

ASK BILL

Question

Bill, I enjoy reading your articles in the newsletter but I don't know if you can help me. The problem I have is that it takes me so long to get on the target that my shot is deteriorating by the time I get there. I have to bring my sight up to the target from the bottom because if I come down from the top I can't get stopped before dropping out the bottom and then I am fighting things to get the sight back up to the center.

Answer

Thanks for the encouragement on the articles and thanks for asking this question because you are not the only one who can benefit by changing how you get on the target. There are advantages to starting above the target and here is how I would recommend you get started coming down from the top. Before drawing your bow but after you have loaded an arrow, set your bow hand in the grip and have your fingers or release on the string, you need to raise your bow until your sight is pointed about 1 foot above the target. Then draw your bow while maintaining your sight slightly above the target. Everything up to this point will seem awkward until you practice it for a while. Next, find your anchor and look through your peep and sight while still lined up slightly above the target. Now, instead of having to fight gravity to get up to the center of the target, simply relax your bow arm shoulder and let gravity help lower your bow for you. Now for the part that will keep you from dropping out the bottom; stop your sight in the middle of the 4 ring **just above the bullseye** for an instant or two and let things settle down. Then, relax a little more and let your sight **ease** into the bullseye. With a little practice you can drop pretty fast to the 4 ring above the bullseye and then ease into the center without dropping out the bottom. With some practice you will be able to be in the bullseye in 3 to 4 seconds and your sight will never have been below the center of the target. I hope this helps.

Comments

I am a firm believer in the idea that you do not have to do things the same way someone else does them but you do need to do things the same way every time. I suppose if you come up from the bottom the same way every time and do it enough you can be successful. The advantage in coming down from the top lies is something else I am a firm believer in and that is the idea that you should shoot with as many muscles relaxed as possible because muscles can relax the same way each time better than they can tense up the same each time. By coming down from the top you are relaxing muscles to get to the center instead of tightening them up and your form will be more consistent from shot to shot.

I also know archers who bring their sight to the target from random directions each time. They will have more consistent form if they would do it the same every time and I would recommend coming in from the top so more muscles will be relaxed.