



## Step #1

# THE STANCE

If hitting bullseyes is your goal: consistency is the key.

A proper foundation is where to begin!

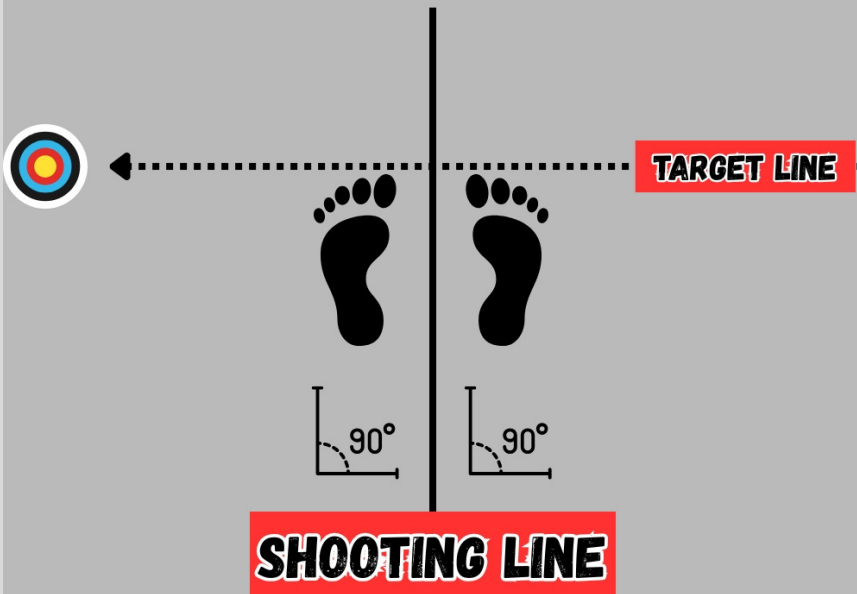
Your stance is ultimately important as it forms the stable structure upon which you will build your shot.

The NTS (National Training System) provides the following recommendations when developing your stance:

- **The recommended position is slightly open stance, with feet shoulders width apart and weight evenly distributed on both feet.**
- **Weight distribution should be @ 60–70% on the balls of the feet and 30–40% on the heels.**
- **With hips tilted slightly back, which should feel like tightening the lower abdomen; you will have a solid foundation in your stance!**

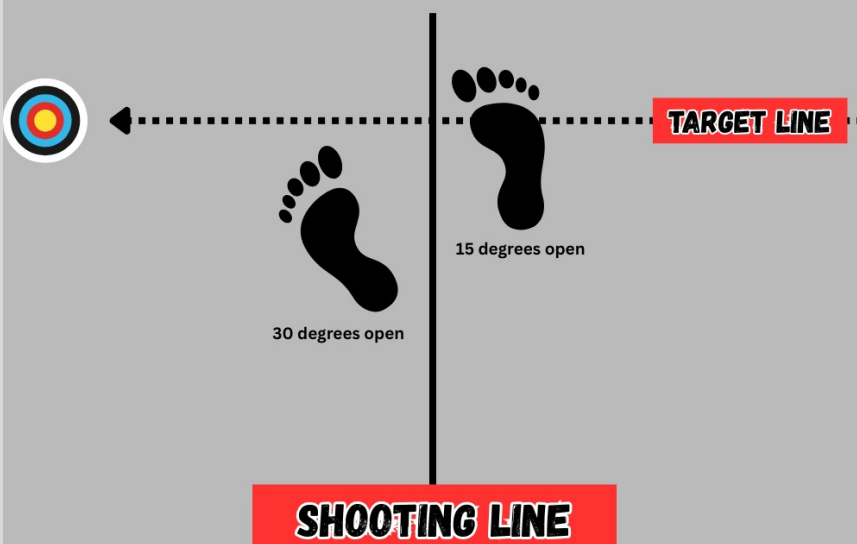


## CLOSED STANCE



Even though a closed stance seems “natural” or “mathematical”; the truth is, it’s not proven to be either.

## OPEN STANCE



Because the shot has movements that causes the body to coil, twist, and turn; the open stance will give us the best opportunity to find proper alignment later when we move through the next stages of our shot.

**I've read that there are 2 rules for archery:**

**Rule #1: find a way to hit a bullseye**

**Rules #2: figure out how to repeat rule #1**

**If we want consistent results, we must be willing to develop a consistent shot. Much like building a new house, things start at the ground level and build up. For our archery shot, the STANCE is the ground work which we will build up from.**

**Even if you have been shooting for years, and haven't found a consistent shot; it's always the right time to start over and to things correctly.**

**And much like archery, in our lives things tend to start at the ground level. So as much as you invest in the stance of your shot—you also need to spend some time developing the stance of your personal values. Your principals. Your beliefs. Everything you accomplish in life will ultimately be a result of your convictions and efforts to make the world a better place.**

**I believe you can, and I believe you will!**

**--Coach Jeremy**