

“Blind” Practice Tip

When practicing, try shooting your first six arrows and the last six arrows right in front of the target butt, say a distance of five feet, with your eyes closed. Explore the relationship you have with your bow. Get to “feel” you’re your form is like.

Shooting a bow is an athletic event similar to if not as spectacular as a gymnastic maneuver. Many small muscles in our forearms and larger muscles in our upper arms and back must act harmoniously to make the perfect shot.

During a normal shot, concern about form, aiming and execution completely occupies the mind. In order to become more aware of what you are doing before, during and after the shot, you must eliminate the aiming process and the concern for where the arrow will hit. Try closing your eyes and standing a few feet away from the target so you can allow yourself to “feel” the shot. You will soon discover things you may have never known you were doing (right or wrong). Eventually you will discover what a “perfect” shot feels like.

Once you’ve developed a good shot with your eyes closed you can try to repeat it with your eyes open. If you can maintain this feeling, your shooting will rapidly improve. If you hit a slump, go back to shooting with your eyes closed until the feeling comes back.