

# The Anchor Point

CRITICAL TO THE CONSISTENCY OF THE SHOT IS A ROCK SOLID ANCHOR POINT!

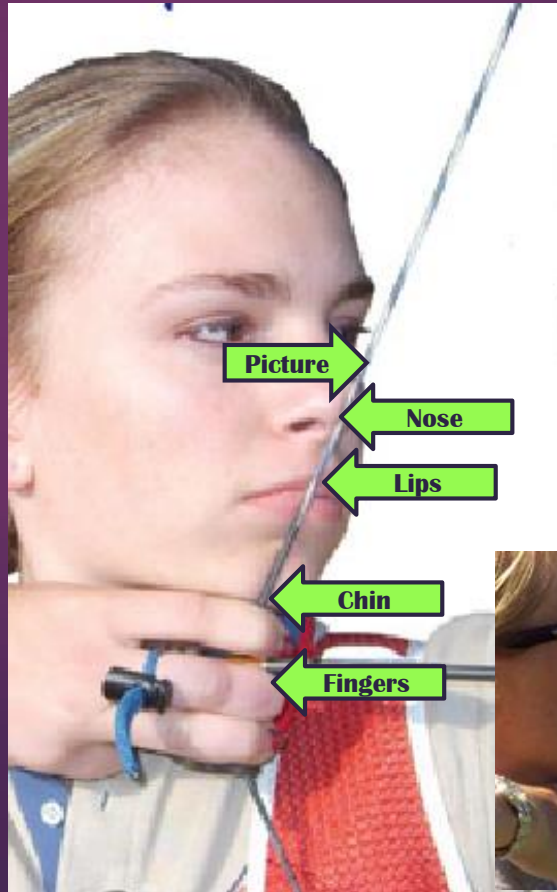
A GOOD ANCHOR TYPICALLY INCLUDES MULTIPLE REFERENCE POINTS...

MULTIPLE REFERENCE POINTS PROMOTES REPEATABILITY!



# Olympic Recurve Shooters Anchor

- ▶ The greater string angle makes the recurve shooters anchor slightly different than a compound shooters anchor.
- ▶ Note the multiple reference points





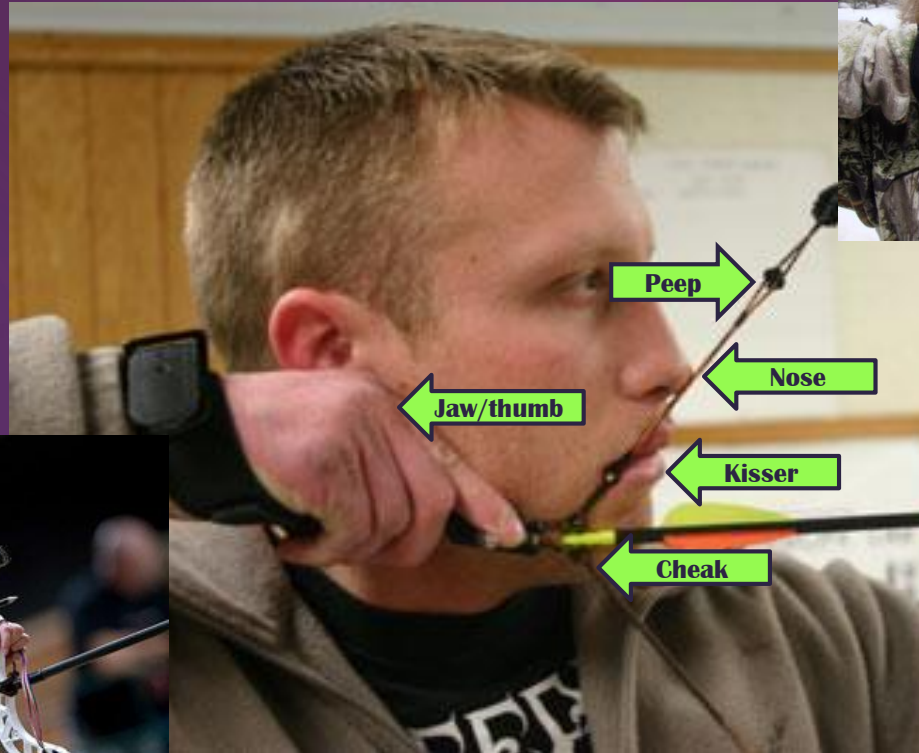
# Olympic Recurve Shooters Anchor





# Compound Shooters Anchor

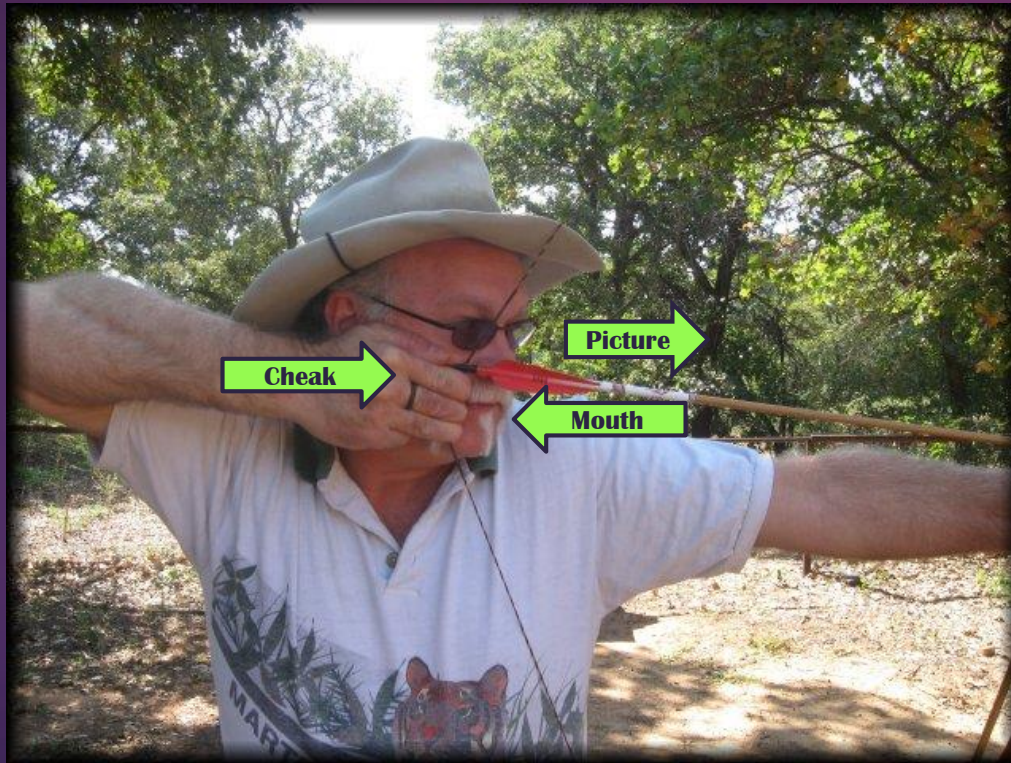
- ▶ The sharper string angle makes the compound shooters anchor different from the recurve shooters anchor.
- ▶ Note there are still multiple reference points





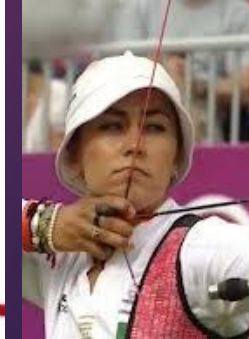
# Instinctive Shooters Anchor

- ▶ The instinctive shooter wants a mental relationship with the arrow having the arrow in the sight picture re-enforces that relationship.
- ▶ Spot on?





# Find the Bad Anchor



# Summery for the Anchor

- ▶ Reference Reference Reference Reference ....
- ▶ Repeatable Repeatable Repeatable Repeatable ...

