

## Chapter 4: ELEVEN STEPS TO ARCHERY SUCCESS

**Objectives:** *Teach 11 steps using the String Bow™ while emphasizing process over result.*

- Every student should have properly fitted String Bow®.
- Steps are taught using only a String Bow®.
- Archers should be straddling a "line" at Stance.

1. **Stance:** Start feet together, half step back, shoulder width apart, and open the toe.
2. **Nock Arrow:** Grab below fletching, up & over a vertical bow. Turn different color "feather" away from the bow. Snap the nock on the bowstring under the nock locator.
3. **Drawing Hand Set:** Hook the bowstring in the 3-finger archer's groove. The back of the hand should be relaxed and flat.
4. **Bow Hand Set:** Center the bow's grip under the lifeline of the relaxed bow hand. Bow hand knuckles should form 30-45 degree angle. Wrist should form an "L". The fingers are lightly closed on the bow.
5. **Pre-Draw:** Hinge the bow arm and drawing arm to eye level keeping the shoulders level. Rotate bow arm elbow down and away from the bow string.
6. **Draw:** With draw arm parallel to the ground, smoothly pull the string towards the face.
7. **Anchor:** Index finger tip placed touching the corner of the mouth.
8. **Aim:** Align the vertical bow string and reference the arrow point on the target.
9. **Shot Set-Up:**
  - a. While the eye continues to aim...think about and...

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- a. The drawing hand continues rearward, under the ear and painting the face, until the thumb touches or is near the shoulder.
  - b. The drawing elbow should relax and hinge downward.
  - c. The bow arm moves slightly forward, left, & down.
  - d. Reflect - did the shot process feel and look right?
10. **Release:** Relax the hooked fingers and the back of the drawing hand all at once.
  11. **Follow Through/Reflect:** Remember the String Bow®
    - a. Maintain active bow arm and drawing muscles
    - b. Using your back muscles, begin a slight rearward movement of the drawing elbow.

## 11 Steps to Archery Success

1. Stance
  2. Nock
  3. Draw Hand Set
  4. Bow Hand Set
  5. Pre-Draw
  6. Draw
  7. Anchor
  8. Aim
  9. Shot Set-Up
  10. Release
  11. Follow Through/Reflect
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