

A GUIDE TO RECURVE TECHNIQUE



1 POSTURE

The recurve archer sets her stance, close to at right angles to the target but usually with the back foot a little forward.

She places her bow hand into the grip on the riser and her draw fingers onto the string, one finger above the arrow and two fingers below.

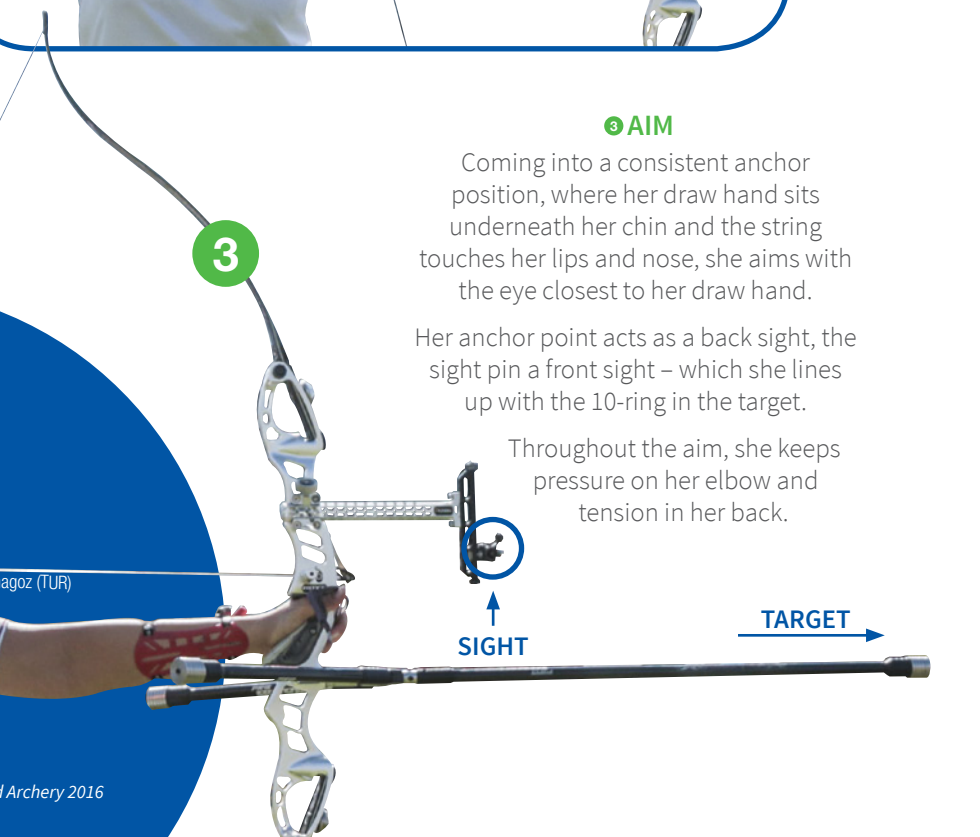
She lifts her head, stands up straight and looks directly at the target.



2 DRAW

She lifts her bow up to point her arrow directly at the target, and pushes against the riser with her bow hand as she pulls her draw hand back with her back elbow.

The draw rhythm is consistent, shot after shot, and she uses her back muscles to pull the bow efficiently.



3 AIM

Coming into a consistent anchor position, where her draw hand sits underneath her chin and the string touches her lips and nose, she aims with the eye closest to her draw hand.

Her anchor point acts as a back sight, the sight pin a front sight – which she lines up with the 10-ring in the target.

Throughout the aim, she keeps pressure on her elbow and tension in her back.

AIMING EYE

Yasemin Anagoz (TUR)

SIGHT

TARGET

4



4 RELEASE

The archer relaxes her fingers as her clicker sounds to release the arrow.

Because she kept pressure on her back elbow and pushed her front hand against the bow, they make sharp movements as the bowstring snaps back to its starting position.

5



5 FOLLOW THROUGH

She moves her draw hand to the back of her head and keeps her bow hand pressed towards the target, to make sure there is no interference with the arrow as it flies away from the bow.

The rest of her body remains still, providing a solid base from which to launch the shot, and her bow jumps out of her hand with left over energy from the limbs.

RECURVE BOW SPIN

One of the most noticeable features of a recurve archer's technique is how the bow spins in the hand at the end of the shot. A recurve archer does not grip the bow but wraps a finger sling around the riser, so when they release the string the bow jumps forward as a result of the force stored in the limbs and the direction the archer is pressing the riser. The bow is caught by the sling and reacts according to its inherent kinetic energy and the balance of its stabilisation – often by spinning!

