

# BASIC SHOOTING TECHNIQUE

The aim of target archery is simple: to hit the gold again and again. However, the task is surprisingly difficult. Archery is a sport of repetition. The form you build needs to be repeatable, shot after shot as you try to shoot an arrow in the same place time and time again.

Grouping is a visual indication that you are repeating an action. Archery is all

about learning to group. You can change where the group land, by moving your sight, but it is really only form and technique that will give you those elusive groups to start with. Consequently, your fundamental form needs to be comfortable and natural to give you the stability and consistency you need for successful shooting.

## Take up your position

Once your bow is ready, prepare yourself. Put on your chest guard, bracer and finger sling.

## Stance

Your stance forms the basis of your technique, and posture provides the foundation of your shot. The placement of your feet affects the direction of the body and the direction of aiming, so it is crucial to get right. There are two set positions: the square stance and the open stance.



Square stance.

The square, or closed, stance is when the feet are parallel to the target on either side of the shooting line. The width of your stance depends on your physique, but for most people the natural alignment of the body is to place your feet under your shoulders to make your body as stable as possible; otherwise you introduce a lean as you begin to draw the bow.



Shooting shot.