

1-2-3 Release Motion Drill (Without Bow)

The 1-2-3 Release Drill will help you learn the proper motion and direction of the release and a proper follow-through technique.

From the “1-2-3 Alignment Drill”, go through the release motion on the count of three.

From the full draw position, count “1-2-3”. On “3”, move your release hand along the side of your face to your ear, simulating the motion of the release and follow through.

The fingers of your drawing hand should remain relaxed, and your hand should remain in contact with your face and neck. Follow the jaw line throughout the motion, finishing with the fingers touching your neck, just below your ear.

First learn this drill without any aids, then learn the same motion using a stretch band or a string loop.

Practice while looking in a mirror to make sure your hand follows the motion as shown in the pictures. Practice this drill as often as you can at home.

Now the archers can return to behind the Waiting Line.



(left-handed archer)

