

## GETTING STARTED with AAAR

Instinctive shooting employs the use of your anchor (rear sight), your dominant eye, and the point of the arrow (front sight) to develop a point-of-aim view.

Without bow and arrow, just raise your arm and point your index finger at the target. Focus on the bullseye, with both eyes open, then take turns winking. You will notice your index finger pointing at the bullseye is lined up with one of your eyes, this is your dominant eye and it controls your aim. It is preferable that your dominant eye and hand be the same. If not the same, you can switch hands or close an eye so you are in alignment. Next, you will be replacing your outstretched arm with the arrow, and your pointing index fingertip with the arrow point.



Hold an arrow up now. Touch the nock to the corner of your mouth (anchor) - this is centered under your dominant eye. The arrow shaft rests in your bow hand. See the point on the target. Start by centering the point just below the bullseye. Try to keep both eyes open for your depth perception, but focus only on the target spot you want to hit. You will notice the arrow shaft in your peripheral vision; it is drawing a straight line to your target. When you see the alignment and feel certain you are centered on the target, move closer to the target, until there is no doubt you will hit the bullseye. Remember these mental images. When you load the bow with an arrow and pull back the nock to your mouth, you want to see the same picture.



Now let's go get the bow...

## Handling the Bow

### These are the steps you take in executing a shot:

#### Stance

Point your bow hand at the target, with your feet spread about shoulders width apart in a balanced ready position.



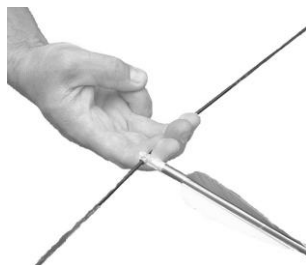
#### Nock Arrow

If you hold the bow vertically, bring the arrow over the bow to load. Handle the arrow by the nock to load when the bow is hanging at your side. The arrow is snapped on the string under the nock rest with the arrow shaft resting on the bow's shelf. The index fletching (different color than other two) faces up towards you.



#### Drawing Hand Set

To start, grasp the string using a "scout salute" of three fingers only, just before the first joint of fingers. The thumb and little finger are locked down out of the way. Use either a grip of three fingers under the arrow nock, or a grip of one finger above the arrow nock and two under to pull the string.



### **Bow Hand Set**

Your hand grips the bow handle along the "life line" to guide placement. The palm is not used, pressure is resisted with the base of your thumb on the handle. As the bow is lifted and pulled, the bow arm will straighten, remember to rotate your elbow out away to avoid the string's path upon release.



### **Pre-Draw**

Imagine a vertical line through the spot you want to hit. All arrows should align with this path. Any adjustments will be for high or low errors, but the arrows will not be sprayed around the target using this technique.



### **Draw**

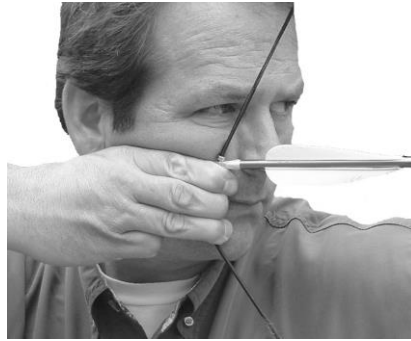
Start by slowly swinging your arrow point up from the ground into the imagined vertical line on your target. Your bow hand resists and pushes against the bow commencing the draw. As you near the rise, your string hand pulls the string back to your face to anchor. There is a straight horizontal line in your

posture from arrow point to the tip of your elbow. Draw is complete as you bring the string to anchor, no further or shorter.



### **Anchor**

Anchor is your rear sight for aiming. Use the corner of your mouth to start. As you pull the string to your face, touch your index or middle finger to your canine tooth, and hold. This is the foundation for consistent shooting. You must see the same picture down the arrow each time you draw the arrow back.



### **Alignment**

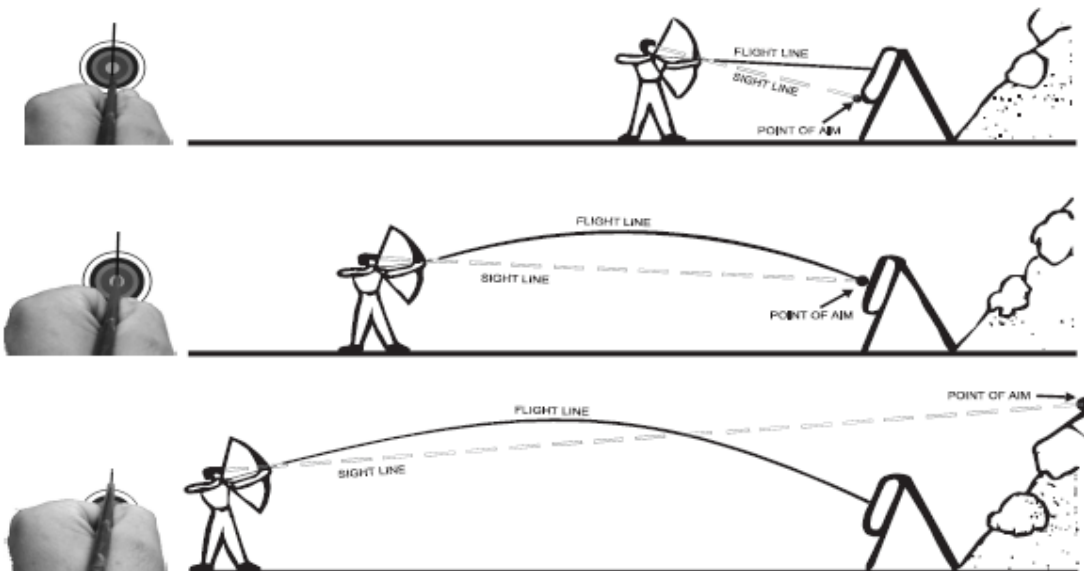
By bringing the arrow to anchor at your mouth, notice the arrow is under your eye. This allows a peripheral view down the arrow's shaft to the target. Again, this is similar to pointing your index finger at the target - you will be replacing your arm with the arrow, and your index finger tip with the arrow point.



Both eyes remain open at all times, but the dominant eye aims, or focuses at what you want to hit - thereby guiding your alignment of the arrow with the target. It may help to tilt the bow and your head slightly together so that your dominant eye is lowered towards the arrow. Also maintain a head position leaning towards the target, like you are touching your nose to the back fletching. If you lean your head back away from the arrow, you make it more difficult to see down the arrow. Notice the point of the arrow and its reference to the target.

### **Aim**

At distances of 10 yards or less, the arrow point will be centered underneath your bullseye. This will be your guide for future shot adjustments allowing for the arrow's trajectory. So always start below your intended bullseye, raise the point above the bullseye for longer distances. There will be a distance where the point and bullseye are aligned, this is your "point on" distance.



### Shot Set-Up

"Feel" the shot. Envision a successful hit. Focus on the spot you want to hit. Instinctively, it will look right, all is in alignment - that is when you release the string. This "feel" develops through repetitive practice.

### Release

"Do nothing", relax the tension in your fingers, let the string smoothly slip out. Your hand is still on your face and bow hand raised as you witness the arrow's flight into the target. Once in the target, relax your position.



### Follow Through

Until now, you shot without a thought, only a mental focus on the spot on your target. Now, contemplate the results. Adjust your form for any errors. Your objective is to develop consistency. Anchor and elevation adjustment will correct most errors.

**Thanks for your attention. We hope you enjoy the pursuit of Archery, and introduce others to its challenge.**