

Finer Points of Form

- 1) Place your weight on the balls of your feet, as this will give you more room to use your back as well as improving your balance. Make sure you keep a balanced center.
- 2) Make a straight line from the target through the contact point of the grip, through the arrow and back out the elbow, all in one plane. You draw with your elbow along the plane and extend your bow hand forward along the plane upon the release. Your draw should not exit this plane, i.e. no excessive motion away from the line previously mentioned.
- 3) Make your bow hand "soft." Translation, let it go with the riser. After the shot, your bow hand should really go limp.
- 4) Don't let your bow arm lurch forward upon release. Square your torso to the target bale as you are drawing. Doing so will lock your left scapula down, in addition to your left shoulder. This locks down the root of the bow arm, and it will fix some vertical grouping problems. You have to pay attention to bone alignment, and this can be very difficult to see by yourself on video.
- 5) The scapula is the root of the body. The shoulder blades attach to your arms, your core, your waist, your neck, your everything. If you don't have perfect shoulder blade positioning, you don't have anything. If you line up your scapula, everything else will follow.
- 6) Inhale and expel 2/3 of your breath before drawing. This lowers your chest and tightens your abdominals, making you more stable. Be careful not to run out of breath while shooting.
- 7) Squeeze your bicep while shooting, in order to keep your release tight and fast. When done correctly the release is very tight to the neck and punctual. This is not pulling with your arms, don't mistake it as such, it is simply a method of preventing a flyaway release.
- 8) Try to keep perfect string alignment each shot.