



SMILE

I've decided to have a serious look at smiling..

There's not enough of it. From the beginners to the first class archers, there is too much grinning and frowning which ends in lots of grimacing and swearing. Only the best archers manage to keep the smile going throughout a shoot, that is why they win. But it takes a coaches watchful eye to make sure it doesn't become a grin.

Because if you start with a grin it's sure to end up a frown, as a result ones muscles give out more rapidly and the arrows tend to end up in the green, which is no good to anyone.

Now you might be forgiven for thinking that I've gone completely round the bend. Smiling, grinning, frowning what the hell's he on about?

Well it's not about flashing your choppers off while shooting, makes anchoring damn difficult! No, it's about body shape.

Pretend you have a bow in your hand and you're at full draw.

Now imagine a line from the elbow of the drawing hand, then go underneath the chin to the bow hand. Done it? OK! Now then drop your elbow down and raise the shoulder of the arm "holding" the bow. The result is a frown shape. Before I carry on I must point out that you must never draw a bow with your elbow down, you could end up damaging your bicep and neck muscles.

Ok, to continue, put your elbow flat, front arm straight, slight hunch, you have a grin shape.

This will affect your release as the weight of the bow is still on your arms. You might start off all right, but you will eventually run out of steam and start to struggle.

Finally, stand tall, stomach in tits out; relax the shoulders, head still, elbow slightly up, bow arm relaxed and a firm anchor, you have a smile shape. Even when you release your arrow try to maintain that smile shape by relaxing the fingers and let the drawing hand brush lightly back along the jaw line. Let the bow go and maintain bow hand position.

So if you want to improve your shooting you now know what to do don't you? Remember keep smiling OK!

Good shooting
Nigel.