

# **Beginning Archery**

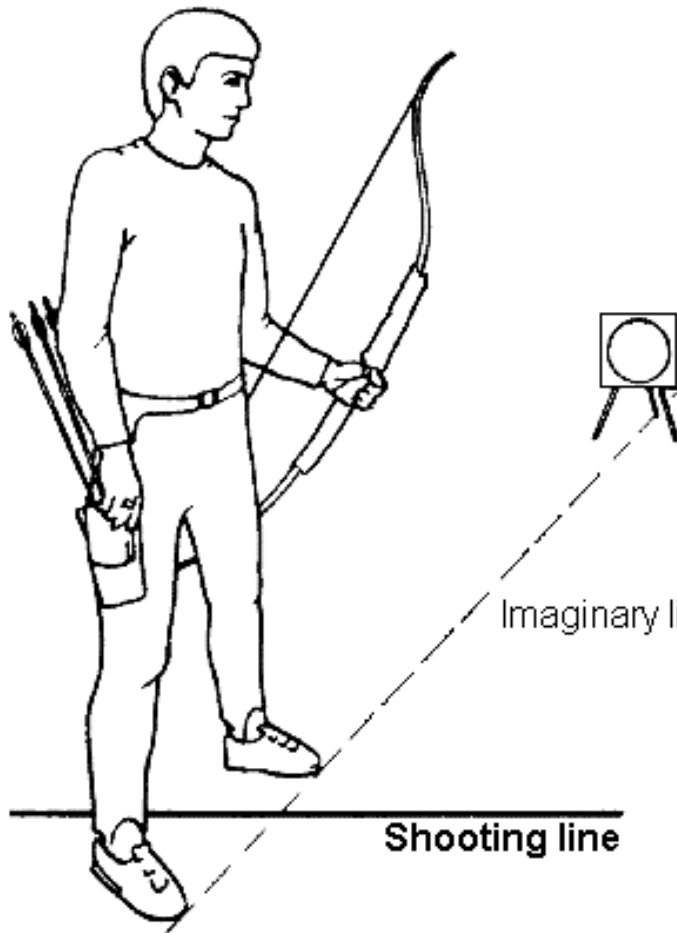
## **10 Basic Steps**

This guide is a product of the Sagittarius Twente University Archery Club.

Sagittarius, founded in 1972, is the Archery Club of Twente University, located in the city of Enschede, in the east of The Netherlands.

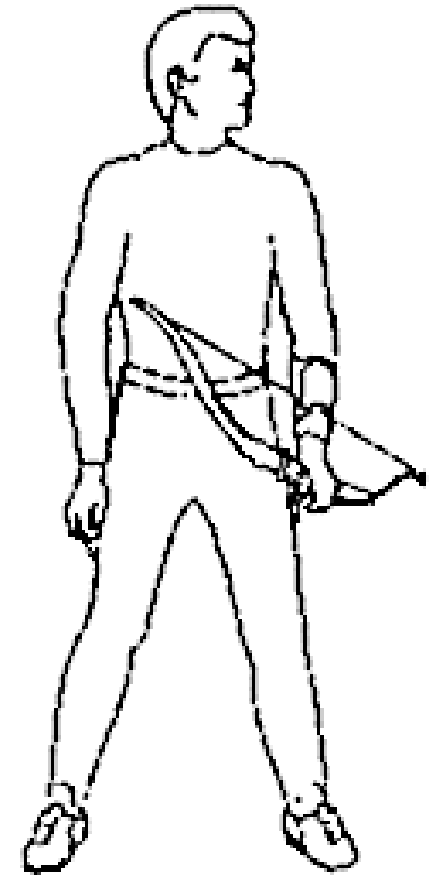
An online html version of this document is available via their homepage at <http://www.student.utwente.nl/~sagi/>

## Step 1: Stance



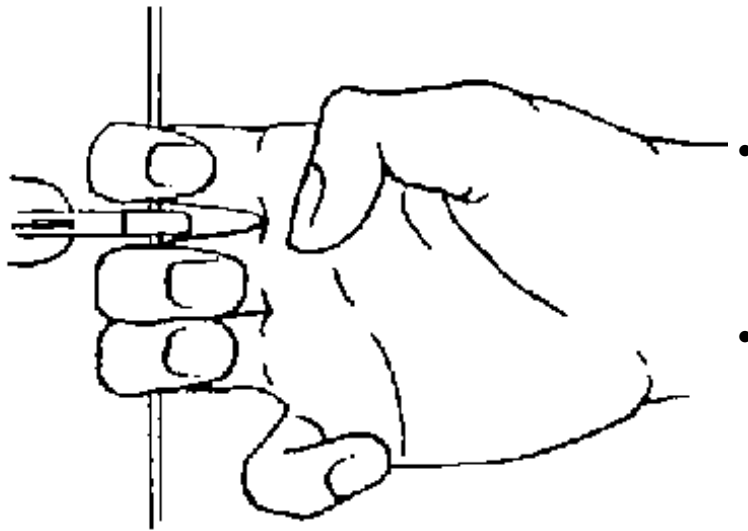
### Stance:

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



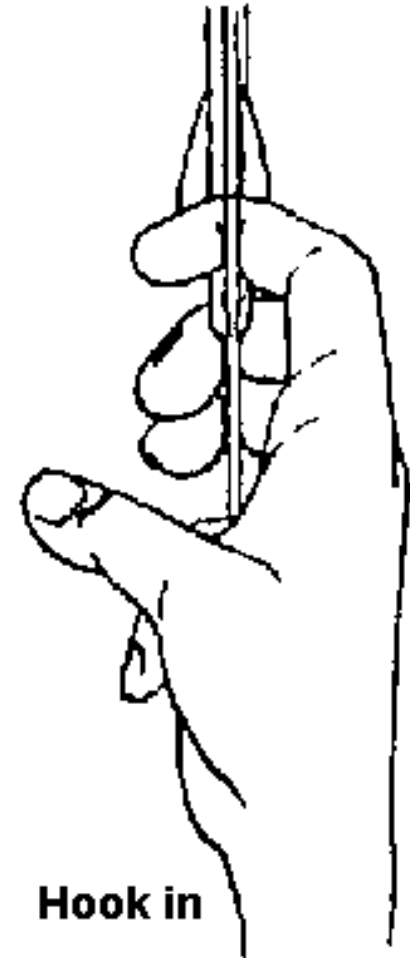
**Shoulder width**

## Step 2: Finger Placement



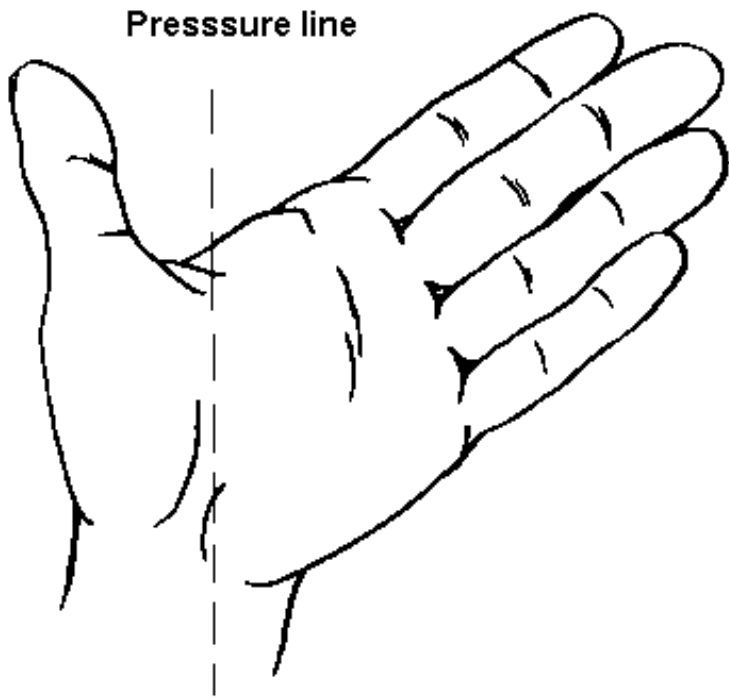
**Finger position**

- 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.

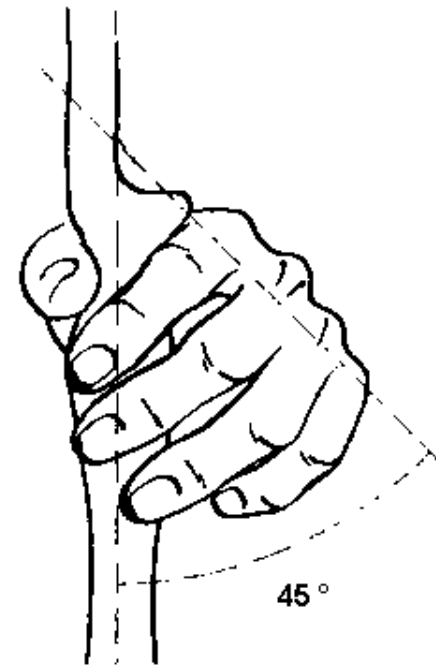


**Hook in**

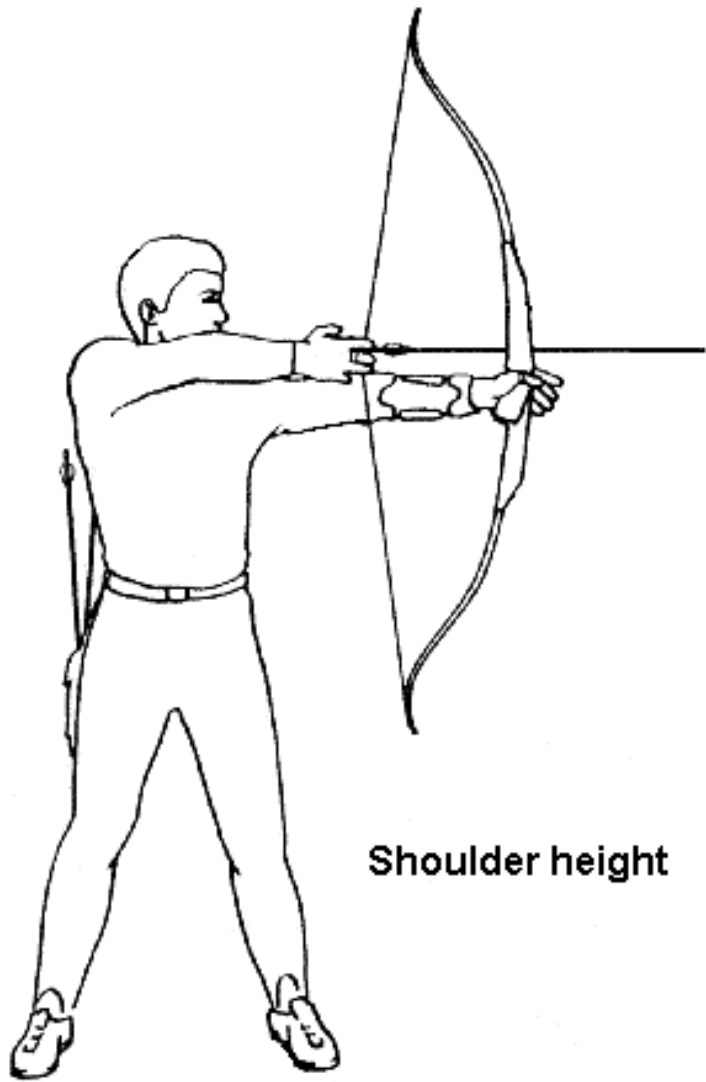
## Step 3: Bow Hand Placement



- 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 are may touch each other in a relaxed way.



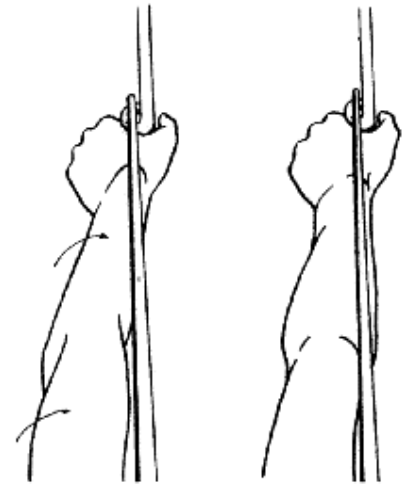
## Step 4: Bow Arm



Shoulder height

### Extending the bow arm:

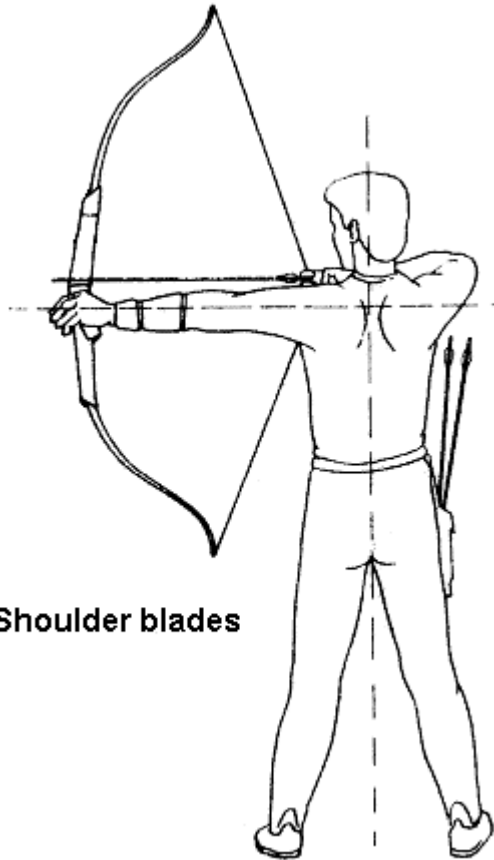
- Bring the bow arm to shoulder height
- The elbow of the bow arm is turned away from the string



Right:  
Turned away

Wrong

## Step 5: Drawing

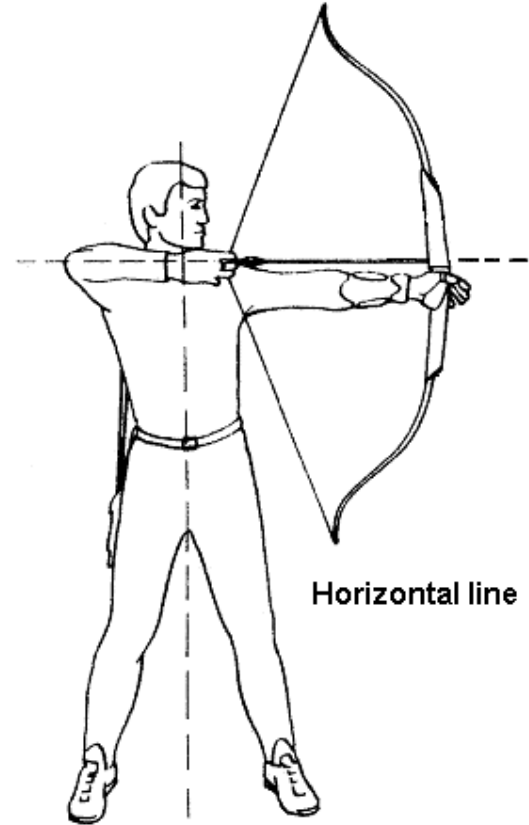


Shoulder blades

- Drawing the bow:**
- Draw the string along the bowarm 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.

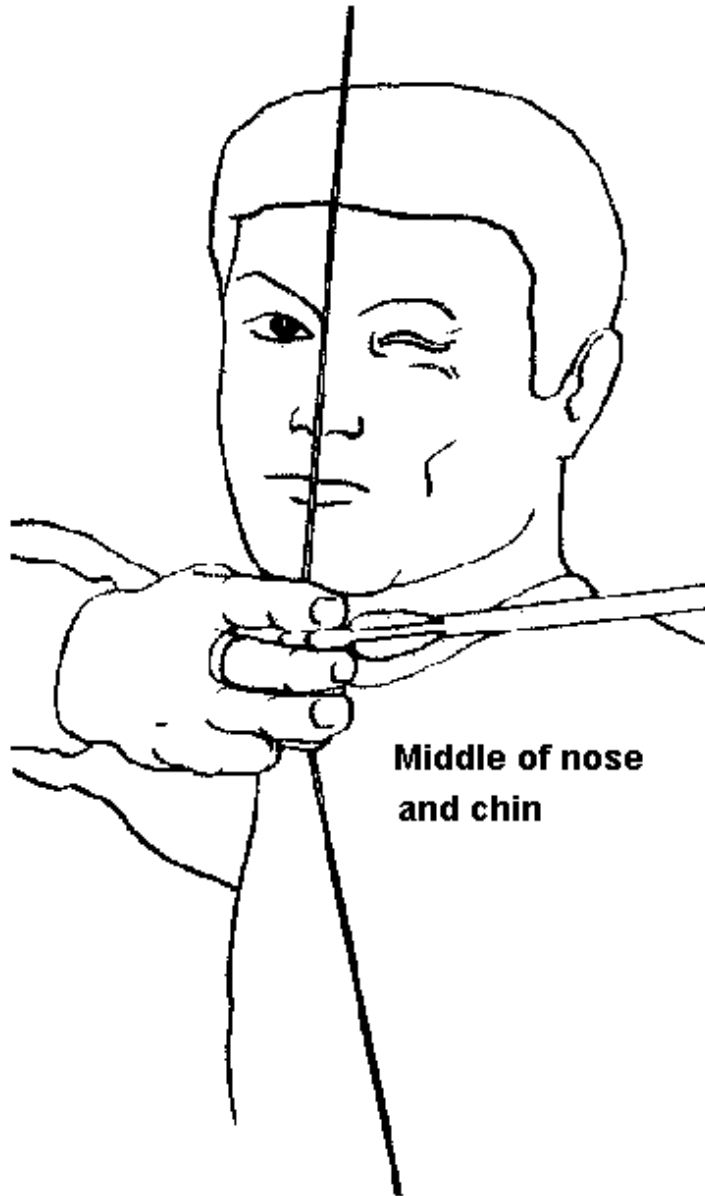


*Draw the string along the bow arm*



Horizontal line

## Step 6: Anchoring

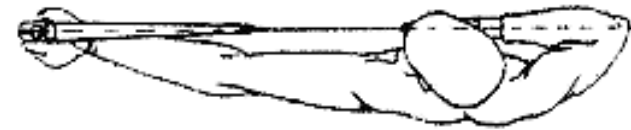
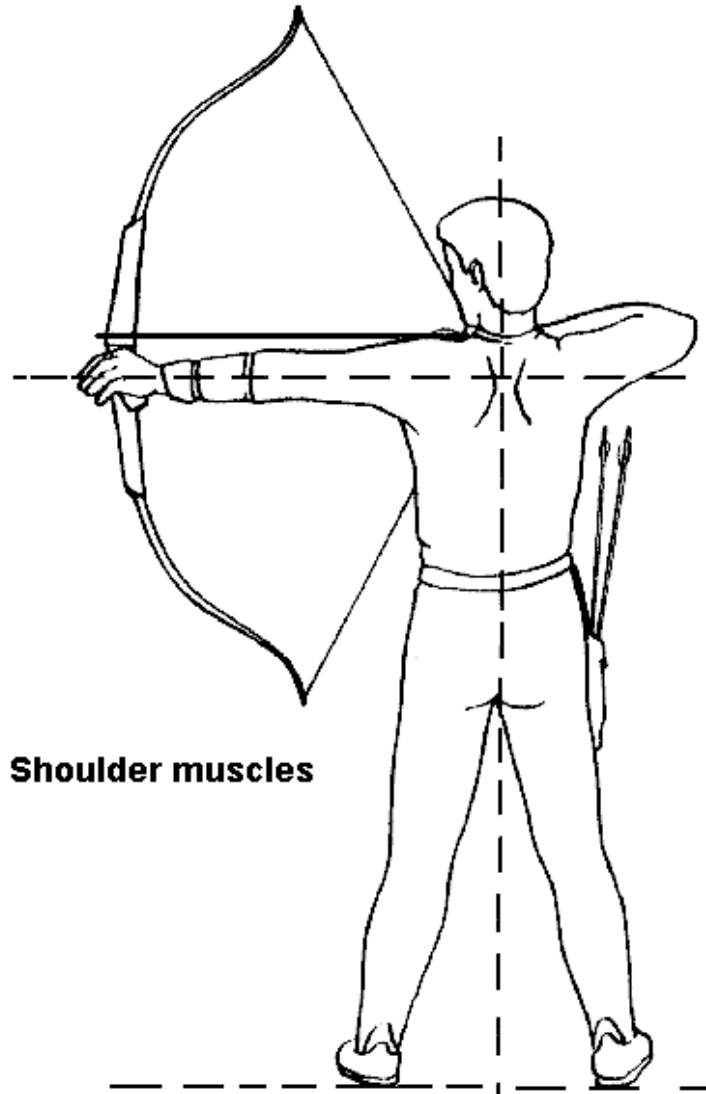


### Anchoring

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



## Step 7: Holding

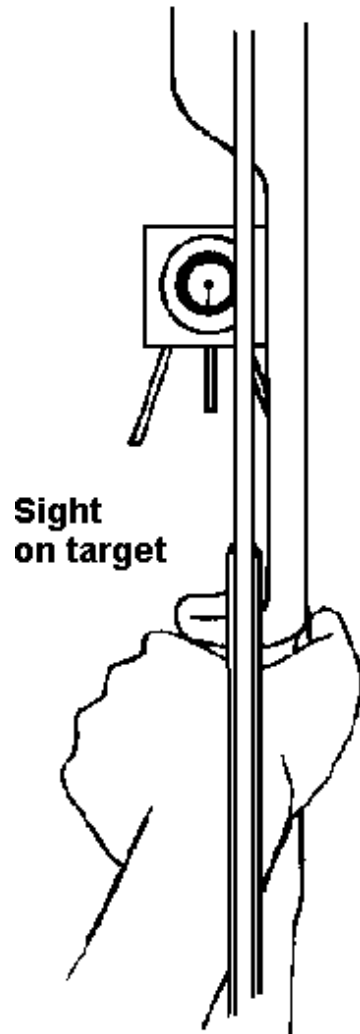


### One straight line

#### Holding:

- Keep the back muscles under tension.
- Bow hand, draw hand and elbow should form a straight line.
- Keep both shoulders as low as possible.

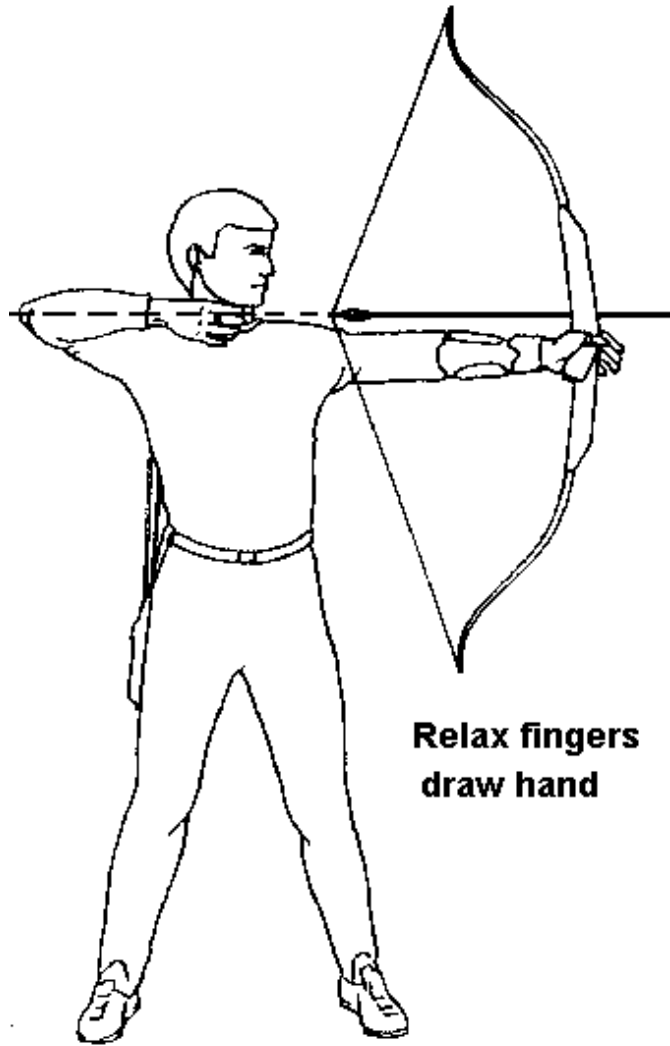
## Step 8: Aiming



### **Aiming:**

- Aiming is done with the dominant eye. Shut the other eye
- Keep the sight at the target
- Keep the string a little left of the sight

## Step 9: Release

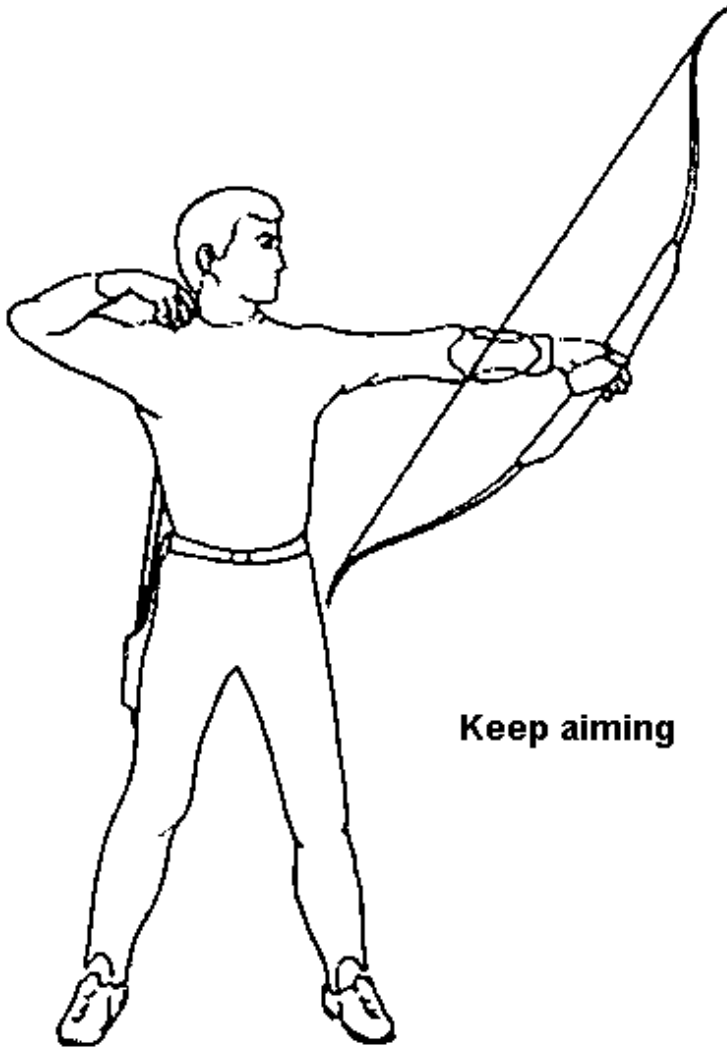


**Relax fingers  
draw hand**

### **Release:**

- Keep pulling the shoulder blades towards each other, while relaxing the fingers of the draw hand
- A relaxed bow hand will automatically move backwards
- Relax your bow hand. Let the bow drop.

## Step 10: Follow Through



### **Follow through:**

- The draw hand should be relaxed and near or behind your ear.
- Keep aiming until after the arrow hits the target