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Six Steps To Gold!

A visual guide to shooting procedure, to be used in conjunction with basic recurve shooting technique document



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2. Raise the bow arm to chest height and look at the target. Using the muscles in the back, start to draw the string back, keeping your head still.

1. Correct stance, upright body position, correct hand position on the bow. Arrow loaded, string under slight tension.



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3. Continue drawing the string back, sliding the hand towards the chin and then slightly under the jaw line. Your hand should be in firm contact with your face. Keep head still.



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4. With your hand firmly 'anchored' on your jaw, the string should come to the centre of your nose. You are using the muscles in your back to hold the full draw position. Check again that you are lined up on the centre of the target.



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5. View from the rear. Note the upright stance and alignment of the body and bow with the target.



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6. The release – continue 'squeezing' the muscle in your back as you did in the draw to enable you to release the shot. Your fingers will slide off the string without any conscious effort and your elbow will move backwards with the release of the tension. Note that your bow arm and drawing elbow should remain in position until the shot is complete, ie the arrow is in the target!