

Archery - camping Oase Praha

Basic description of shooting technique



Basic safety rules:

First of all attach the arm guard to be protected from eventual injury caused by the bowstring and slip over a finger guard onto your other hand middle finger.

Put the first arrow always at command of the instructor when there is nobody around the target area.

And in the same way we shall wait when all our arrows have been shot until others finish their shooting.

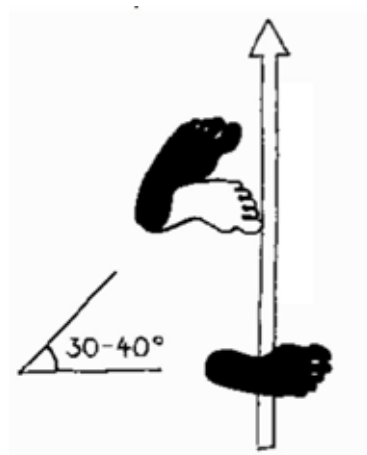
Only upon the instructor's order we can go together with others to the targets. Aim with the bow in direction of the target only!

Never aim with it at sides or upwards!

And never shoot with the bow without an arrow!

Poise

Stand sideways to the target vertically in shooting axis. Your poise must be sure and firm. Your weight is distributed between both legs and your body is fixed.



Holding the bow

Take the bow with your front hand in a way that your wrist only rests on it, do **not hold the bow by force**.

Loading the arrow

Load the arrow into a bowstring bed (a click must be heard) and its front part onto the arrow fill. Arrows are always loaded with **same colour arrow wings in direction to the bow!**

Take the bow string with your **three middle fingers**, thumb together with little finger cover in your palm.

Keep your wrist relaxed.



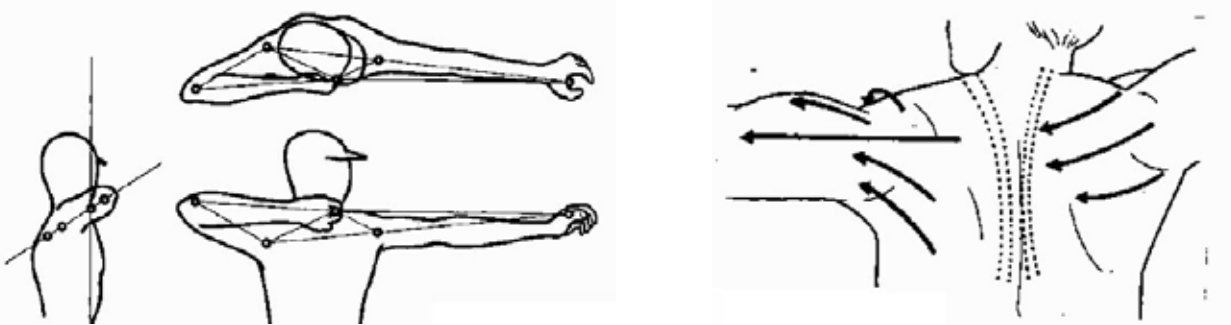
Shooting technique

Push your arms down ! Your front arm is strung and fixed (even in your shoulder). The elbow of your front hand must be turned round downwards. The elbow together with the arm must be turned downwards in a such manner they are not in the shooting line of the bowstring



From the very beginning aim at the target – over the bowstring you should see the arrow's tip in the centre of the target. Now we are interested only in the tip of the arrow! But not only in it because we have to also concentrate on movement of the back arm and performance of the slide.

Do not tense the bowstring by your biceps but your **dorsal muscles** in a way your shoulder-blades are contracted to one another at the end of the movement. Therefore the humeral and transversal dorsal muscles are pulling your elbow and forearm over the triceps



Edge of your hand copies your cheekbone, do not be afraid to push your hand on it, this is the action of your back elbow which is led transversely backwards over your arm to the earth. As soon as the bowstring touches the nose tip, push a little bit onto it and slide down from the bowstring, however your elbow continues further till your fingers get backwards to your ear.



The shoot is then only a part of the complete fluent movement.

Your hand holding the bow remains in the same position even after shot for about 2 s. ,till the arrow reaches its target. After shooting recapitulate within yourself if you have performed all the movement at your best.