

Archery Study Guide

How to Brace the Bow

1. Hold bow in front of the body, string on top.
2. Step through the bow with the right foot.
3. Place the lower end of the bow above the left foot instep.
4. Push bow forward with the right hand on back of the bow.
5. Bow handle should rest high on your hip.
6. Slide string up limb until it is securely in place.
7. **DO NOT TWIST LIMBS OF BOW.**

Establish an Exact Stance Pattern

1. Straddle shooting line feet should be 12 to 16 inches apart
2. Left shoulder points directly at the target center
3. Feet should be equally spaced across shooting line and weight equally distributed.
4. Head should be turned toward target with the chin over left shoulder.

Nocking the Arrow

1. Hold the bow across the body parallel to the ground, pointing at the target.
2. Grasp arrow by the nock and place it on top of the bow on the arrow rest. Index feather is facing up.
3. Place the nock onto the string just below the nock locator.
4. The right hand goes under the string so the string rests in the first three joints of the first three fingers. **THERE SHOULD BE LITTLE OR NO CONTACT AT ALL WITH THE ARROW BY THE FINGERS.**

The Draw, Anchor, and Point of Aim

1. Bow arm elbow is straight and rotated.
2. Back muscles used by squeezing should blades together. Do not squeeze arrow with fingers or arrow will come off of arrow rest.
3. Left shoulder back and down
4. String drawn back to anchor.
 - a. Low anchor – String drawn until firmly touching nose and chin center. Index finger under jawbone.
 - b. High anchor – String lined up to the center of the right eye. Index finger rests in the corner of the mouth and the top of the hand is placed against the lower part of the cheekbone.

Point of Aim

1. Hold draw to aim
2. sight with correct dominant eye
3. Concentrate on aiming spot.
 - a. 10 – 30 yards Aim well below bulls eye
 - b. 40 – 50 yards Aim at target center
 - c. Longer distances aim above the bulls eye

Release

1. Relax the fingers holding the string while back muscles pull.
2. String will roll off relaxed fingers, it is not forcibly thrown.

Follow Through

1. Back tension is maintained.
2. Bow arm should high and relaxed
3. Feet remain in original stance position.

