

9 Steps to the Ten Ring

Follow these 9 steps and you'll be shooting like a champion!



1. STANCE

Place one foot on each side of the shooting line with your feet shoulder width apart.

Stand straight and tall, with your head up and your shoulders down and relaxed.



4. PRE-DRAW

Raise your bow arm toward the target, without raising your shoulder.

Look at the target through the sight. Rotate your bow arm elbow under.

The elbow of your drawing arm should be near the level of your nose.



7. AIM

Focus your eyes and your concentration on the center of the target, looking through the sight or aligning arrow tip on target.

Continue your smooth gradual draw.



2. NOCK

Place the arrow on the arrow rest, holding the arrow close to the nock. Keep the index fletching pointing away from the bow.

Snap the nock of the arrow onto the bowstring under the nock locator.



5. DRAW

Draw the bow back by rotating your draw arm shoulder around until your elbow is directly behind the arrow.

Continue looking at the target through the sight as you draw.



8. RELEASE

Simply release all of the tension in your fingers while you continue to draw the bow without stopping.

Continue extending the bow arm toward the target as you release.



3. SET

Set your bow hand on the grip using only the web and the meaty part of your thumb.

Set the first groove of your first 3 fingers around the bowstring creating a hook—two fingers under the nock for experienced archers, three fingers under for beginners.

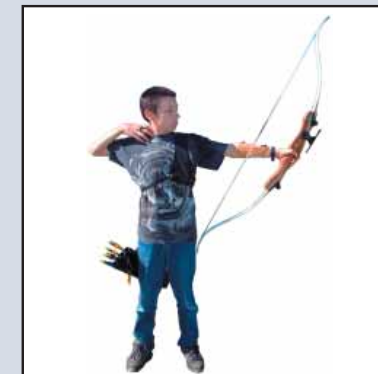


6. ANCHOR

Draw the string to the front of your chin, placing the knuckle of your index finger directly under the side of your jaw.

The string and string hand should be felt firmly against your jaw bone. Lightly touch the string to the center of your nose.

Beginner archers should anchor with their first finger on the corner of their smile.



9. FOLLOW THROUGH

Drawing hand continues back beside neck with fingers relaxed, ending up near shoulder. Bow arm continues extension toward the target.

Continue focusing on the target until the arrow hits.