

NTS Shooting Method

1. STANCE
 2. NOCKING THE ARROW
 3. HOOKING AND GRIPPING
 4. SET POSITION AND MINDSET
 5. SETUP
 6. DRAWING
 7. LOADING
 8. ANCHORING
 9. TRANSFER
 10. HOLDING
 11. EXPANSION AND AIMING
 12. RELEASE AND FOLLOW THRU
- FEEDBACK AND EVALUATION

1. STANCE

OPEN BACK FOOT NOT PARALELL TO SHOOTING LINE

FRONT FOOT 30 DEGREES BACK FROM TARGET LINE

WEIGHT 60% ON BALLS OF FEET

2. NOCKING THE ARROW

NOCK SHOULD SNAP ON LINE

ATTACH SAME WAY EVERY TIME

BEGINNING OF THE MENTAL PROCESS OF SHOT

3. HOOKING AND GRIPPING

FIRST SET FINGER AND DRAWING WRIST POSITION AND HOLD

ON STRING BEFORE SETTING POSITION OF BOW HAND ON GRIP

[The Archers Hook](https://www.youtube.com/watch?v=cKdUfBFu8dA&t=205s)

<https://www.youtube.com/watch?v=cKdUfBFu8dA&t=205s>

4. SET POSITION AND MINDSET

BOW ARM FULLY EXTENDED BOW POINTED DOWN,
MENTALLY PREPARE FOR SHOT

Where am I? What target am I shooting at? Visually address the target, check wind and decide where to keep your eyes focused during aiming. During mindset you must maintain mental focus and be fully committed to taking the shot.

5. SETUP

RAISE BOW FROM SET POSITION AND SET BARREL OF
GUN

6. DRAWING

MUST BE ANGULAR NOT LINEAR

AIMING DOES NOT START UNTIL AFTER YOU REACH THE
HOLDING PHASE

7. LOADING

THE LOADING PHASE REFERS TO THE ACTION OF INCREASING THE INTENSITY ON THE MUSCLES IN THE LOWER AND MIDDLE TRAPEZIUS.

LOADING POSITION REFERS TO THE FINAL POSITION OF YOUR BODY AFTER DRAWING AND BEFORE ANCHORING.

HAND IS TYPICALLY $\frac{1}{2}$ TO 1 INCH BELOW JAW LINE

8. ANCHORING

MAINTAIN LOAD ON BACK MUSCLES, RAISE DRAWING HAND AND ARM UP TO FIRMLY CONTACT JAWBONE AND NECK. STRING SHOULD BE IN FIRM CONTACT WITH FRONT SIDE OF CHIN.

IF STRING AND ANCHOR ARE TOO FAR BACK AND ON SIDE OF CHIN, STRING DRAG WILL OCCUR CAUSING DAMAGE TO SKIN AND AFFECT TUNING AND GROUPING.

DURING THE PROCESS FROM LOADING TO ANCHORING IT IS EXTREMELY IMPORTANT THAT YOU MAINTAIN YOUR HOOK AND FINGER PRESSURE ON THE STRING AND THE PRESSURE POINT ON THE GRIP THIS ALLOWS YOU TO INCREASE YOUR BACK TENSION FROM LOADING TO ANCHORING

9. TRANSFER

SHIFT OF TENSION FROM HAND AND FOREARM TO BACK MUSCLES. SHIFT THIS TENSION BY MOVING THE LAN 2 AREA BACK BEHIND YOU

YOUR DRAWING ELBOW AND THE LAN 2 AREA MOVES SLIGHTLY DOWN AND BACK ABOUT 1/2". DURING TRANSFER MAINTAIN THE LENGTH OF THE BARREL OF THE GUN AND DO NOT EXTEND THE BARREL OF THE GUN. MAINTAIN HOOK POSITION AND FINGER PRESSURE. ANY LOSS OF FINGER PRESSURE RESULTS IN A LOSS OF CONTROL AND BACK TENSION.

10. HOLDING

THE MOST IMPORTANT PHASE OF THE SHOT CYCLE

HOLDING MEANS YOU ARE COMPLETELY BRACED INSIDE THE BOW AND CAN WITHSTAND THE FORCES OF THE BOW PULLING YOUR ARM FORWARD.

THERE SHOULD BE NO SHAKING AT FULL DRAW! ONCE YOU ARE HOLDING YOU SHOULD FEEL A STRONG CONNECTION FROM TIP OF ELBOW ON DRAW SIDE THROUGH MIDDLE AND LOWER TRAPEZIUS ON BOTH SIDES OF SCAPULA THROUGH THE PRESSURE POINT ON GRIP.

THIS STEP OF THE SHOT CYCLE ALLOWS YOU TO SET THE PROPER BONE ALIGNMENT TO CREATE THE STRONGEST STRUCTURE POSSIBLE AND CREATE THE SKELETAL FOUNDATION TO BRACE THE BOW. SHOOTING WITH HOLDING PREVENTS COLLAPSED SHOTS AND ALLOWS YOU TO EXECUTE THE SHOT MORE CONSISTANTLY IN PRESSURE SITUATIONS. HOLDING MUST BE A CONSCIOUS STEP IN THE SHOT CYCLE. HOLDING IS A PHASE AND YOU MUST MAINTAIN THE FEELING OF HOLDING THROUGH EXPANSION, RELEASE AND FOLLOW THROUGH.

11. EXPANSION AND AIMING

EXPANSION IS AN ANGULAR IMPERCEPTIBLE MOVEMENT THAT OCCURS WHILE AIMING, PULLING ARROW THROUGH THE CLICKER.

AIMING SHOULD NOT OCCUR UNTIL YOU HAVE ACHIEVED HOLDING. AIMING SHOULD BE DONE BY KEEPING THE EYES ON THE POINT OF FOCUS ON THE TARGET NOT THE APERTURE OR POINT OF ARROW.

SETTING AND MAINTAINING YOUR EYE FOCUS ON A SPECIFIC POINT ON THE TARGET ALLOWS YOU TO AIM MORE NATURALLY WHILE YOU MAINTAIN THE OPTIMAL TIMING AND RHYTHM FOR THE SHOT. THE SIGHT [ARROW TIP] WILL MOVE AND FLOAT AROUND, BUT MAINTAIN A DETERMINED EYE FOCUS AS IF YOU WERE STARING THROUGH THE POINT OF FOCUS. BURN A HOLE THROUGH THE TARGET.

STRING ALIGNMENT OR STRING BLUR.

STRING SHOULD SIT ON EDGE OF APERATURE WHERE BOLT MEETS IT FOR OLYMPIC SHOOTERS. BAREBOW, STRING CAN BE IN THE CENTER OF THE RISER.

12. RELEASE AND FOLLOW THROUGH

RELEASE IS THE CRITICAL INSTANT OF THE SHOT AND MUST BE A COMPLETELY SUBCONSCIOUS NATURAL ACTION {SETTING DOWN A GLASS OF WATER}

CONSCIOUSLY LETTING GO OF THE STRING RESULTS IN YOUR FINGERS FORCIBLY OPENING THUS REDUCING THE CONSISTENCY AND FORCE OF THE BOW APPLIED TO THE ARROW. ANY EXCESS TENSION IN YOUR FINGERS CAN PREVENT THE CORRECT AMOUNT OF FORCE FROM BEING APPLIED TO THE ARROW IN THE CORRECT DIRECTION. RELAX AND VISUALISE THE STRING GOING THROUGH YOUR FINGERS.

FOLLOW THROUGH IN ESSENCE IS THE CONTINUATION OF THE TENSION AND THE DIRECTION OF EXPANSION AND HOLDING THROUGH THE CRITICAL INSTANT OF RELEASE.

13. FEEDBACK AND EVALUATION

BEFORE STARTING NEXT SHOT SEQUENCE TAKE A MOMENT TO EVALUATE THE SHOT AND MAKE NECESSARY ADJUSTMENTS FOR THE NEXT SHOT. EVALUATE EACH SHOT BASED ON WHAT YOU DID VERSUS WHERE IT LANDED. HOW THE EXECUTION FELT. KEEP YOUR FOCUS ON THE FEEL OF THE SHOT. RELAX FOR A COUNT OF 10

STEP TIMES FOR A RECURVE SHOT CYCLE

STEP	TIME IN SECONDS
STANCE	1-2
NOCKING THE ARROW	1-2
HOOKING AND GRIPPING	3
SET POSITION AND MINDSET	1-2
SETUP	1-2
DRAWING	1
LOADING	0.5
ANCHORING	1-1.5
TRANSFER	0.5
HOLDING, EXPANSION, AIMING	2-3
RELEASE AND FOLLOW THROUGH	1
EVALUATION	2-3

Reference:

Archery; The Ultimate Resource for Recurve and Compound Archers

Edited by USA Archery