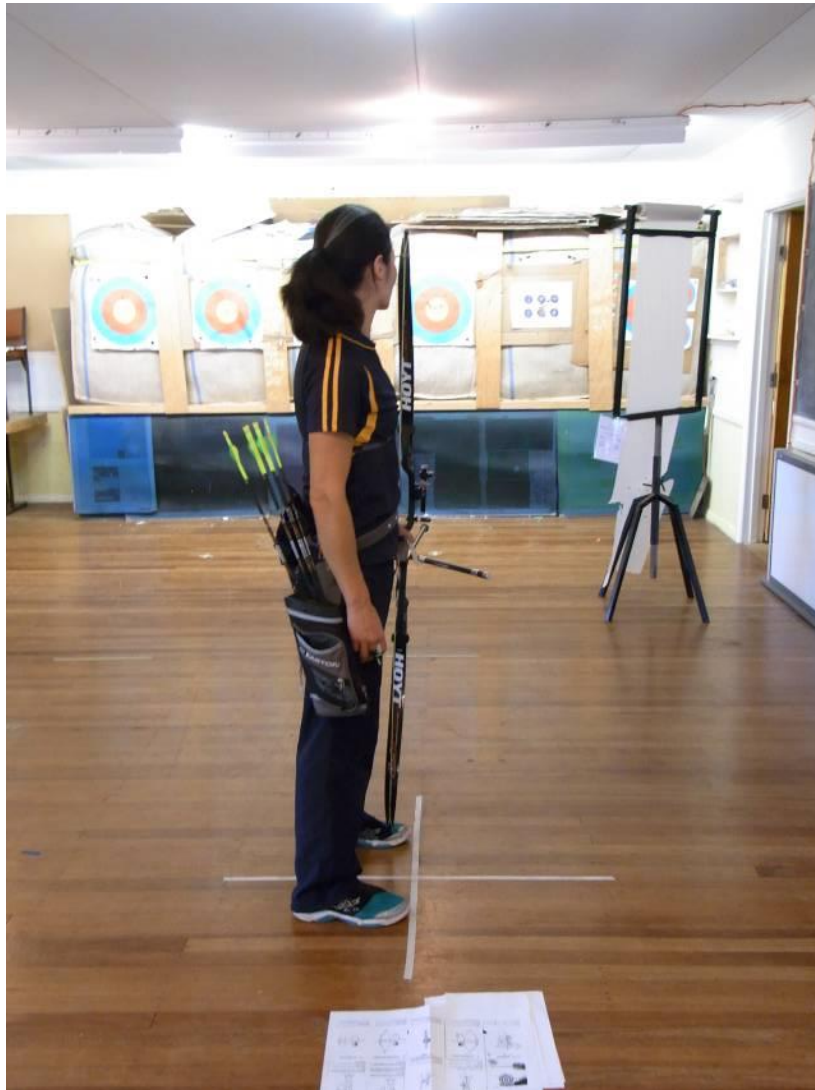


NINE STEPS TO THE 10 RING

1 STANCE



- This photo shows a square stance, side on to the target.
- An open stance would have the lead foot 20cm back from the centre line (and vice-versa for closed).
- Feet are shoulder width apart.
- Knees are relaxed, not locked backwards.
- An upright spine indicates good posture.

2 NOCKING/STRING GRIP



- Index Vane is away from the side of the bow.
- The arrow is nocked firmly between nocking points of the string, on the arrow rest.
- Use the three drawing fingers (the index, middle and ring fingers).
- Index Finger on top of the arrow and the other two fingers below the arrow, gripping just behind the first joint with the middle finger, just in front of the first joint with the index and ring fingers.
- Get a good grip on the string while also keeping it relaxed during the pre-draw.

3 BOW-HAND PLACEMENT



- The bow should fit between the index finger and thumb of the bow-hand, with the finger and thumb forming a loose ring around the bow handle.
- The bow-hand should be positioned with knuckles at 45 degrees from vertical, completely relaxed throughout the drawing, aiming and release steps of shooting.

4 PRE-DRAW



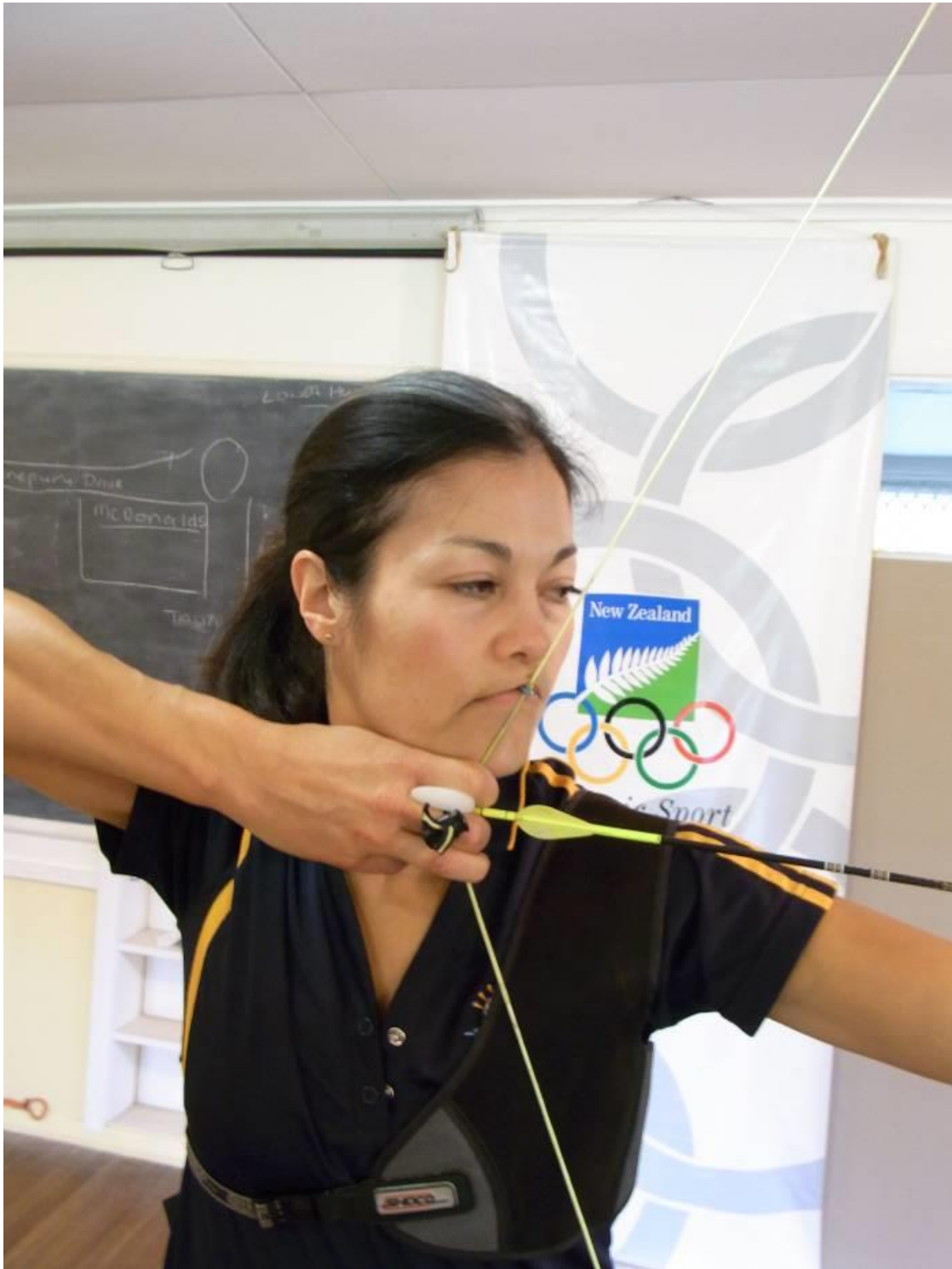
- Bow-arm is extended at shoulder level.
- Elbow joint is turned downwards away from the path of the string.
- Shoulders are set low.
- Pressure of the bow is centered in the 'Y' formed by the thumb and index finger of the bow hand.
- String arm is high, wrist extended, in line with the arrow, and relaxed.

5 DRAWING



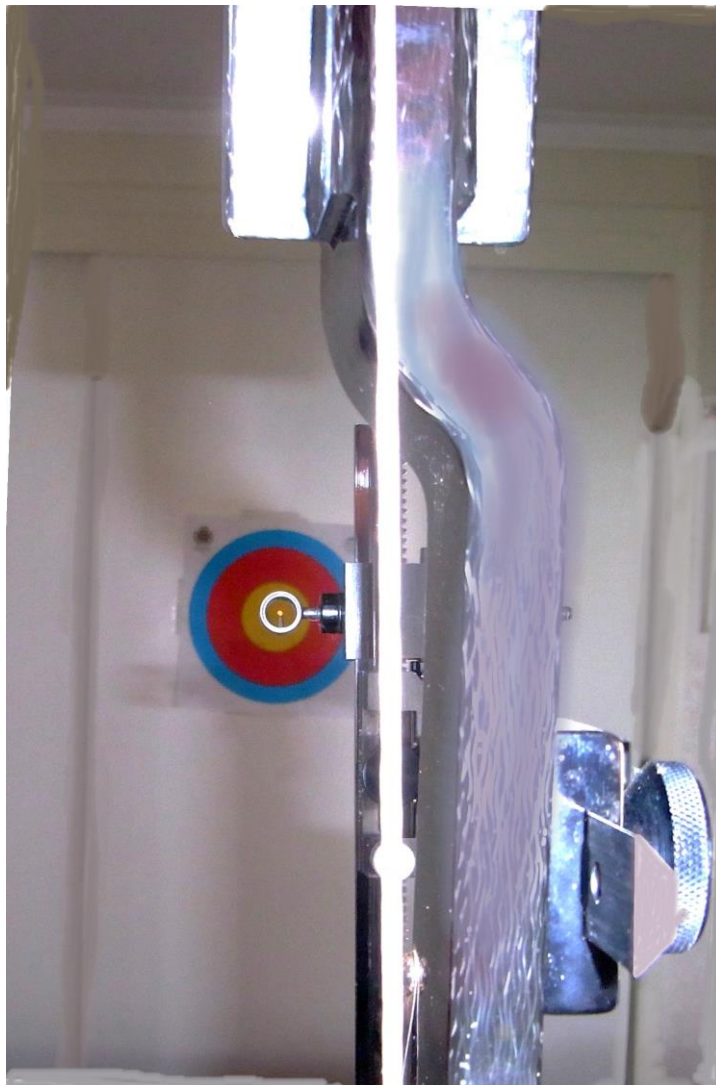
- Muscles of the shoulder and back are used to draw the bow.
- Right elbow moves in a line parallel to the ground.
- String moves in a line close to the bow arm during the draw.
- Drawing should be continuous and smooth.

6 REFERENCE



- Bow string touches center of the nose and chin.
- Index finger references firmly under the chin.
- Neck should be relaxed.

7 AIMING



- The focus should be on the centre of the target.
- The sight pin is super imposed over the center of the target, with focus remaining on the target.
- String is positioned on the center line of the bow, just to the right of the sight pin.
- Aiming should be relaxed, not forced.
- A continuous expansion while aiming is essential for a good shot.

8 RELEASE



- The release is activated by relaxing the entire string hand from the wrist forward.
- The string should feel like it is sliding in a smooth straight line through the fingers.
- Back tension must be maintained throughout the shot.

9 FOLLOW-THROUGH



- The follow through is an extension of the release.
- As the arrow is released from the string, the string elbow rotates around.
- The string-hand should come to rest beside the neck with fingers relaxed.
- Upon release, the bow-arm will move naturally left and down from the centre of the target (for a right-handed archer), but should remain extended until the arrow hits the target.