

SOME SIMPLE TIPS TO BETTER SHOOTING



1. Keep your feet still after they have been placed in the correct position.
2. Keep your weight evenly divided between both feet.
3. Be sure not to lean either backward or forward.
4. Relax
5. Keep your hips straight, do not twist to one side or the other.
6. Keep your shoulders level.
7. Place the bow string on the first joint of your top three fingers.
8. The bow hand should be relaxed, never grip the bow tightly.
9. Endeavour to shoot with both eyes open using your dominant eye to aim with.
10. Maintain a firm anchor, the forefinger of your string hand, or the tab platform should just touch the underside of your jawbone. Keep your head up, and always facing the target.
11. Keep the thumb of the string hand relaxed, do not press it against your neck.
12. Keep the elbow of the draw arm up shoulder high.
13. The fingers of the drawing hand should just touch the arrow at full draw, do not let the arrow creep forward, i.e. by letting your elbow drop.
14. Keep your string in position until the exact moment of release.
15. When you release your arrow, keep your eyes focused on the same spot, i.e. the centre of the target.

16. Be sure the release is smooth and easy, and keep your string hand moving backwards, close to your neck, as if to brush an imaginary spider from your shoulder. Your draw hand should never move forwards.
17. At release, your body should maintain the same position, do not swing your bow arm to the left or right, or bend your body forward, or drop your draw hand towards your chest.
18. Shoot a bow that feels just right for you. Never use one that feels too heavy.
19. Use arrows that are the right length for you.
20. Always use a brace to protect your arm.
21. Always wear a finger tab for shooting.
22. Be relaxed at all times.
23. If your concentration is interrupted, or something does not feel right, STOP. Relax and then start again.
24. Keep your equipment in good order, make sure it is regularly checked over and repaired or replaced as necessary.
25. Learn all the safety rules and abide by them at all times.
26. DO NOT GET DISCOURAGED. This sport requires many long hours of practice plus patience, patience and more patience.

IT IS FAR BETTER TO SHOOT SIX ARROWS CORRECTLY, THAN SIXTY IN POOR FORM!!!!

