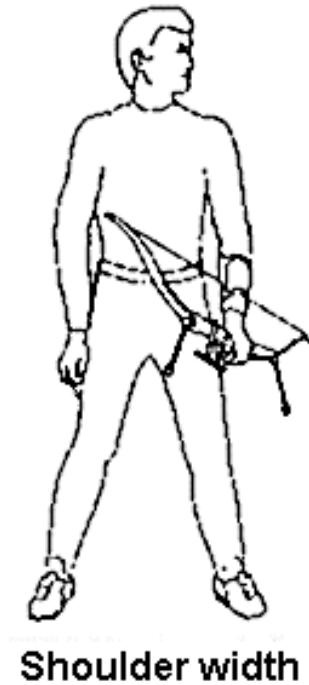
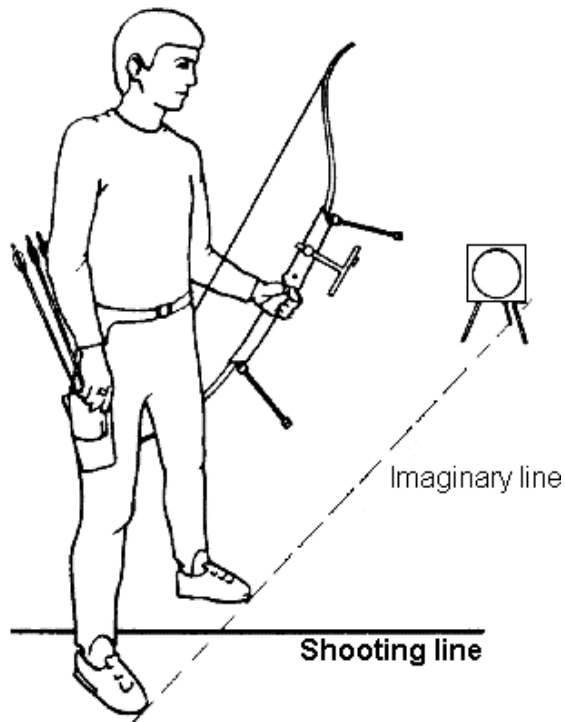


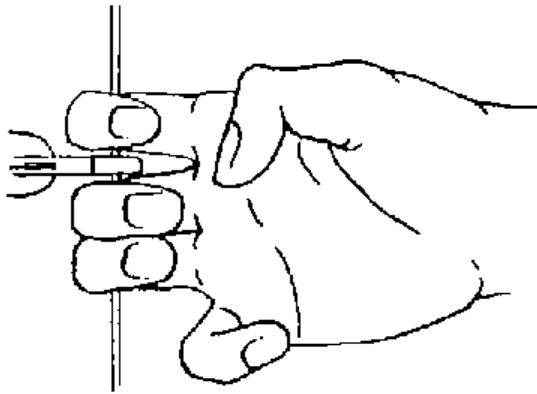
## 1: STANCE

- 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.

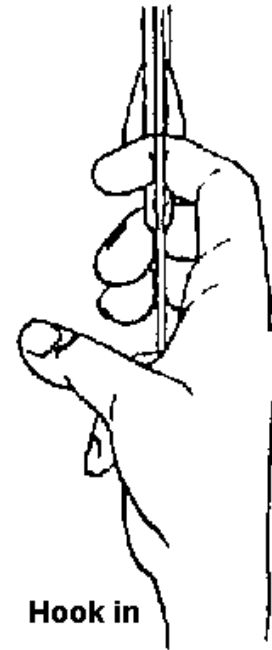


## 2: FINGER PLACEMENT

- 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



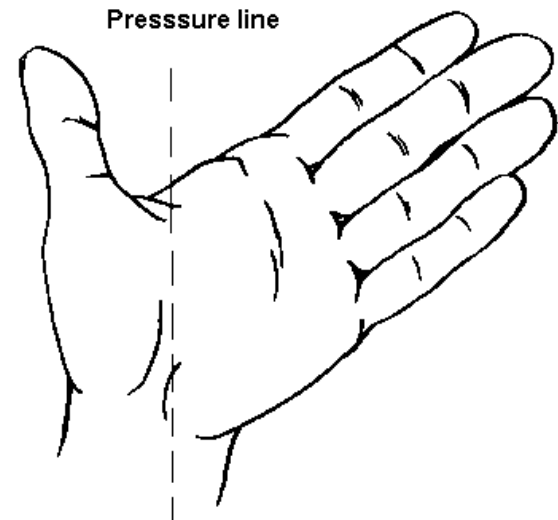
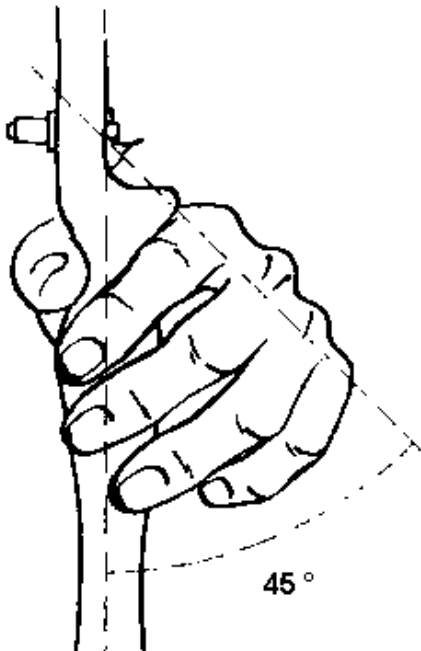
**Finger position**



**Hook in**

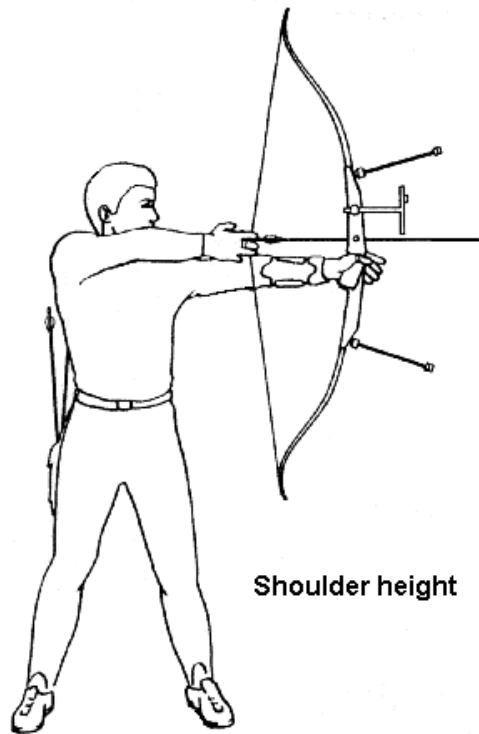
### 3: BOW HAND PLACEMENT

- 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.



## 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



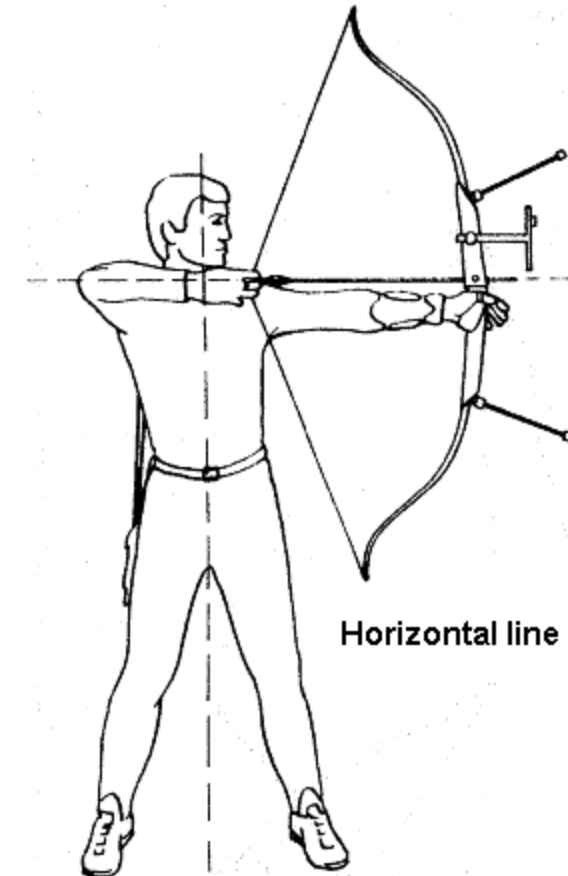
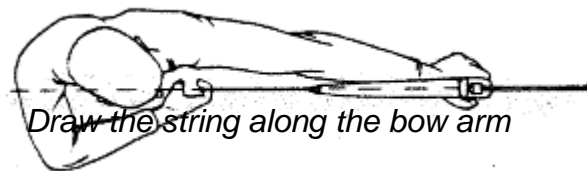
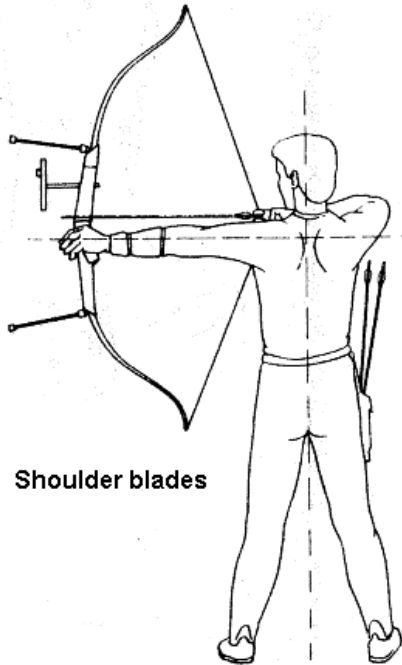
**Right:**  
Turned away



**Wrong**

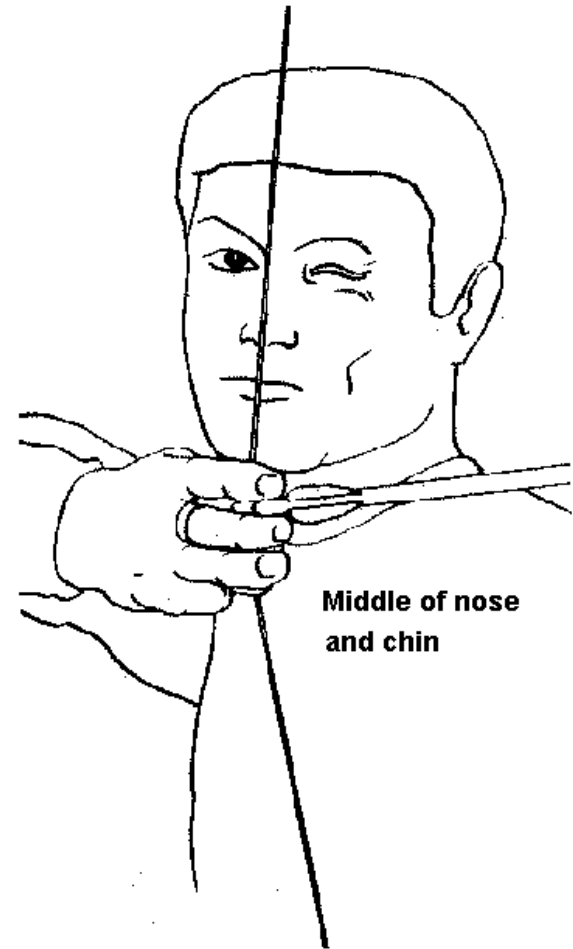
## 5: DRAWING

- 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



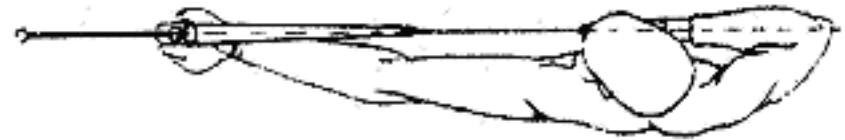
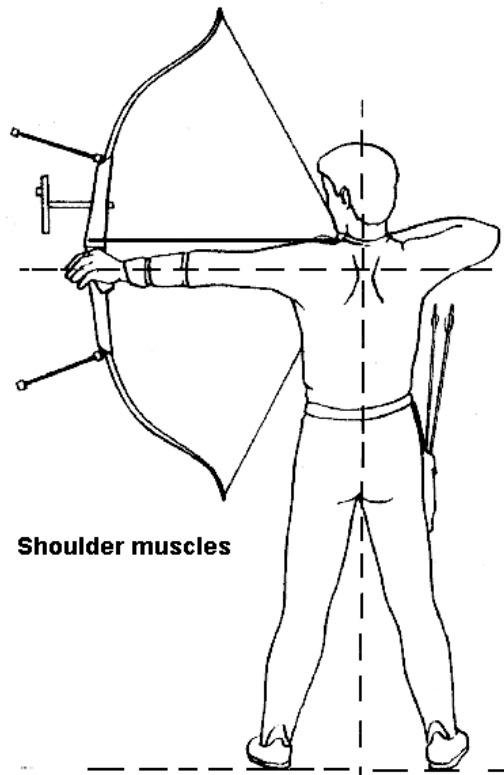
## 6: ANCHORING

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



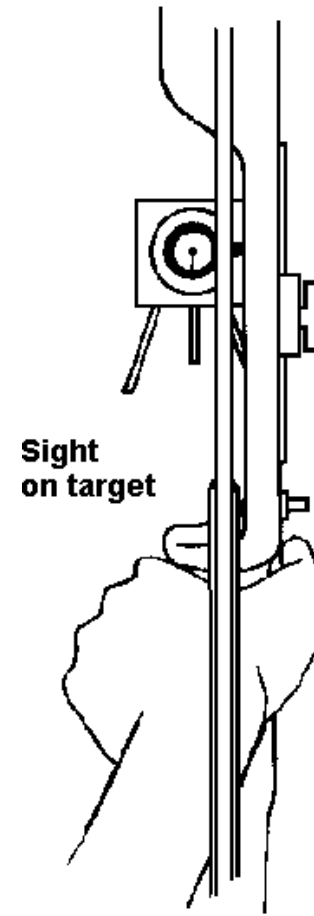
## 7: HOLDING

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



## 8: AIMING

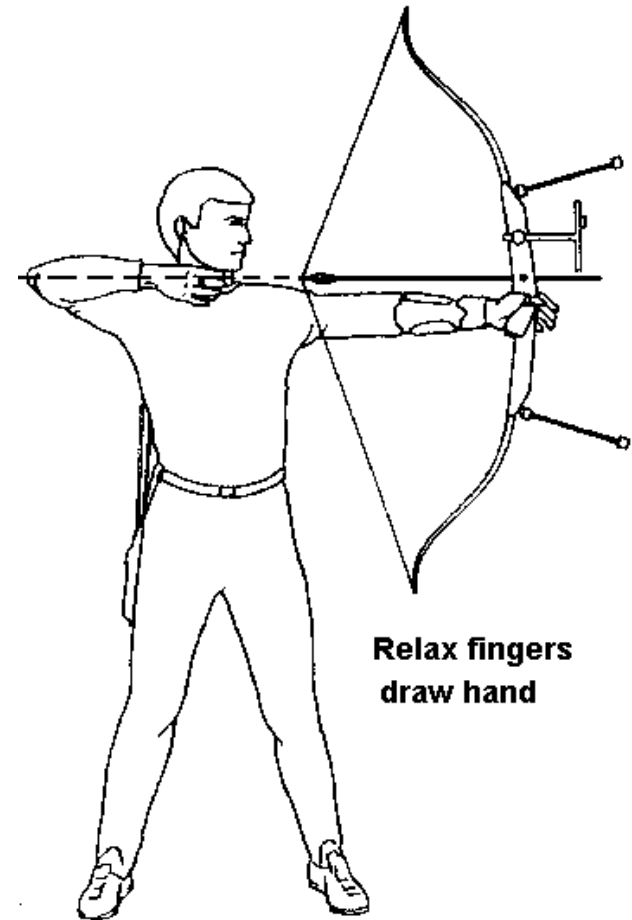
- Aiming is done with the dominant eye.
- Shut the other eye
- Keep the sight at the target
- Keep the string a little left of the sight





## 9: 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.



## 10: FOLLOW THROUGH

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

