

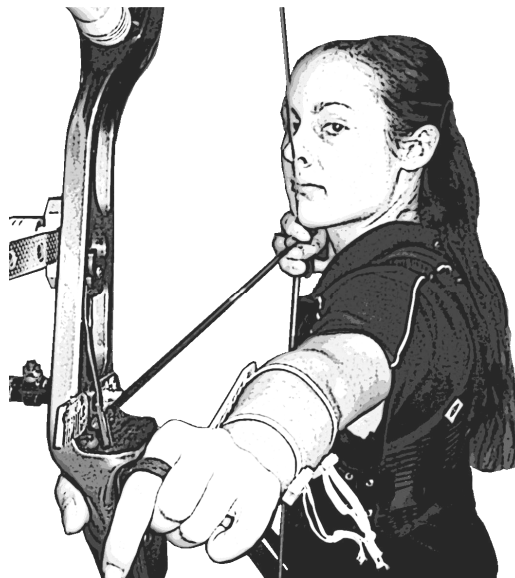
STEP 7 HOLDING AND AIMING (LINE OF SIGHT)

Holding is the short time frame between the anchor and the start of the expansion step which will ultimately result in the release of the arrow. If the holding step is not taken, then a forward release will result. as well as possible over-aiming, if the process begins before holding.

The internal muscle mechanics of holding can be described as the act of flexing the muscles when full draw and anchor has been attained. The lower trapezius of the drawing side is flexed as well as the bow arm – as if you want not to move at all, like you have become a statue for that short period of time. Holding, if done correctly, is like shooting a rifle as compared to shooting a pistol. In the proper alignment of drawing elbow, arrow and bow hand, we try to duplicate the idea of a long barrel rifle using the body's skeletal structure.

If holding is done correctly, the archer's body is maintaining resistance against the natural forces that would cause the form to collapse. (That is, the drawing arm that wants to be pulled forward and the bow arm, that wants to be pull back toward the archer's body).

Aiming should only commence once the draw and holding steps has been completed. Once the archer has gone through the process of drawing and holding they may then start the process of aiming and expansion to ultimately shoot the arrow. If aiming is started too early, then the archer becomes more focused on the outcome rather than keeping the focus on maintaining a consistent technique that must always feel the same. It is this consistency that will allow them to hit the gold.

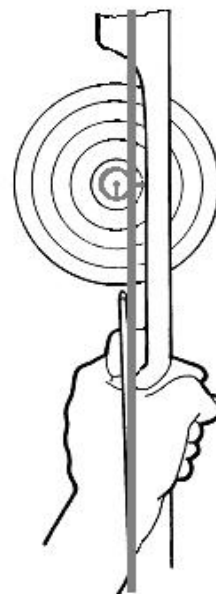


The archer must never be tempted to hold the sight pin as still; this is a sign of over-aiming. The archer must remain relaxed and allow the sight pin to float on the target. The subconscious mind will take care of the aiming process.

It is almost impossible to hold the sight pin steady; there will always be movement usually caused by breathing and heart beat. The student should be aware of this and learn to simply relax and allow the pin to float.

In time with practice and confidence the movement of the pin is reduced to the point where it is minimal.

The sight should only be changed to make changes to the arrow groups; never adjust the sight to correct a single arrow



The student should be reminded to maintain a consistent string alignment.

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