

Keys to Holding Steady

There are 2 principal keys to holding steady when aiming a bow. The first key is to figure out how all the different body parts have to be aligned and balanced so the sight picture becomes steadier. That may not seem to be a big deal. All you have to do is to close your eyes when you are at full draw and wait for your body to align and balance out the muscles needed. If you have the physical strength developed to do this, when you open your eyes you will find that you are actually holding a lot steadier than you thought you could. Then you run into the second part of holding steady.

The second part of holding steady is to be able to hold steady and aim. As you try to move your pin to the spot you may lose your steadiness and end up catching the spot as it flies by. Steadiness can be lost if you are not balancing the muscles that control steadiness. A good approach is to keep the same shoulder and arm alignments, but pivot at the waist as needed to center on the bullseye. This is not as easy as it seems. But, anything else seems to cause the steadiness to break down.