

BACK TENSION

Drawing the bow and holding it at full draw by using the back muscle (Rhomboid) of the drawing arm -
PULLING with the back muscle

Examples:

With elbow(s) above shoulder height

1. Pinch both shoulder blades together
2. Pinch only drawing arm shoulder blade

The Goal

We want to develop the use of our back
tension as a **Muscle Memory**
(Subconscious) **Function**.

Why is Back Tension Critical

The reason is **The Release**

1. Finger/Thumb are too sensitive to achieve “**surprise**” release because of thousands of tactile sensory receptors in tips of fingers.
2. Fingers send message to the mind to “Get Ready”creating anticipation.
3. Concentration (Conscious Mind) moves from aiming process to release...conscious mind can only do one thing at a time!
4. The Subconscious Mind (muscle memory) is over-ridden by the Conscious Mind.

The “**Anticipation**” Results

1. Jerking / triggering the release.
2. “Freezing” on the release or target.
3. Moving the bow arm / drawing arm.
4. And then MISS.

How Do We Make Back Tension Work

1. Draw Length is critical because it effects elbow position.
2. Activate the back muscle and slowly pull your elbow UP and BACK behind your head.....keep pulling.
3. STOP thinking about the release.
4. AIM – AIM – AIM.

BACK TENSION

With Release Aid

1. Hook deep
2. Don't set "Hair Trigger" (**generally**)
3. Pre-Load
4. Relax hand and slowly PULL with back muscle

Examples

Thumb Release / Hinge / Index Finger

BACK TENSION

Fingers

1. Hook Deep – 1st Joint
2. Back of Hand is Flat
3. Hand & Forearm Must Relax
4. Pull straight back with back muscle
5. “**Rip**” Hand Back to Your Shoulder

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