spindle stores potential energy to help accelerate the flywheel in the opposite direction. Pumping the board adds energy to the system which is being loss through friction.

Holes can be drilled by the pumping down and allowing the board to rise again as the fly wheel spins back and forward wrapping and unwrapping the string. Drill holes with the hole drill for holes in objects.

Sources

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http://www.bing.com/images/search?q=pump+drill&id=2BAB5A9AC0E6FCEEDAFC081BA6E5D6196227FCE6&FORM=IQFRBA#view=detail&id=D31882B93DAFF843EE6804A79BABE824CE0195E9&selectedIndex=46

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http://en.wikipedia.org/wiki/Flywheel

Dead Fall Trap

No one can really know when the first dead fall trap was created. They have been around in many societies for centuries. The First Americans of the Southwest were using them long before the rest of the world visited them.

The dead fall trap works by capturing the intended meal under the weight of a rock, log or other heavy object. They are humane, but need to be monitored often to insure that no animal suffers in case of a not perfect strike. There are a variety of set systems with each a heavy weight, support system and a triggering device. The authors have selected the Paiute Deadfall as the choice for this class.

Select a site for the trap on a trail the animals travel to and from water and food sources. Bait the trap for an attraction. Leafy plants most often attract rabbits. Know what the animals in your area will be attracted to and find it out there to use is important. Each set up will have different considerations on set up and assembly. Experience will make the difference over time.

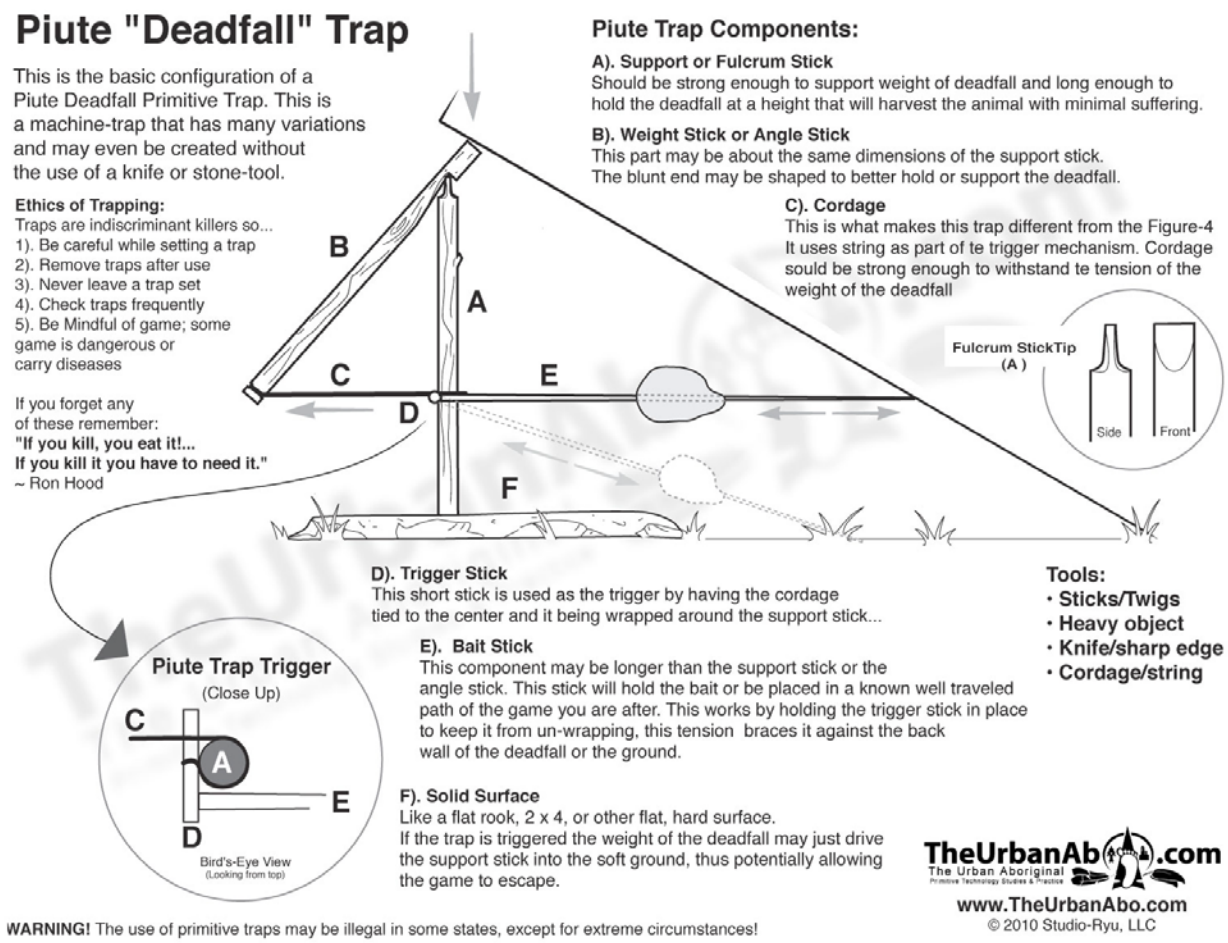
The basic parts needed for this dead fall are a post stick, lever stick, toggle stick, bait stick and a piece of cordage.

Cordage can be a shoe lace, parachute cord, woven fibers or any other material that can be used in such a manner. The material will be under stress so all the stretch should be out of the system.

Take a strong, straight post stick that is capable of supporting the weight of the rock or log that will act as the dead fall. Make sure the end on the ground is well supported. Make it flat so the post stick *does not settle in the ground.* The other end of the post stick is sharpened to reduce friction and contact with the lever stick to make the trap more sensitive.

The lever stick goes across the post stick in a “T” shape fashion. Carve a “V” shaped notch in the lever stick about two inches from the one end. On the other end, carve a circular notch all around the stick about one inch from the end. The “V” notch will sit on top of the post stick. The circular notch will have the cordage tied to it. On the other end of this cordage will be the toggle stick. The bait stick will hold the toggle stick in place setting the trap with the bait stick holding the toggle stick in place by being braced against the deadfall.

The toggle stick is a small stick flattened to brace against the bait stick. It is wrapped around the post stick and braced in place by the bait stick. When the bait stick is moved the toggle stick allows the lever stick supporting the weight to move and let the weight fall.



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www.BushcraftNorthwest.com

Rabbit Sticks or Throwing Sticks

The rabbit stick, throwing stick or throwing club was found practically worldwide in historical times. They were as crude as to just being a stick, to elaborately carved for more efficiency. The Egyptians used them for hunting ducks. Southwest First Americans used them for rabbits.

They were commonly used in open space where game could be spotted at a distance and sticks could be thrown fairly easily. The aerodynamic carved stick is thrown side arm and floats across the ground for long distances. Most sticks are from 2.5 - 3 feet long. The stick spins as it travels causing harm or death to small game such as rabbits or water fowl.

Rabbit sticks can be straight or curved and are carved symmetrically width wise with rounded edges to create straight flight for long distances. They do not return like a boomerang. Sticks were thought to be heavier on one end than the other to impart spin and momentum to keep it flying straight with less wobbles in flight. They have a gyroscopic characteristic along with stability in their airfoil shape. The rotation is created by one of two things. The one is because the end of the stick is heavier as in being thicker. The other is because it has a bend in the stick. These two things create kinetic energy that increases the impact when this energy is absorbed by the target.

Throwing the stick with a bend in them is by an overhand sideways motion that puts a spin on the stick. The throw is a sweeping of the arm with a flick at the end of the throw. Align the target with the non-throwing arm pointed at the target aiming at the middle to lower part. The throwing stick should be aligned with the non-throwing hip at a forty five degree angle across the back. Release the stick at the point where it is a little above and parallel to the non-throwing arm.

A game could be such that one would determine what object to hit and others in line would try. The first one to hit the object would then be the first to identify and throw at the next target.

Rules for throwing sticks:

- Instructor collect throwing sticks until it is a participant's turn.
- Stay out of staging area until participants turn.
- In throwing staging area keep stick directed down range.
- Other participants stays at least three arm/throwing stick lengths away from thrower.
- Determine the follow through of the swing and avoid hitting oneself or others.
- Do not go after throwing stick after throw
- Hand in throwing stick to instructor
- Yell out concerns and hazards as the group sees them

Sources

http://en.wikipedia.org/wiki/Throwing_stick

http://ronsprimitiveskills.blogspot.com/2009/08/rabbit-sticks.html

http://www.barewilderness.com/survival-facts/hunting-tools/rabbit-stick.html

http://4dtraveler.net/2012/02/22/throwing-sticks/

Native American War Club

Clubs, in some form or another, have been around since the beginning of time. Over time, some basic designs were developed. The heavy head is accelerated through space and time by the long light handle. It increases the force by increasing the speed of the head as it travels to impact. It is a third class lever where the force applied by the hand is between the fulcrum or handle end and the head or load. The load (head) travels at a faster rate than the hand that is the force, causing an increase in the speed of the load beyond what the hand is traveling at. This is designed to impact a target at great force transferring the kinetic energy into that target and causing harm in broken bones, damaged vascular system, blunt force trauma or concussions.

Native First Americans would have had challenges to hone their hunting and survival skills. The War Club was an offensive weapon to be used for great harm. It was not a toy. Striking at objects in competitive games helped develop skills.

This may be an object that is only for your personal enjoyment when you are alone. It takes on the responsibility of having a harmful device in the hands of impulsive people.

Rules for war clubs:

- Hand in all war clubs to instructor.
- Hold war club by head, or ball, when at rest. Keep other hand off the handle until ready to compete.
- Stay out of staging area until next participant's turn.
- Do not swing club within three arms reach of anyone. Include the length of the club in that distance.
- Keep clear of the activity zone until it is one's time to participate.
- Determine the follow through of the swing and avoid hitting oneself or others.
- Yell out hazards and concerns when they are seen

Sources

http://www.answers.com/Q/What_are_the_3_classes_of_levers

http://en.wikipedia.org/wiki/Hammer

Atl Atl

Atl Atls are very ancient hunting instruments. Archaeologists first discovered the Atl Atl in the early Upper Paleolithic era in France and Spain. They have been found in artifacts and art on most continents. Most are from the Magdalenian period of 15,000 B.C. The Atl Atl allowed early humans to hunt large animals at a greater and safer distance. Wooly Mammoth and Wooly Rhino were subject to the fatal penetration of the long shafted dart. The advantage of the Atl Atl system over the hand held throwing spear was in its mechanical advantage.

The Atl Atl board allows the throwing of the dart to be thrown faster and farther along with deeper penetration than with a hand thrown spear. The longer throwing radius of the human arm and Atl Atl board combination make for more efficient and forceful throws. It increases the wrist rotation or "flick" enabling much more speed and power thus more penetration.

The flexible dart allows for more powerful throws. The bending of the flexible dart shaft during Atl Atl board acceleration acts like a spring and generates more force than a stiff none flexing shaft. As the dart leaves the board, it springs back to being straight generating even more force. An Atl Atl can smoothly deliver 200 times as much power and 6 times the range as a dart thrown like a traditional spear.

The bow replaced the Atl Atl, about 10,000 years ago, for their ease of transport and ability to shoot accurately. The Atl Atl remains superior for penetrating power and one handed use. Atl Atls are still used in Antarctic for hunting out of kayaks and in Central America for fish. They are also used in Australia and New Guinea. With research and recognition, the Atl Atl is becoming more popular. There are opportunities for those who like to throw the Atl Atl to join clubs and enter competitions. Some states allow them for hunting.

Introduce the Atl Atl as an ancient hunting device with remarkable principles of physics involved in its creation and use. There is potential, or stored, energy in the throwers arm and dart. As the arm is moved forward pushing the dart on the board ahead, the dart bends storing potential energy that is released as kinetic energy as the dart straightens back out upon release from the board. In addition, the longer throwing arm created by the board in the thrower's hand increases leverage and speed. The board is a class three lever similar in motion to a hammer in principle and action. The fulcrum and effort is put forth by the hand while the resistance is the dart being launched.

A quick survey of parts invites instructor and participant to have the same language as instruction begins. The hand held part is called a board and the long shaft a dart. The board has a handle and a protrusion at the other end called a nocking point, hook or spur. A shaft holder, or shelf, is often found between.

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The dart has a point located at one end and a knock at the other. The nock is a small indentation in the shaft where the nocking point of the board connects with the dart. Fletching, or vanes, close to the nocking point stabilize the dart in flight.

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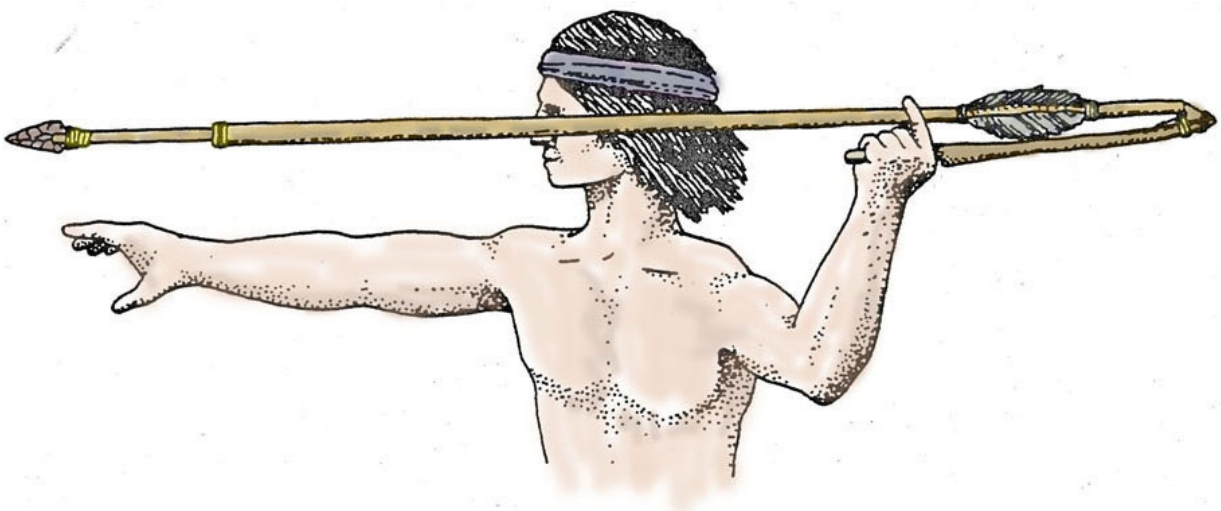
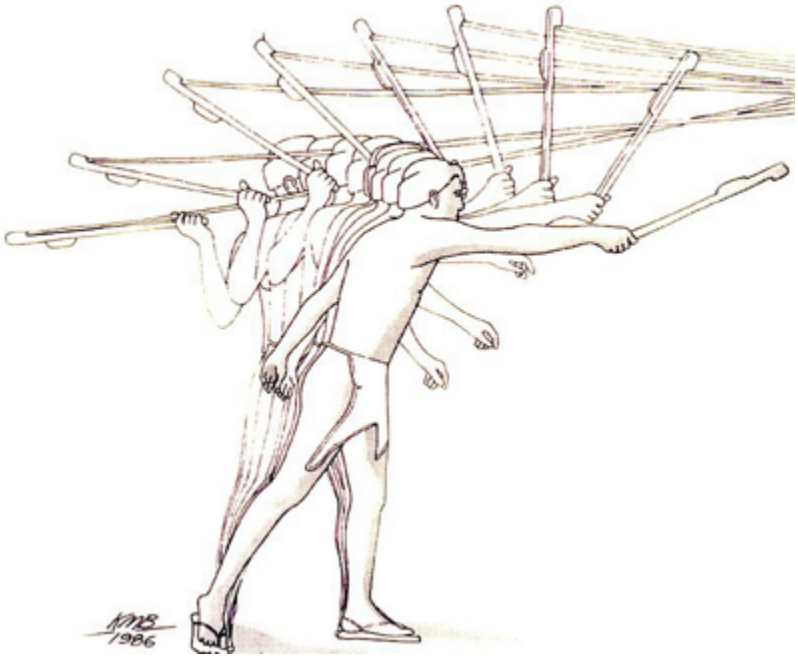
(Nock) + (fletching) (shaft) (point)

Demonstrating and explaining the procedure simultaneously helps student visualize the process. Show the parts of the Atl Atl; the board is the entire "stick part" The handle is where you grip the board. The spur holds the dart on the board. The dart has a long round part called the shaft. Vanes are in the one end and the point is on the other. Place dart on board. The dart indentation should rest snugly on the knocking point, or spur, on the board. Hand should grip the handle, between spur and dart rest, with four fingers on one side and the thumb meeting the fingers from the opposite side. Put a dart in the rest located on the board. If no rest, pinch dart with pointer finger and thumb. Shaft should rest on board shelf snugly against knocking point. Hold board and dart level at shoulder height. If dart is not stable try holding spur end of board a little lower to set center of gravity back a little more.



http://www.bing.com/images/search?q=Paleo+Atlatl&Form=IQFRDR#view=detail&id=0C5B986FDCF0885D2D55028B3D49BF16FCC130F8&selectedIndex=0



http://www.bing.com/images/search?q=throwing+an+atlatl&id=DEEFF56A19E8D8CAD90AD82955B6C9FE66B42ABB&FORM=IQFRBA#view=detail&id=3F5F0470BE1E2DA514635AB9FB72E641BC0993F7&selectedIndex=5

Throwing an Atl Atl is much like throwing a stick. An easy short step forward is done while the foot opposite the throwing hand moves forward to the point where the Atlatl board is pointed away from the thrower. Remind thrower it is *technique and* *<u>not power</u>* that make a good throw. Have all participants slowly go through the throwing motion before throwing a dart. On the first throw have participants go slowly and gently. Technique and more powerful throws will come later. The dart leaves the board at the apex of the radius of the throw. The throw should follow through so the spur end is down by the opposite knee from the throwing hand when complete.

Explain that potential energy is stored in the board, arm and the mass of the dart waiting to be released by the launching of the dart. The motion of the dart transfers that potential energy into kinetic energy. As the dart is forced forward it resists the forward movement. This is Newton First Law of Motion of a body at rest wants to stay at rest. The dart bends in the middle as it flexible shaft resist the beginning of the motion. Then as the board propels the dart out, the shaft recovers from its bend and takes that potential energy and helps propels the shaft away from the board. The dart will oscillate or have a harmonic motion as it continually bends back and forth as it travels through the air. It pumps itself through the air.

http://www.bing.com/images/search?q=atlatl+throwing&id=DEEFF56A19E8D8CAD90AD82955B6C9FE66B42ABB&FORM=IQFRBA#view=detail&id=3A3A489003057B079F2F534D87661AD2A568E2E0&selectedIndex=198

Rules for Atlatl

- All darts pointed down range, or at the ground, at all times.
- All participants will be behind throwers and throwing line
- Instructors hand out boards to throwers when ready
- Instructors hand throwers their one dart at a time
- No one goes after darts until instructed
- After participant's throw they wait behind throwing line
- Hand boards to instructor when all darts are thrown
- Retrieve darts when instructed.
- Twist shafts before pulling dart out of ground to keep points connected.
- Keep darts pointed to the ground and walk slowly to instructor
- All participants will be aware of hazards and yell out concerns

Encourage and coach participants. Keep safety rules strict. Safety is the most important objective of any activity. Do not load dart to board until dart is pointed down range. All darts must be pointed down range or have points in ground. Carry darts back with points down. Walk at all times.

Crow Throwing Arrow

Crow Throwing Arrow was a game of skill by which hunting techniques could be practiced. One end was fitted with a sharp point of metal, thorn or bone. The three feathers on the other end equally distanced around the shaft. One would throw the arrow out to a distance and the rest would throw their arrow to see who could get the closest. The one closest would then be the one to throw the first arrow in the next round.

The feathers of fletching at the end of the arrow would create some drag and keep the arrow flying in a straight path. Three equally spaced feathers around the shaft would keep the arrow stable from all forces in all directions.

Rules for throwing arrows:

- Hold arrows with points down, preferably with point in ground.
- Keep clear of the activity zone until it is one's time to participate.
- Do not raise the point of the arrow until it is one's turn.
- Always point arrow tip away from all others.
- Stay behind staging line until instructed to retrieve arrow.
- Hold shaft in middle with point down.
- Walk with point down and shaft behind elbow.

Indian Hoop Game

Assembling the Hoop would best be done with two or three people. Holding the cord in six equal spaces around the hoop is difficult. Green saplings can be soaked in water and then bent around a circumference to mold the circle. Loop the rope around hoop and tie with round turn and two half hitches (see animatedknots.com) Take rope around hoop twice and then take end and place between long end and "hole "made by short and long ends. Do this a second time. Measure or estimate 7.33 inches around the hoop and put cord around hoop again making sure the cord short end goes around the hoop on the side where the cord/knot came from to help hold this in place. Wrap cord around long end two or three times and go to next place 7.33 inches along. Do this until back to original place and the knot. Open up original knot and tie the ends of the rope together in a fashion that keeps cords tight. The reason for the space of 7.33 inches is that the hoop is 14 inches with a circumference of 44 inches which when divided by 6 comes out just over seven inches. First cord should be a minimum of 88 inches long; second cord for second round should be a minimum of 48 inches long and the last cord should be a minimum of 24 inches long. Each wrap starts and ends at the knot tied mid-way in the round before it.

The spear can be of various lengths with or without feathers and points. Some tribe just sharpened a stick. An individual rolls the hoop on edge while one or two people try to put spear through the hoop. Depending on what hole inside the hoop the spear goes through determines the score.

Rules for throwing arrows or other objects on Indian Hoop Game:

- Hold arrows or other throwing devices with points down, or in a safe manner.
- Keep clear of the activity zone until it is one's time to participate.
- Do not prepare your throwing device until it is one's turn.
- Always point arrow tip away from all others, or have throwing devices held in a safe manner.
- Stay behind staging line until instructed to do something else.
- Carry throwing divides and projectiles in a safe manner.
- Determine a line for the hoop to be thrown from
    - Thrower does not cross that line even if the hoop falls over too early.
    - After throw back up away from the hoops and throwing zone
    - Wait for instructions from leader to retrieve hoop
    - Might be a good job for an assistant.
- Determine a line for the hoop to be thrown at.
    - No throws at hoop until the hoops have crossed the line to throw at
    - No retrieval of arrows until instructed to do so.

Source

http://www.nativetech.org/games/hoop&pole.html

Encourage and coach participants. Keep safety rules strict. Safety is the most important objective of any activity. Do not load sling until it is safe to use.

EMERGENCY PROCEDURES

If in the case of an emergency remain calm, access the situation and call for appropriate assistance: Here are the things to consider:

- If there is an injury:
    - Stop all activities immediately
    - Assure the area is safe, all slings out of participant hands.
    - Keep participant calm and immobile.
    - Emergency calls, you must dial 9 for an outside line then dial 911 immediately
    - Cell phone (911) calls usually go directly to emergency service and are easily tracked.
        - Send people out to guide ambulance to site
        - Perform appropriate care to sustain life
        - Surrender victim assistance when a higher level of care is on site
- Broken bones
    - Stop all activities immediately
    - Assure the area is safe, all tools and other things out of hands
    - Access severity of the situation
    - Take participant to group's medical care provider
    - Surrender injury to group's medical care provider
- Punctures
    - Stop all activity immediately.
    - Secure darts out of hands of all individuals
    - Keep dart in wound to prevent blood loss
    - Stabilize dart
    - Get medical help to the site
    - Surrender to more qualified medical provider.
- Sprains, bruises, contusions, scrapes or cuts
    - Stop all activities immediately
    - Assure the area is safe, all bows and arrows out of hands
    - Access severity of the situation and take action
    - Give appropriate medical care
    - Inform group's medical provider of injury as soon as possible

- Emergency calls dial 9 for an outside line then dial 911 immediately
        - Call from cell phone and give location
        - Send people out to guide ambulance to site
        - Perform appropriate care to sustain life
        - Surrender victim assistance when a higher level of care is on site

The book used for many of the tools here is the book.

Native American Survival Skills by W. Ben Hunt; Copyright 2010, Skyhorse Publishing, www.skyhorsepublishing.com ISBN 978-1-60239-765-1

Mydoc/BLW/Program/Primitive Hunting/2015 Primitive Hunting Weapons Write Up

Comprehensive Indian website

http://www.warpaths2peacepipes.com/native-indian-weapons-tools/index.htm