

STEP 5 DRAWING THE BOW

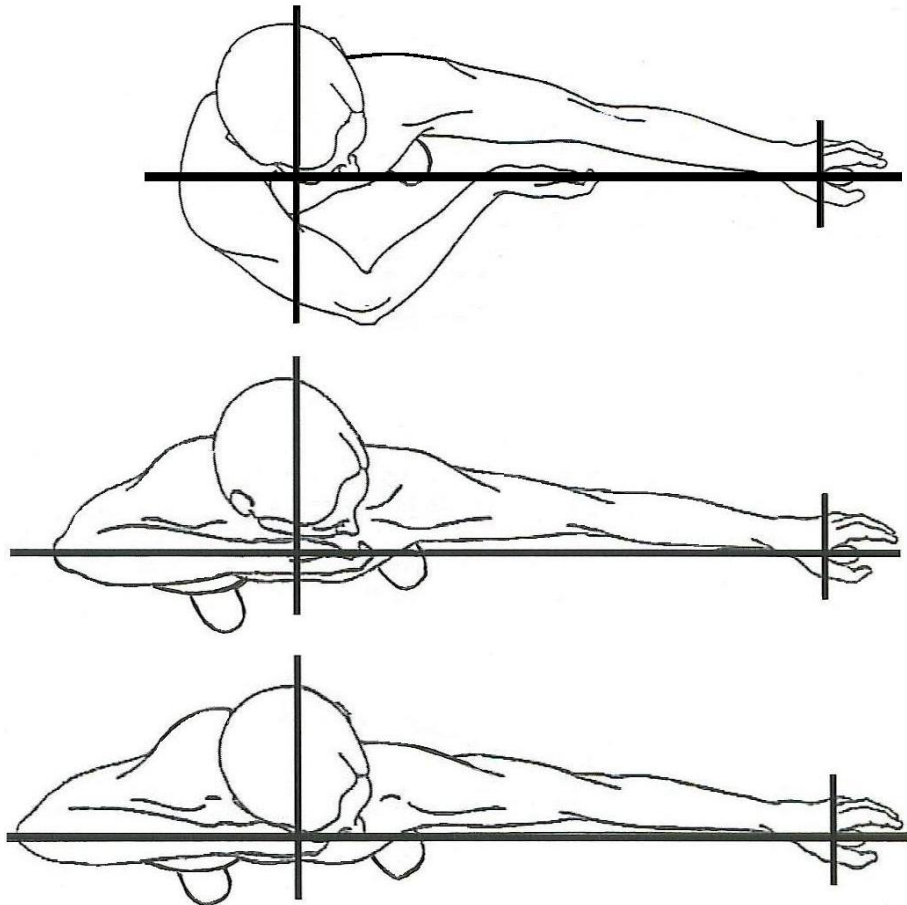
Commence the draw by rolling the drawing arm shoulder down and back, bringing the elbow around and in line with the bow. Draw the bow string back to the chin, keeping the back of the hand as flat as possible and allowing it to slide in under the jaw bone with the top finger making firm contact under the jaw.

As the drawing arm is moving back, the bow arm is held firmly extended with the shoulder down, pushing the bow directly toward the target while the head is held as still as possible, allowing the string to be drawn firmly to the head, without the head moving toward the string.

Once the drawing action has commenced, most of the work must be done by the muscles in the back and shoulders, with very little tension remaining in the biceps and forearm.

Remember, the draw must be along as straight a line as is physically possible, finishing with bow and hand, arrow and draw arm elbow in line behind each other.

Ensure that a woman draws the bow to the side of the breast not into or past the breast.



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