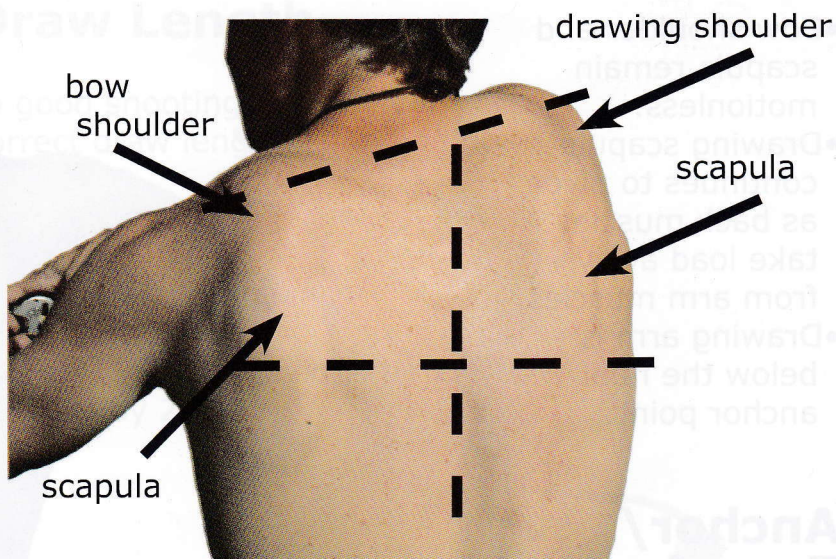


# The Back of Archery

*The part of archery you see is in the front.  
But the part that drives the shot is in the back!*

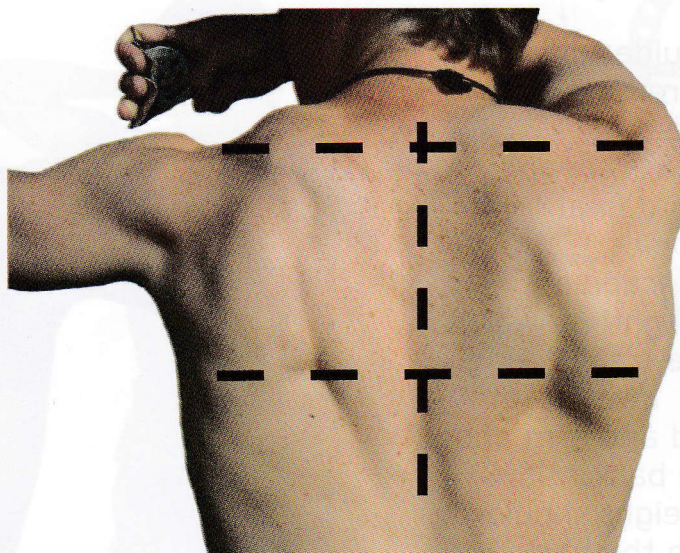
## Set

- Bow shoulder down.
- Drawing arm aligns with bow arm.



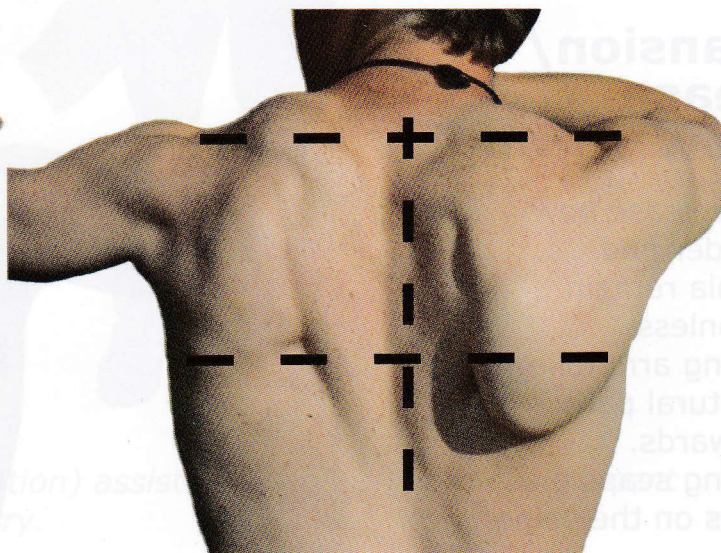
## Set-up

- Drawing arm raises still aligned with bow arm.
- Drawing scapula drops below bow scapula.
- Shoulders are even.
- Back muscles begin to take load.



## Draw

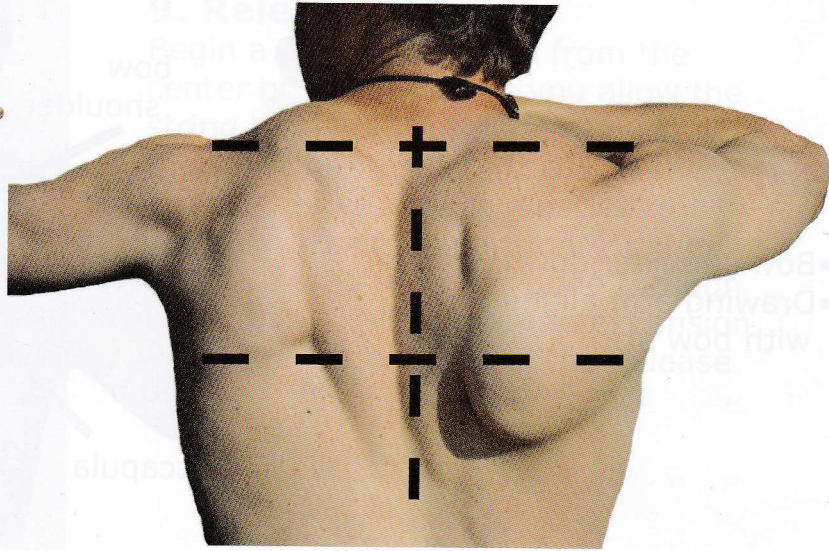
- Bow shoulder and scapula remain motionless.
- Drawing scapula pivots towards the spine and downward.
- Shoulders are even.





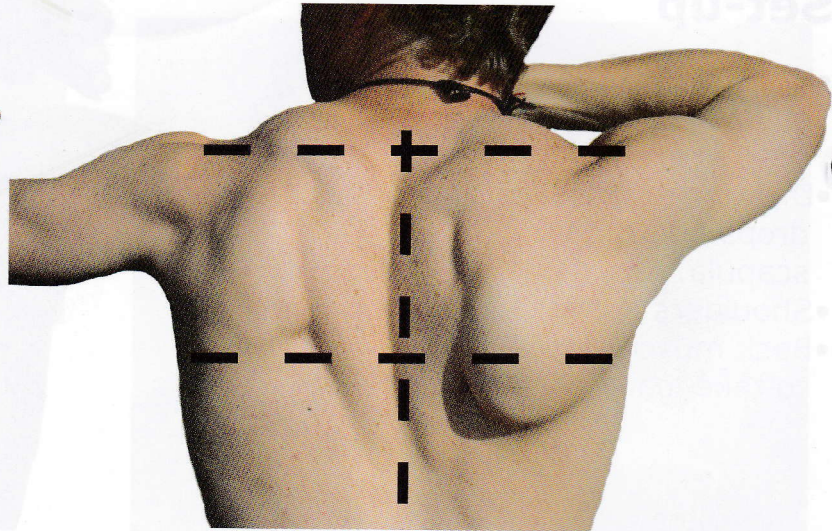
## Load

- Bow shoulder and scapula remain motionless.
- Drawing scapula continues to pivot as back muscles take load away from arm muscles.
- Drawing arm is below the final anchor point.



## Anchor/Transfer/Hold

- Bow shoulder and scapula remain motionless.
- Drawing arm brings hand up to final anchor point.
- Drawing scapula moves slightly towards the spine transferring the load away from the hand and arm and onto the back. 95% of the weight should be held with the back.



## Expansion/Release Follow Through

- After release bow shoulder and scapula remain motionless.
- Drawing arm follows its natural path backwards.
- Drawing scapula hinges on the spine.

