

WHY DO WE MISS

?

The Top 5 Reasons

#1. AIMING

**Most shooters are
looking at their sight –
but not truly aiming.**

“Call” every shot

#2. THE RELEASE

a). With Fingers

**b.) With a Release
Aid**

#3. GRIP

Most shooters get too much of their bow hand into the grip.

a). Position

b). Pressure

#4. BACK TENSION

a). Drawing elbow behind head

b). Balance a “ Push & Pull ”

#5. ANCHOR & HEAD POSITION

a). Position

b). Pressure

RELAX

This is fundamental in any sport and will underpin each of the above points.