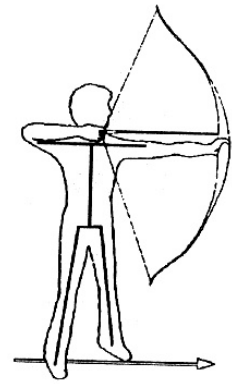
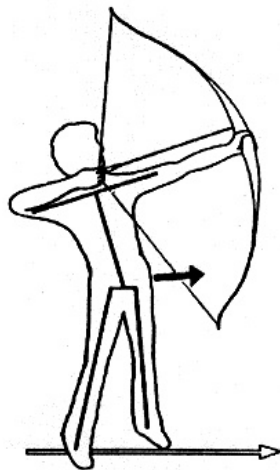


Remember when we discussed the body alignment and the fact that the Bow hand needs to remain at a relatively even height with the bow shoulder And that the line of the release hand and elbow also need to be in a relatively Even line. Now we will look at why and some tips to help the process of Shooting distances at angles that require adjustments to bow height.

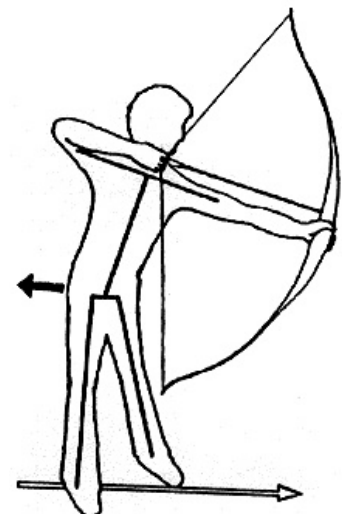


The basic position is the same "T" position as in target archery. This position is the fundamental support of all activity in Archery. The foundation of the form must always be based on the reality that any time you change your bow hand, or your release hand position you run the risk of altering your draw length. Of course once this happens the room for error occurs. By lowering or raising your bow hand you change your draw. This is very true for recurve shooters, but it also has merits for compound shooters. Bow manufactures have gone to great lengths to produce compound bows that have very little valley in them, or even a positive draw stop for just this reason. A creep of only millimeters can lead to large spreads in arrow groups at the other end. Therefore it is extremely important to maintain good height alignment from bow hand to shoulders, along the arrow, behind the nock and to the back of the release elbow.



For uphill shots with level foot position, move your hips forward after coming to full draw. A tilting of the hips allows you to move to the target, while maintaining full draw.

For downhill shots with level foot position, move your hips away from the target after coming to full draw.





When dealing with the vertical 3 spot the same is true. Always approach these targets with the tilt the hip philosophy. Ideally the center of the middle target is your correct bow hand height, or very close. Then simply adjust the hip forward or away from the target depending on where your target is. Away from the target lowers your bow hand and toward the target raises your bow hand. NOTE: I would be remiss if I did not warn you of the danger of some of this activity leading to premature release of the string for some people. The hardest thing for people to do once they start moving their hip is to stop on target. The biggest contributor to target panic is the fact that the shooter is still moving to the center spot when the release goes off. For recurve shooters it is important to be aware of the draw check and practice being near the end of the draw check when you start the tilt, having settled on the target a final squeeze of the shoulder blades should be enough to finish the draw. This also does not mean staying at full draw for extended periods of time. The flow of movement needs to remain the same as when you are shooting at level height. Of course each archers timing is slightly different, but your pace needs to remain the same.

For coaches and shooters working on this approach to the vertical movement the one last point I want to draw your attention to is that most shooters first trying this don't tilt straight back. It is not uncommon to watch an archer come to full draw start to tilt at the waist and then roll forward into the bow as they move back towards the string elbow. This is not correct, and they look like they are slightly bent over like looking into a spotting scope. When observing from behind, their form wants to look just like it does at the correct height.

There are always different approaches to dealing with this issue, this is just one.