

CHAPTER 4: STEPS OF SHOOTING

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1. STANCE

2. NOCK

3. HOOK AND GRIP

4

4. POSTURE/ALIGNMENT

*SET

5. RAISE BOW

*SET-UP

6. DRAW

*TO LOAD

7. ANCHOR

8. TRANSFER TO HOLD

9. AIM

*EXPAND/AIM

10. RELEASE/FOLLOW THROUGH

11. FEEDBACK

**These terms coincide with the more advanced steps of shooting taught in the National Training System (NTS).*

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The Steps of Shooting poster is available for purchase at
www.usarchery.org