



6. Problems

I kept hitting myself in the arm when releasing the arrow. I definitely recommend arm guards. But to avoid bruising, there are two things you can do. One, make sure your stance is correct. Slouching or bending into the shot makes you lose your straight line of release. If you are slouched or your elbow is farther out in front of you than it is behind you, then you are essentially aiming the string at your arm and will undoubtedly hit it.

If you are otherwise still hitting your arm then twist the arm you hold the bow with a little bit. Instead of keeping the knuckles of your hand more-or-less vertical, twist your arm so that your knuckles are at a 45 degree angle and your thumb is even lower. If done correctly, you'll find that position moves your arm slightly more out of the way of the shot.

If you end up doing an organized archery event, definitely don't hesitate to ask questions. I learned most of what I described above just by asking targeted questions. When you practice, just remember that taking a quick shot is going to be the last of your concerns. Master your form first, and the shot will follow.