

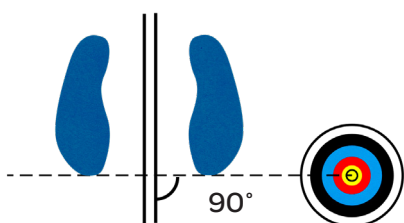
Cadette Archery Badge

What You Need to Know



Proper shooting stance:

How are your feet placed? How far apart? Are your shoulders pushed downward?



How to set up and raise the bow:

Are your fingers hooked on the string? Are your feet in the proper position? Is your bow-arm in the proper position?



How to draw and load:

Did you draw the bowstring back toward the side of your face? Where is your index finger positioned? When you load, are you rotating your shoulder back and moving it down as low as possible?



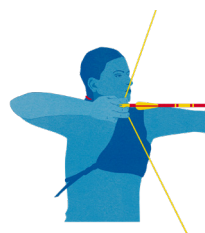
Finger Placement:

There are two types of commonly used finger placement: split-finger and three under. Use the placement your trainer suggests is right for you.



How to set your bow hand on the grip:

Where is your thumb pointing? Remember your hand must stay in place during the entire shot and be relaxed even after the bowstring is released.



How to anchor, transfer, and hold:

Is your weight evenly distributed on both feet? Is your hand pressed firmly on the side of your face?



How to aim and expand:

Are you looking at your target through the bow sight? Are you prepared to execute your shot?



How to release and follow through:

Are you keeping your balance after you release? Did you push your fingers out of the way of the bowstring? Did you wait until the arrow hit the target before you relaxed your position?