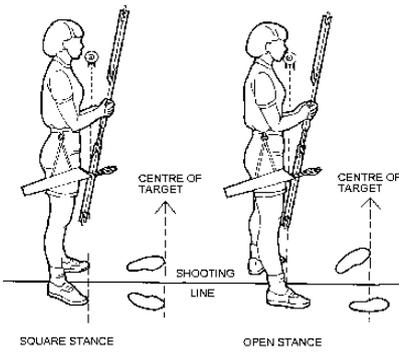
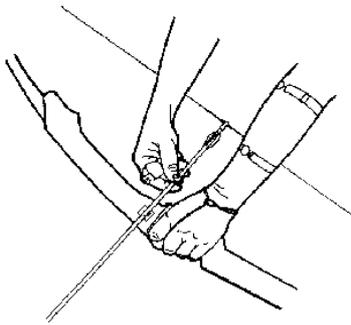
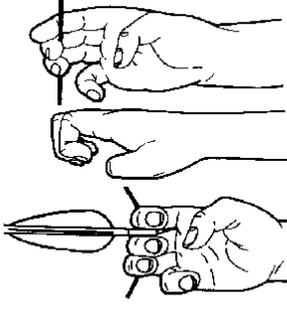
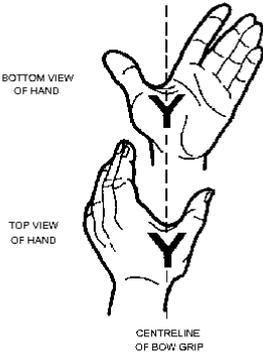
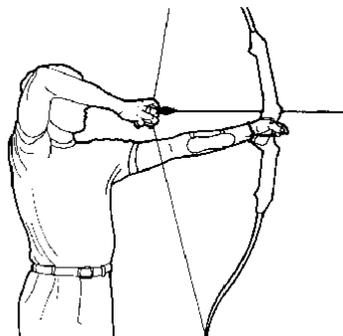
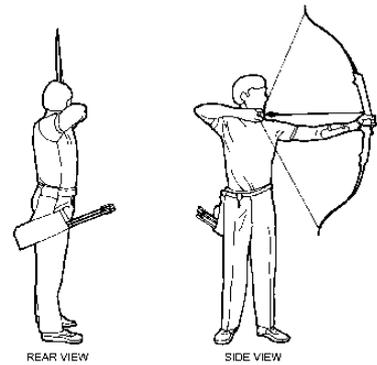


Steps to archery success

<p><u>Stance</u></p> <ul style="list-style-type: none">● Put your feet on both sides of the shooting line and shoulder width apart.● Put the tip of your toes against an imaginary straight line towards the centre of the target.● Stand upright but not too attention (posture good).	 <p>SQUARE STANCE OPEN STANCE</p>
<p><u>Nock</u></p> <ul style="list-style-type: none">● Nock the arrow, hold it by the shaft and click into onto the string and arrow rest.	
<p><u>Hook</u></p> <ul style="list-style-type: none">● Place your fingers in such a way, that you hold the string with your index finger above the nock and middle and ring finger under the nock● Hook the string at the first joint of the fingers	 <p>(FINGER TAB NOT SHOWN)</p>
<p><u>Bow Hand Placement</u></p> <ul style="list-style-type: none">● The pressure of the bow should be distributed along the pressure line. Relax your hand/fingers.	 <p>BOTTOM VIEW OF HAND</p> <p>TOP VIEW OF HAND</p> <p>CENTRELINE OF BOW GRIP</p>
<p><u>Pre-Draw</u></p> <ul style="list-style-type: none">● Bring the bow arm to shoulder height● The elbow of the bow arm is turned away from the string	

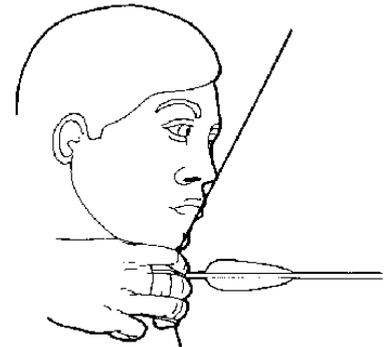
Draw

- Draw the string along the bow arm in a straight horizontal line to the anchor point
- Use your back muscles, moving the shoulder blades towards each other.
- Keep standing upright, and do not lean backwards.
- Note the elbow position.



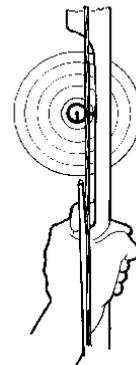
Anchor

- The string should touch the middle of the chin and the nose
- The index finger is placed under the chin
- Keep standing upright and do not lean backwards. Keep the head vertical
- Keep your teeth together



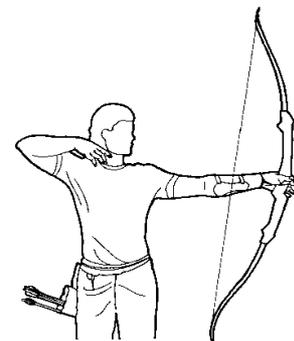
Aim

- Aiming is done with the dominant eye. You may wish to shut your other eye
- Keep the sight at the target
- Keep the string a little right of the sight (right handed archers).



Release

- Keep drawing. Pull the shoulder blades towards each other, while relaxing the fingers of the draw hand and releasing the arrow.
- Release the arrow within 2-3 seconds.
- Relax your bow hand and the bow will drop naturally.



Follow Through

- The draw hand should be relaxed and end up near or behind your ear. This will happen automatically if the previous step is followed.
- Keep aiming until after the arrow hits the target. This can be achieved by keeping you bow arm extended until after the arrow hits the target.

