

# Games to Test Knowledge Questions

What is the system of Shooting we use at Archers Artemis?

**The National Training System (NTS)**

What is the first step in the NTS Steps of Shooting?

**Stance**

What is the type of Stance we do called?

**Open Stance**

How do we get into Open Stance?

**Put our feet together on the far side of the shooting line. Slide our downrange foot back about six inches. Slide it over the line and point our toes towards the target (Downrange foot anywhere from 15 to 30 degrees, back foot 10 to 15 degrees.)**

What is the second Step of Shooting?

**Nock**

Where do we nock the arrow?

**Either under the nock point or between the nock points if there are two.**

Do we ever nock above the nock point?

**No**

What is the third Step of Shooting?

**Hook and Grip.**

Which do we address first? Hook or Grip?

**Hook**

How do we place our fingers for hook?

**Index finger, go to the first joint and place the string slightly above it towards the tip. Middle finger, go to the joint and place the string slightly behind it towards the palm. Ring finger. place the sting on the fleshy part. Make a funky C with the Thumb and Pinkie to bump out the wrist a bit. Make a banana shape with the string arm.**

How do we place our fingers for grip?

**Push into the palm as if you are saying stop to crate a straight bow arm. Place the fingers on top of the riser. (Bonus: if you are using a finger sling place the index finger on top of the riser and curl the other fingers under. Make a 45-degree angle with the hand. Thumb is pointed towards the target.)**

What is the Fourth Step of Shooting?

**Set.**

What is bilateral tension?

**Pushing the bow arm away towards the target while bring the string hand back muscles (scapula) towards the center of the spine to create the beginning of the “barrel of the gun.”**

What are the five things we think of in Set Position to create a solid foundation to coil?

**Weight forward, knees locked, hips under, chest down, shoulders relaxed.**

What do we do with our head in the Set position?

**Set it on the target and focus our mind.**

What is the most important Step of Shooting?

**The Eighth Step, Transfer to Hold**

Why is it so important?

**In this step, we transfer most of the weight of the bow into our back muscles, so we have more power and stability and get the most consistent shot. (Bonus: 95 % of the weight of the bow is in the back in this step).**

What is the Fifth Step of Shooting?

**Set Up**

What is the most important part of Set Up?

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### **The coil**

Why do we practice coil in a seated position?

**It allows us to keep our hips in an open stance position while we rotate our upper body around the spine.**