

STEP 9 FOLLOW THROUGH

The follow through occurs after the arrow has left the bow and is travelling toward the target. Focus should be kept on the target while allowing the bow to roll forward as a reaction to the shot.

Keep the string hand up close to the line where it was when you released the arrow. This position is held until the arrow hits the target (about 2 seconds is all that is needed).

It is important to hold the bow arm in the same shooting position during the follow-through and to maintain focus by looking at target until the archer hears the arrow has strike the target.



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