



### Key Elements of Shooting Sequence for Each Arrow

Phase	Technique element	Details
Lower preparation phase	1. Start ritual	Niyyah, Dua or personal ritual as you approach the shooting line.
	2. Feet positioning	Ensure feet are correctly positioned so that hips are perpendicular to target.
	3. Nocking the arrow	Extend attention fully into the equipment.
	4. Setting the bow hand and string fingers	Ensure correct location of thumb pad in the handle, relaxed knuckles and fingers on the handle; deep, clean hook on the string; set preparation line of forearm and arrow, ensuring the wrist is relaxed.
	5. Stance	Ensure upright stance, hips above feet, soft knees, shoulders and head in alignment.
	6. Head turning and mind setting	Focus on the target and relax breathing; cut out surroundings.
Upper preparation phase	7. Raising	Raise bow arm, maintaining relaxed bow hand; slight rotation of bow forearm away from the string path; maintain alignment of string hand forearm with arrow.
	8. Bow shoulder setting	Ensure bow shoulder is set down in your back, not raised at all.
Loading	9. Drawing (draw-push-rotate)	Draw smoothly towards anchor point, with firm push into the handle with bow hand/arm; keep string hand flat, wrist relaxed; rotate shoulder socket to complete alignment of string hand forearm with the arrow, and take the draw weight into the back, between set shoulder blades.
Execution phase	10. Anchoring	Clear, precise location of string hand into anchor point.
	11. Aiming	Adjust smoothly into aiming point.
	12. Extension	Just before release, extend slightly into anchor point and bow hand.
End phase	13. Release	Relax fingers from forearm, whilst simultaneously drawing directly away from the path of the string.
	14. Follow through	Maintain position of bow arm and string hand until arrow strikes.
	15. Analysis (+ final ritual at conclusion of the end)	Feel the shot in relation to the result; identify cause of any error; enjoy/be grateful for both the learning point and the good shot.