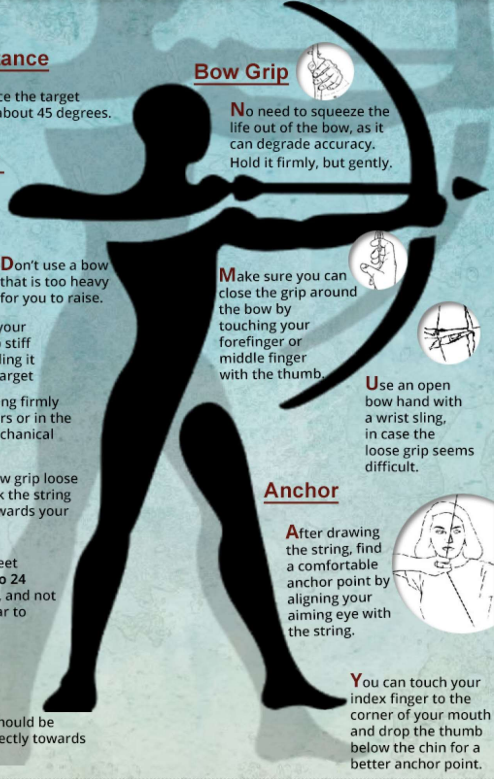


How to Aim a Bow Better

The United States Archery Men's Team won the Silver Medal at the FITA Olympic Round - 70 m in the 2012 London Olympics. This has driven the popularity of archery in the country to a significant extent.

18.9 million Americans, 18 years or older, engage in archery.

Archery can seem a little overwhelming for beginners of all ages. Proper tips on posture, diet, fitness and equipment to be used, can make the sport a lot more enjoyable.



Stance
Face the target at about 45 degrees.

Bow Grip
No need to squeeze the life out of the bow, as it can degrade accuracy. Hold it firmly, but gently.

Draw
Don't use a bow that is too heavy for you to raise.
Don't keep your bow arm too stiff while extending it toward the target.
Grip the string firmly in your fingers or in the jaws of a mechanical release aid.
Keep the bow grip loose and pull back the string smoothly towards your face.
Keep both feet parallel, 18 to 24 inches apart, and not perpendicular to each other.
Both feet should be pointing directly towards the target.

Make sure you can close the grip around the bow by touching your forefinger or middle finger with the thumb.

Use an open bow hand with a wrist sling, in case the loose grip seems difficult.

Anchor
After drawing the string, find a comfortable anchor point by aligning your aiming eye with the string.
You can touch your index finger to the corner of your mouth and drop the thumb below the chin for a better anchor point.

Release
Relax your fingers after taking aim.
Release the string smoothly without a jerk.

Aim
Aim with bowsights, preferably with a laser rangefinder.
Keep aiming until the arrow hits the target.

Don't aim then focus. Focus first; then fix your aim.

Relax and breathe evenly.

Don't over-focus.

Follow-Through

Shoot smoothly, just like you do

Don't move your eyes from the target.

Focus on the target. Get ready to shoot. You are sure to hit the bull's eye.