

Follow through

This article is going to cover briefly the importance of follow through and how it will improve your shooting.

Basically when shooting the archer should think about the next step in the process of the shot rather than the one they are currently involved in. It is physically impossible for the archer to control the now as by the time the archer gets around to the now it will already be the past. So when you are shooting you should think about what you want to do next not what you want to be doing now.

As practically everyone agrees the most important part of the shot is the release. Lots of people spend hours looking at slow motion videos of their backhand release trying to see where faults occur, where if they thought of the follow through (the future if you like) then the reaction of release will occur naturally and not be a panic form of delayed reaction.

The Koreans have a simple way of creating follow through. The way that they do it is to focus on back tension throughout the shot – the end goal for them is not the anchor point but the follow through position – leading to a squeezing of the shoulder blades together. Remember that it is not the aiming that puts the arrow in the middle but the action of the shot.

The front arm should be exactly the same as the back (in fact is probably more critical to the success of the shot than the back end) in that you should try think about the follow through of the shot and not the full draw position as this is only a passing point on the way to the follow through.

How many of us can walk up to the shooting line with our bow in hand and locate exactly where our follow through is by feel? Not many. Next time you shoot try and stand on the line first and feel where the follow through is first before shooting a single arrow. And then try and make this position your goal rather than reaching full draw. Don't aim too much using this technique, you'll find that the sight will start to drop naturally onto the target with out conscious effort as your brain will already have sorted it out. Easy it is – hmmm

To begin with the follow through may feel forced but the body soon learns that this is what the shot feels like and will adjust accordingly.

There is a country in Europe which doesn't even have a word for release, they only say follow through, and this is what we should be aiming to do, remove the psychological barrier of the release and just think about where we want to be next.

Have fun and good luck

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