

Shot-Process Checklist

The same steps, in the same order, for every arrow

For recurve, barebow and compound. Write one short cue word per step and use it on the line.

THE SHOT CYCLE

#	STEP	WHAT TO CHECK	MY CUE WORD
☐ 1	Stance	Feet in the same place every shot; weight even, body relaxed and upright	_____
☐ 2	Nock	Arrow on at the nocking point, index vane or feather in its usual position	_____
☐ 3	Set	Hook the string (fingers or release aid); relaxed bow hand in the same spot on the grip	_____
☐ 4	Raise	Raise the bow with the bow shoulder low; point toward the target before the draw	_____
☐ 5	Draw	One smooth draw, led by the back rather than the arm; bow arm stays still	_____
☐ 6	Anchor	Same contact points on the face every shot; draw finishes in the same place	_____
☐ 7	Aim & expansion	Let the aim settle on the center; the back keeps working, not the arms	_____
☐ 8	Release	Relax the fingers or let the release aid fire; no punching or plucking	_____
☐ 9	Follow-through	Hold the finish until the arrow lands; bow arm up, eyes on the target	_____

BEFORE EACH END

- ☐ Check wind, light and footing
- ☐ Pick one process goal for the end
- ☐ Breathe and settle before stepping to the line

WHEN A SHOT BREAKS DOWN

- ☐ If a step feels wrong, let down with the bow pointed at the target or another safe direction, then restart from the stance
- ☐ Judge the shot by the process, not only where it landed
- ☐ After the end, note which step broke down

YOUR EQUIPMENT

Recurve & barebow: "set" places the fingers or tab on the string; anchor is usually under the chin or at the corner of the mouth; expansion keeps the back working (on an Olympic recurve, often through a clicker); after the release the drawing hand moves back along the face.

Compound: "set" clips the release aid on, usually to a D-loop; anchor is a hand position, often checked with a peep sight and kiss button; hold against the wall and let the release fire as a surprise.

