

Archery Shooting Technique



Archery is a technically very demanding task and the movements and postures needed for a clean and efficient shooting are quite complex and sometimes very demanding.

Fortunately you can divide the whole movements and the positions into small steps and then work on them and improve them. It is the best to divide the entire process in 8 - 12 small items and then work systematically until they all sit well and you mastered them. Some of the postures and movements are based on biomechanical principles and you need a good and understandable explanation that you can easily apply. In the following instructions, we go forward step by step until we finally have the whole process together and can apply it.

Of course it is also possible to take only a few individual steps to improve and work on them. Without doubt, the best results can be achieved by optimizing the whole process and all the postures and striving for the perfect shooting sequence.

In all these exercises the goal is not the good results in shooting, but the correct procedures and posture. If the desired postures and movements are finally executed cleanly and correctly you will automatically get good shooting results

2. Protection equipment

Armguard

Shooting with a bow can sometimes be very painful and protective gear can help you to make it a little more bearable. On one hand, the bowstring can hit the forearm after realising and cause very severe pain, on the other hand, a certain amount of bow energy is destroyed and lost, which can cause a massive reduced of the launching speed of the arrow. To reduce the pain, it is recommended to wear an armguard.



Picture 3: Armguard to avoid pain

If you want to achieve a clean shooting technique with a constant shooting speed of the arrow, the elbow needs to be rotated outwards. This means that the elbow joint is turned outside and at the same time the shoulder of the bow arm is stabilized and fixed, resulting in a constant extension length. On the other hand, the shoulders, the thorax basket and the ribs must be relaxed and lowered and the back straightened so that the space for the bowstring is freed.

Legs / knees

The knees should be relaxed and the legs straight and stretched. Under no circumstances allow the knees to bend. A good alignment of upper and lower leg is a prerequisite for a good and stable stand.



Picture 8 + 9: The legs / knees should be relaxed but stretched

A stable standing is the base for a clean and efficient shooting technique. There are several stages to achieve a stable stance and a stable body posture.

4. Hip position / back

Pelvis-bend

The so called pelvic kink leads to a straight and therefore also to a more stable lower spine. As soon as you push your pelvis a bit forward, a possible hollow back is straightened and your upper body is stabilized.



Picture 10 + 11: As soon as you push the hips slightly forward, your back straightens and is much more stable

9. Extraction

Raising then arms with bow

Once we master the movement and the body postures are correct and stable, we can now tackle it with a bow and arrows. The position at the beginning of the movement is exactly the same as with the elastic band.

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Picture 20 + 21: In the starting position, the forearm rests on the tummy on the stomach. Then both arms are raised simultaneously

Both hands are raised simultaneously to just below the chin. Then you can start the extraction movement by turning the shoulder of the pull arm outwards.

The shoulders are lowered and slightly moved back, the hips are slightly pushed forward so that the back is straight and stable. Then start pulling out the bow evenly by turning the shoulder from the pulling arm backwards. At the same time it is very important to create enough back tension with the bow arm by pressing the bow hand against the target, like if you would try to touch it.

Anchoring

During the pulling phase it helps to place the pulling hand approx. 3 - 5 cm under the chin. As soon as the full extension is reached, the pulling hand is moved from underneath to the anchor position on the chin.



Picture 28: The pulling hand is guided from underneath into the anchor position

Release and follow through

Make sure that when you are ready to release, the counter tension in the bow arm is still sufficient and that together with the shoulder of the pull arm a good back tension is built up. The feeling in the elbow joint may feel a bit unusual and strange. Also note that you breathe calmly during the whole movement and that you release during exhalation.