

SHOOT RIGHT



SHOOT STRAIGHT

Part 2

STORY BY PHIL FANCHER

In our first article we discussed how important the simple hand placement on the handle of our bow was. Without this being correct, it is almost impossible to repeat a good shot after shot process. Very simply, without this being correct, the rest is at least tough, to say the least. Please refer to the first article in the Mississippi Bowhunters spring edition if need be.

Now let's move to other aspects of the shot. There are simply no unimportant areas. From the bow hand we simply move to our bow elbow, and shoulder positions. If you are 100% content with the way you shoot, great. But most of us realize in our archery career that we really are not a very good archer. I believe that is the key to becoming a great shooter. I have a great doctor friend that has shot and hunted for

over thirty years. One day he calls and says, "Okay, Phil. I am ready to learn how to shoot this bow". Now mind you he had been hunting and shooting forever. But he knew he was not a very good archer. Great! Let's get started with what we never say...that's not the way I do it! Archery is somewhat like golf. It will never be totally mastered, just improved upon.

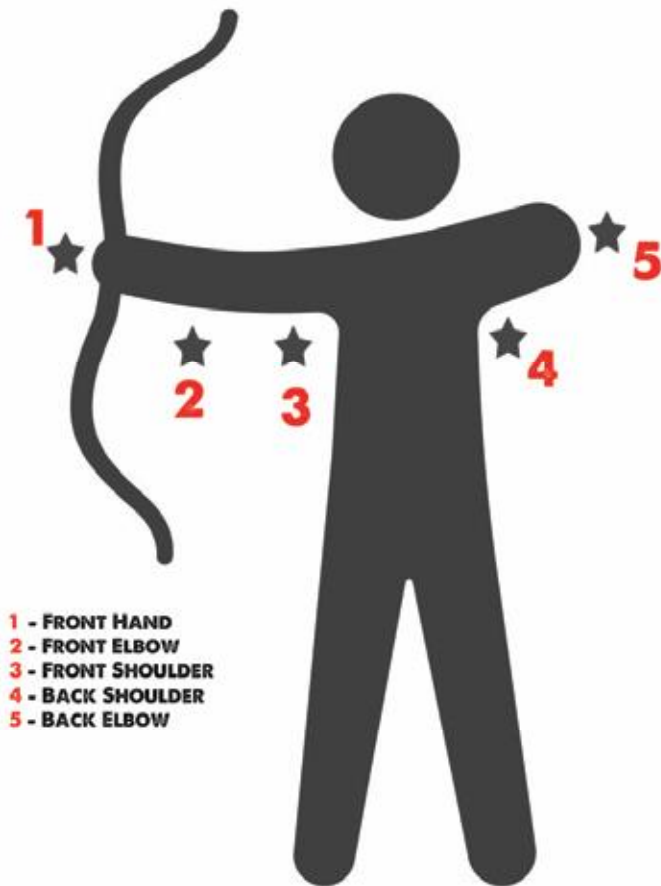
As a side note a major error that so many archers do is just go out and shoot and not working on at least some aspect of their shot. This brings to mind the ten steps to creating a great shot. Do you know them? Do you practice them? Do you practice them in order? Just as a reference, here they are. And they are easy to ingrain if you try and work on it.

1. Foot placement should be no more than shoulder width apart

2. Hand placement on handle – refer to article one in the spring issue
3. Nock up
4. Hook up release
5. Pre-aim. Pick the spot you are going to aim at
6. Draw to anchor
7. Call the shot together – does everything "feel right"?
8. Start motor – begin pulling with your back, not arm
9. Aim, aim, aim
10. Follow through – after the shot goes off

Okay that may seem silly or nonsense but the single worst thing you can do in any athletic endeavor or in any shooting sport is "not" have a repeatable sequence.

Now back to where we were. The front elbow should be slightly bent. The front shoulder should be down



and not “caved-in” toward the body. The back shoulder should be a little higher than the front. And lastly, the back elbow straight back and a little higher than all the other points. Refer to the drawing below.

All of these are simple yet all are important. One of the best ways to re-learn these positions is with an imaginary bow. Draw and hold it, check your form. Repeat the process with the imaginary bow several times. Then draw and hold your real bow. Don’t shoot. Just draw and hold and study your form.

In most all aspects of our lives, knowledge is great but unless we implement, it helps nothing. Always strive to improve. The results can be amazing.

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