

# ARROW PATTERNS

If the arrows are all identical, and if the archer does everything exactly the same shot after shot, the arrows should hit one on top of another. Here are some common reasons why they might not. When correcting an archer's form, always use positive statements—identifying what the archer must do to correct the form.

## Left Arrows

- causes:*
- Gripping bow too tightly
  - Aiming with the wrong eye
  - Peeking at the target upon release (Right hand archer)
  - Pulling the string away from the face (right handed archer)

## High Arrows

- causes:*
- Heeling the bow (tipping up)
  - Pulling the bowstring back too far
  - Raising the bow arm during the release
  - Pulling the release hand down during the release
  - Low drawing elbow

## Right Arrows

- causes:*
- Gripping bow too tightly
  - Aiming with the wrong eye
  - Peeking at the target upon release (left handed archer)
  - Pulling the string away from the face (left handed archer)

## Low Left Arrows

- causes:*
- String hitting the chest of a right-handed archer
  - Canting (tilting the bow to the left)
  - Weak bow arm

## Low Arrows

- causes:*
- Dropping the bow arm upon release
  - Moving the head forward to the string
  - Collapsing the bow arm
  - Creeping (anchor creeps forward)
  - Leaning towards the target
  - Arrow nocked above nock locator

## Low Right Arrows

- causes:*
- String hitting the chest of a left-handed archer
  - Canting (tilting the bow to the right)
  - Weak bow arm

