

National Training System Shot Process

From USA Archery Head National Coach KiSik Lee during several Seminars, 9/7/2006 to 9/9/2006 (Olympic Training Center, Colorado Springs, CO), 11/13/2006 to 11/17/2006 (Olympic Training Center, Chula Vista, CA), 1/26/2007 to 1/27/2007 (Morristown Beard School, Morristown, NJ), 3/6/2007 to 3/9/2007 (Olympic Training Center, Colorado Springs, CO) and 11/5/09 to 11/11/09 (Olympic Training Center, Chula Vista, CA)

1. **Posture and Stance.** The stance must be an open stance. A proper posture requires a flat back. The back must be flat by pulling the navel to the spine, tucking the hips underneath and dropping the chest. The body's weight must be 60% to 70% on the balls of the feet with equal weight on each leg. Push the head slightly forward, approximately 2-3 cm or 1 inch to get the proper weight distribution. If a line is dropped from the bow ear to the floor, the line would clear the bow hip and strike the floor in front of the bow foot.
2. **Grip & Hook.** Place the arrow onto the bow and take a good grip on the bow and a good hook on the string. The string hand must be a good hook with string weight distributed 50% the middle finger, 40% on the index finger and 10% on the ring finger. Bend the drawing wrist so the hand points at the body by 30° to 45°. The draw hand pinky should be point at the thumb. The draw thumb should be pointing at the base of the pinky and almost touching the base of the pinky finger. Pull the base of the pinky finger and the base of the thumb towards the elbow to keep the wrist bent. The bow hand must be high into the grip with the fingers on the side of the bow. The pressure point of the grip hand must be 1" to 1.5" below the bow throat; you are using a low wrist.
3. **Set.** Turn you head and face to the target. Placing the shoulders pointing towards the target and placing the bow hand in 4" to 6" in front of the body. Initially, your string hand must be in front of your bow hip, with the forearm in line with the arrow. The string elbow and shoulder are bent, with the draw arm reaching across the body. The draw arm biceps muscle should be touching the pectoral muscle and feel as if a pencil is being held in place. Both the draw shoulder and the string shoulder are completely down.
4. **Mind Set.** Put your mind into the shooting process. Put all other thoughts away for the duration of the shot. The entire mind is on the shot process.
5. **Set-up.** Lift the bow arm and allow it to carry the draw hand to between the mouth and eyes. Once you have lifted the bow, you should be able to see between the string and the upper limb and riser to see the target. The draw arm and wrist are still in the same position as at the set position. Try to extend the bow arm even move by making the bow arm triceps hard as a rock and pushing the bow shoulder through the grip's pressure point. Take an extra set of the draw scapula by moving the draw scapula further behind your body.
6. **Draw.** Move the bowstring by using angular motion of the upper arm to move the lower edge of the string hand to the top of the sternum. The movement comes from LAN2. (LAN2 is the area on your upper arm near the shoulder on the back of the arm, below the deltoid muscle.) LAN2 moves parallel with the shooting line.

7. **Loading.** Once the string hand is in position at the sternum, glance at the clicker to make sure it is on the “shoulder” of the arrow point for a short time.
8. **Anchor.** Move the string hand to the anchor point. The anchor position is with the knuckle of the drawing index finger being under the jaw with thumb touching the neck and the pinky finger touching the side of your neck. At the same time move LAN2 further along the shooting line.
9. **Transfer.** Transfer all tension from the front half of the body to the back half; transfer all tension from the forearms to the back; transfer all focus from the arms to the back. Move LAN2 even further along the shooting line. The bow hand, string forearm, and string hand should be relaxed while maintaining a good bow hand and a good string hand. The bow side triceps must maintain its tension. The string side upper arm must be relaxed as much as possible. The timing of steps 6, 7, and 8 is “1, 2 and 3” with “1” being touching the hand to the sternum, “2 and” loading the back and anchoring and “3” transferring all movement to the back by moving LAN2 even more towards the spine.
10. **Holding.** Just hold your body position without active movement. This lasts for a very short time, ½ to 1 second. This is the most important step in the process. If the archer is not strong with a straight line from the draw shoulder to the bow hand and the draw elbow inside of the arrow line, then you have not achieved holding.
11. **Expansion/Aiming.** The expansion is not a visible movement of anything, but is a continuation of moving the LAN2 along the shooting line. At the same time as you are moving LAN2 to the spine, relax the upper chest, this allows the chest “to open like a book.” Expansion should last no more than 2 to 3 seconds. Expansion is actually the beginning of the follow through. Once expansion begins, aim by placing the sight on the target. Remember the string is lined up towards the inside of the aperture. The sight should drop down into the gold; it should not rise up into the gold.
12. **Release.** Once the clicker falls, then the string release and bow release are made. Just let the string go by relaxing the string hand. The string hand will slide off the string and then spring back into the hook made when the string hand was positioned on the string. At the same time as the string release is being made, actively snap the bow hand down as if telling a dog to sit. Keep LAN2 moving throughout the release. The release ends when the string hand completes its movement.
13. **Follow through the shot.** The follow through requires that the proper tension and direction be maintained. The direction is the bow arm pointing directly at the target. The tension is the continual movement of LAN2. The bow arm and string hand are to remain in place until the arrow hits the target. Keep the moving LAN2 throughout the follow through.
14. **Relax and Review.** You must review of the shot process and relax the body to get ready for the next shot. What did you do right? What needs to be improved? How will you improve it? After the shot, are letting the entire tension slide out of your body? Is your body getting ready for the next shot? Is your mind letting the last shot go?

Breathing During the Shot

Breath control during the National Training System Shot Process is very important. Without enough oxygen the body cannot complete the shot. The breathing pattern is:

1. Exhale completely before lifting the bow.
2. Lift the bow and inhale 50%.
3. When the bow is lifted and you are in the set-up position, exhale completely.
4. Inhale completely during the draw.
5. Exhale 20% to 30% when anchored
6. Hold your breath until you complete the follow through.

“A good score comes from a good shot process and your concentration on it.”