

Steps to the Shot Cycle:

Please see Minnehaha Archer's JOAD Facebook page for photos of these steps for Recurve and Compound Bows. See also the document titled "The Back of Archery" to see the proper use of the back muscles.

Beginners – able to recite in proper order

1. Stance
2. Posture
3. Set
4. Set-up
5. Load
6. Anchor
7. Transfer
8. Expand
9. Release
10. Follow through

*Before passing to Intermediate they will be able to verbally recite each step in order.

Intermediates – recite and understand each step

1. Stance
2. Posture
3. Set
4. Set-up
5. Load
6. Anchor
7. Transfer
8. Expand
9. Release
10. Follow through

*Before passing to Advanced they will be able to recite and show the coach they understand what each step means.

Advanced – make these steps a part of your "Shot Baseline Routine"

1. Stance
2. Posture
3. Hook (fingers or release on string)
4. Grip (bow hand placement)
5. Set
6. Mindset (total focus and commitment to the shot)
7. Set-up
8. Load
9. Anchor
10. Transfer
11. Expand
12. Release
13. Follow through
14. Relax (breathe) and reflect (evaluate the shot)

*As an advanced student they will learn three specific parts of each step.

The KSL Shot Cycle Diagram shows how these steps interact with each other!