

BASIC 10 STEPS

1. Stance
2. Nocking
3. Hand Position
4. Present
5. Draw
6. Anchor Point
7. Aim
8. Tighten
9. Release
10. Follow Through.

1. **STANCE** - An “open” stance is required.

(Mirror image instructions for left handed archers)

The body is balanced and evenly supported by the skeleton.

For a right handed archer the right instep is placed on an imaginary line parallel with the target. The left foot is placed in front, one hip width apart, and at a 45 degree angle. The big toe of the left foot is in line with the target and in line with the centre of the instep of the right foot. Body weight is evenly distributed across the soles of both feet (i.e not standing on heels or toes) Bone support the body.

2. **NOCKING:** This is the term for “loading” the bow. The bow is rested gently against the thighs. The arrow is lowered centrally across the bow with the cock vane (the single coloured vane) facing towards the body. The arrow is then moved slightly backwards to clip into the string below the central brass ring producing a clicking sound. The left arm holding the bow to be relaxed (hanging like a rope).

3. **HAND POSITION:** *(Mirror image instructions for left handed archers)* – Bow holding hand – left hand for right handed shooter – The handle of the bow follows the “lifeline” on the palm. The pad of the hand opposite the thumb does not come into contact with the bow handle. The knuckles are held on a 45 degree angle.

N.B. Practice by making a “gun” with your fingers.

String drawing hand (right hand for right handed shooters) Mediterranean draw. Place the index finger above the nocked arrow and place two fingers below, all fingers are placed to the first joint of the fingers. The thumb is down and the little finger is held back. There is a gap of 2-3mm above the arrow. Practice by making the three fingered Boy Scout salute or the “Archer’s Salute”.

N.B. If the fingers are squeezed together the arrow will fall off its rest.

4. **PRESENT:** Be aware of safety precautions. Present the bow to the target Keeping the shoulder down.

N.B. The aim is conservation of energy and efficiency of motion.

5. **DRAW:** Using the drawing arm as a lever, thus keeping the bones of the arm and shoulders in alignment, take the elbow backwards in a fluid motion and in line with the arrow.

6. ANCHOR POINT

- “Split finger: (i.e. one finger over the arrow) Draw back the elbow until the top (index) finger touches the corner of the mouth. This is the “soft anchor” or
- “Fingers under” the knocking point. Draw back until the second finger touches the corner of the mouth.
- There are TWO anchor points -
- Hard Anchor – the locking of the shoulder blades i.e. back anchor
- Soft Anchor is the index finger touching the corner of the mouth. Important for consistent reference point.

7. **AIM** - A coloured sewing pin placed in foam attached to the bow can act as a sight. Line up the pin with the target but look past the pin and focus on the target.

8. **TIGHTEN:** Stay tight in your back muscles. Don't relax your shoulders.

9. **RELEASE:** This occurs by relaxing the back of the drawing hand whilst maintaining back pressure and exhale.

N.B. Practice by linking your fingers together, palms facing, pulling against them, then relax the hand whilst maintaining back pressure (demo).

Remember the body is your platform for shooting the arrow. The **BOW** shoots the arrow not the person.

10. **FOLLOW THROUGH:** This is both **physical** and **mental**. The arrow moves relatively slowly compared with the mental process. (approx 10-12cm per 3 milliseconds). It is important not to release the arrow and immediately move the body to check if the target was hit. Remain mentally focused on the target and continue to aim after the arrow has been released.

N.B. Archery is about discipline, focusing and making FEWER mistakes rather than obtaining higher scores. Scores will come quicker by focus on perfecting form.