

# 12 Steps to Archery Success

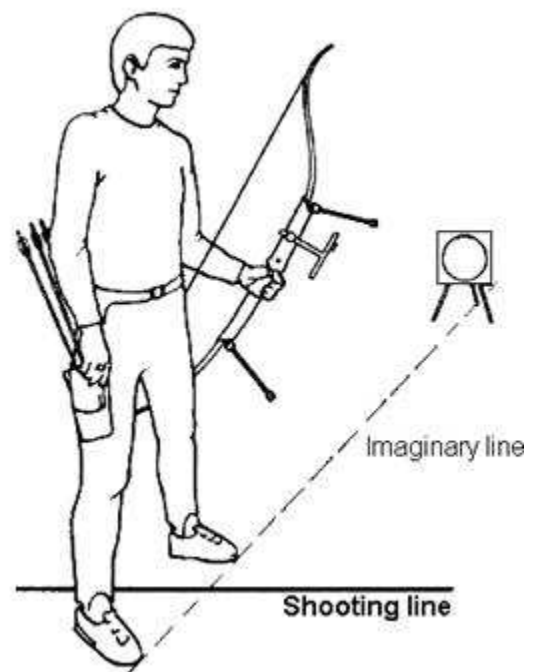
1. **STANCE** – Open foot position. Target to your side.
2. **NOCK** – Nock arrow onto string.
3. **SET DRAW HAND** – Hook the bow string in the archer's groove.
4. **SET BOW HAND** – Center the bow's grip under the lifeline of the relaxed bow hand
5. **SET-UP** – Raise the bow arm and drawing arm to eye level.
6. **DRAW** – Pull the string to the side of the face.
7. **ANCHOR** – index finger at the corner of the mouth.
8. **LOAD TRANSFER** – At full draw, transfer the weight of the bow from your arms to your back.
9. **AIM** – Align the string, riser, arrow rest, and/or arrow point on the target.
10. **SHOT SET-UP** – Begin a slight rearward movement of the drawing shoulder, arm, and elbow. Initiate release anytime during the movement.
11. **RELEASE** – relax the hooked fingers and the back of the drawing hand all at once.
12. **FOLLOW THROUGH** – the drawing hand thumb touches or is near the shoulder.

# 12 Steps to Archery Success Detailed

Instructions below are for right handed archers, reverse if left handed.

## Stance & Posture

Right handed archers hold the bow with the left hand, so with your left side toward the target, stand at a right angle to the target, with the tips of your toes against an imaginary line pointing at the centre of the target. Your feet should be shoulder's width apart, straddling the shooting line.



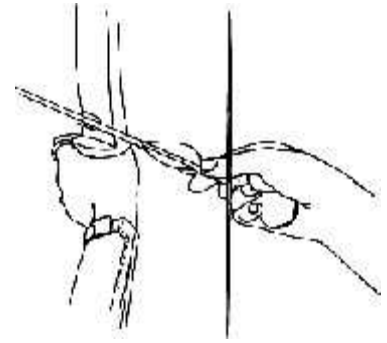
Stand straight & tall, balanced, with ribs down, shoulders down and relaxed. Shoulders square to the target

Try and relax.

## Nock (Finger & Hand placement)

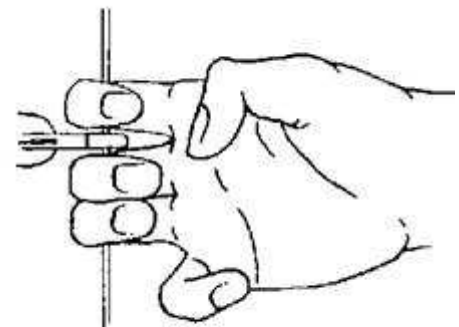
Nock arrow BETWEEN the nocking points on the string. Listen for the sound of a "snap" as arrow connects to the string.

Index feather (odd color fletching) AWAY from the bow.



## Set Draw Hand (Hook String)

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



Finger position

Do not use little finger.

Hook the string at the first knuckle. Make sure to maintain a deep hook.

Set your bowhand on the grip on the inside of your life line, on the meaty part of your thumb.

Thumb points toward target.

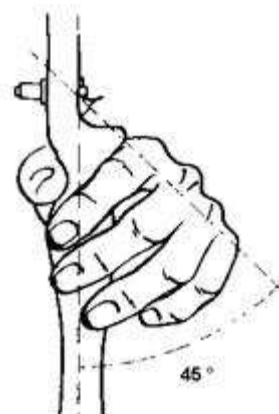


Hook in

## Set Bow Hand (Place bowhand)

Relax your fingers. The back of your hand should make an angle of 45°.

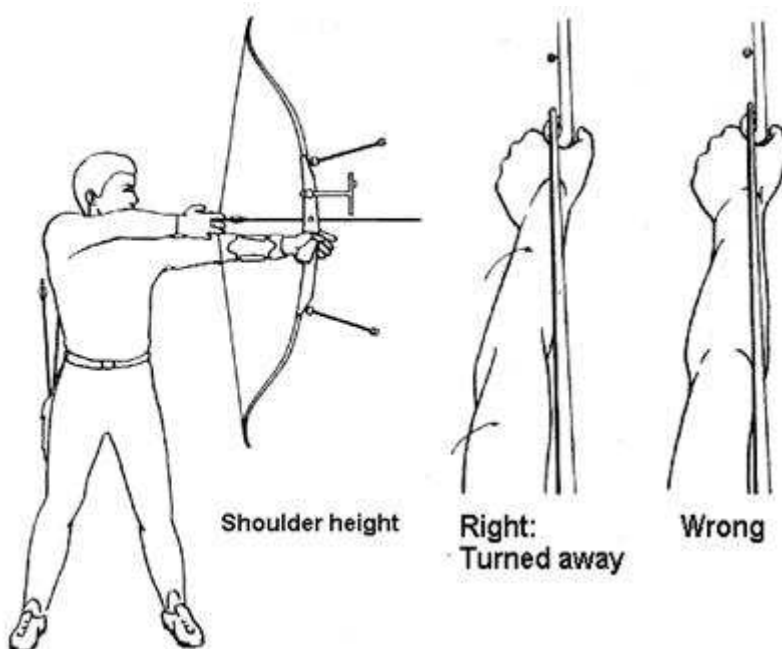
The tips of thumb and index finger may touch each other in a relaxed way.



## Set up (Extending the bow arm)

Bring the bow arm to shoulder height -keep shoulders DOWN.

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



## Drawing the bow

Draw the string along the bowarm in a straight horizontal line to the anchor point on your face.

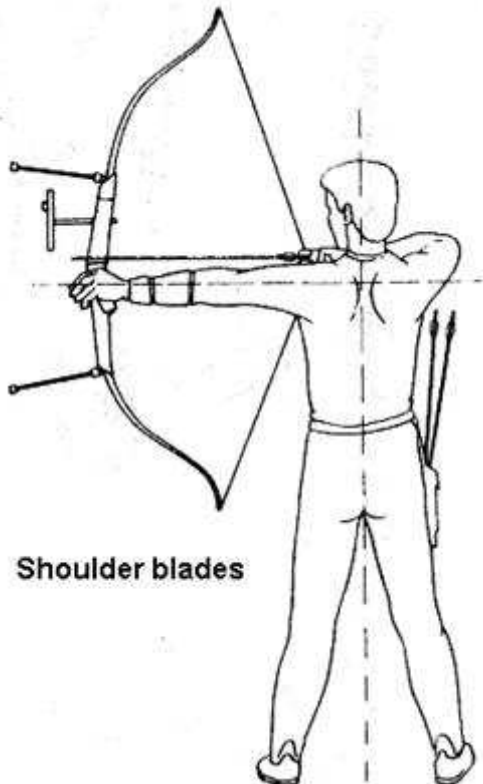


One straight line

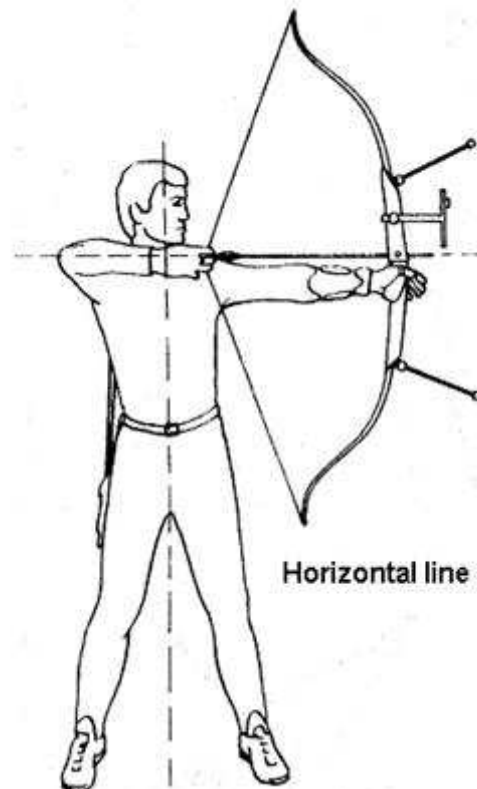
Draw with your back muscles, moving the shoulder blades towards each other.

Stand straight up and relaxed.

Keep both shoulders as low as possible.



Shoulder blades



Horizontal line

## Anchoring

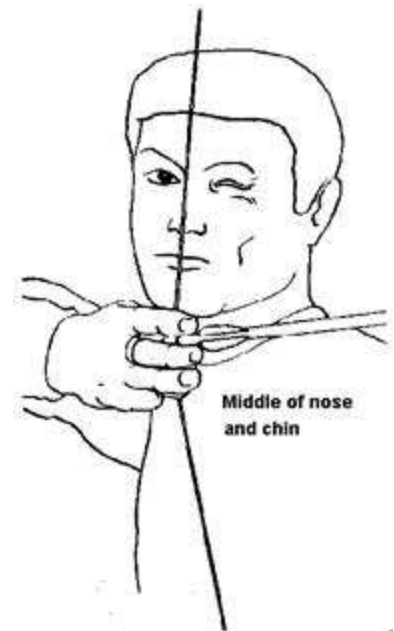
If using a sight, the string should touch the chin and the nose.

The index finger is curled under the jawbone; the thumb is NOT used as a reference anchor point.

Keep your teeth together.  
(no gum, remove hats)

Bow hand, draw hand and Elbow should form a straight line.

Keep both shoulders as low as possible



## Load transfer, then Hold

At full draw, transfer the weight of the bow from your arms to your back.

## Aim

Aim at full draw, by settling the sight ring onto the target. Maintain the connection of drawing hand to the face.

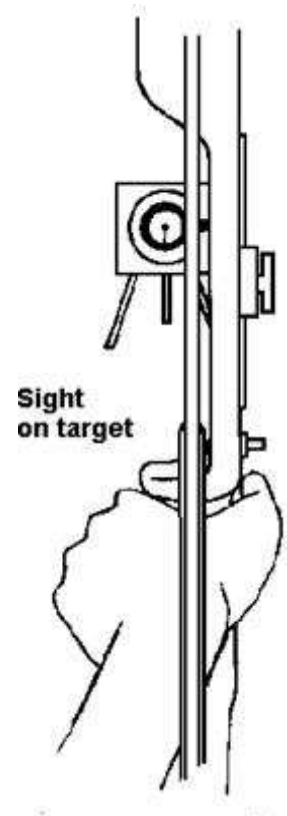
You should see the string line up on the top bow limb exactly at the same place each time and appear a little right of the sight ring.

If you are cross dominant- (right handed, left eye dominant or vice-versa) you must shut the other eye.

Keep the sight at the target. "String picture" the string lines up on the top bow limb and sight EXACTLY at the same place each time.

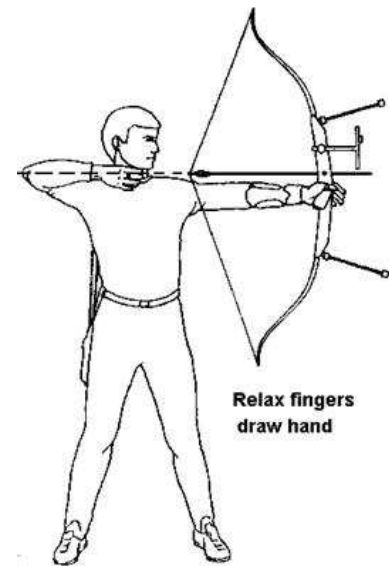
## Shot setup

Begin a slight rearward movement of the drawing shoulder, arm, and elbow. Initiate release anytime during the movement.



## Release

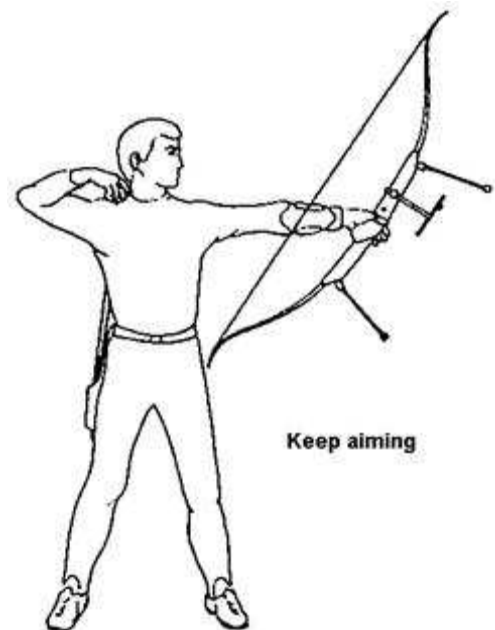
Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand



## Follow Through

Your relaxed bow hand will let the bow drop.

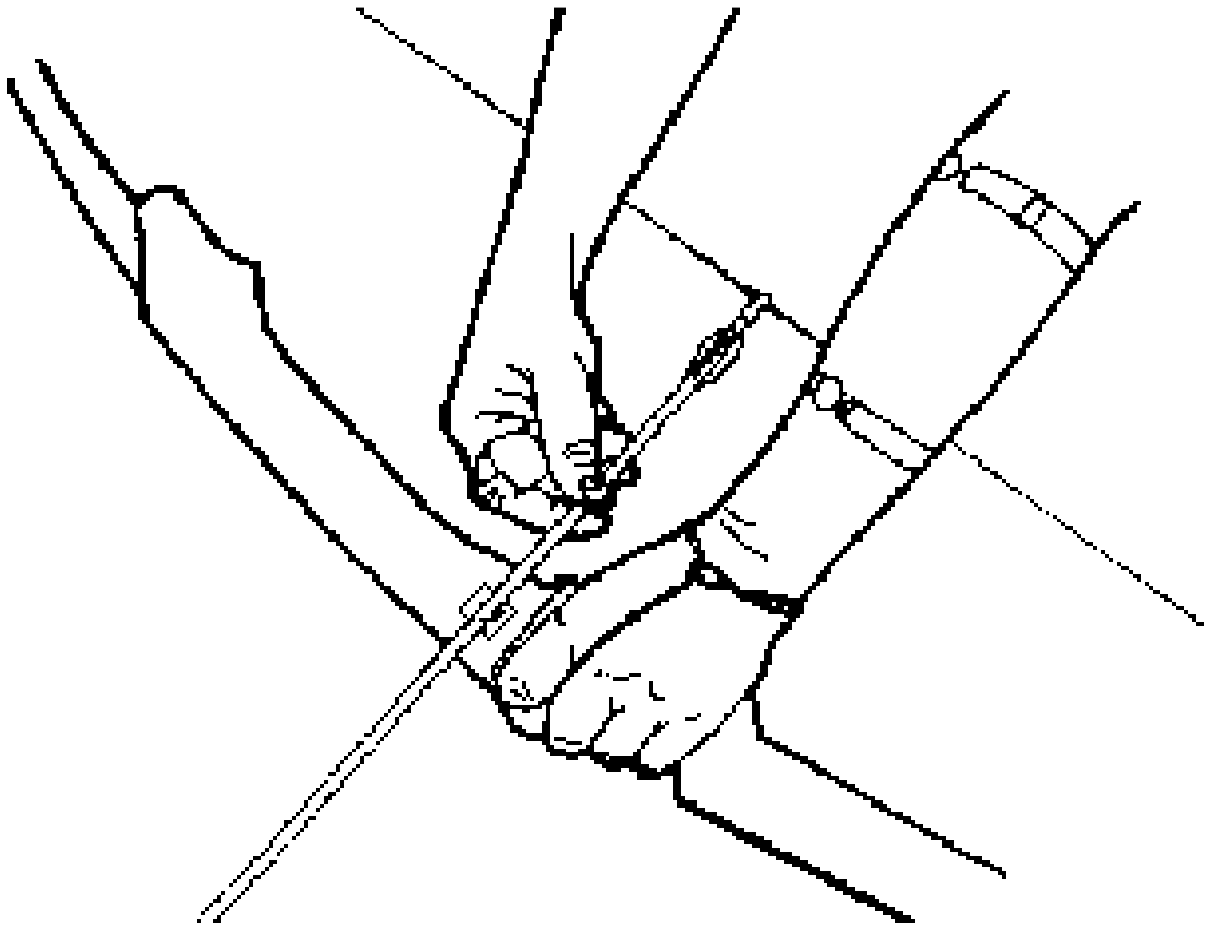
You will feel your sling tug gently against your hand, letting you know the sling is catching the bow.



Do not move until you see or hear the arrow hit target ("RELEASE,2,3,4") for best accuracy.

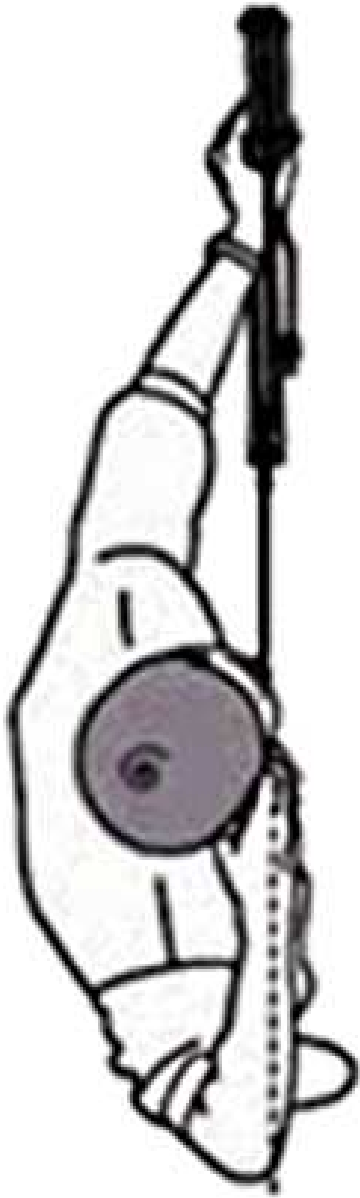


# How to Nock the Arrow

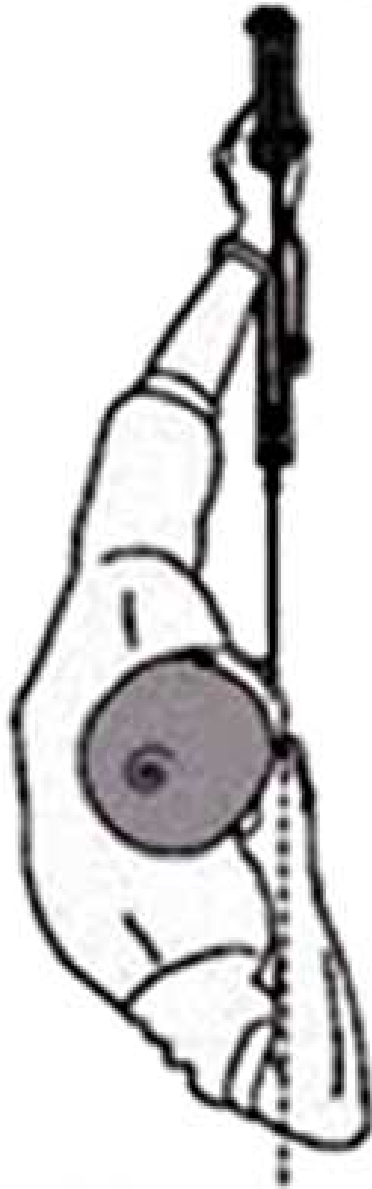


- Hold the arrow shaft close to the nock behind the fletching or vanes.
- Place the arrow shaft on the arrow rest.
- Rotate the shaft so the index vane is pointing away from the riser. The index vane is a different colour.
- When the index vane is properly aligned or orientated, SNAP the nock of the arrow onto the bowstring between the nock.

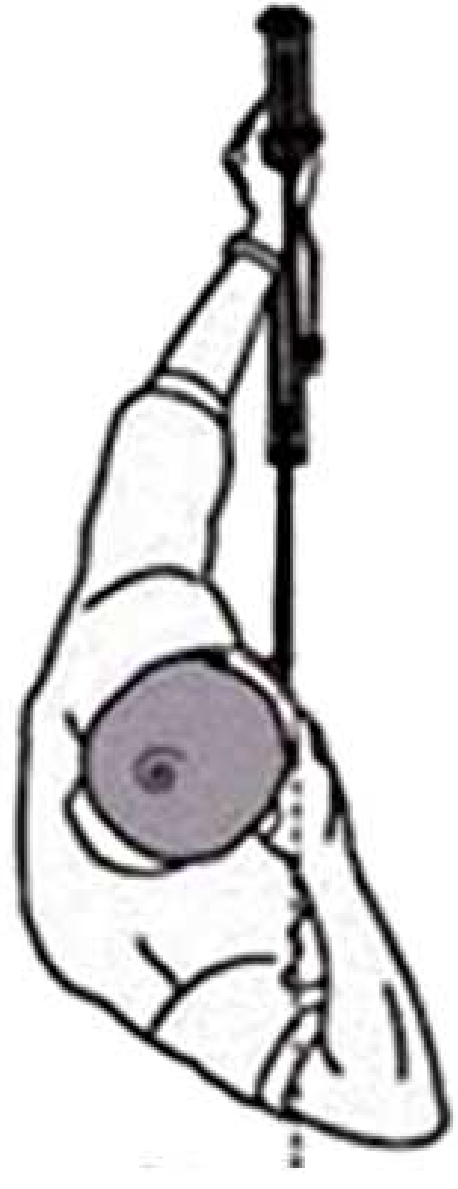
# DRAW LENGTH



**LONG**

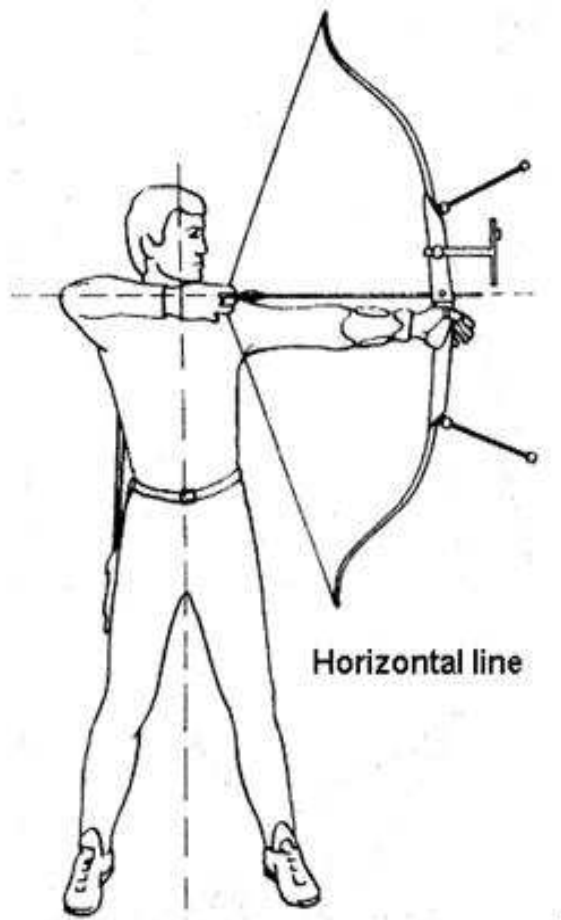


**CORRECT**



**SHORT**

# ARCHER'S STANCE



Notice this  
Archer's Stance.  
Hips and  
Shoulders in line  
with the Bow  
and the Target.

The body does not face the target. Left arm straight out and right hand actually touching the face. This will get the arrow going straight to the target!