

COMPOUND BOW SHOOTING FORM FOR MECHANICAL RELEASE

1. Stance and Posture

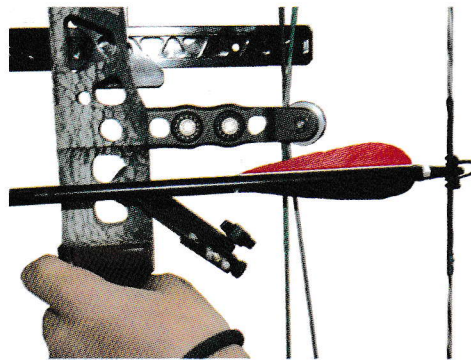
Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder width apart. Stand straight, keeping your ribs and chest down, and your bottom tucked under your body. Keep your shoulders down and relaxed. Archers shooting in a wheelchair should place one wheel on each side of the line.

Beginners should start with a square stance—feet and shoulders perpendicular to the shooting line. Intermediate archers may benefit with improved posture and stability using an open stance. Turn toward the target 15-30%. Place 60-70% of your weight on the balls of your feet.



2. Nocking the Arrow

Place the arrow on the arrow rest, holding the arrow close to the nock. The index fletch will point up on a blade-style rest, and down on a prong-style rest. Snap the nock of the arrow onto the bowstring between nock locators.



3. Set

Hook release on to string or D-Loop. Keep your finger off the trigger until you are at full draw and ready to shoot. For hand-held releases, the back of the hand should be flat and relaxed. Get a deep grip on the release.

Set your bow hand on the grip using only the web and the meaty part of your thumb, with your knuckles at a 45 degree angle and your thumb pointed towards the target. Keep your bow hand in place throughout the entire shot.



4. Set-Up

Raise your bow arm and draw arm together, while keeping your shoulders down. Your bow arm may be slightly higher than the line to the target, and your drawing arm should be near the level of your nose. Your bow arm elbow should be rotated so it is straight up and down.



5. Draw/Load

Draw the string back from the set-up to about 2-3 inches below your anchor and raise your hand and arm together up to the anchor point. Set the drawing arm shoulder back and down as far as possible, until your elbow is directly behind the arrow.



6. Anchor

The anchor position may vary with the type of release and how it is held. The most important elements are good bone to bone contact on a consistent reference point, and the string on the front of the nose.

7. Transfer/Hold

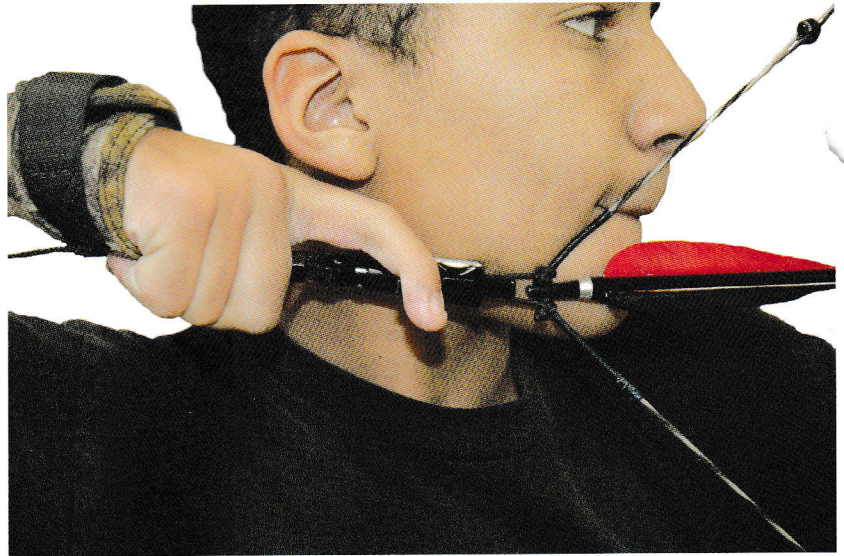
At full draw, transfer the load of the drawing the bow to your back. Feel your back muscles tighten as your shoulder blades move down and towards your spine. Place your finger or thumb over the trigger between the first and second joint of the finger or thumb.

8. Aim-Expand

Look at the target or through the sight and allow the sighting reference (sight pin or scope) to float in the aiming area. Maintain tension in the core back muscles.

Expansion occurs as the draw scapula goes down and rotates towards the spine, slightly opening the chest.

Expansion should last 1-3 seconds.



9. Release

Allow the movement of the back elbow and shoulder blade resulting from the expansion explained in the last step to trigger the release.

Triggering the release should come from increasing back tension, rather than a conscious effort to activate the trigger.

10. Follow-Through

Drawing hand continues back beside neck with fingers relaxed, ending up behind your ear. Keep the bow hand up and directed towards the target. It will naturally move slightly forward and to the left (for right-hand archers). The bow should remain vertical or rotate forward depending on how it is balanced.

Maintain follow-through until the arrow hits the target.

