

WIGHTBOWMEN

Basic Recurve Shooting Technique

The following are some basic points to remember when preparing for and executing a shot. Remember the ingredients of good shooting are **Concentration**, **Control** and **Consistency**.

Body Position

1. Feet in the same spot each time – one foot either side of the shooting line, in line with one another. Heels should be shoulder distance apart.
2. Body upright – back straight, not arched and weight evenly distributed on both legs. Hips should be in line with feet – do not twist the body.
3. Shoulders back and down, chest and neck upright – stand tall.

Nocking the arrow

4. Hold the bow with the bow arm relaxed down towards the ground and nock the arrow securely onto the string, checking the cock fletching (usually of a different colour) is towards the bow arm.
5. Check the position of your hand on the bow. Push the area between the thumb and first finger into the bow and loosely curl the other fingers round the bow. The outer part of hand should be 45° from vertical.
6. Put your other hand onto the string with the forefinger above the nocking point, middle finger and ring finger below it. Curl the fingers round the string so it sits just behind the first joint of your forefinger. The thumb is relaxed alongside forefinger, little finger is relaxed but not around the string.
7. Back of the hand is relaxed and flat in line with your arm.

Before you draw

8. Turn your head just enough to be able see the target over the bridge of your nose. Adjust feet and body position if necessary so you can do this without twisting your body. Teeth together without clenching the jaw and lips closed.
9. Maintaining the string under tension, ensure your posture is upright and the shoulders are back (not rounded), then without pulling the string any further back, bring the bow arm gently up and round so your hand is at chest height and the bow is vertical with the arrow pointing towards the target.
10. The bow elbow will be slightly bent away from the string and the front shoulder will have rotated back and down into the correct position. Your other elbow should be at least level or slightly higher than your wrist (this is to ensure the back muscles are used to draw the bow rather than those in your arm).

Draw and anchor

11. Maintain your position and keep looking at the middle of the target; push your bow hand slightly into the bow and draw the string back, keeping your drawing arm close to your chest. The top of your hand should slide back, touching just under your chin then end up firmly placed (anchored) along your jawbone with the string touching your nose and/or chin.

Hold, aim and release

12. Allow yourself a moment to settle into the aim, maintaining correct posture and muscle tension. Keep looking (through the sight if you are using one) at the middle of the target.
13. Squeeze (contract) the muscles around the bottom of your drawing shoulder blade a little more to move your elbow back, which will allow the string to roll gently from the fingers as you relax them. The arrow is on its way!

Follow through

14. Eyes still on the target. Maintain your current position until the arrows lands.

Relaxation

15. Relax and focus on repeating a good shot.