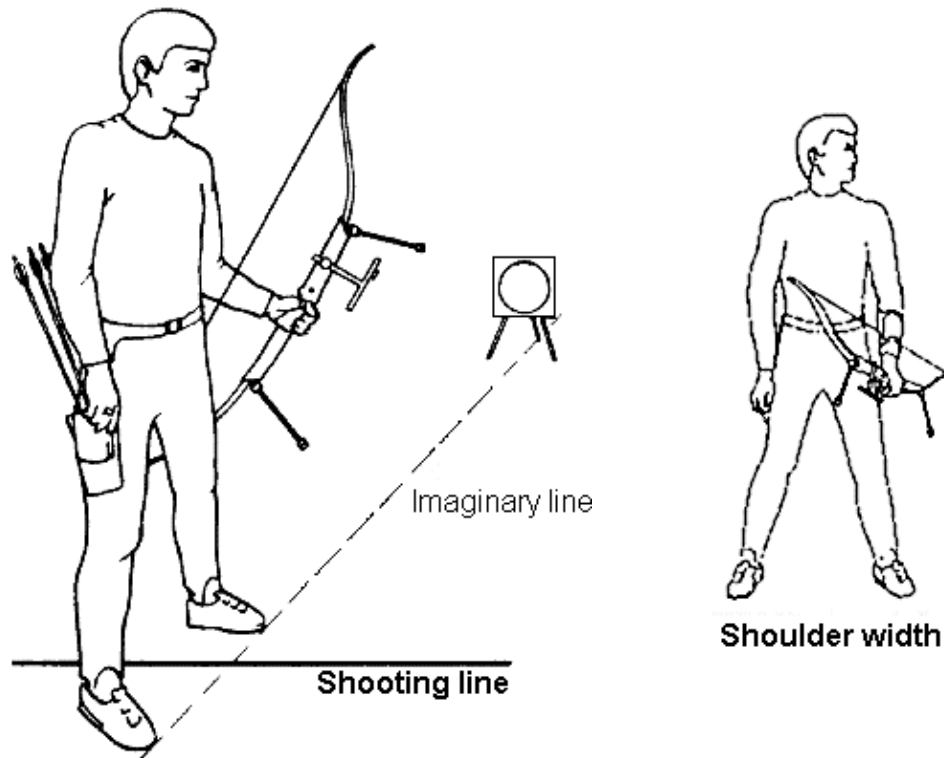


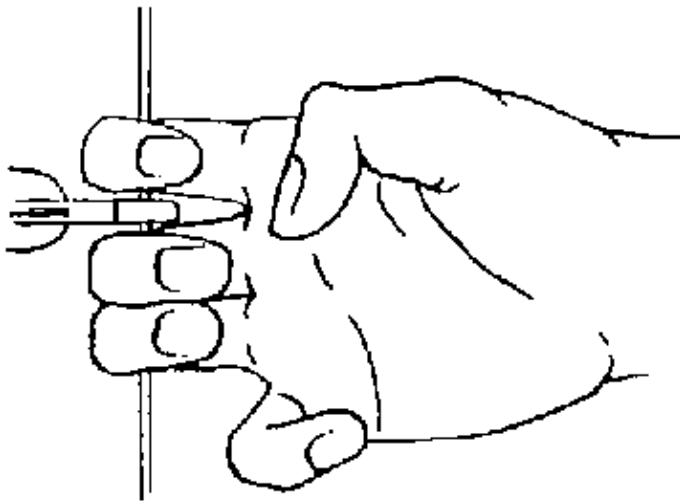
Step 1: Stance

- 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 to relax.

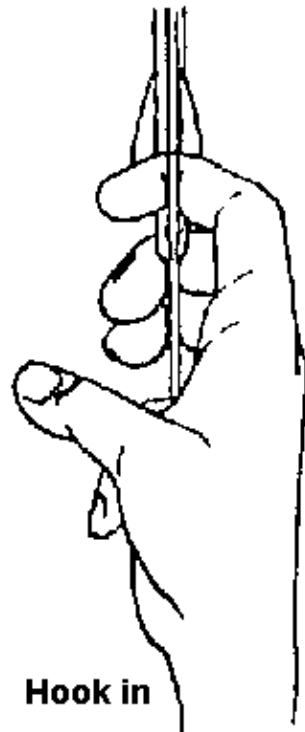


Step 2: Finger Placement

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



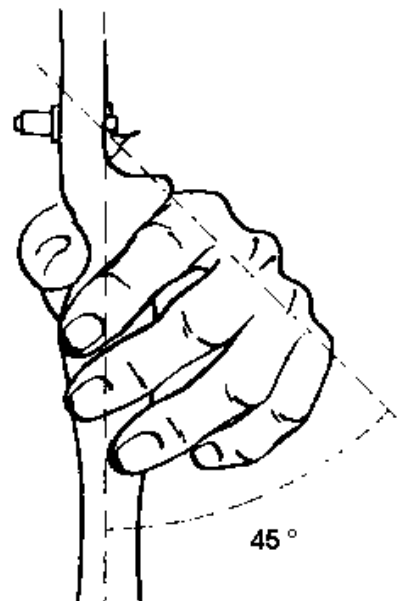
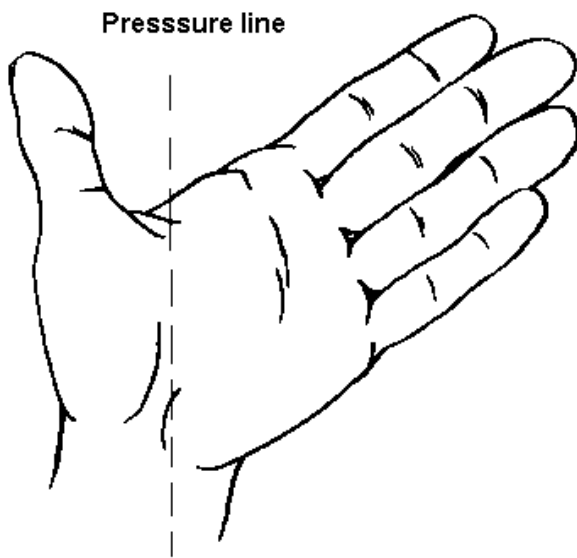
Finger position



Hook in

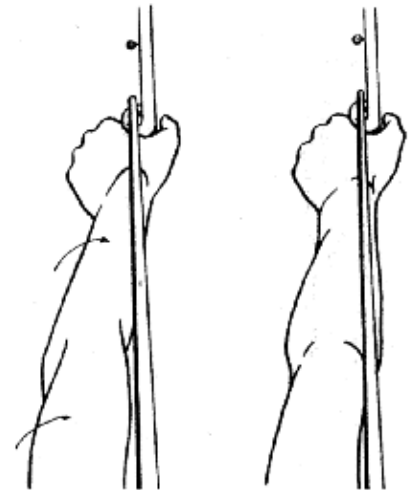
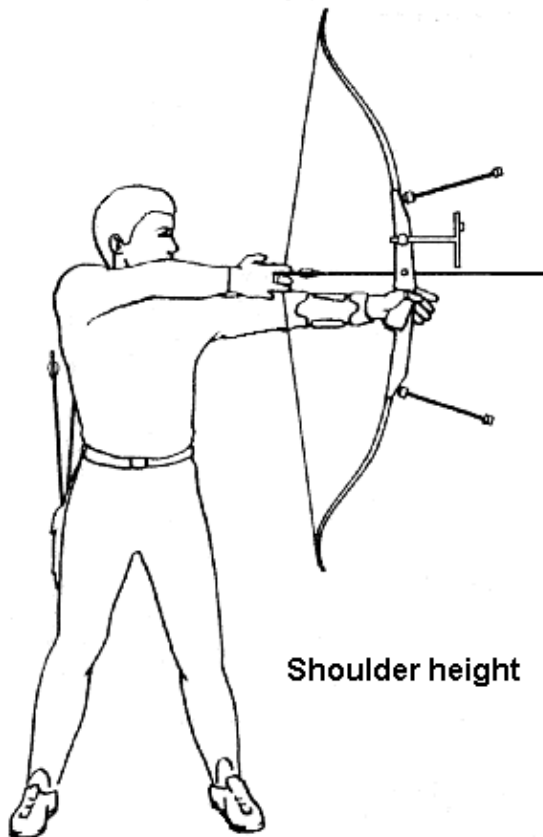
Step 3: Extending the Bow Arm

- 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 your thumb and index finger may touch each other.



Step 4: Extending the Bow Arm

- Bring the bow arm to shoulder height.
- The elbow of the bow arm should be turned away from the string.

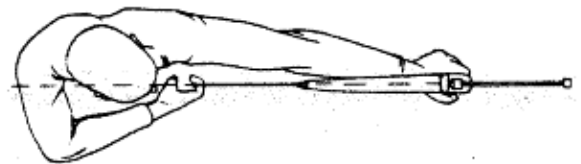
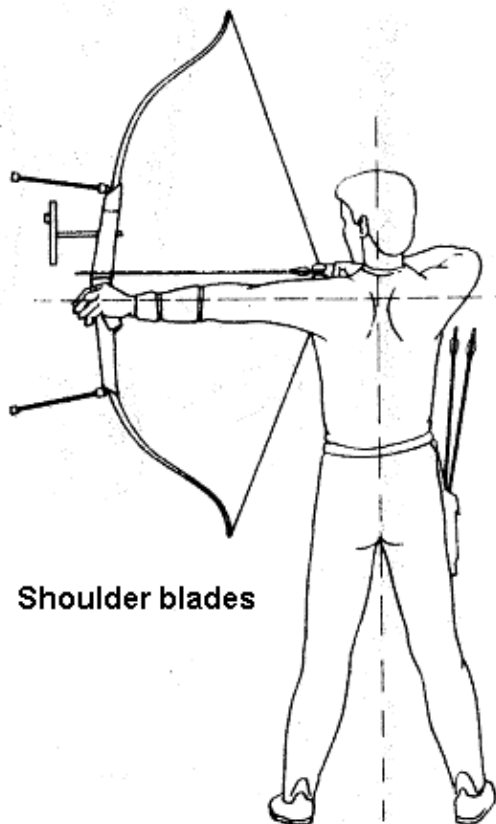


Right:
Turned away

Wrong

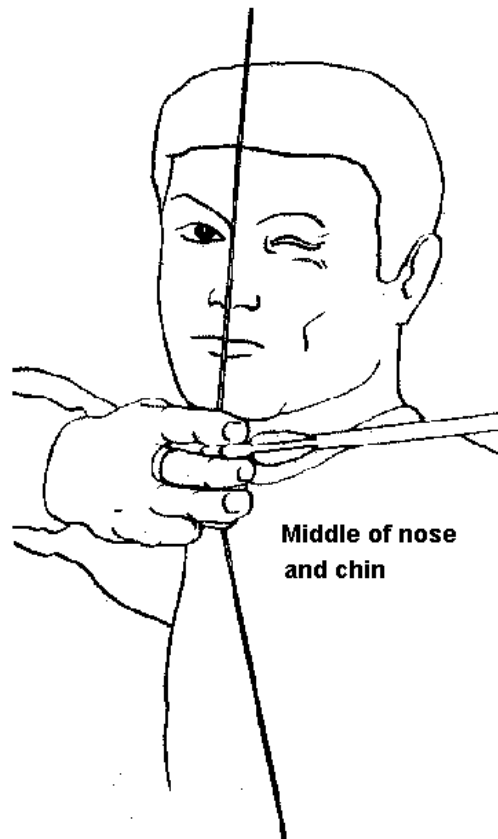
Step 5: Drawing the Bow

- Draw the string along the bow arm in a straight horizontal line to the anchor point.
- Draw with your back muscles, moving your shoulder blades towards one another.
- Remain standing straight and relaxed.
- Keep both of your shoulder as low as possible.



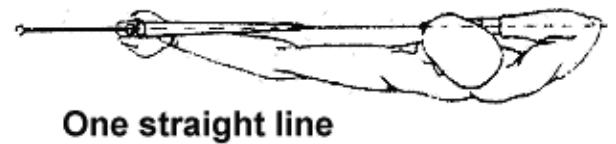
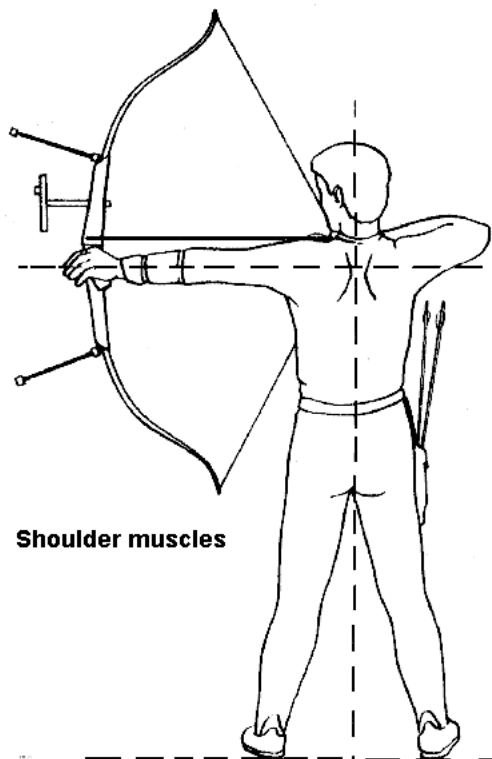
Step 6: Anchoring

- The string should touch the middle of your chin.
- Your index finger should be kept under your chin.
- Keep your teeth together.



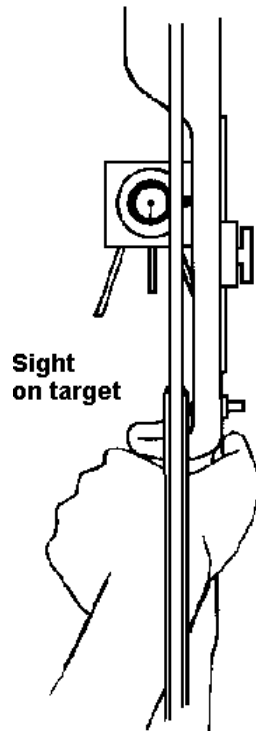
Step 7: Holding

- Keep your back muscles under tension.
- Your bow hand, draw hand and elbow should form a straight line.
- Keep both of your shoulders as low as possible.



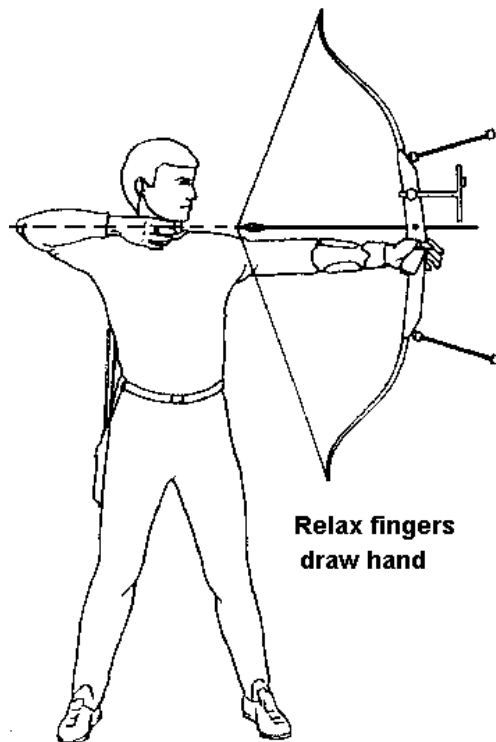
Step 8: Aiming

- Keep your dominant eye open. Shut the other eye.
- Keep the sight on the target.
- Keep the string a little to the left of the sight.



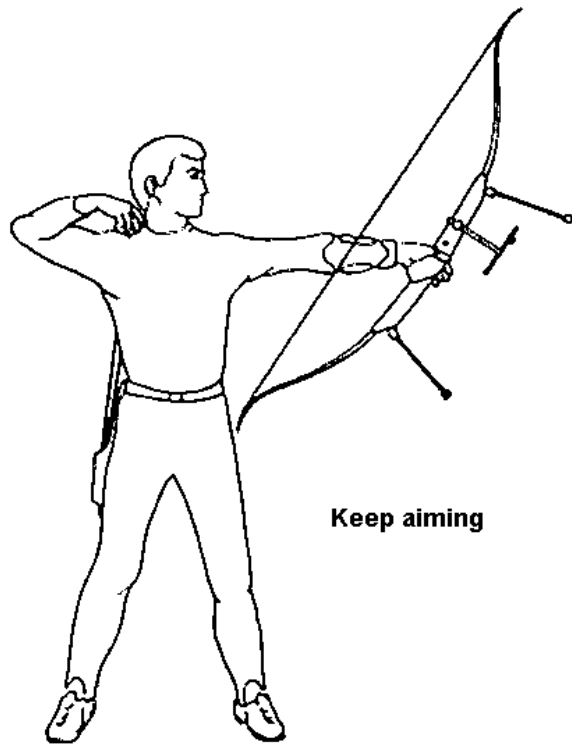
Step 9: Releasing

- Keep pulling your shoulder blades together whilst relaxing the fingers of your draw hand.
- A relaxed bow hand will automatically move backwards.
- Relax your bow hand. Let the bow drop.



Step 10: The Follow Through

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



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