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#### 4. Shooting

Hold the correct stance mentioned above. Straighten your hand with the bow ahead of you but keep it flexible with a slight bend in the elbow. Don't lock up your shoulder. Hold the bow like you would the handle of a coffee cup, with three fingers (pointer, middle and ring) but keep the thumb lowered. However it is comfortable is best.

Drawback with either three fingers around the string below where the arrow is placed or one finger above (index finger) or two fingers below (called Mediterranean release). Keep the elbow of the drawback hand up in line with your arm that's holding the bow. Anchor your drawback hand on your face, ideally somewhere in the region of your mouth and cheek just below your eyes or nose so that you can see down the shaft of your arrow. To shoot, just relax your hand holding the arrow and follow through with the shot. Don't put down your bow or change your position until your arrow is in its target.