



ARCHERY SHOOTING MINDSET

P:	PREPARATION -	G.A.S. = Grip, Alignment, String
A:	ACTION -	D.R.U.M. = Draw, Rhythm, Under Control, Mindset
S:	SIGHT PICTURE -	“GET IT, KEEP IT”
S:	STABILIZE -	R.E.L.A.X. = Ready, Engaged, Lead, Ambitious, Xecution
M:	MY MOVEMENT -	Move, Move, Move
E:	EXTREME -	Concentration/Control
B:	BEYOND -	Stress
Y:	YOURSELF -	Stress