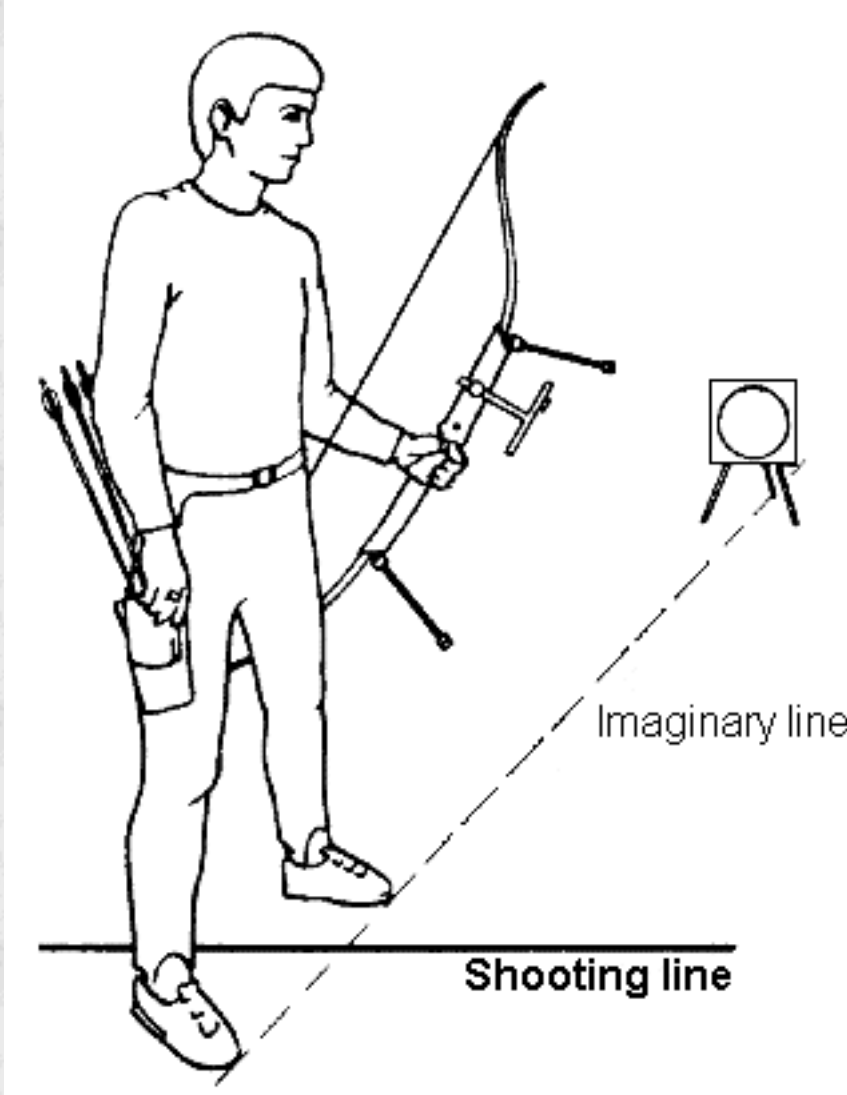
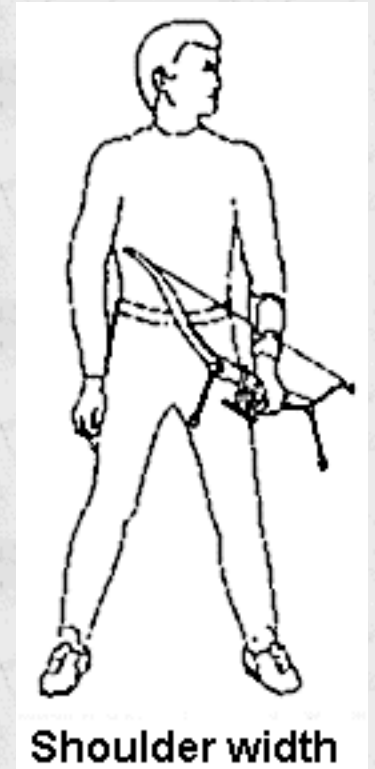


Step 1: Stance



- Stance:**
- Put the tip of your toes against an imaginary straight line towards the centre of the target.
 - Put your feet on both sides of the line.
 - Put your feet about shoulder's width apart.
 - Try and relax.



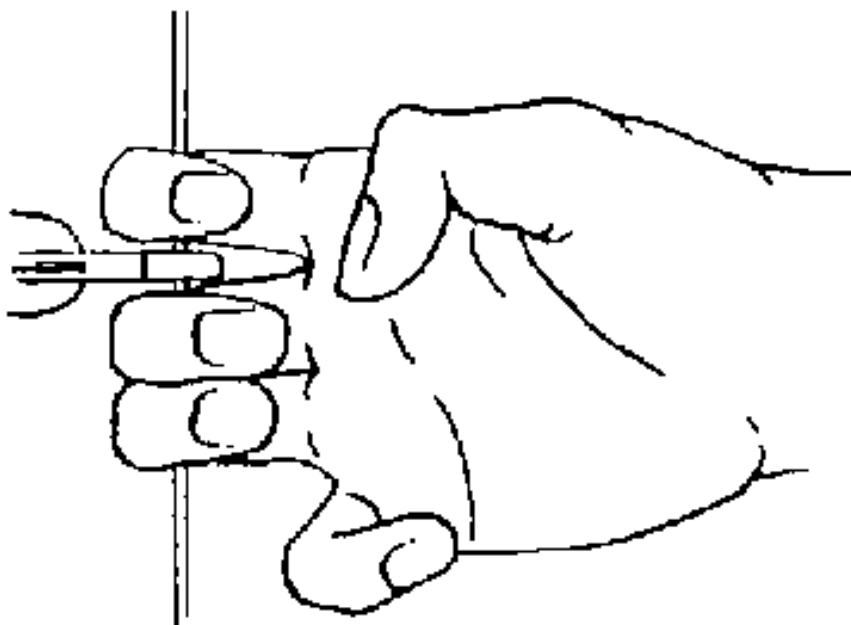
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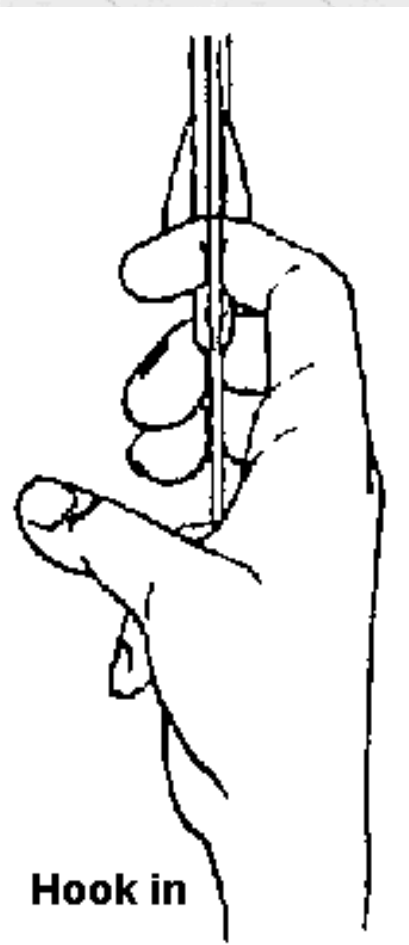
Step 2: Finger Placement



Finger position

Finger placement

- Place your fingers in such a way, that you hold the string with your index finger above the nock and middle and ring finger under the nock
- Hook the string between first and second joint. Make sure to maintain a deep hook.



Hook in



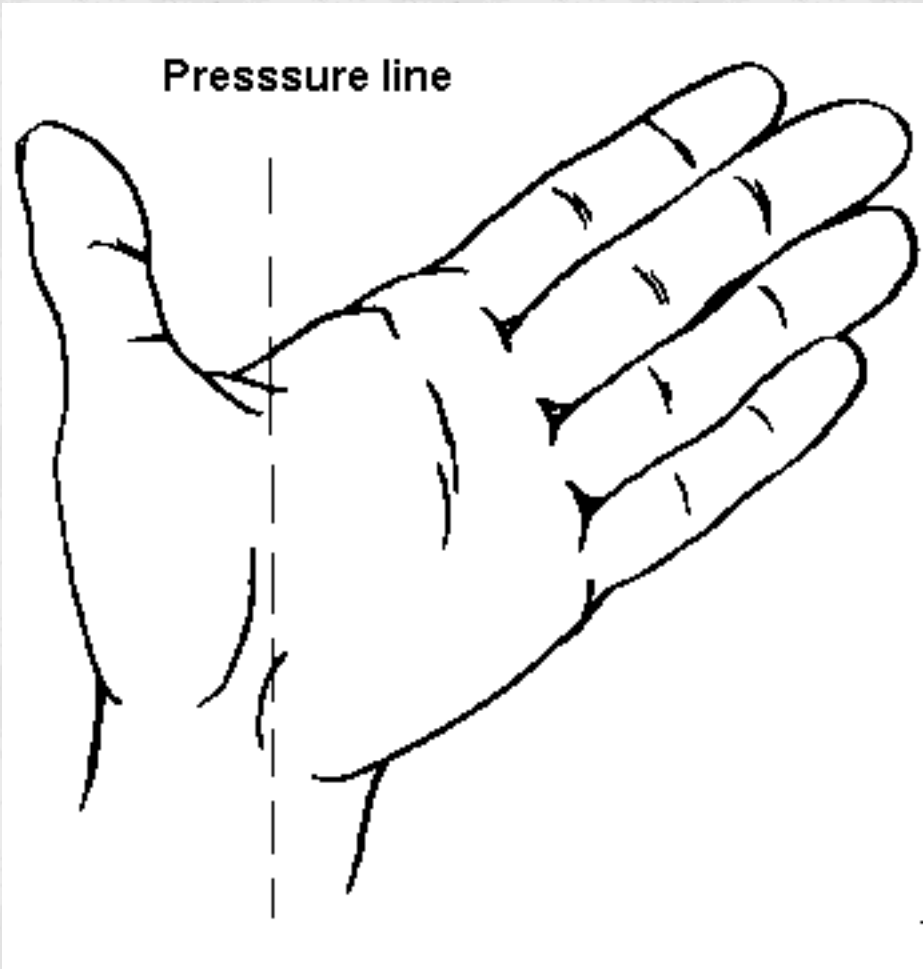
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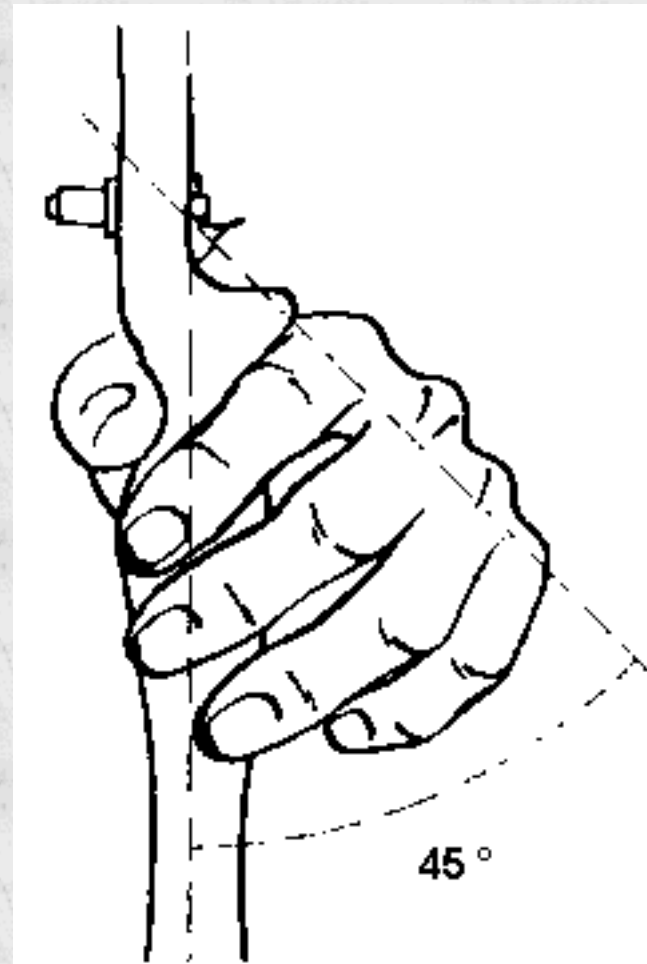
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Step 3: Bow Hand Placement



Bow hand placement

- The pressure of the bow should be distributed along the pressure line.
- Relax your fingers. The back of your hand should make an angle of 45 degrees.
- The tips of thumb and index finger are may touch each other in a relaxed way.





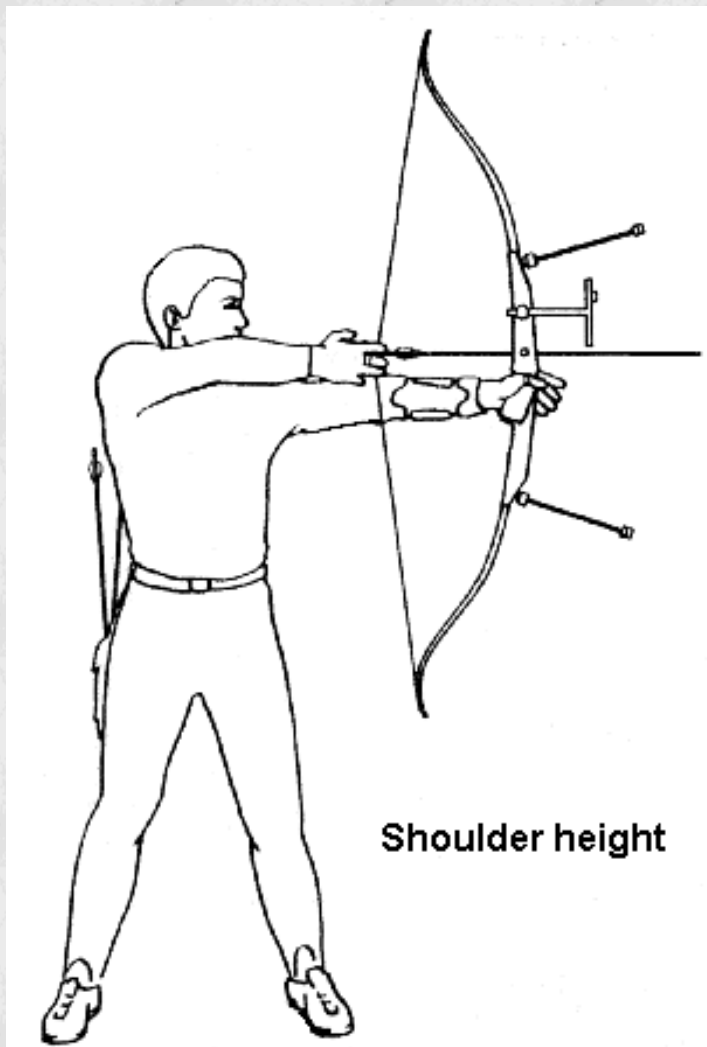
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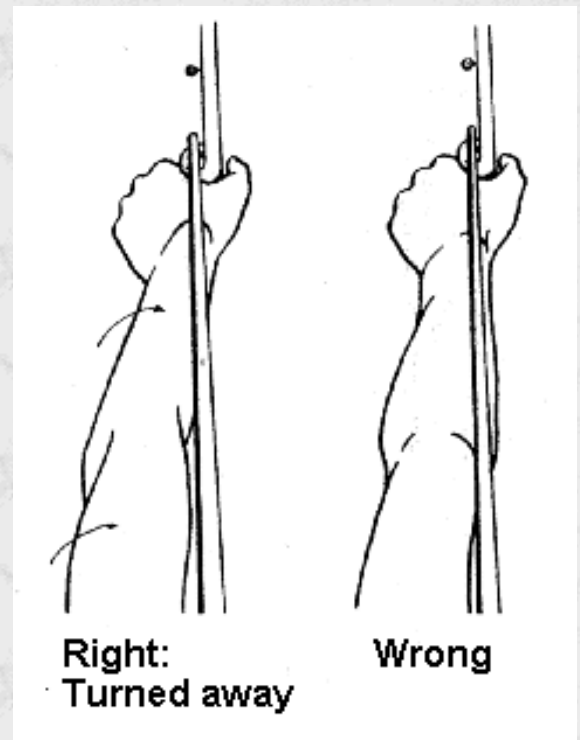
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Step 4: Bow Arm



- Extending the bow arm**
- Bring the bow arm to shoulder height
 - The elbow of the bow arm is turned away from the string

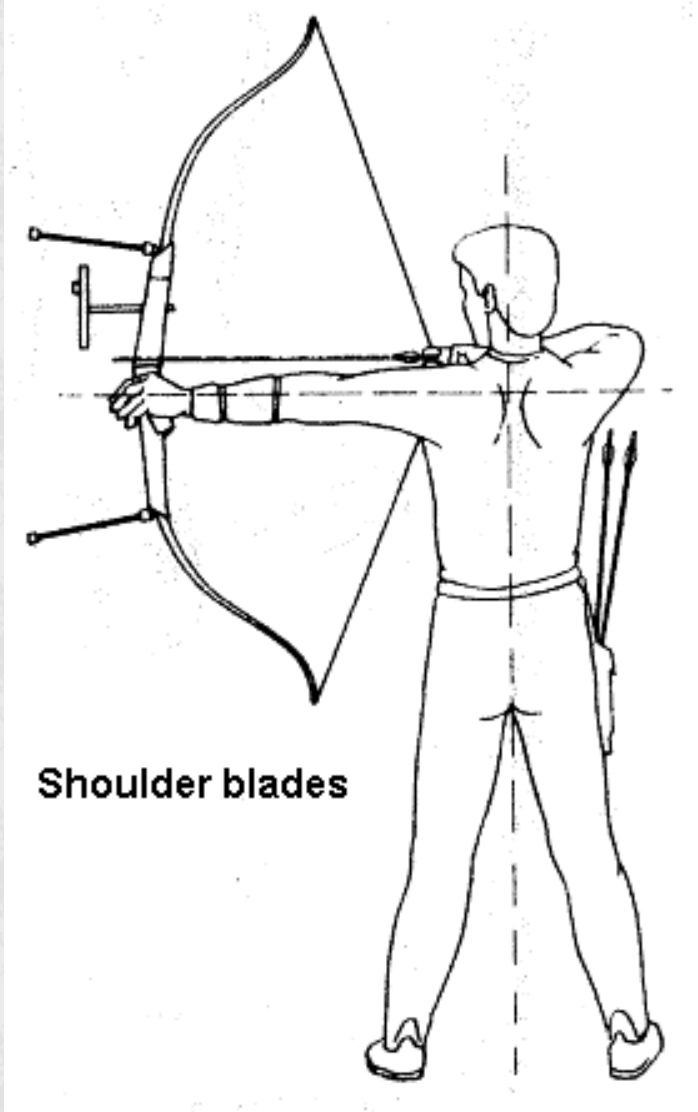


- A related discussion can be found on [Lev Gelbs archery page](#)



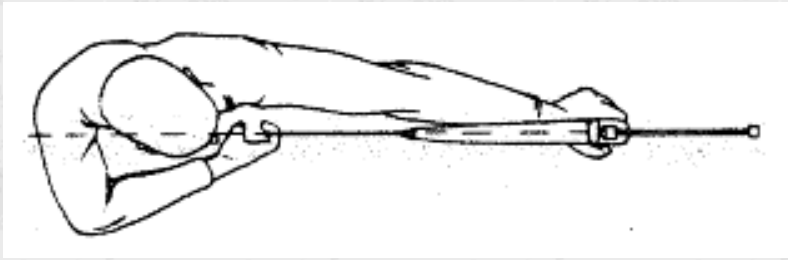
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Step 5: Drawing

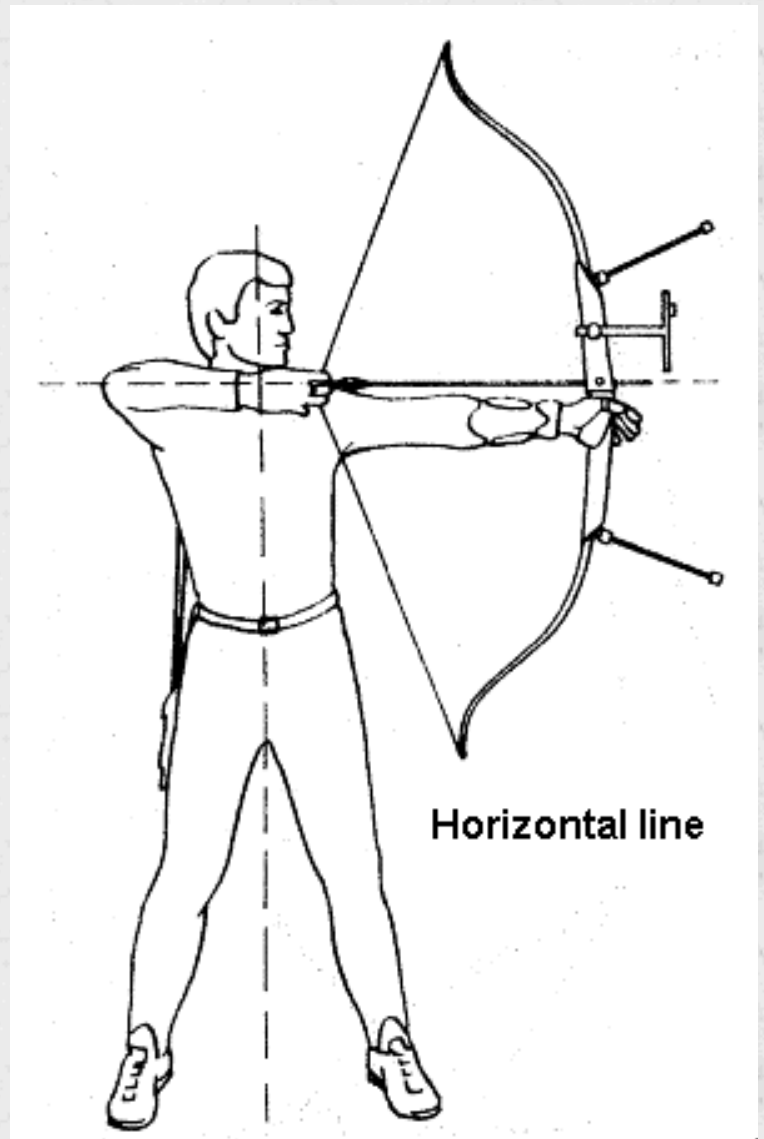


Drawing the bow

- Draw the string along the bowarm in a straight horizontal line to the anchor point.
- Draw with your back muscles, moving the shoulder blades towards each other.
- Stand straight up and relaxed
- Keep both shoulders as low as possible.



Draw the string along the bow arm



Horizontal line



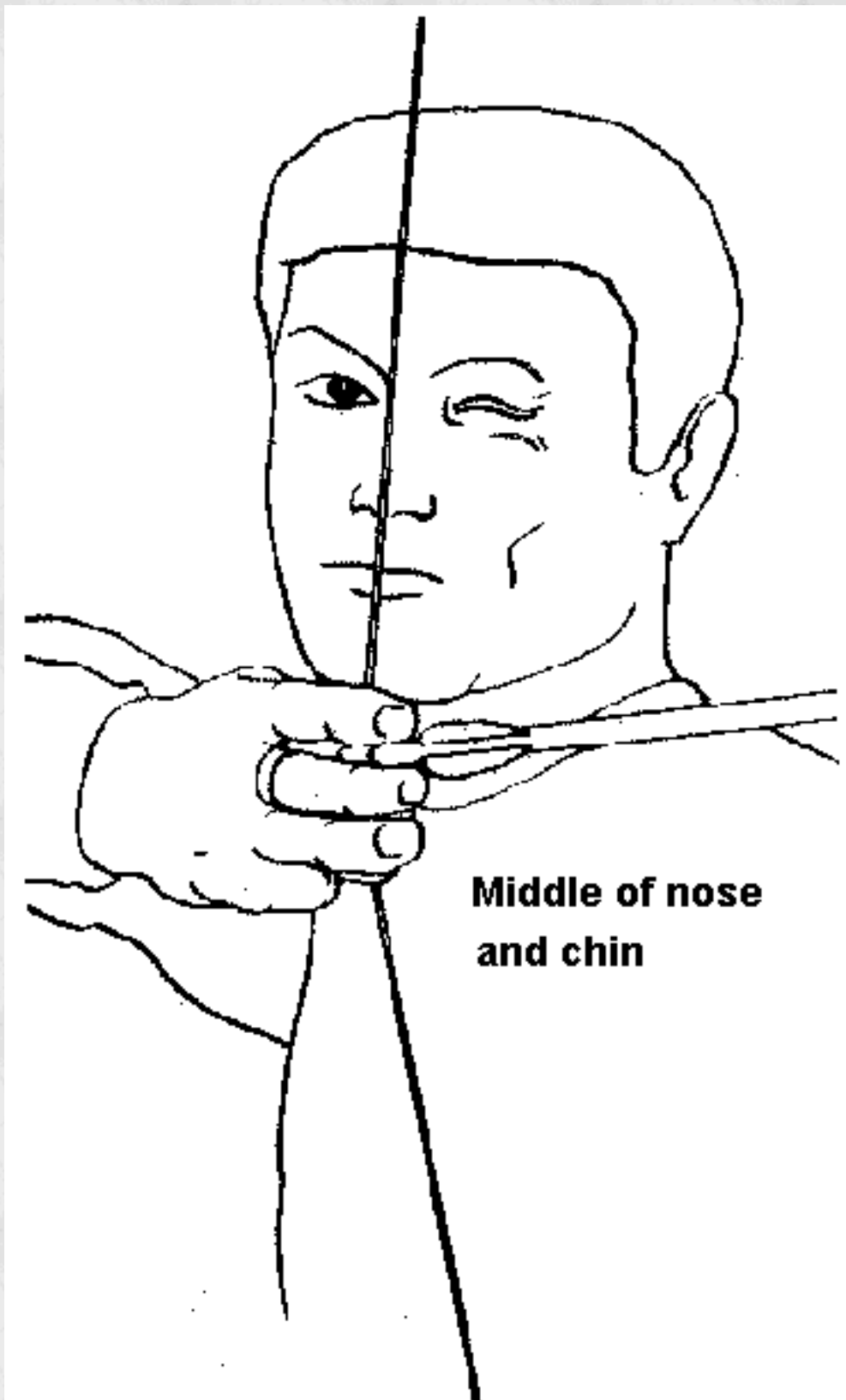
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Step 6: Anchoring



Anchoring

- The string should touch the middle of the chin
- The index finger is placed under the chin
- Keep your teeth together



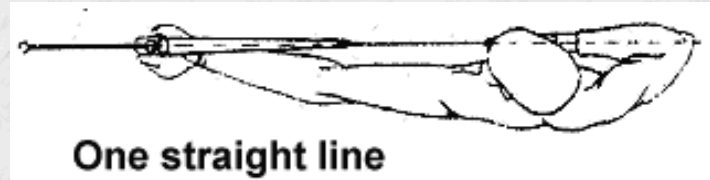
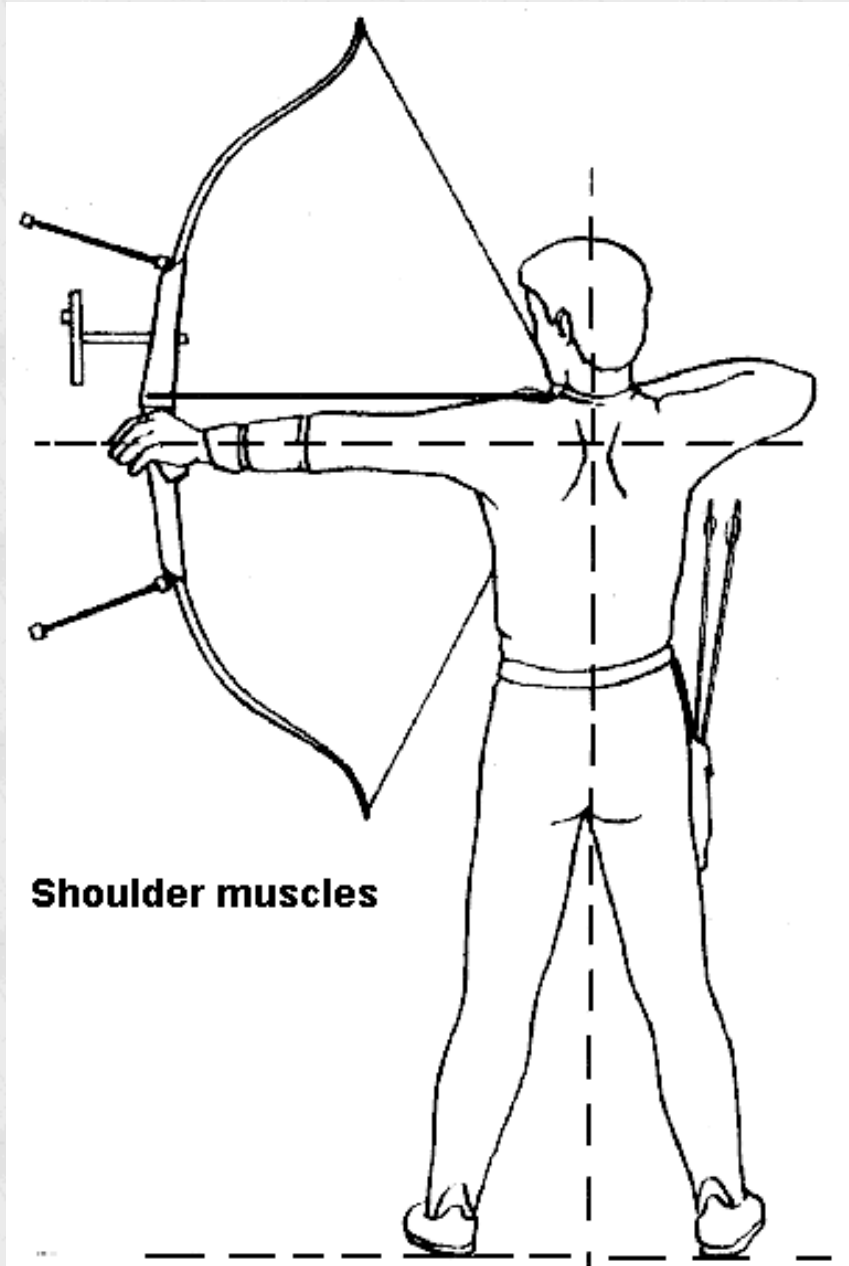
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Step 7: Holding



Holding

- Keep the back muscles under tension.
- Bow hand, draw hand and elbow should form a straight line.
- Keep both shoulders as low as possible.



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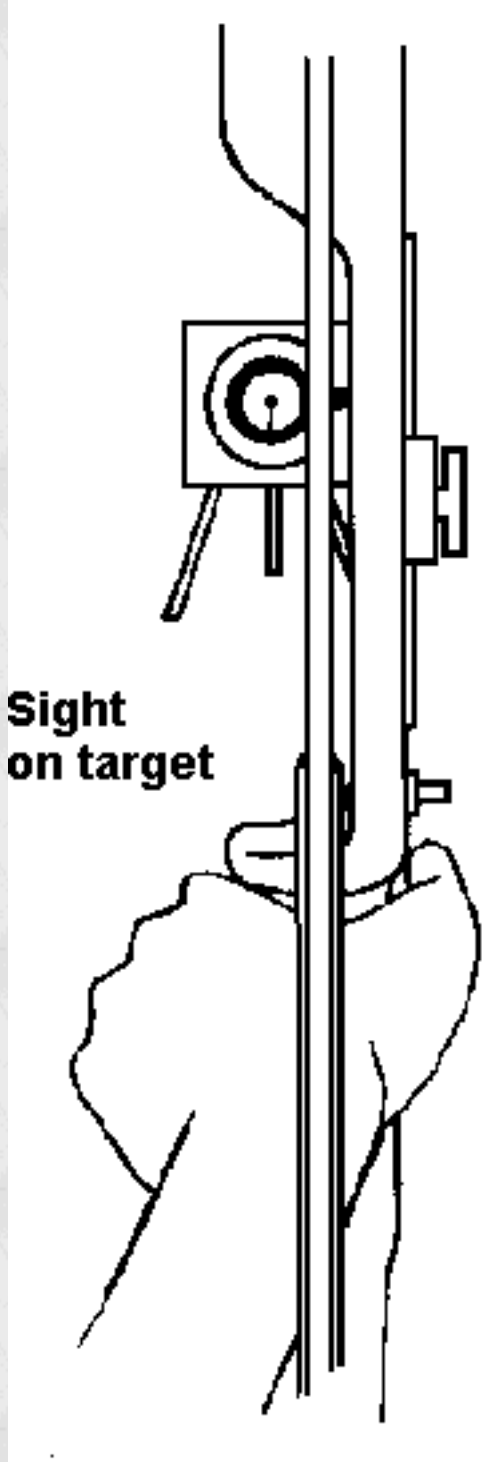
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Step 8: Aiming



Aiming

- Aiming is done with the dominant eye. Shut the other eye
- Keep the sight at the target
- Keep the string a little left of the sight

- A related discussion can be found on [Lev Gelbs archery page](http://lev.gelbs.com)



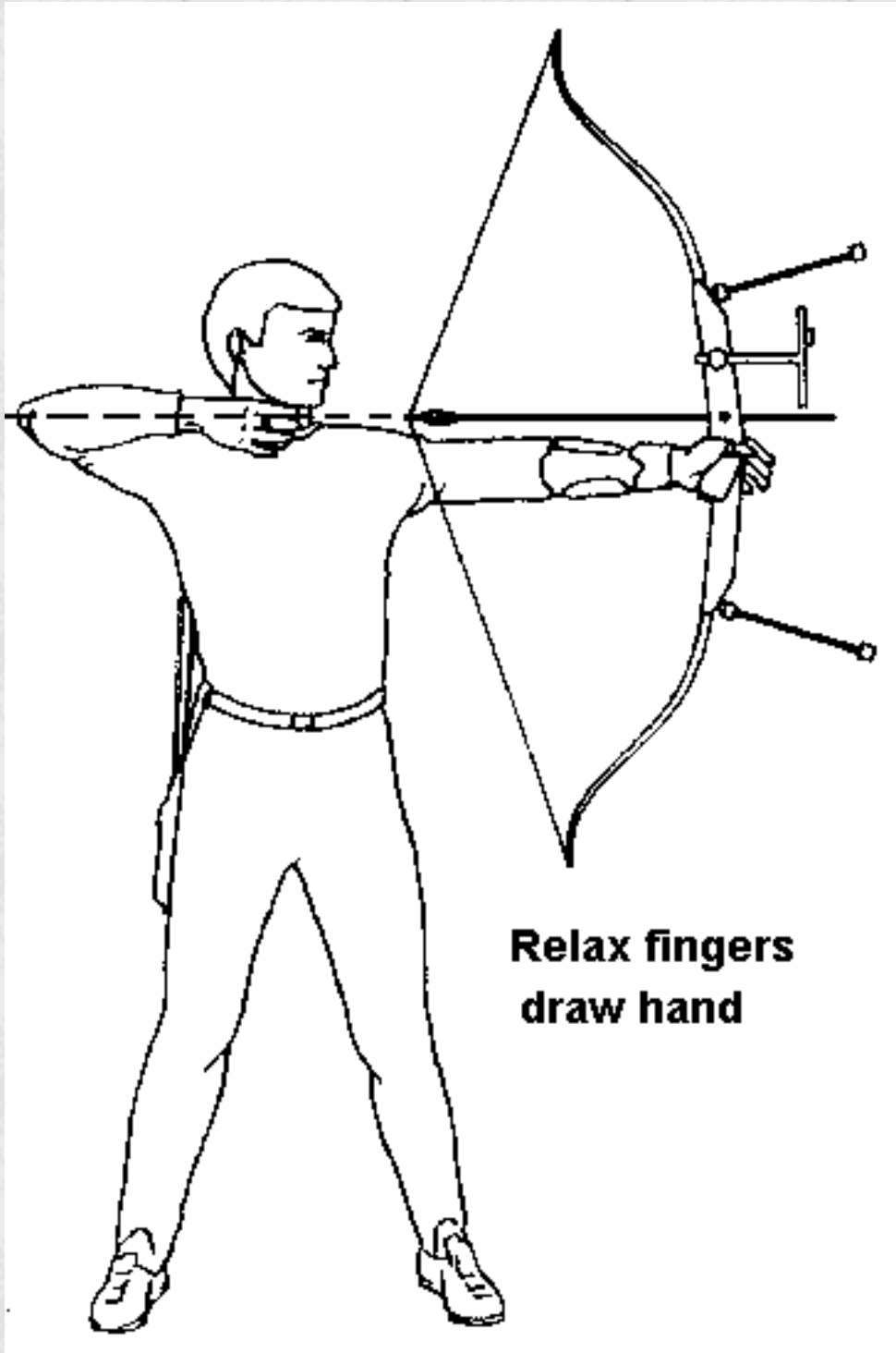
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Step 9: Release



Release

- Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand
- A relaxed bow hand will automatically move backwards
- Relax your bow hand. Let the bow drop.



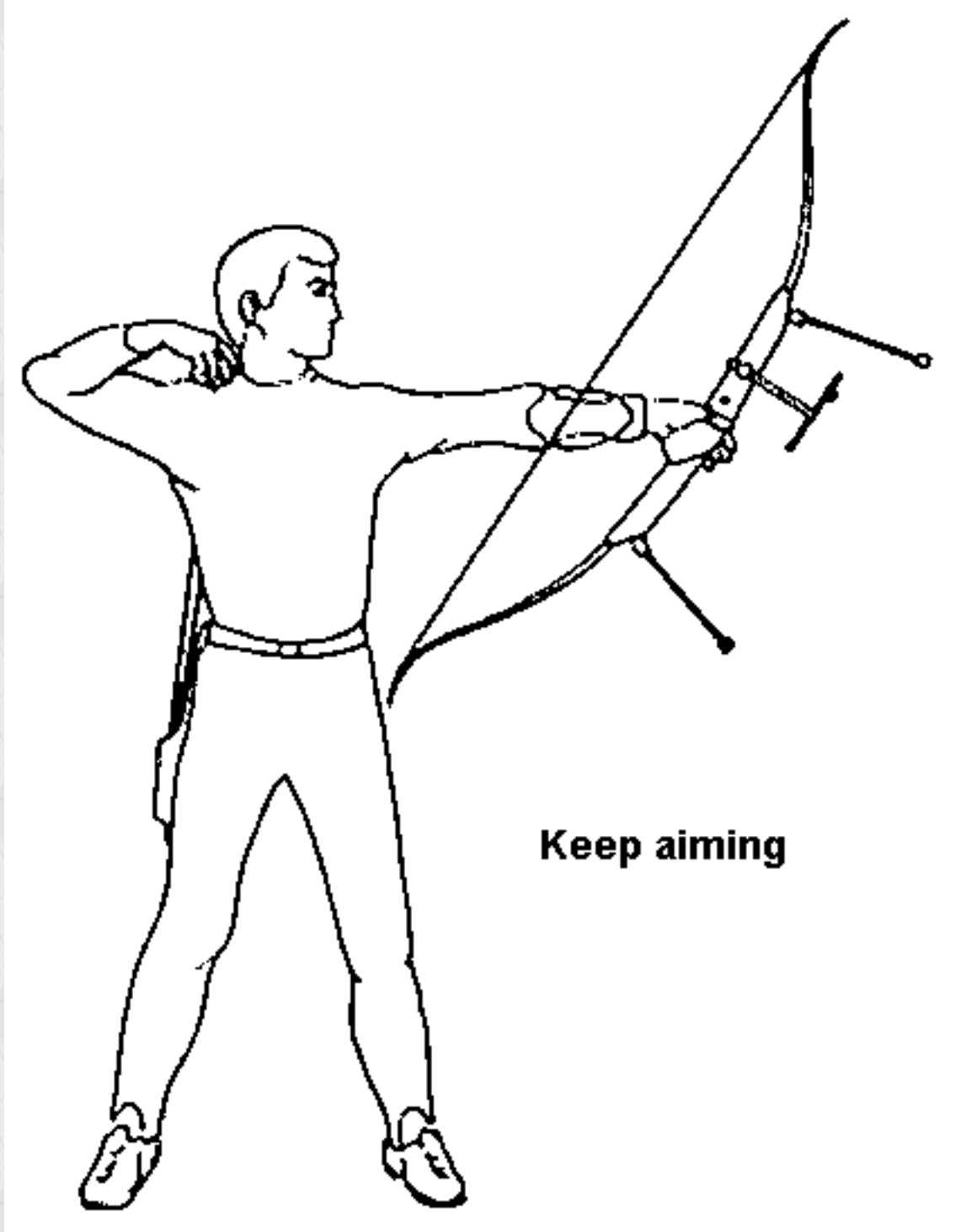
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Step 10: Follow Through



Follow through

- The draw hand should be relaxed and near or behind your ear.
- Keep aiming until after the arrow hits the target



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