

10 Steps to the 10 Ring



1. Stance and Posture
Place one foot on each side of the shooting line. Find a comfortable balanced stance with your feet shoulder-width apart, turned up to 30-degrees towards the target.
Stand straight, keeping your ribs and chest down, and your bottom tucked under your body. Keep your shoulders down and relaxed.
Archers shooting in a wheelchair should place one wheel on each side of the line.



3. Hook String & Place Bowhand
Set your bow hand on the grip using only the web and the meaty part of your thumb, with your knuckles at a 45-degree angle and your thumb pointed towards the target. Keep your bow hand in place throughout the entire shot.
Set the first groove of your first 3 fingers around the bowstring creating a hook. Keep the back of your drawing hand flat and relaxed.



4. Set-up
Raise your bow arm towards the target, while keeping your shoulder down and aligning your chest perpendicular to the target. Your drawing arm should be near the level of your nose. Your bow arm elbow should be rotated so it is straight up and down.



2. Nocking the Arrow
Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index fletch pointing away from the bow. Snap the nock of the arrow onto the bowstring under the nock locator (or between the nock locators if there are two).



5. Drawing
Draw the string back in a straight line from the set-up to the side of the face anchor point. As you approach your anchor set the drawing arm shoulder back and down as far as possible, until your elbow is directly behind or a little bit higher than the arrow.

Archery Activity



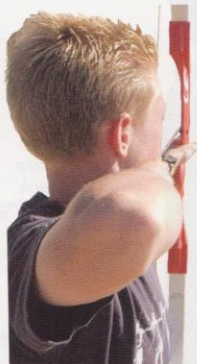
6. Anchor

Draw the string to the side of your face, placing the tip of your first finger on the corner of your mouth. Keep your hand snug against your face folding your thumb down and your little finger towards your palm.



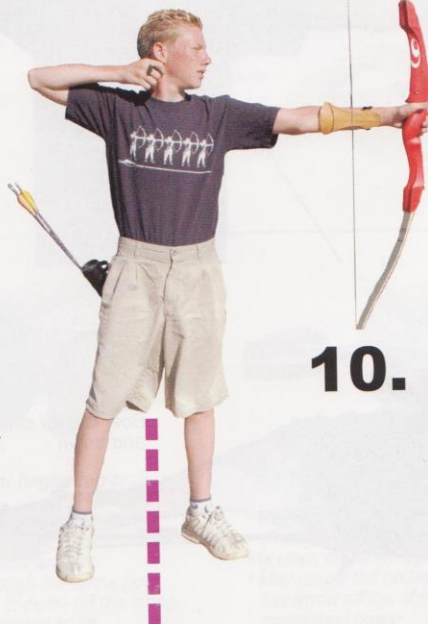
9. Release

Begin a slight expansion from the center of your chest as you allow the string to leave your fingers, pushing them out of the way. It should feel as if the string has gone through your fingers. Continue the expansion and follow through as in the Release Motion Drill.



7. Load Transfer then Hold

At full draw, transfer the weight of the bow from your arms and shoulders to your back. Feel your back muscle tighten as your shoulder blades move down and towards your spine (this step may be easier to understand for older archers). Feel the power in your back as you rotate your elbow behind the arrow.



8. Aim & Expand

Look at the target, or through the sight, while keeping your focus on your form. Line the string up down the center of the bow.

10. Follow-through

The drawing hand continues back beside neck with fingers relaxed, ending up behind your ear. Maintain your follow-through until the arrow hits the target.