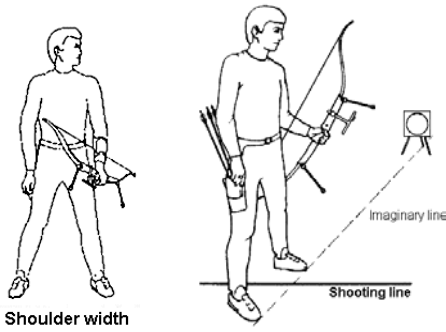


Ten Steps to Successful Archery.

Step 1 - Stance



Stance:

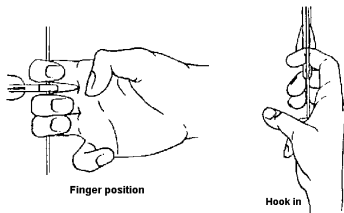
Put the tip of your toes against an imaginary straight line towards the centre of the target.

Put your feet on both sides of the line.

Put your feet about shoulder's width apart.

Try and relax

Step 2 – Finger Placement

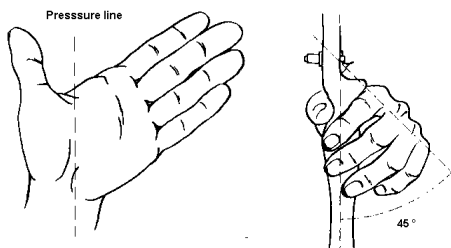


Finger Placement:

Place your fingers in such a way that you hold the string with your index finger above the nock and the middle and ring finger under the nock.

Hook the string between the first and second joint. Make sure to maintain a deep hook.

Step 3 – Bow Hand Placement



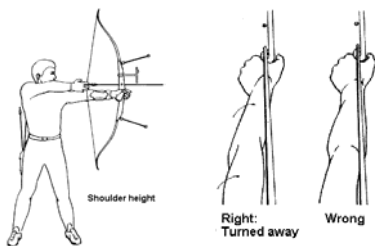
Bow Hand Placement:

The pressure of the bow should be distributed along the pressure line. Relax your fingers.

The back of your hand should make an angle of 45 degrees.

The tips of the thumb and index finger may touch each other in a relaxed way.

Step 4 – Bow Arm

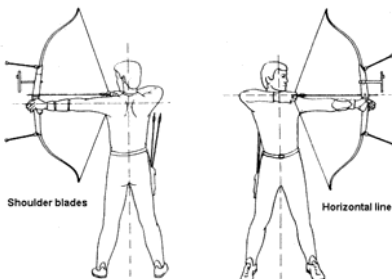


Extending the Bow Arm:

Bring the bow to shoulder height.

The elbow of the bow arm is turned away from the string.

Step 5 - Drawing



Drawing:

Draw the string along the bowarm in a straight horizontal line to the reference point.

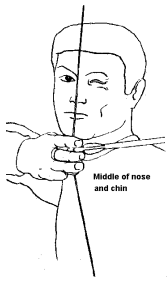
Draw with your back muscles, moving the shoulder blades towards each other.

Stand up straight and relaxed.

Keep both shoulders as low as possible.



Step 6 – Draw References



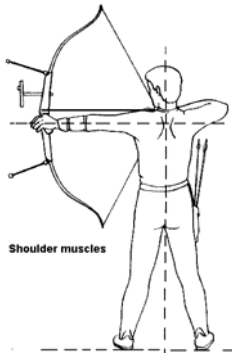
Draw References:

The string should touch the middle of the chin.

The index finger is placed under the chin.

Keep your teeth together (not clenched).

Step 7 - Holding



Holding:

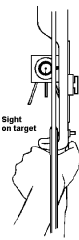
Keep the back muscles under tension.

The bow hand, draw hand and elbow should form a straight line.

Keep the shoulders as low as possible.



Step 8 - Aiming



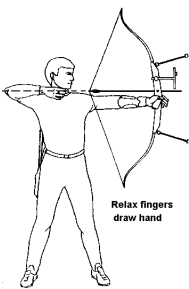
Aiming:

Aiming is done with the dominant eye. Shut the other eye.

Keep the sight at the target.

Keep the string a little to the left of the sight.

Step 9 - Release



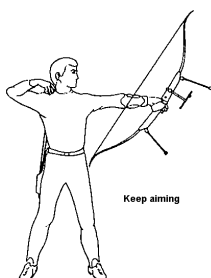
Release:

Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand.

A relaxed bow hand will automatically move backwards.

Relax your bow hand. Let the bow drop.

Step 10 – Follow Through



Follow Through:

The draw hand should be relaxed and near or behind your ear.

Keep aiming until after the arrow hits the target.