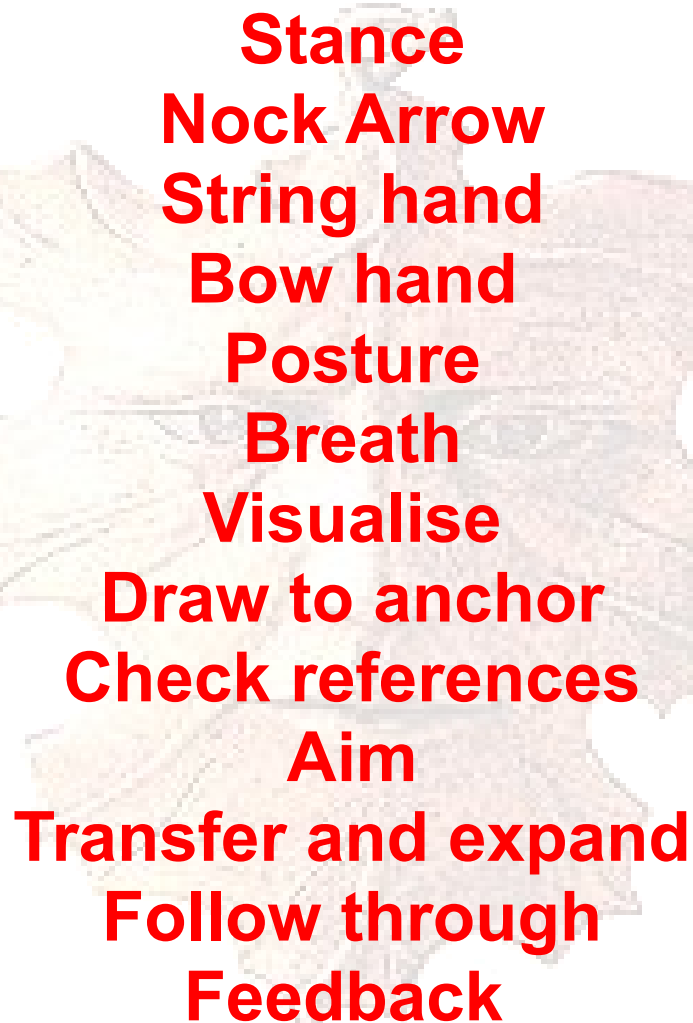


# SHOOTING SEQUENCE



**Stance**  
**Nock Arrow**  
**String hand**  
**Bow hand**  
**Posture**  
**Breath**  
**Visualise**  
**Draw to anchor**  
**Check references**  
**Aim**  
**Transfer and expand**  
**Follow through**  
**Feedback**

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Below can be cut out laminated and kept in Quiver for quick references.

Stance
Nock Arrow
String hand
Bow hand
Posture
Breath
Visualise
Draw to anchor
Check references
Aim
Transfer and expand
Follow through
Feedback