

Fundamentals Guide Beginners To Mastery of Archery Skills

There's a lot of ways of doing things, but for the person beginning the popular sport of archery the best way of doing it is starting with basic fundamentals.

And the first one would be to use good archery tackle. Nothing spells "defeat" faster than attempting to learn a new sport with equipment not capable of delivering the desired result. More about this later.

Before you shoot a bow it must first be strung and the easiest and safest method of doing this is with a bow stringer... following the directions. Without a stringer you should ask your Ben Pearson Archery dealer or an experienced archer friend for instructions and then practice.

Here then are the basic fundamentals of archery:

NOCKING. The arrow must be placed against the string at the same point every time. To do this, mark the nocking point with ink, 1/16" or 1/8" above the lower edge of the arrow shaft, with the arrow at a 90-degree (right angle) to the string. Wrap a narrow strip of adhesive tape around the string, above the arrow.

Hold the bow in your left hand in front of you (right handed shooters), arrow rest facing up. Use your right hand to put arrow on string at nocking point with cock feather up. Hook first three fingers of right hand around string, at the first knuckles, holding arrow lightly between first and second fingers. Third finger should be in a relaxed position.

STANCE. Stand with your feet comfortably apart... your weight evenly on both feet... body erect and facing at a right angle to the target. Look at the target. The important principle is to establish a natural, easy stance and always shoot from the same stance. Many experts shoot with their feet toeing the line to the target. Others do better with the oblique stance... left foot drawn back and turned slightly toward the target, right foot slightly forward... feet a little further apart.

DRAW. Bow arm is extended. Bow handle rests against the base of the thumb with fingers placed lightly around the handle, merely to keep the bow from falling when the arrow is released. Do not "grip" the bow.

With fingers of the drawing hand properly hooked,



Nocking... the same place every time.



Stance... always shoot from the same stance.



Draw... shoulder and back muscles do the work.

on the string, draw the arrow steadily and straight back to the anchor point, letting shoulder and back muscles do the drawing, with wrist and forearm serving only as a connecting link between the shoulder muscles and the hook formed by the fingers.

DON'T "dry-fire" (releasing the string without an arrow on it).

ANCHOR. It is very important that the drawing hand be brought to the exact same anchor point for every shot. In the low anchor, used by many Ben Pearson tournament pros, the hand is anchored against the jaw and neck, with the forefinger under and against the chin, the string near the middle of the chin, and the arrow nock directly under the eye (just as you use the rear sight of a rifle).

In the high anchor, most "instinctive" shooters and bow hunters bring the forefinger to the corner of the



Anchor and Aim... exactly the same every time.

mouth and the thumb rests under the jawbone.

Find the anchor point that seems to suit you best... always use the same anchor point... always with the nock of the arrow directly below your eye.

RELEASE. The arrow is loosed by simply allowing the three string fingers to relax, allowing the string to slip off to propel the arrow. This must be done without allowing the arrow to creep forward even an eighth of an inch during the anchor-hold, and without any other movement than the relaxing of three fingers.

Follow-through is equally important. Hold your stance until the arrow strikes. Even though there will be an involuntary muscle recoil after the release, if you learn correct follow-through, you'll avoid the bad habit of making prior movements that spoil your aim... and shot.

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