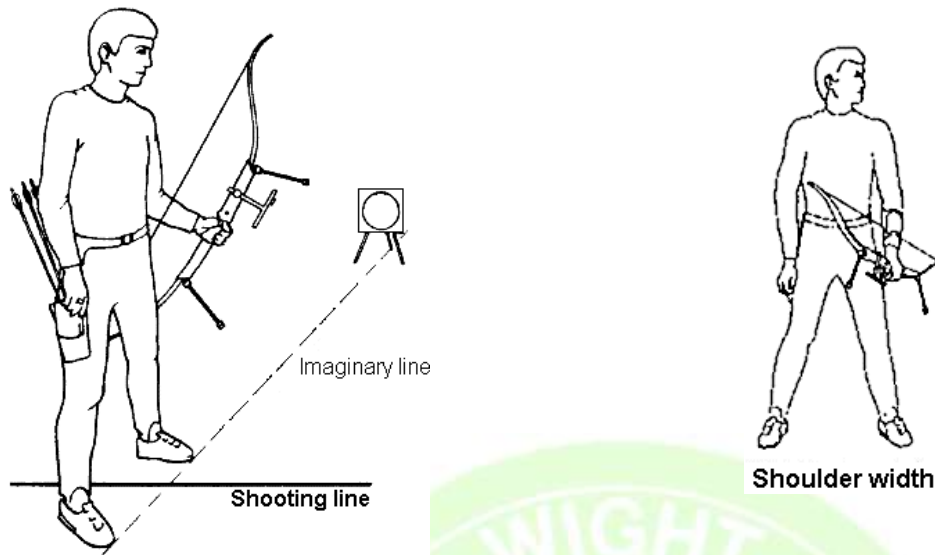


## WIGHTBOWMEN

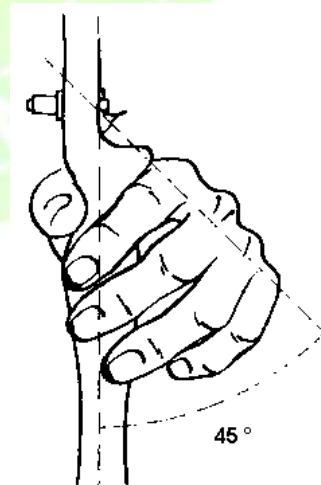
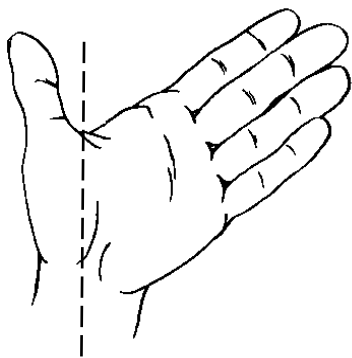
### Basic Stance and Hand Position on the Bow



#### Basic Stance

- Stand at right angles to the target with your toes on an imaginary straight line from the centre of the target. Put one foot either side of the shooting line about a shoulder's width apart.
- Stand with back straight, shoulders down and level with weight evenly distributed through the centre of your body down to the ground between your feet.
- Keeping your body at right angles to the target, turn your head to look at the target.

#### Pressure line



#### Bow Hand Placement

- The pressure of the bow should be distributed along the pressure line.
- Relax your fingers. The knuckles of your hand should make an angle of 45 degrees.
- Do not grip the bow; it should rest comfortably in the hand along the pressure line.
- The tips of thumb and index finger may touch each other, but that's okay.