

PROFICIENCY CHECK LIST

NATIONAL TRAINING SYSTEM

COMPOUND BOW & BACK TENSION RELEASE AID

<i>STEP</i>	<i>SKILL</i>	<i>PRO-FICIENT</i>
STANCE	10-20* OPEN	
	SHOULDER WIDTH	
	50/50% L/R	
	60/40% F/B	
	KNEES SET BACK	
	HIPS TUCKED	

NOCKING	BOW NEAR VERTICAL	
	EXTEND/RELAX BOW ARM	
	INDEX VANE UP FOR LAUNCHER REST	

SET: GRIP	HOOKUP TO D-LOOP	
	HAND IN PIVOT	
	LOWER THUMB PAD	
	TOUCH ON THUMB SIDE OF LIFELINE	
	KNUCKLES AT 45*	
	FINGERS & THUMB RELAXED	
	THUMB POINTS TO TARGET	
SET: RELEASE HND	CONSISTENT PLACE & PRESSURE	
	FLAT KNUCKLES	
	STRAIGHT WRIST	
	THUMB RELAXED	
	UNUSED FINGERS RELAXED UNDER PALM	
	BT/SAFETY EQUAL FINGER PRESSURE	
	BT/NO SAFTY 90% INDEX FINGER	
SET: POSTURE	INDX REL = FINGERS AROUND RELESE	
	BOWARM CREASE TO 45*	
	CONFIRM UPPR BODY POSTURE	
	SET HEAD OVER SPINE	
	TURN HEAD TO TARGET CHIN LEVEL	
	MINDSET CLEAR MIND FOR THIS SHOT	

SET-UP	SET DRAW SHOULDER BACK	
	SHOULDER LINE OPEN TO TARGET	
	HANDS REMAIN AT BRACE DISTANCE	
	SHOULDERS ARE LEVEL & BACK	
	ARROW IS NEARLY IN LINE TO TARGET	
	BOW HAND RAISES UNDER TARGET	
	EYES ON TARGET – NO AIMING	

DRAW/LOAD	USE CORE MUSCLES & SHOULDER	
	ROTATE SHOULDER LINE PARALLEL TO ARROW-LINE	
	BOW ARM EXTENDS	
	BOW ELBOW CREASE IS >45* TO HORIZONTAL	
	DRAW ELBOW ROTATES TO ARROW LINE	
	MAINTAIN FLAT RELEASE HAND NEAR HORIZONTAL PLANE	

ANCHOR	LIGHT INDEX KNUCKLE CONTACT ON NECK UNDER JAW	
	MAINTAIN LEVEL-CHIN POSITION	
	AFFIRM PEEP/SCOPE ALIGNMENT	
	RELEASE HAND <30* ABOVE HORIZONTAL	
	EQUALIZE FINGER PRESSURE	

TRANSFER/HOLD	CONTINUE INTERNAL TRANSFER	
	CONTINUE RELAXATN OF DRAW HAND/FOREARM	
	TRANSFER REACHES 95%	
	MAINTAIN EQUALIZED FINGER PRESSURE	
	ELBOW ALIGNED WITH ARROW	

CONTRACT/AIM	AIM BEGINS WTH FINAL TRNSFER	
	3-10 SEC. OF AIM	
	BACK CONTRACTION INCREASES	
	ROTATION NOT VISIBLE	
	MECHANICAL PARTS SEPARATE	

RELEASE	ROTATION CAUSES MECH. ACTION	
	UNUSED FINGERS ARE RELAXED	
	HOLDING FINGERS EQUAL GRIP	
	NO CONSCIOUS CONNECT TO RELESE	
	CONTRACTION CONTINOUS INTO F/T	

FOLLOW-THRU	NATURAL REACTION	
	CONTRACTION/EXPANSION MAINTAINS BOW ARM DIRECTION	
	RELEASE HAND ALONG NECK	
	HAND BEHIND EAR/ABOVE SHOULDER	
	HEAD & EYE REMAIN ON TARGET	

FEEDBACK	RELAX	
	ANALYZE SHOT	
	PLAN FOR NEXT SHOT	
	REFOCUS	