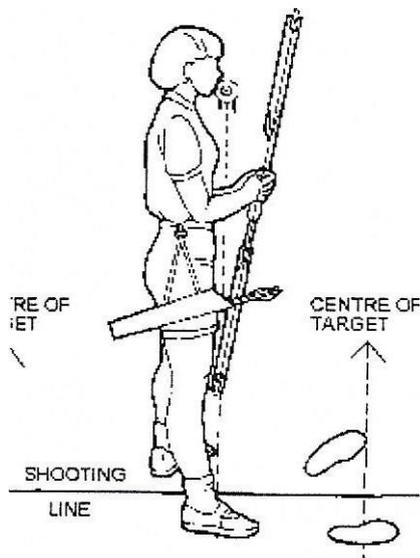


# 10 Basic Steps to Shooting

## 1. STANCE

Stance or standing on the shooting line, ideally both feet should be shoulder width apart. Your body weight should be evenly distributed on both feet with 60-70% of your weight on the balls of your feet and 30-40% on your heels.

Stand astride the shooting line, stand upright with leg and knee muscles relaxed but not locked.



An open stance is recommended, the rear foot is positioned in front of the centre line to the target, this opens your body to the target.

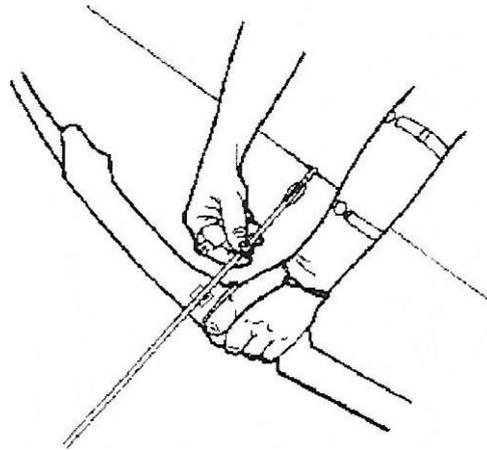
The archer's hips should be positioned in the same line as the feet. The angle of the stance should be somewhere between 15 and 35 degrees from the target centreline depending on your preference and comfort levels.

What is important is that your hips and feet must remain in a constant position until the OPEN STANCE completion of the shot/s.

There is a certain amount of flexibility required to achieve this position as everyone is different. Each person should develop a stance which suits their own posture.

## 2. NOCKING THE ARROW

Nocking the arrow (placing the arrow on the string). The arrow is placed on the string at the Nocking Point, which is positioned slightly above the centre of the string. The index vane or fletch is placed so that is pointing away from the bow

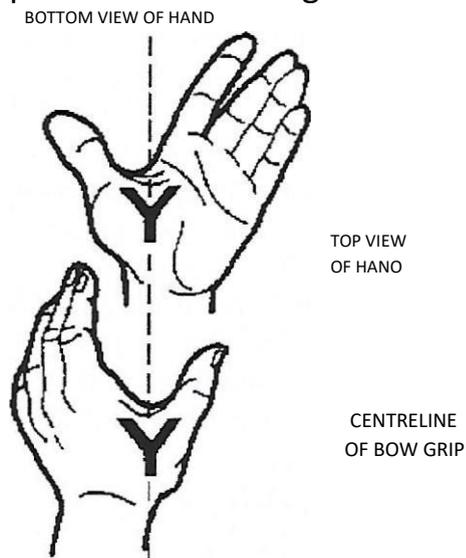


Suggested method

1. Hold bow across body canted at a slight angle.
2. Draw the arrow from the quiver, holding the arrow by your thumb and index finger between the nock and fletch.
3. Place the arrow onto the arrow rest.
4. Rotate the arrow until the index vane or fletch is square to the bow string, carefully draw the arrow back until the nock engages the bow string between the nocking points.

## 3. BOW HAND

Bow Hand (The hand which holds the bow). When placed on the bow, the hand and fingers should be relaxed. To assist with the rotation of the elbow the hand should be position so that the knuckles of the hand are positioned at an angle of about 45 degrees.



## 4. THE STRING HAND

The String Hand (the hand that draws the bowstring).

When placing the hand on the string, the index finger is placed above the arrow and the middle and ring fingers below the arrow forming a deep hook around the string. Ensure the back of the hand is kept relaxed and flat, ideally the string should be positioned in or behind the crease of the first joint of the three fingers.

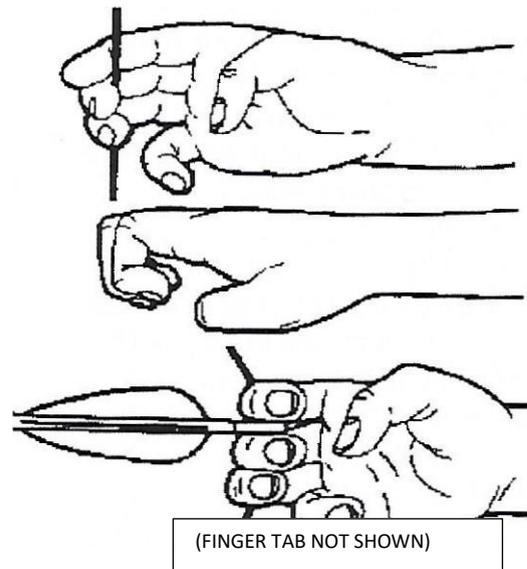
The bow hand should be positioned directly behind the centreline of the bow.

Place the hand on the bow grip so that the pressure point is as high as possible into the pivot point of the bow handle.

The bow being shot is not gripped.

Ideally a bow sling should be used to ensure the bow does not fall from the hand during the shot.

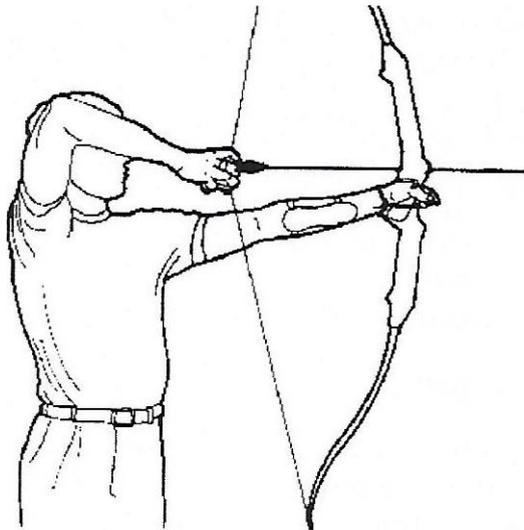
Keep the hand, wrist and forearm relaxed at all times.



It is best to keep the fingers slightly apart so as not to touch the arrow when drawing the bow. This avoids finger pinch, which will often twist the arrow of the rest.

The little finger is turned in and the thumb relaxed across the palm.

## 5. DRAWING THE BOW

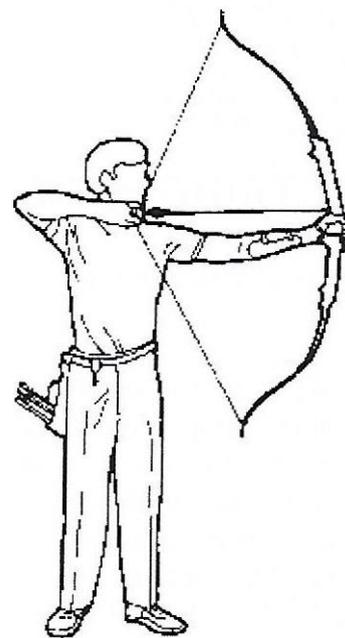


Raise the bow arm and drawing arm together in a single action. This process should never be forced but the arms should be raised in a relaxed manner, this is called the Pre-Drawn Position.

When drawing the bow, roll the bow side should back and down to help lock the shoulder in place and prevent the bow shoulder from rising and shortening the draw length. The drawing arm should be raised to shoulder height so that the

forearm is in line with the arrow and you can set your right (right handed archer) shoulder blade (Scapula) used to back and down. The bow is then drawn in a straight line until your index finger into contact under the chin, you should your entire right shoulder (right handed archer), moving your Scapula down and your back, without dropping your drawing below horizontal.

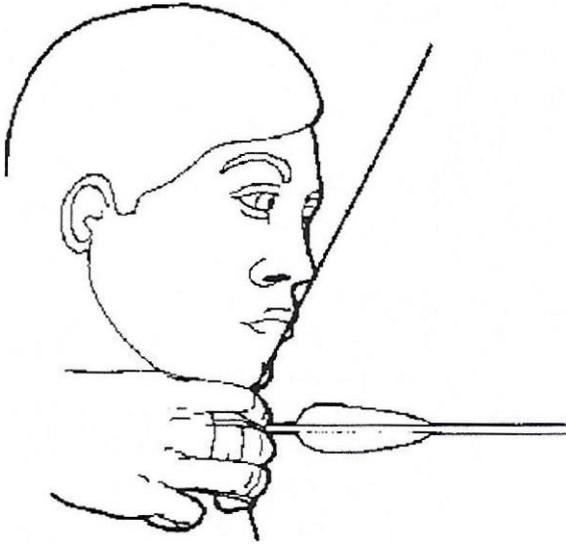
When drawing twist at your waist so that your shoulders are in line with the target but it is important that your hips and the feet remain in a constant position until the completion of the shot/s.



draw  
back  
comes  
rotate  
across  
elbow

SIDE VIEW

## 6. THE ANCHOR



Anchor. Holding and extending sequence.

The anchor is the term used to describe the position where the drawing hand makes contact with the face, you should consider this to be your rear sight. The position must be consistent and repeatable, usually this is a point where the index finger of the drawing hand makes contact under the jaw with the string lightly touching

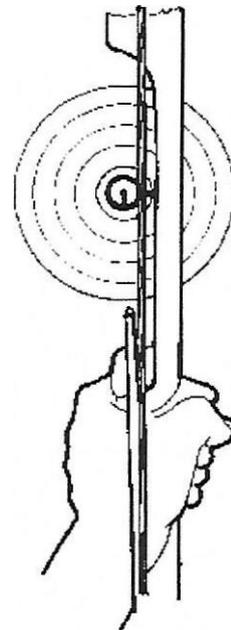
the chin and the tip of nose. This gives you three contact points to keep a consistent anchor from shot to shot.

During this step, a backward extension of your Elbow and Scapula should be maintained.

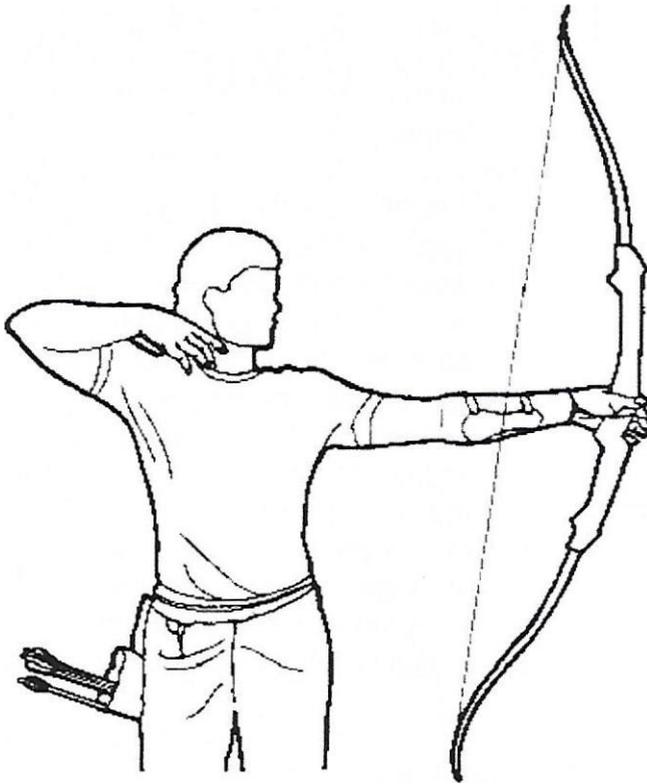
## 7. TARGET ALIGNMENT

Target Alignment. (Also, known as sighting or aiming).

While maintaining tension and backward extension of your draw you do not aim by sighting through the aperture on the sight mounted on the bow. Endeavour to hold reasonably steady without developing tension in your body and place the sight pin on the centre of the target.



## 8. RELEASING THE ARROW



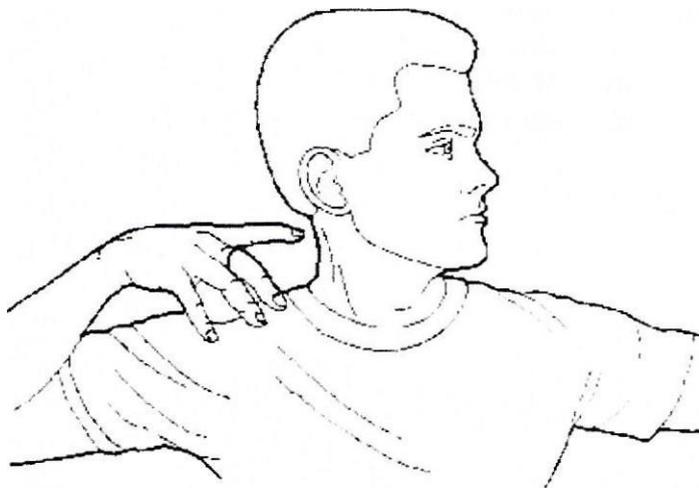
The Release of the bowstring is the most critical and important step in achieve goo arrow flight. The release is achieve by relaxing the drawing fingers allowing the weight of the bow to pull the string from your fingers; the resulting reaction being the drawing hand moves slightly backwards. When releasing the arrow, it is recommended that the hand be maintained close to the face, while maintaining backward tension.

To release you simply relax your hand, the pressure of the string on your fingers will flip your fingers out of the way and allow for a good release.

The release should not be forced but should be a natural reaction to the weight coming off the relaxed fingers.

## 9. FOLLOW THROUGH

The follow through occurs after the arrow has left the bow and is



travelling toward the target. You should keep your focus on the target, holding your bow up where you had it when you released the arrow, and keeping your string hand up close to where it was when you released the arrow. This position is held until the arrow hits the target (about 2 seconds is all

that is needed).

## 10. RELAXING

After the arrow has hit the target you may then bring your bow arm down so that the bow is across the front of your body or with the limb tip resting on your foot and your string hand is down at your side. This is the time to recover from the shot, analyse the shot and prepare to shoot the next arrow. This time should take longer than the act of shooting the arrow.