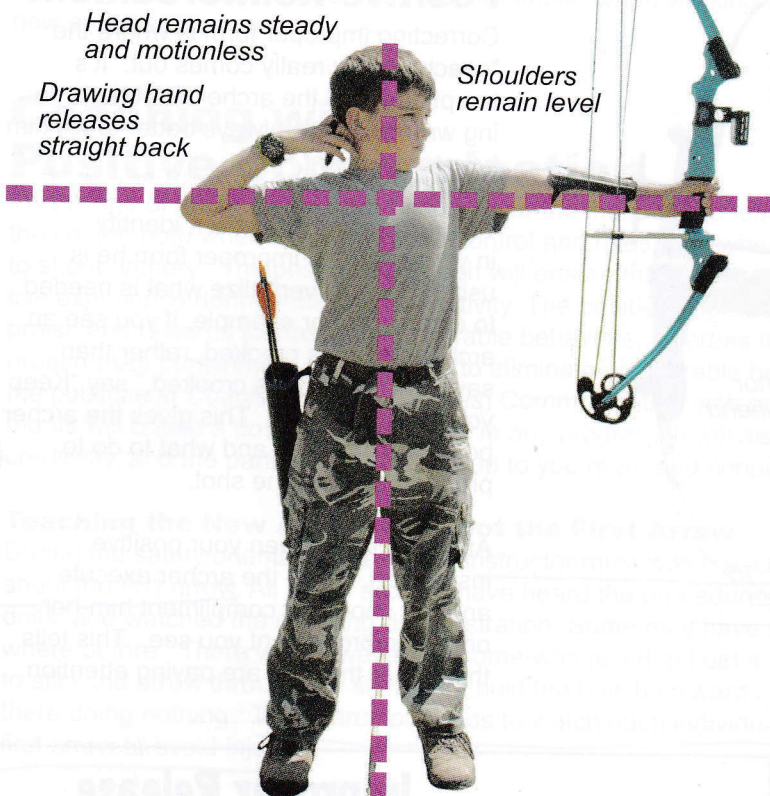


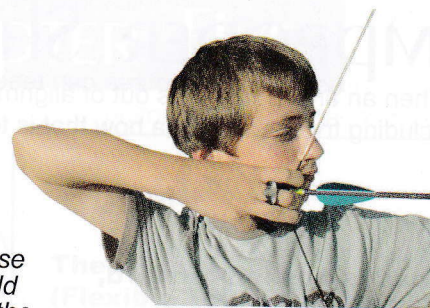
PROPER RELEASE

The shot form isn't finished when the arrow is released. Just like swinging through a golf shot or a bowling ball release, an archery release has the same relaxed motion.



The actual release with a bow should be the same as the 1-2-3 Release Motion Drill that was learned on Page 10.

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



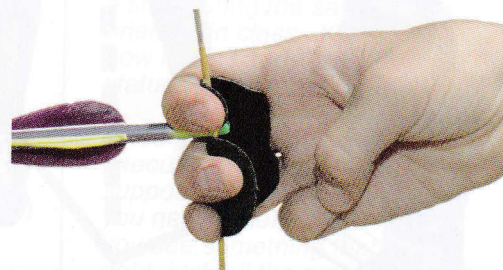
Finger Tab

Archers most often use some design of finger tab—a flat piece of material that separates the fingers and protects them from the bowstring. The string is held deep—often at the first joint of the fingers.



"3-Fingers Under" for beginning archers

- Helps to keep from pinching arrow off the rest
- Is preferred by barebow archers
- The string angle through the arrow nock can cause the nock to come off the string, especially with compound bows.



"Split Fingers" for intermediate archers

- Keeps the string more nearly straight through the arrow nock.
- Is often preferred by target shooters
- May cause the archery beginner to pinch the arrow off the string, especially short compound bows.