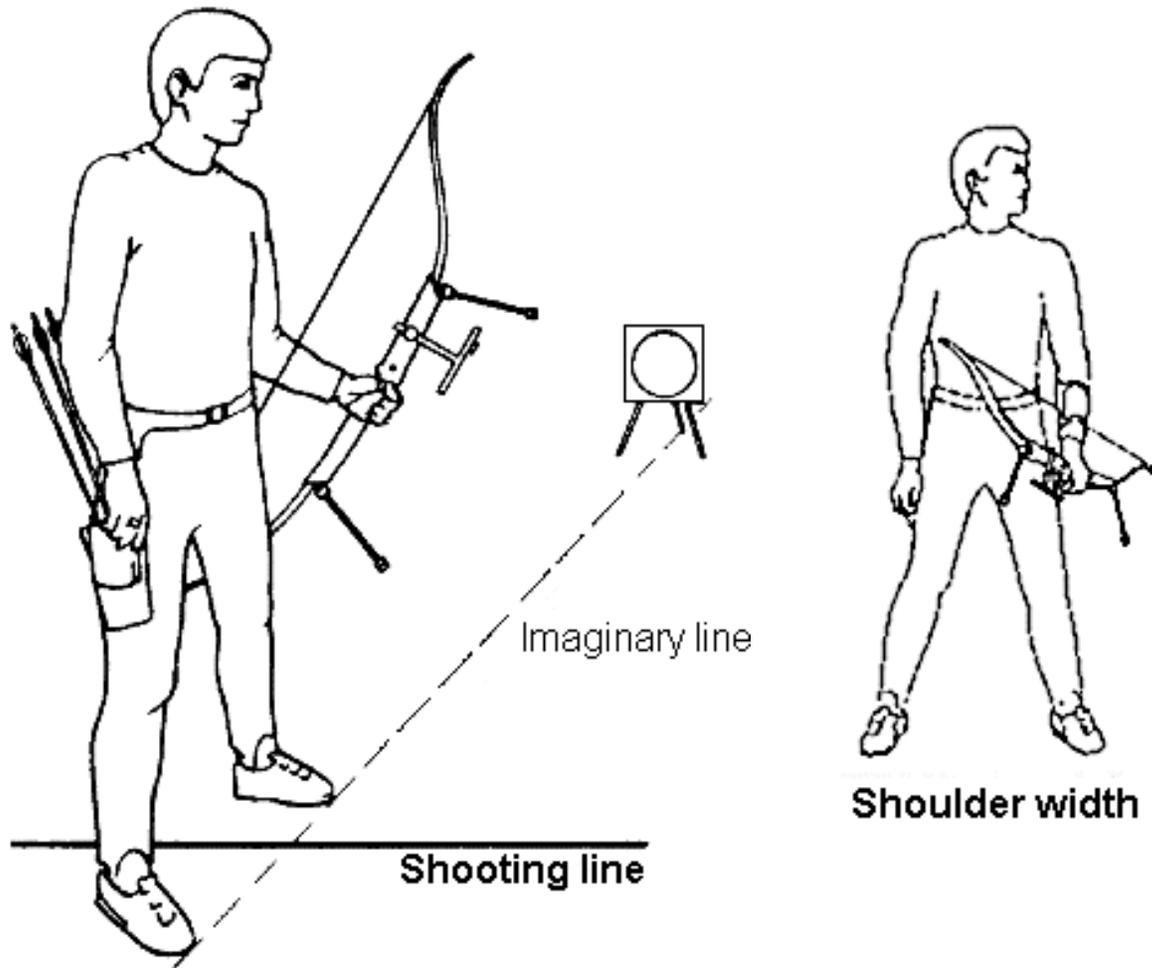
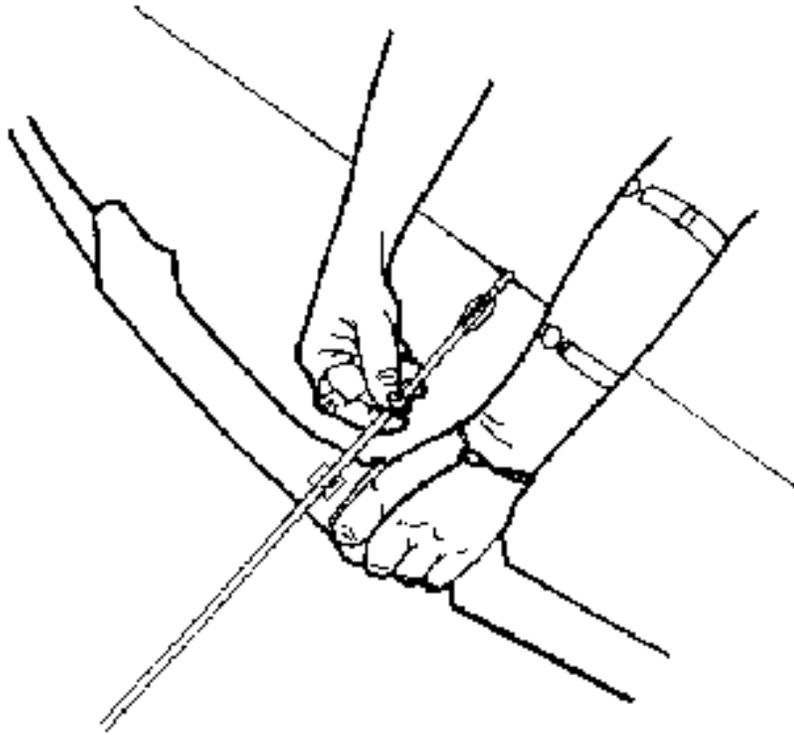


1. Stance and Posture



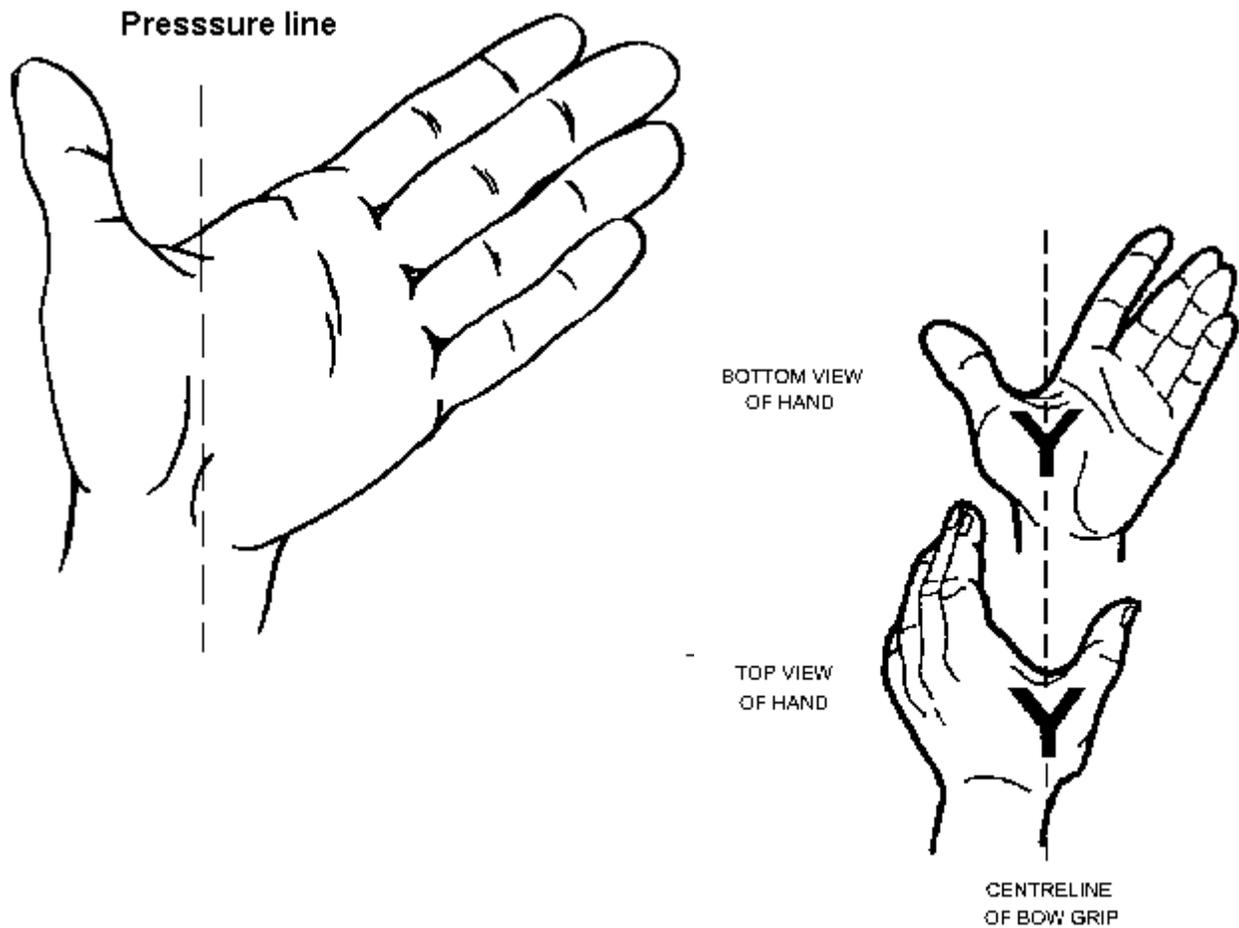
- Put the tip of your toes against an imaginary straight line towards the center of the target
- Put your feet on both sides of the line
- Put your feet about shoulder's width apart
- Try and relay

2. Nock



- Lay the arrow shaft on the bow's arrow rest.
- Grasp the arrow either in front of or behind the fletching to avoid damage to the fletching
- Rotate the arrow until the index feather is facing away from the bow.
- Press the nock onto the string until the nock snaps directly below the nock locator.

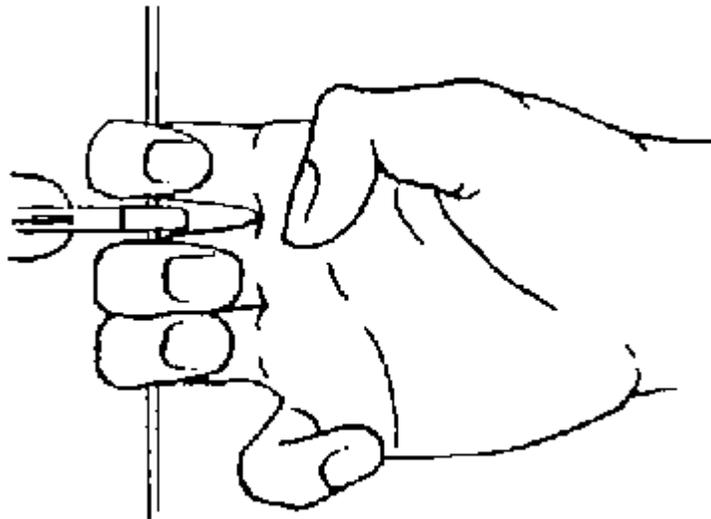
3. Set (part 1)



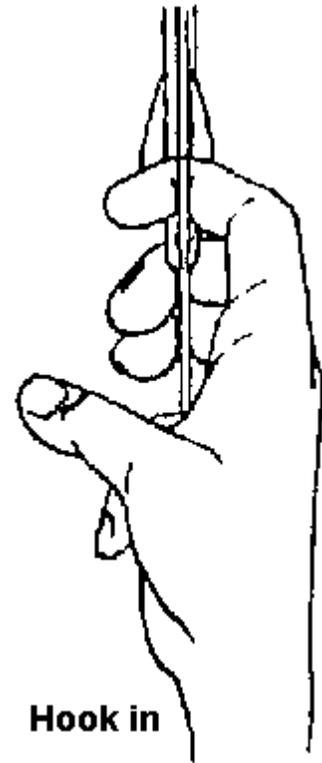
Bow Hand Placement

The pressure of the bow should be distributed along the pressure line. Relax your fingers. The back of your hand should make an angle of 45 degrees. The tips of thumb and index finger may touch each other in a relaxed way.

3. Set (part 2)



Finger position

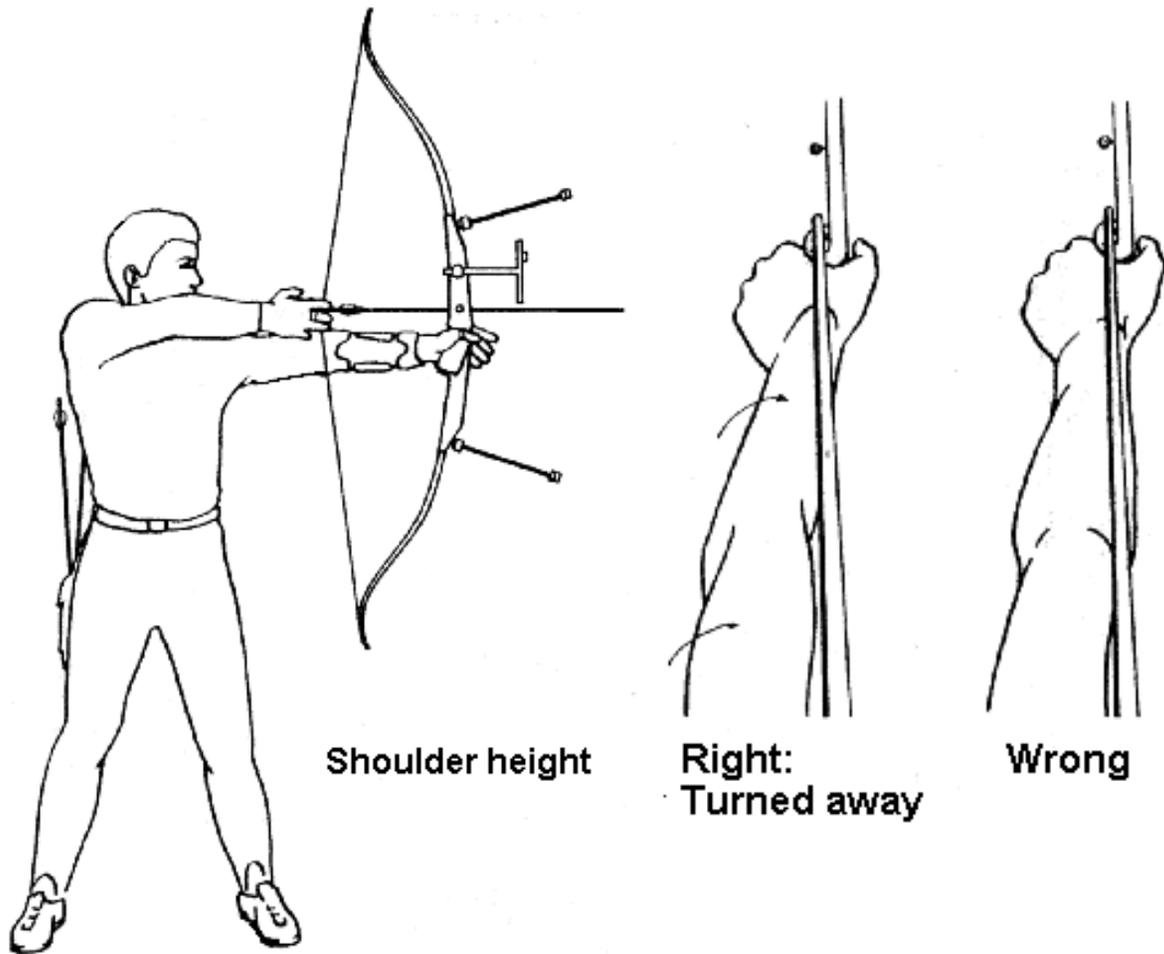


Hook in

Finger Placement

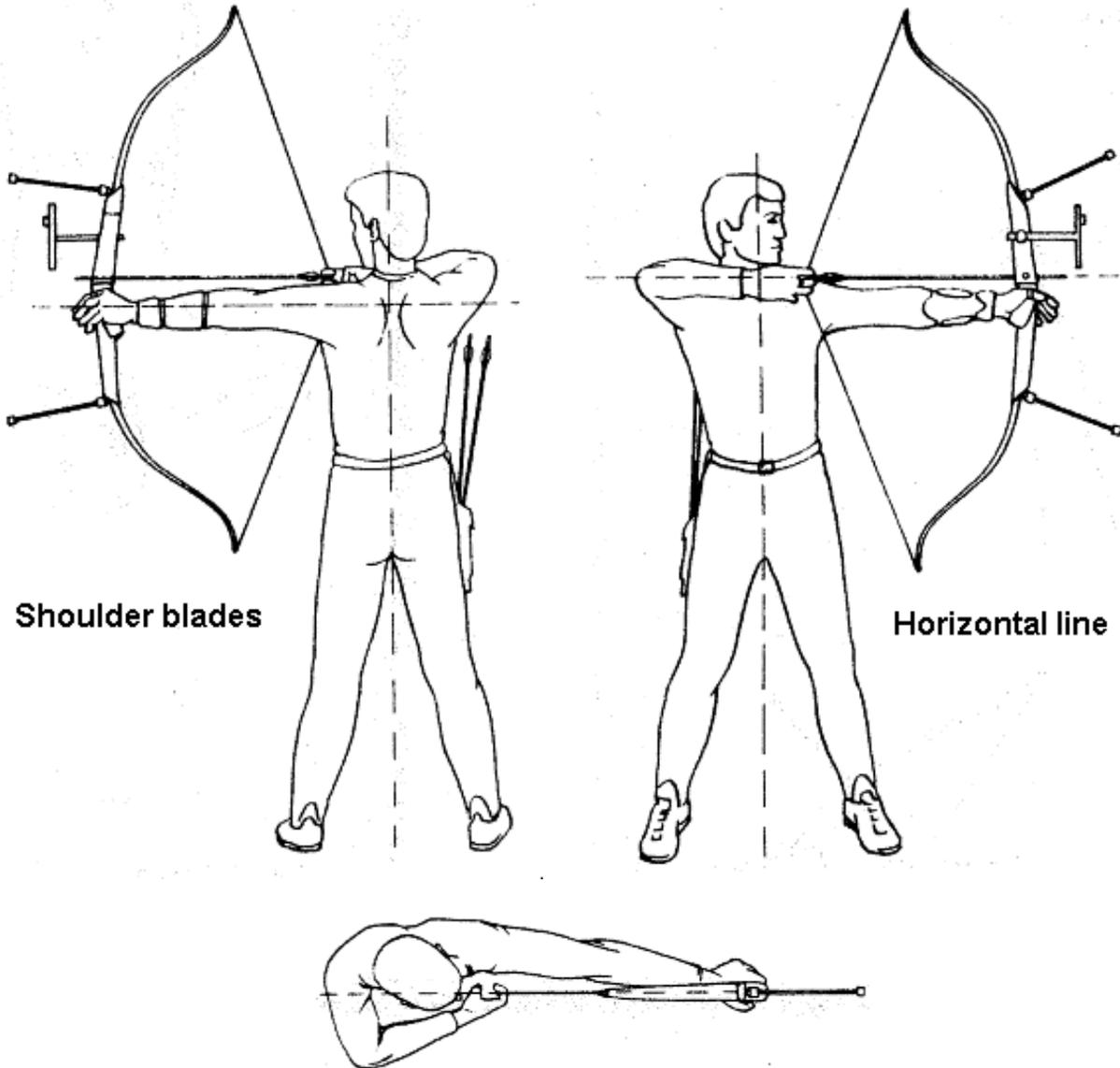
- Place your fingers in such a way, that you hold the string with your index finger above the nock and middle and ring finger under the nock.
- Hook the string between first and second joint. Make sure to maintain a deep hook

4. Set-up



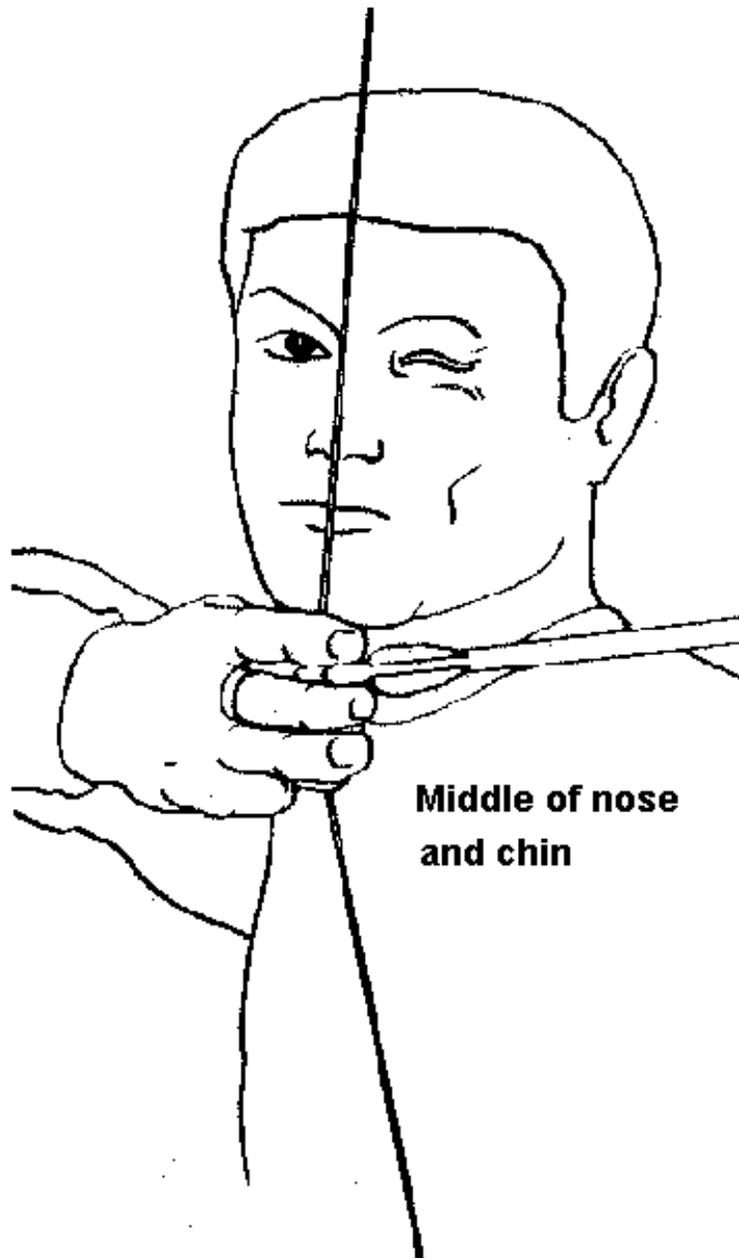
- Bring the bow arm to shoulder height
- The elbow of the bow arm is turned away from the string

5. Draw



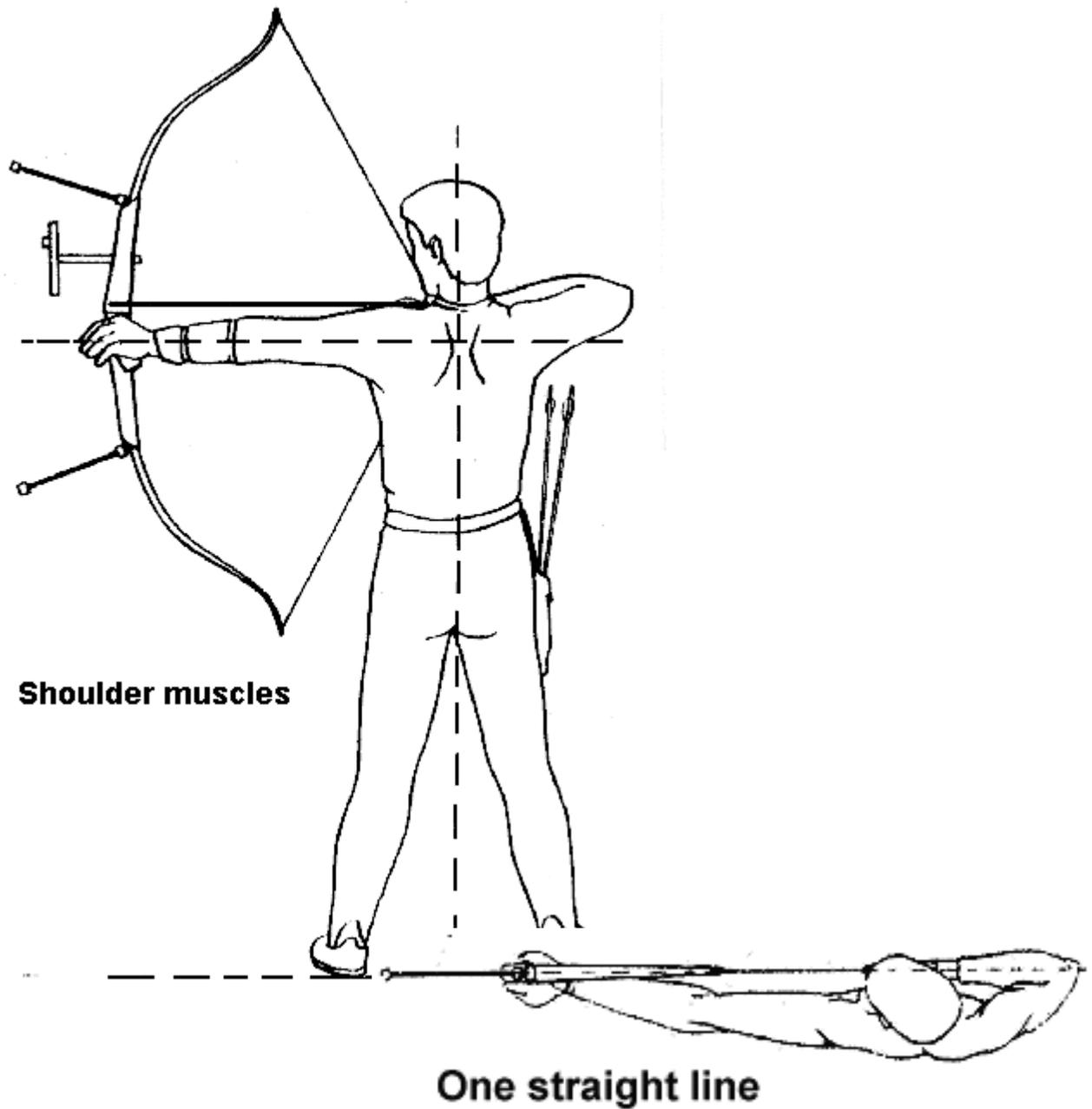
- Draw the string along the bow arm in a straight horizontal line to the anchor point.
- Draw with your back muscles, moving the shoulder blades towards each other.
- Stand straight up and relaxed
- Keep both shoulders as low as possible.

6. Anchor



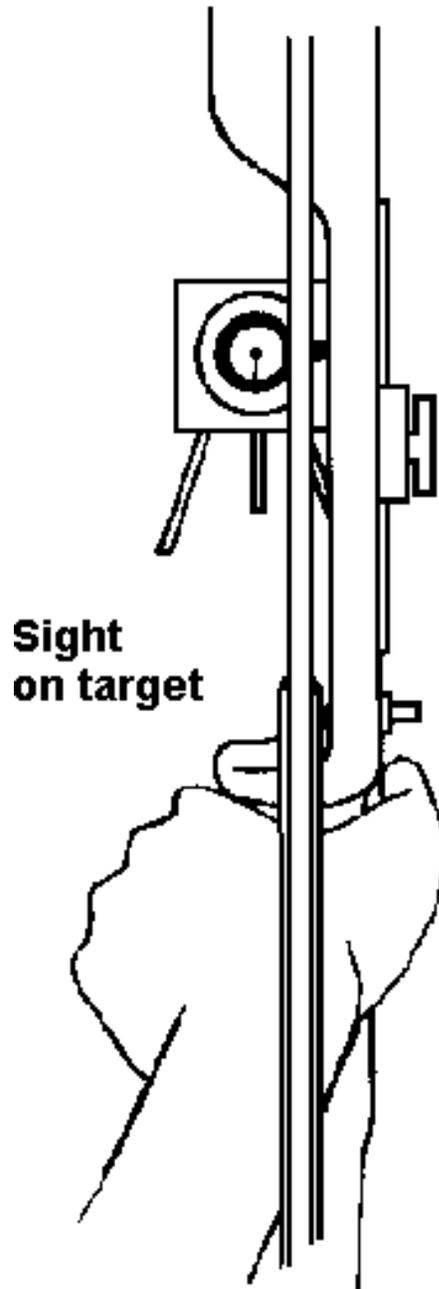
- The string should touch the middle of the chin
- The index finger is placed under the chin
- Keep your teeth together

7. Transfer and Hold



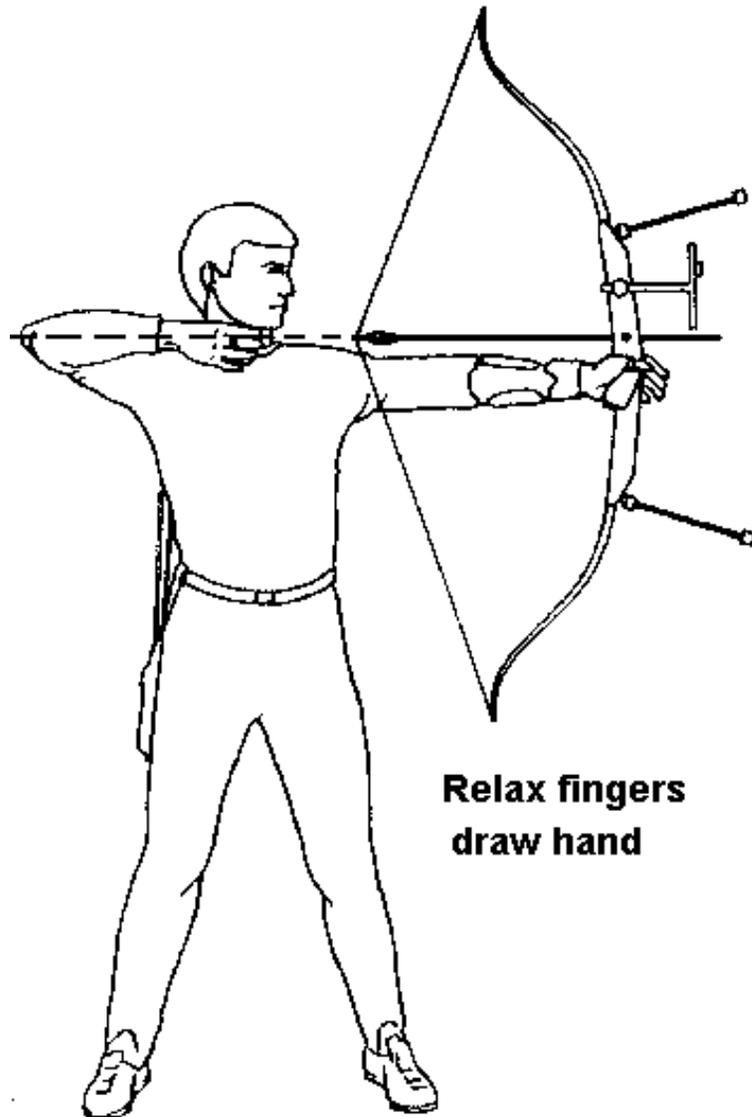
- At full draw with correct shooting posture, transfer the tension of the draw from your arm to your back muscles.
- To accomplish this, rotate your shoulder and elbow slightly towards your back and down

8. Aim and Expand



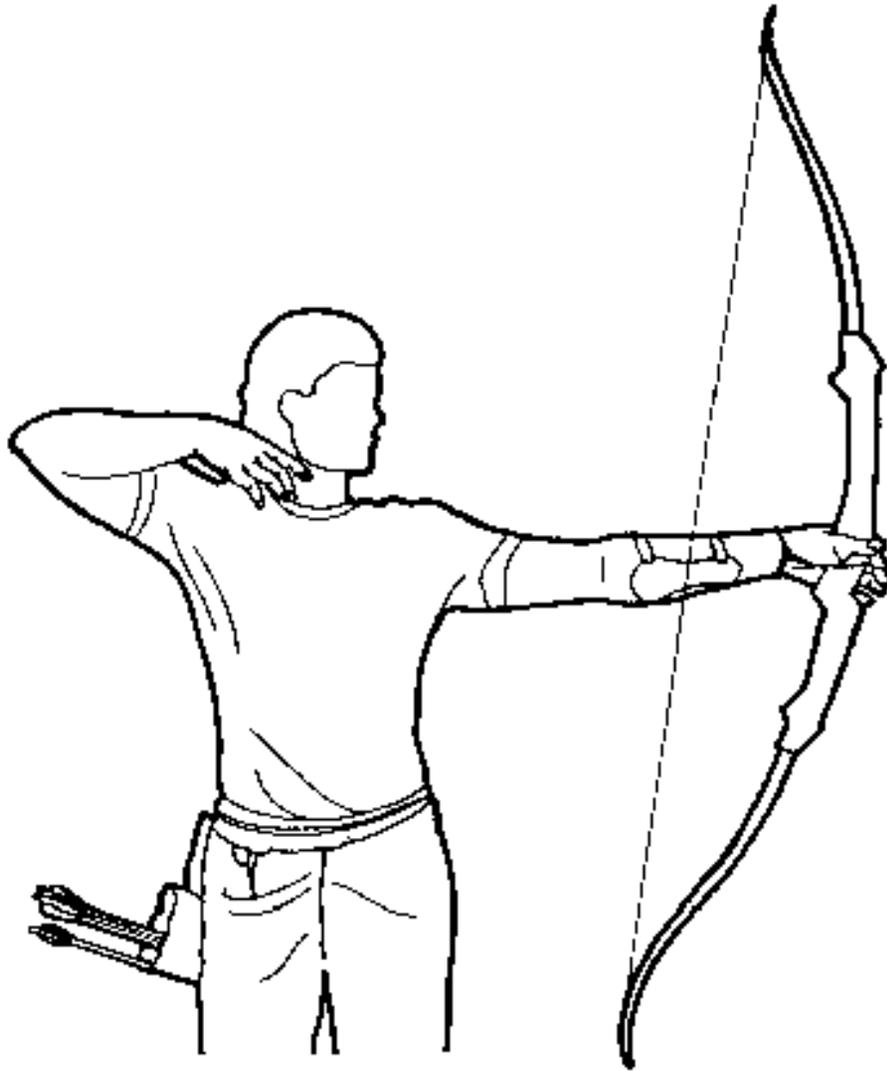
- aiming is done with the dominant eye
- Focus on the center of the target.
- If you are using sights, place the pin on the center of the target.
- Pay attention to your form
- Expand your chest muscles in preparation for release

9. Release



- Chest Expanded
- Back muscles tight
- Eyes focused on target
- Keep body in the form of the letter T
- Let string leave your fingers as they relax and draw your arm back toward your earlobe

10. Follow-Through



- Proper string release causes your drawing hand to travel back along your jaw to a point against your neck below your ear.
- Continue to focus on the center of the target
- Keep your bow arm motionless until the arrow hits the target