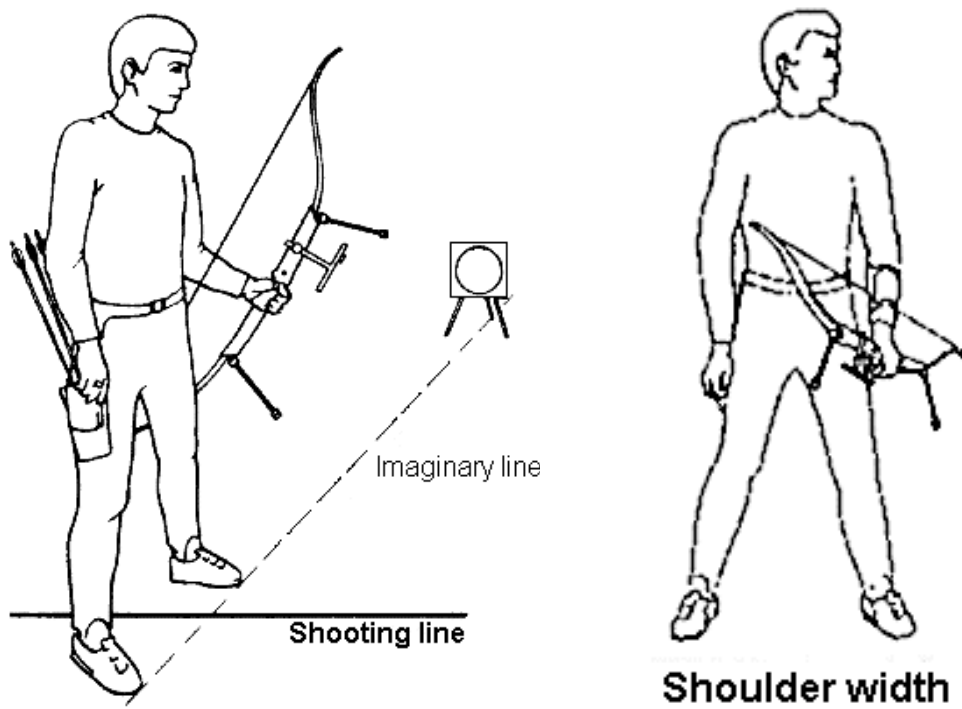
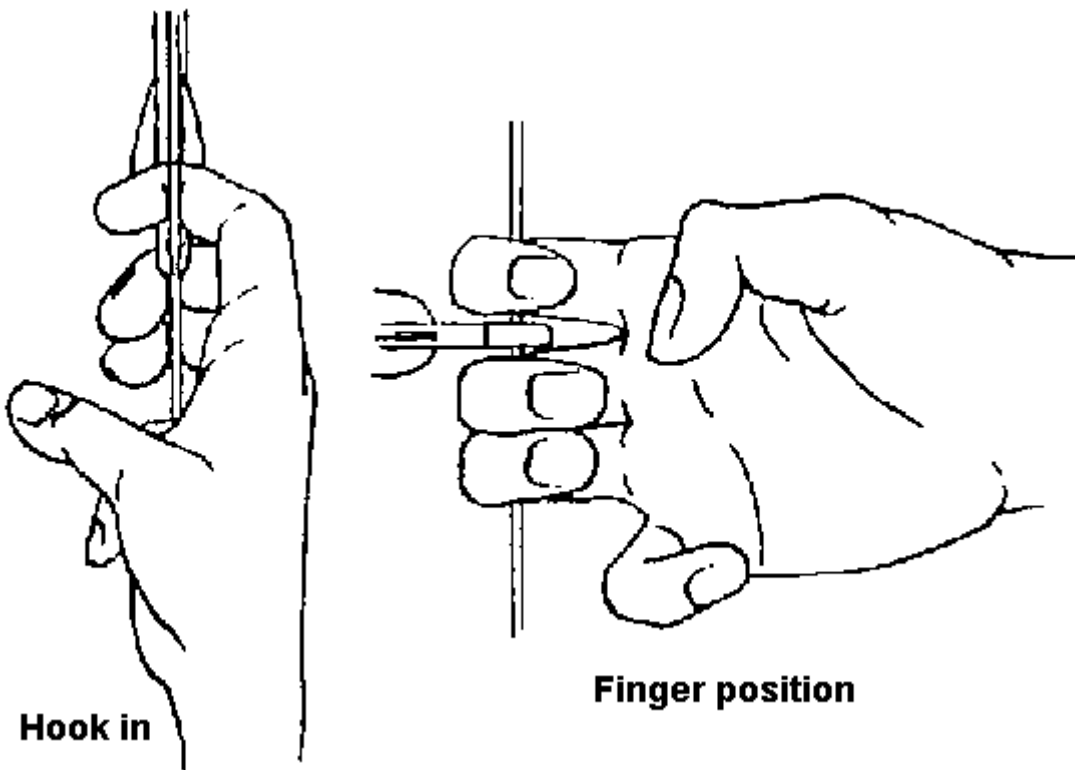


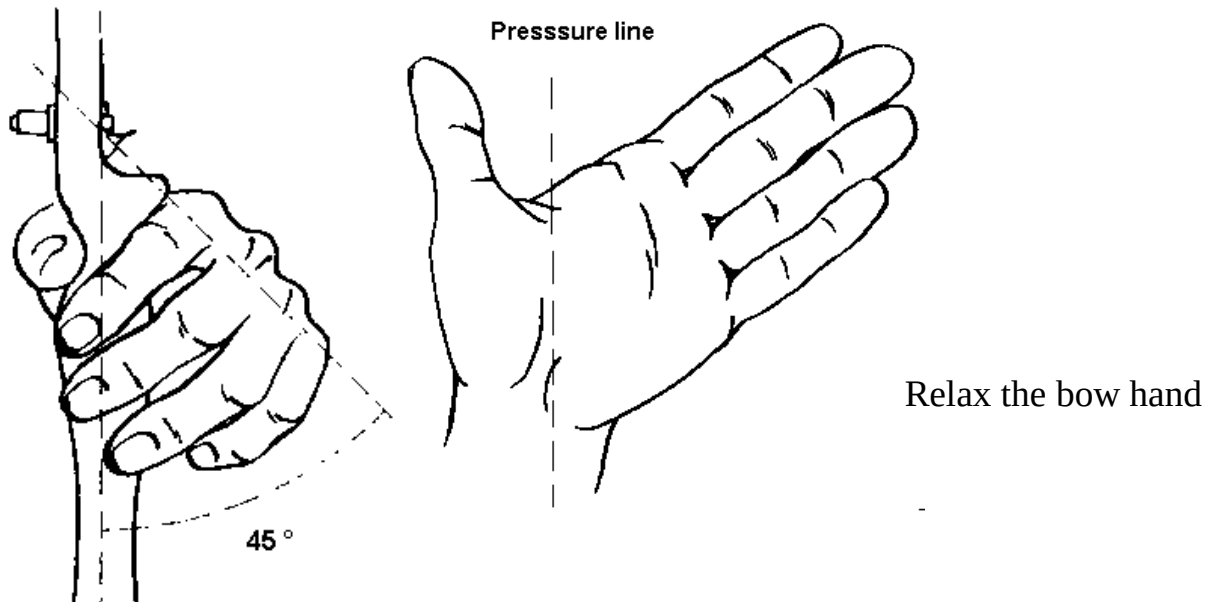
1. Stance



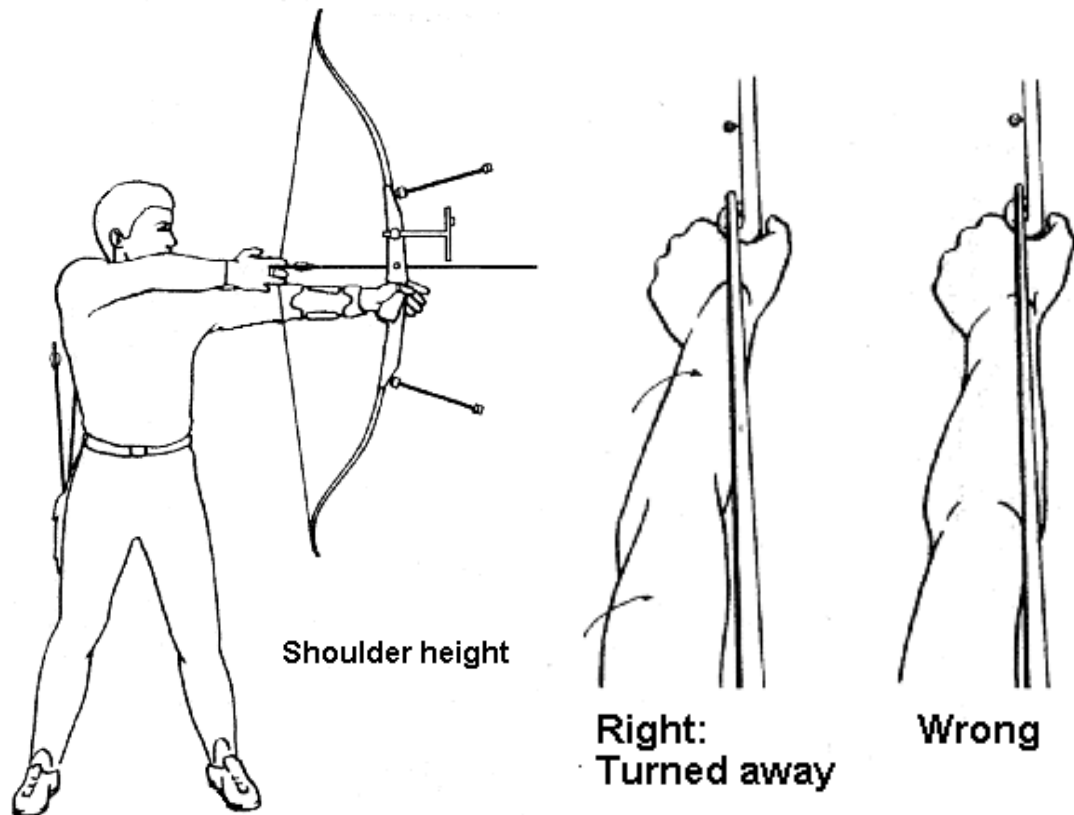
2. Finger placement



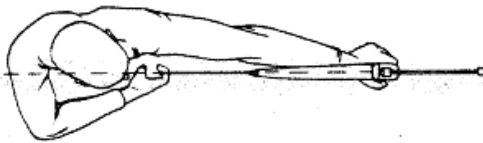
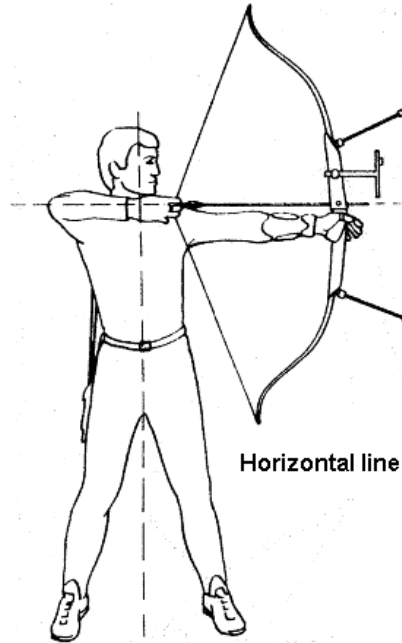
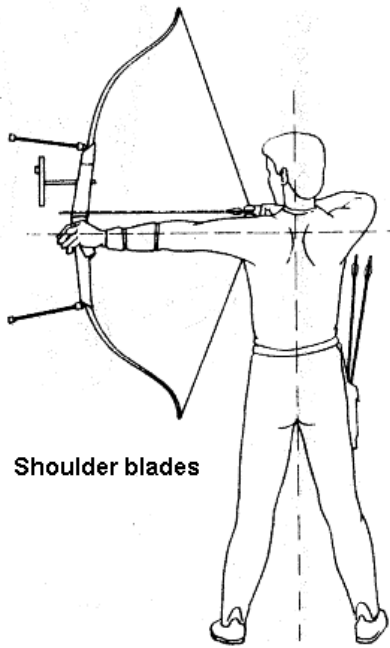
3. Bow hand placement



4. Bow arm

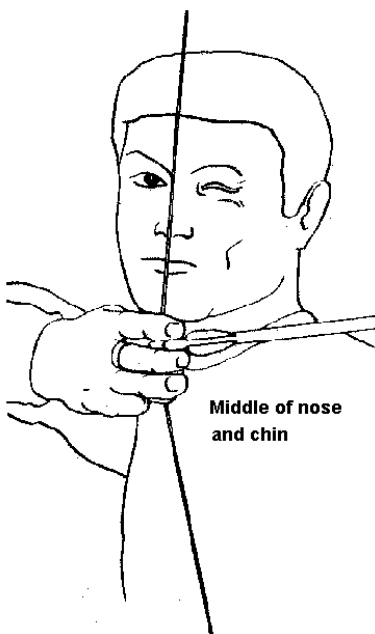


5. Drawing



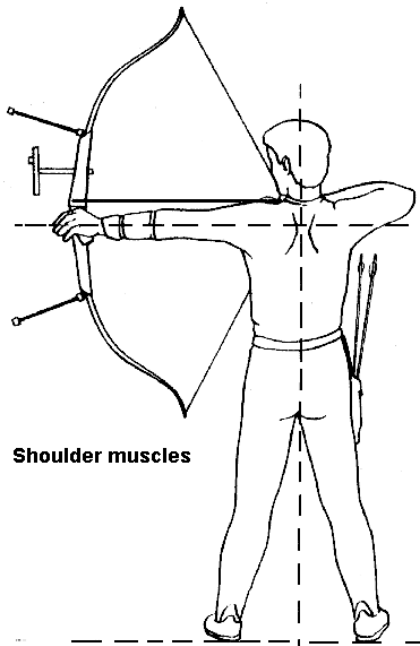
- Draw along the line of the arrow
- Keep your body straight and upright
- Keep your head steady
- Pull with your back

6. Anchoring

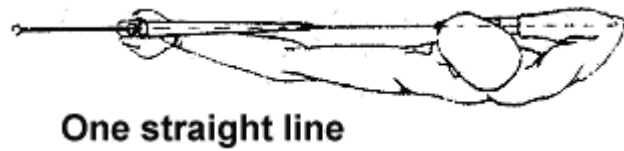


- Make firm contact between your hand and jaw
- Ideally, anchor with string touching the tip of your nose
- Keep your teeth together

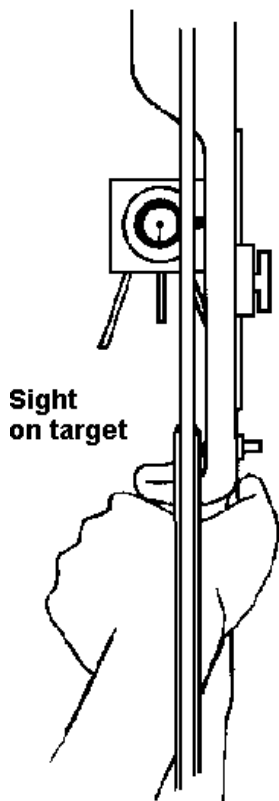
7. Holding



- Keep back muscles under tension
- Keep both shoulders as low as possible
- Try to maintain a line from the arrow to your forearm

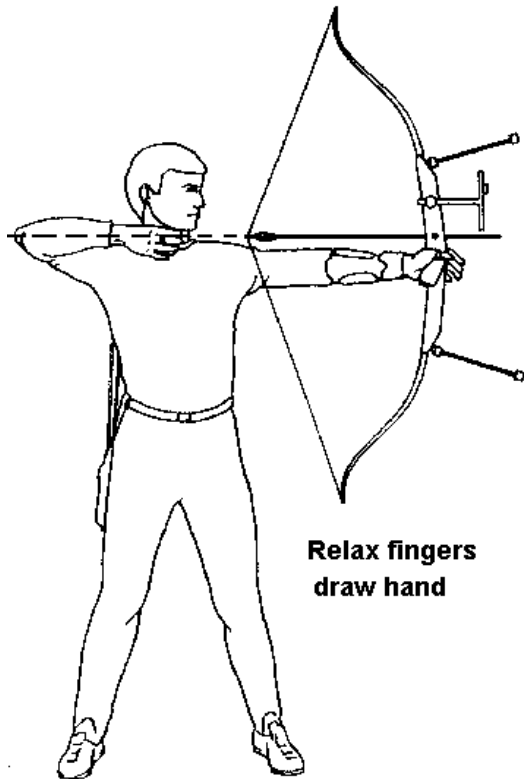


8. Aiming



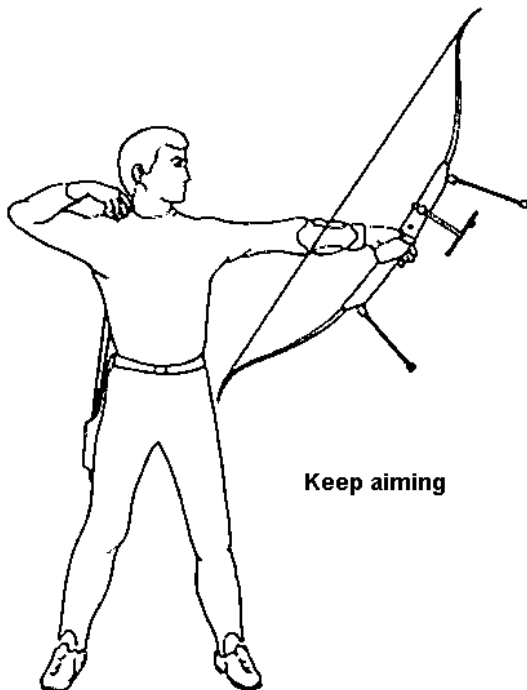
- Aim with the back eye (should be dominant eye)
- Maintain a consistent string-riser alignment

9. Release



- Keep back muscles under tension
- Do not *open* your fingers, simply relax

10. Follow through



- Keep back muscles under tension
- Keep aiming until the arrow hits the target