

## BASIC ARCHERY SHOOTING MECHANICS

### Point of Aim

Spot or object at which you aim to hit gold. Bows of various drawing forces (heavy or light) send arrows at varying speeds and elevations, and as one aims, the eye is ABOVE the line of the arrow, hence, all archers could not aim at the center of the target.

### Body Position and Alignment

- ❖ Feet straddle the line slightly apart and side by side, weight evenly distributed
- ❖ Trunk and head erect.
- ❖ Align hips directly above the feet, shoulders above hips, body in line towards target.

### Nocking the Arrow

- ❖ Shaft at right angle to string directly behind arrow rest on bow, index feather away from bow, flat side skyward.
- ❖ Nock arrow on string directly under nocking point or between guides.

### Grip on the Bow

- ❖ Joint at base of thumb in center of belly of the bow.
- ❖ Upper edge of forefinger coincides with top edge of grip, making an even shelf.
- ❖ Thumb and fingers encircle bow lightly -- never grip.

### Bow Arm

- ❖ Extended toward target, directly to the side, pointing toward center of target.
- ❖ Bow-arm shoulder relaxed (not hunched).

### String Hand and Arm

- ❖ String on pad of first three fingers, with arrow between first and second fingers.
- ❖ Fingers at right angles to the string, back of hand flat from wrist.
- ❖ Thumb and little finger in palm of hand

### Drawing

- ❖ Pull the shoulder blades back together so elbow pulls straight backward.
- ❖ Wrist and arm in line with arrow, elbows shoulder level.
- ❖ Anchor index finger under angle of jaw, string against center of chin and tip of nose.
- ❖ Arrow point drawn just to the outside edge of the bow.
- ❖ The bow is held in place by pressure on the bow hand at the pivot point of the bow.

### Aim, Release and Hold

- ❖ Sight point of arrow under point of aim.
- ❖ Head turned as far to the left as possible, string hand in contact with face.
- ❖ Hold position until steady; keep eyes on point of aim.
- ❖ Release string by relaxing string fingers – fingers will straighten and retract.
- ❖ Hold position until your arrow hits . . . follow through.