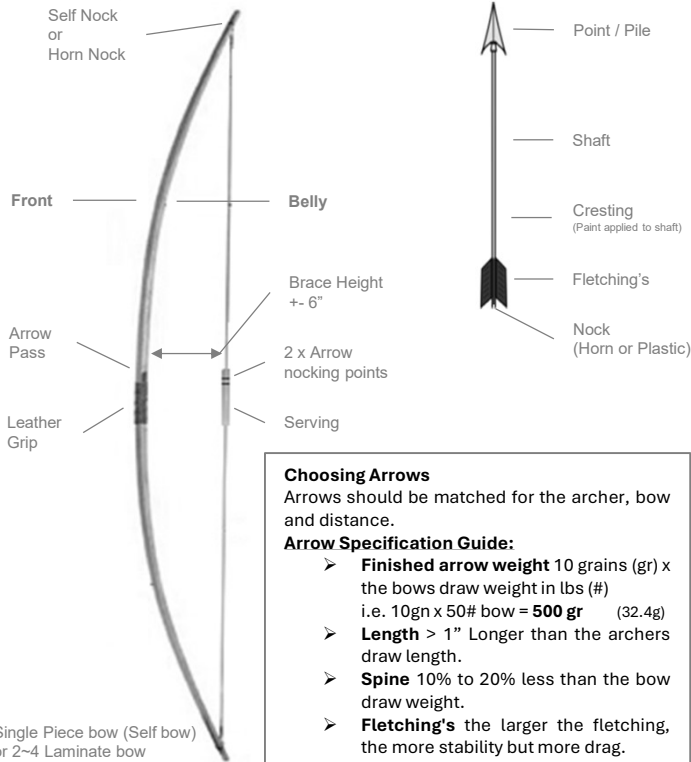


This is a brief guide only – Please obtain further advice from your coach or detailed reference material

1. Introduction

The following shows the different parts of your bow & Arrows.

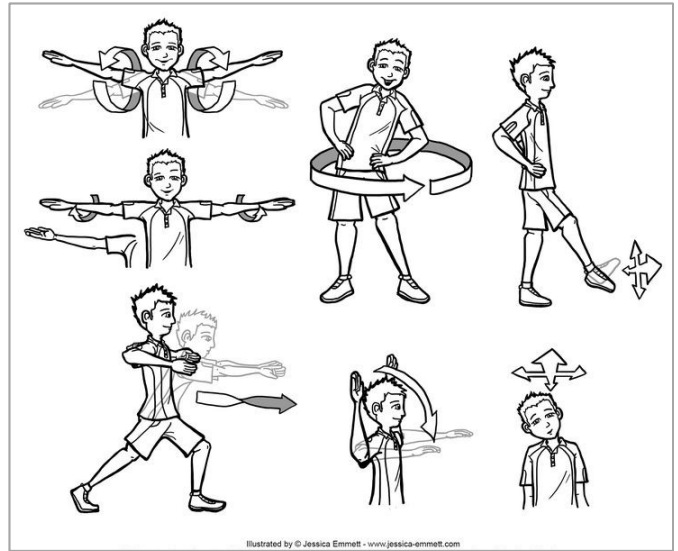


Single Piece bow (Self bow) or 2~4 Laminate bow

2. Warming Up

Warming up before and cooling down is an important part of exercise, and archery is no exception. Shooting with cold muscles can lead to muscle soreness and increases your risk of injury later, and cooling down after will help to reduce your heartrate and helps with recovery.

Warming up and cooling down should be carried out within your physical capabilities & seek further advice as required.



Illustrated by © Jessica Emmett - www.jessica-emmett.com

3. Getting Ready / Routine

- 3.1 Familiarise the Safety Rules & Field layout
- 3.2 Ensure you are wearing a Bracer (On the bow hand) and Finger Tab (on the string hand)
- 3.3 Ensure you follow a consistent shoot style and routine i.e. (See the following slides 4~8 for further information)

Archery Stance & Posture (4)

Stance (Foot placement)
Posture

Bow Grip & Shot Setup (5)

Bow Grip (Light Grip)
Nock the Arrow
Finger Position (3 under / split finger)

Draw & Anchor (6)

Draw (draw to final anchor point)
Anchor (Under chin, mouth etc.)

Aiming (7)

Aim (instinctive / gap Shooting)

Release, Follow Through & Breathing (8)

Release (Clean positive release)
Follow Through (Do not rush the finish)

Throughout the routine manage your breathing

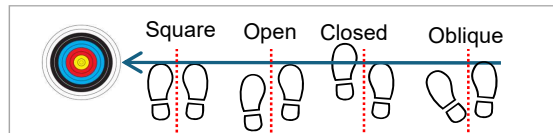
4. Archery Stance & Posture

Your stance and posture is the basis which everything else is based upon and is crucial to a consistent shot.

Stance

Is the position of the feet.

- Feet roughly shoulder-width apart.
(One each side of the shooting line.)
- Try Square, Open, Closed & Oblique Stances
(Square is the easiest but try them and See which feels most natural)



Posture

Is the shape & position of the body from feet to head.

- Stand tall and relaxed, Don't lock your knees
- Feet roughly shoulder width apart & even balance.
- Hips - Straight and level, Back/Spine – Straight.
If you are shooting over a large distance and require more elevation lean at the hips to ensure the arms and anchor positions are not compromised
- Arms, Keep the drawing arm elbow down.
- Head up straight,
- Chin level to the ground
- Turn your face down range.



5. Bow Grip & Shot Setup

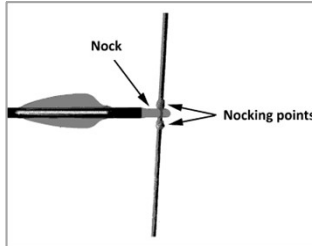
Bow Grip

The bow should be held very lightly, You don't have to 'grab at the bow', just hold it securely.



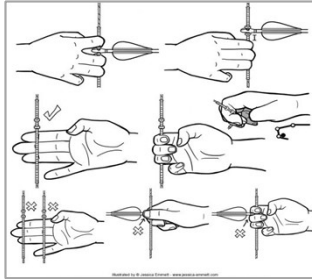
Nock the Arrow

Nocking is the act of fitting an arrow to the bowstring. The arrow is placed between the nocking points on the string with the cock fletching facing 90° away from the bow, and the shaft of the Arrow placed on the top of your hand. The nocking point will give a consistent point to place the arrow on the string.



Finger Position (Drawing Hand)

Beginners can start with 2 Under (Split Finger / Mediterranean) position.



The archer can develop a 3 fingers under the arrow position which will give a better line of vision to the target.

Ensure the bow's tiller is capable of supporting the finger style.

6. Draw & Anchor

Draw

Now that you are holding the bow correctly and the arrow is nocked you will raise the bow and pull the bowstring back (using either a V or T draw) to your anchor point.

This is one of the more sensitive and careful steps, as it's the cause of many archery injuries.

During the draw, the archer needs to focus on the following:

- Back Tension
- Bow Arm Position
- Draw Length

Anchor Point

The anchor point is the specific point where a string / part of the finger of the drawing hand touches the archer's face. The most common anchor points are the chin, cheek, or corner of the mouth.



Consistency

Maintaining a consistent anchor point is crucial for accuracy. The archer needs to ensure that the bowstring / finger touches the same spot on their face with each shot.

A kisser button is sometimes allowed in certain competitions.

7. Aiming

There are various ways to Aim an English Long Bow;

- 1. Instinctive shooting**, relies upon the consistent muscle memory, posture, stance, anchor and loose obtained from practicing at various target distances. This method allows you to change between target distances (both known and unknown) without adjusting any shooting aids. Focus on a centre point on the target, allow your body to naturally align itself for the necessary shot.

- 2. Gap shooting**, uses the point of the arrow, as if it was a sight, adjust the height of the point up or down a known distance as required, for the distance to the target. Gap shooting at short or long ranges will put the arrow point either in the sky or in the ground which will become a problem, You can use a Ground Marker as a shooting aid.

Note: Anchoring below the chin will bring the Arrow point down and more in line with the Target. An Anchor above will raise the arrow point up but move the Point out.

Always tilt the body at the hips and not adjusting the arms.

- 3. Rubber O-Ring shooting aid**, can be placed on the upper limb of the bow and can be slid up and down a known distance and used instead of the arrow point for aiming. A combination of Ground Marker & O-Ring can be used.

Notes: Aim after anchor, Keep Both eyes open.

Focus on the target/marker and not the arrow point.

Focus on technique first, over aiming.

Adjust the elevation at your hips.

Ground Markers and O-Rings sometimes will not be allowed.

8. Release, Follow Through & Breathing

Release

The release (Loose) is the most important part of the shot, Everything up to now has been done to make it as good as possible.

You must maintain movement and direction of the draw elbow around the body.

The release hand should not be pulled away from your neck.

There should be no visible 'opening' of the fingers, allow the tension of the string to release the string.

The draw hand should stay close to the neck at the start of the release.

Follow Through

The follow through must be maintained until after the arrow hits the target.

The bow arm should stay horizontal and not drop down.

The bow hand can use "bow hand delivery/extension"

Breathing Cycle (example)

A deep settling breath should be taken and exhaled prior to raising the bow.

Whilst raising the bow inhale deeply and naturally.

When coming to full draw, but before anchoring, approximately 30-50% of the breath must be let out slowly and naturally and then held from this point onwards till after the release and let out naturally during the follow-through.