

### **Steps of Shooting checklist:**

1. Stance
  - › Straddle the shooting line with one foot on either side.
  - › Move the foot closest to the target back so that the toes of that foot line up with the center of the arch of the outside foot.
  - › Angle the hips by turning the toes of both feet toward the target approximately 30 degrees.
2. Nock
  - › The index vane is pointing away out or away from the riser.
  - › The arrow is snapped onto the string.
3. Hook and Grip
  - › The grip on the bow is loose and the knuckles are at a 45 degree angle to the bow.
  - › Index, middle and ring fingertips are curled around the string below the nocking point.
4. Posture / Alignment (\*Set)
  - › Stance, hook and grip maintained.
  - › The head is turned toward the target.
  - › The bow arm is out of the path of the string.
5. Raise Bow (\*Set-Up)
  - › The bow arm is lifted straight up from the ground.
  - › The bow hand is stopped at shoulder height.
6. Draw (\*Draw to Load)
  - › Pull the bowstring back in a straight line towards the face.
7. Anchor
  - › The index finger of the draw hand is settled in the corner of the mouth.
8. Transfer to Hold
  - › The draw arm elbow moves slightly behind the arrow.
9. Aim (\*Expand/Aim)
  - › Place the point of the arrow toward the intended target.
  - › The focus is equally on the arrow point and the target.
10. Release / Follow Through
  - › Relax the fingertips and allow the string to roll off the fingers.
  - › The shot is finished by moving the drawing arm so that the drawing hand stops between the ear and shoulder.
11. Feedback
  - › What improvements could you make?