

STEP 10 RELAXING and RECOVERY

After the arrow has hit the target, lower the bow arm so that the bow is across the front of the body or with the limb tip resting on the foot, and the drawing hand is down at your side. This is the time to relax and recover from the shot, analyse the shot and prepare to shoot the next arrow. This time should take longer than the act of shooting the arrow.

The student should learn to relax after shooting each arrow and analyse the shot.



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