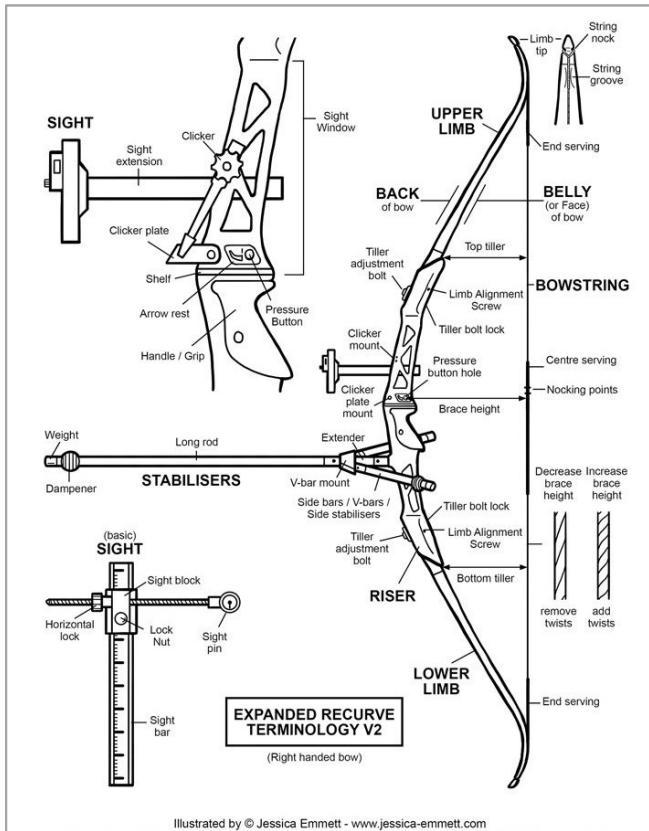


This is a brief guide only – Please obtain further advice from your coach or detailed reference material

1. Introduction

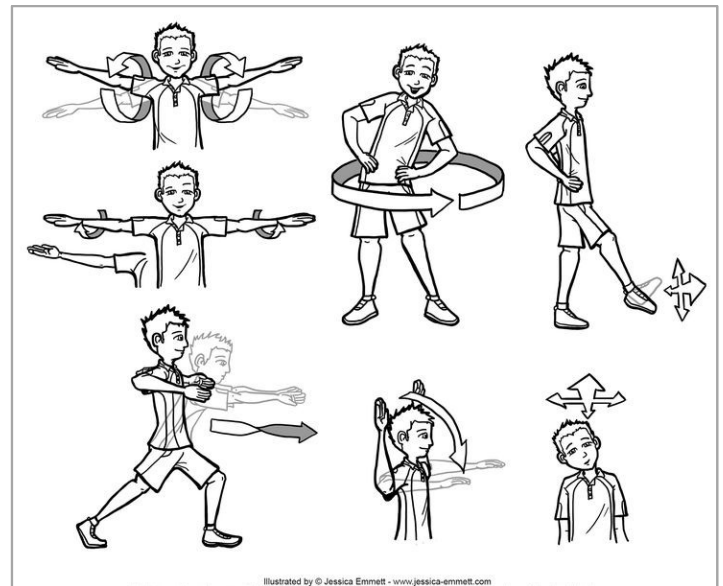
The following illustration shows the different parts of your bow



2. Warming Up

Warming up before and cooling down is an important part of exercise, and archery is no exception. Shooting with cold muscles can lead to muscle soreness and increases your risk of injury later, and cooling down after will help to reduce your heartrate and helps with recovery.

Warming up and cooling down should be carried out within your physical capabilities.



3. Getting Ready / Routine

- 3.1 Familiarise the Safety Rules & Field layout
- 3.2 Ensure you are wearing a Bracer (On the bow hand) and Finger Tab (on the string hand)
- 3.3 Ensure you follow a consistent shoot style and routine i.e. (See the following slides 4~8 for further information)

- Archery Stance & Posture** (4)
 - Stance/Alignment (Foot placement)
 - Body Position
- Bow Grip & Shot Setup** (5)
 - Bow Hand/Grip (Light Grip)
 - Nock the Arrow
 - Fingers (Hook) (3 under / split finger etc.)
- Draw & Anchor** (6)
 - Drawing the bow (Set Set-Up)
 - Anchor (Under chin, mouth etc.)
- Aiming** (7)
 - Align String to riser (Shoot window)
 - Align pin on target (Aim)
- Release, Follow Through & Breathing** (8)
 - Motion on Release (Clean positive release)
 - Fingers on Release ("Let the string go")
 - Follow Through (Do not rush the finish)

Throughout the routine manage your breathing

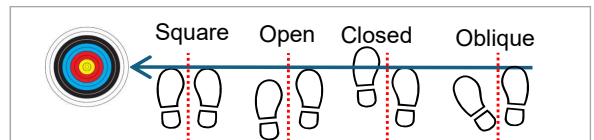
4. Archery Stance & Posture

Your stance and posture is the basis which everything else is based upon and is crucial to a consistent shot.

Stance

Is the position of the feet.

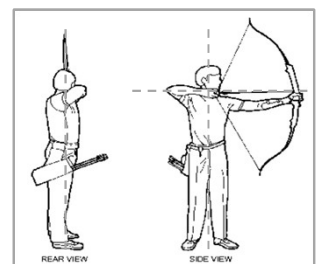
- Feet roughly shoulder-width apart. (One each side of the shooting line.)
- Try Square, Open, Closed & Oblique Stances (Square is the easiest but try them and See which feels most natural)



Posture

Is the shape & position of the body from feet to head.

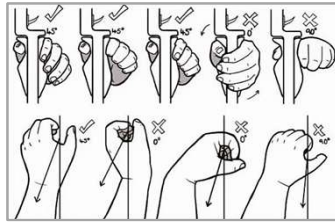
- Stand tall and relaxed, Don't lock your knees
- Feet roughly shoulder width apart and even balance.
- Hips - Straight and level, Back/Spine - Straight
- Arms - Keep the drawing arm elbow down and level.
- Head up straight,
- Chin level to the ground
- Turn your face downrange.



5. Bow Grip & Shot Setup

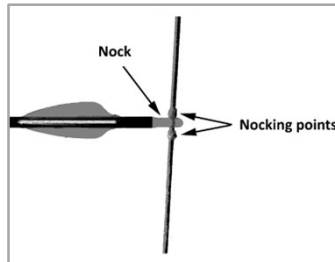
Bow Grip

The bow should be held very lightly, You don't have to 'grab at the bow', just hold it securely. You can use a Bow sling which enables you to hold the bow without gripping the bow.



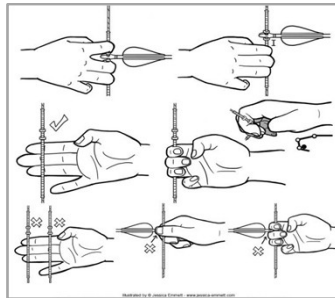
Nock the Arrow

Nocking is the act of fitting an arrow to the bowstring. The arrow is placed at the nocking point on the string with the cock fletching facing away from the bow, and the shaft of the Arrow on the rest. The nocking point will give a consistent point to place the arrow on the string.



Finger Position (Drawing Hand)

Beginners can start with 3 fingers under the arrow which will give a better line of vision to the target. The Archer can move on to the 2 finger under (Split finger / Mediterranean) position as required for their shooting style.



6. Pre-Draw, Final Draw & Anchor

Draw (Set-Up)

Now that you are holding the bow correctly and the arrow is nocked you will raise the bow from the set position and pull the bowstring back to Set-Up position with your hands aligned with your eyes.

This is one of the more sensitive and careful steps, as it's the cause of many archery injuries.

Draw

During the final draw, transitioning from the Set-Up position to Anchor the archer needs to focus on the following:

- Back Tension
- Bow Arm Position
- Draw Length

Anchor Point

The anchor point is the specific point where a string / part of the finger of the drawing hand touches the archer's face. The most common anchor points are the chin, cheek, or corner of the mouth.

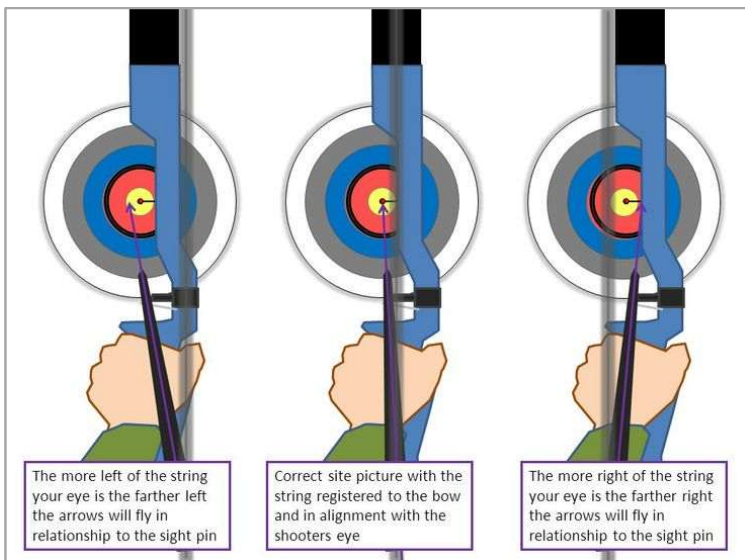
A kisser can be used.



Consistency

Maintaining a consistent anchor point is crucial for accuracy. The archer needs to ensure that the bowstring / finger touches the same spot on their face with each shot. This can be achieved by using a reference point, such as a kisser button.

7. Aiming



Aim after anchor.

Both eyes open.

Focus on the target and not the pin.

1. Align String to riser. (Note: Light may affect the string alignment)

2. Align pin on target.

Focus on technique first, over aiming.

Ensure a consistent approach.

8. Release, Follow Through & Breathing

Release

The release (Loose) is the most important part of the shot, Everything up to now has been done to make it as good as possible.

You must maintain movement and direction of the draw elbow around the body.

The release hand should not be pulled away from your neck.

There should be no visible 'opening' of the fingers, allow the tension of the string to release the string.

The draw hand should stay close to the neck at the start of the release.

Follow Through

The follow through must be maintained until after the arrow hits the target.

The bow arm should stay horizontal and not drop down.

The bow hand can use "bow hand delivery/extension"

Allow the bow to drop to a horizontal position

Breathing Cycle (example)

A deep settling breath should be taken and exhaled prior to raising the bow.

Whilst raising the bow inhale deeply and naturally.

When coming to full draw, but before anchoring, approximately 30-50% of the breath must be let out slowly and naturally and then held from this point onwards till after the release and let out naturally during the follow-through.