



shooters school

Secrets of the Pro's
Reveiled

Shooter's School

This booklet was produced to help the frustrated archer. The frustrated archer is always looking for that one secret, that one tip that will move him/her from the ranks of the "also competed" to the winners stand. There are allot of books written and plenty of "coaches" teaching out there that teach archery techniques - but put a bow in their hands and they couldn't hit the broad side of a barn. I am not one of those. My knowledge comes from over 30 years of shooting and winning archery tournaments. The techniques I have developed are designed for the archer that doesn't have the time to practice- has bad eyesight - and has used eminent

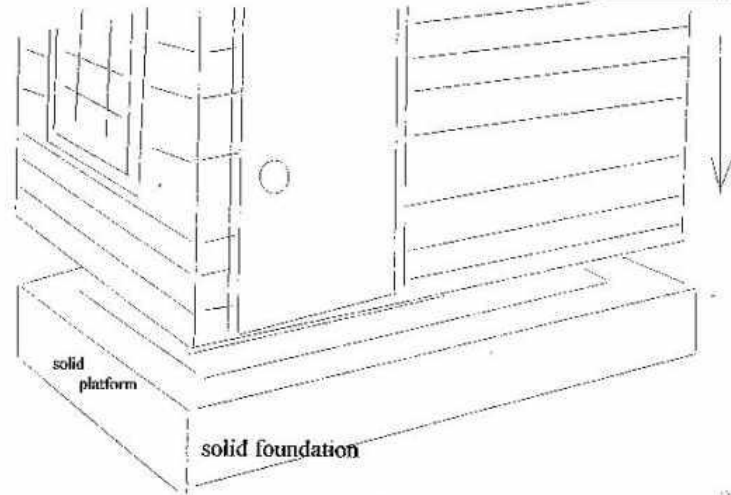
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Developing A Shooting Platform

Warning

Before any of the following steps are implemented and perfected, the shooter MUST have complete confidence in his /her equipment.

P.S. This goes for what you are wearing.



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There are basically 12 steps in the processes of shooting ONE arrow.

Important: Each must be done and in the following order.

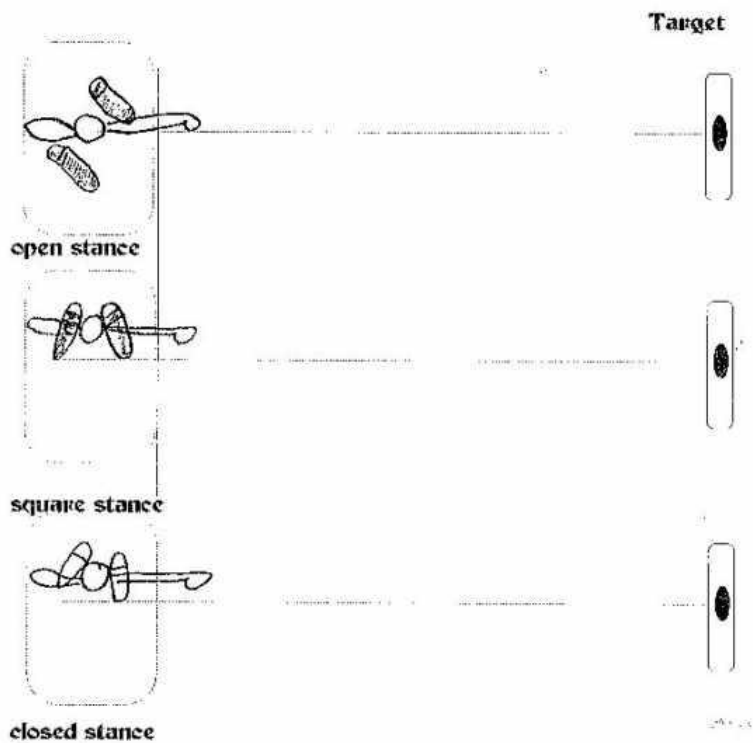
- #1 Foot Position
- #2 Knock the Arrow
- #3 Hook up
- #4 Setting the bow hand
- #5 Pre Aim
- #6 Draw to Anchor
- #7 Call the Shot to Order
- #8 Commit
- #9 Start the Release motion
- #10 Aiming Moment
- #11 Follow Through
- #12 Conclusion

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Important: Each must be done and in the following order.

#1 Foot Position

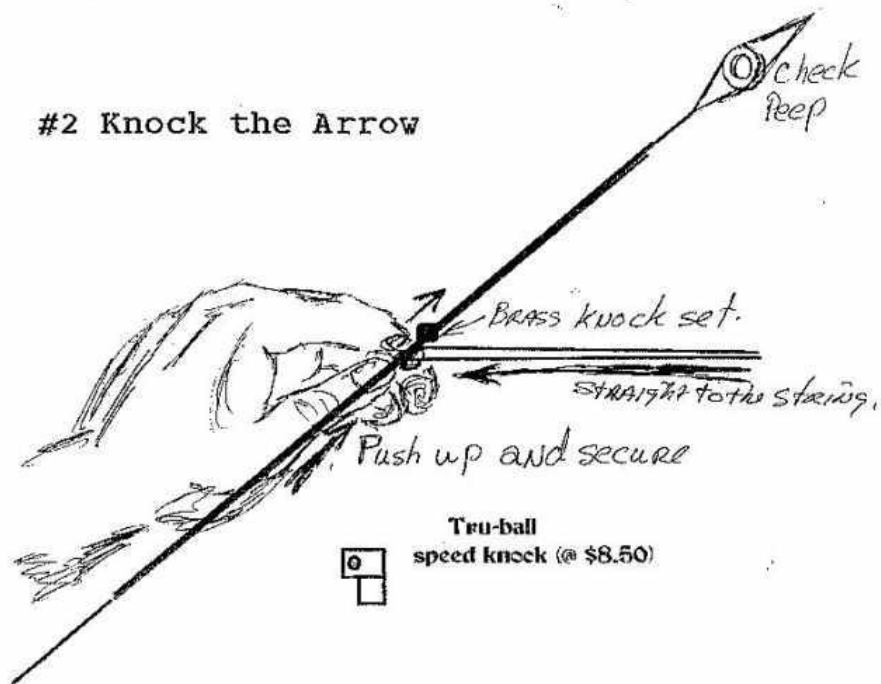
Body alignment in relation to the target.



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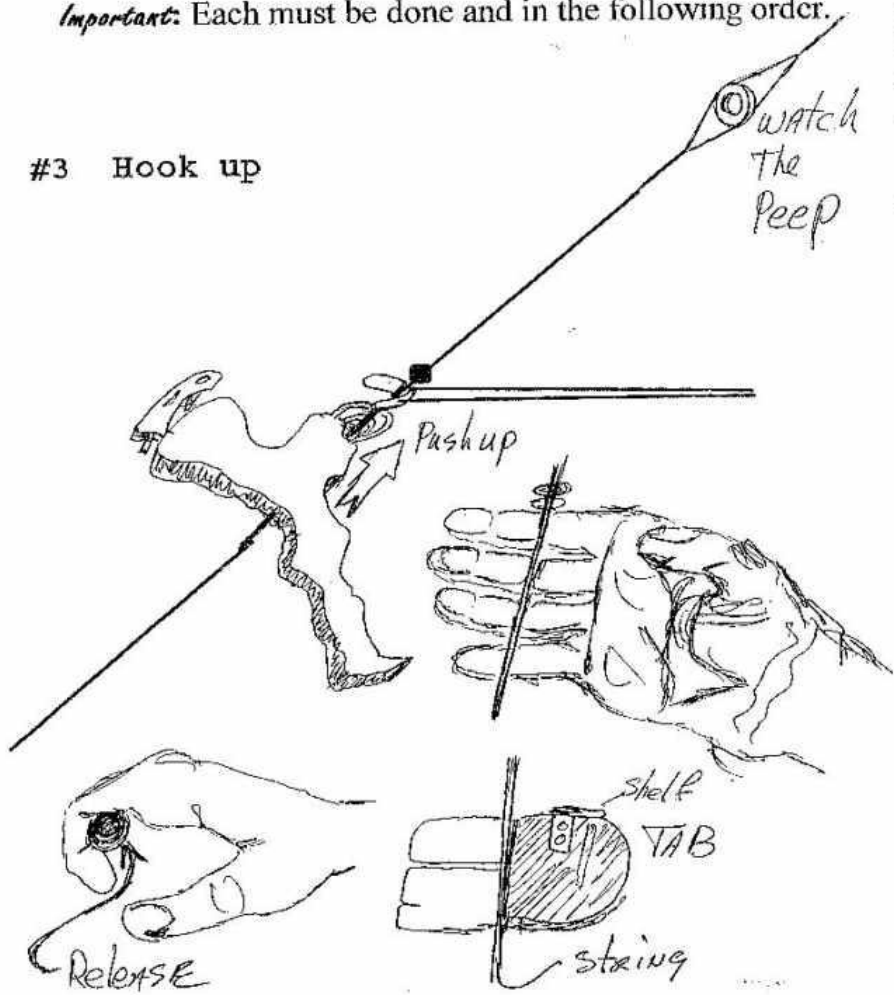
#2 Knock the Arrow



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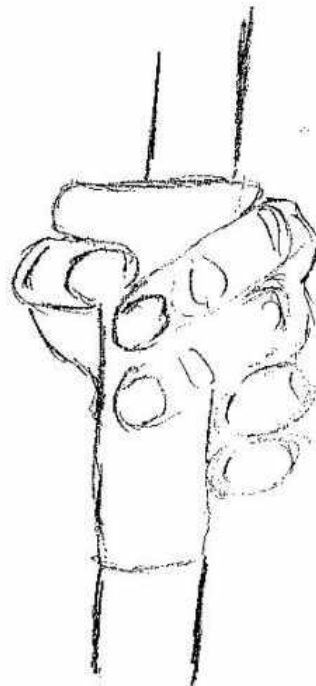
#3 Hook up



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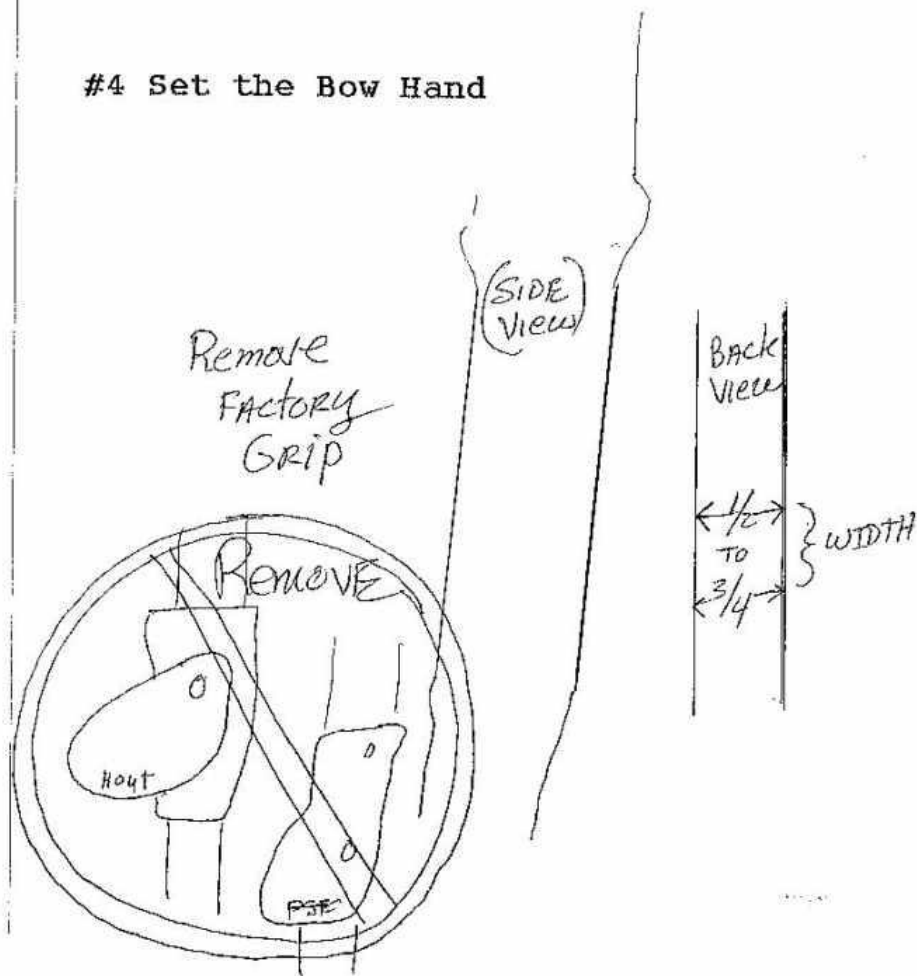
#4 Set the Bow Hand



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Important: Each must be done and in the following order.

#4 Set the Bow Hand

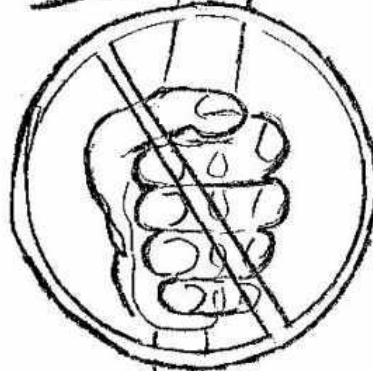


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Important: Each must be done and in the following order.

#4 Set the Bow Hand

Not

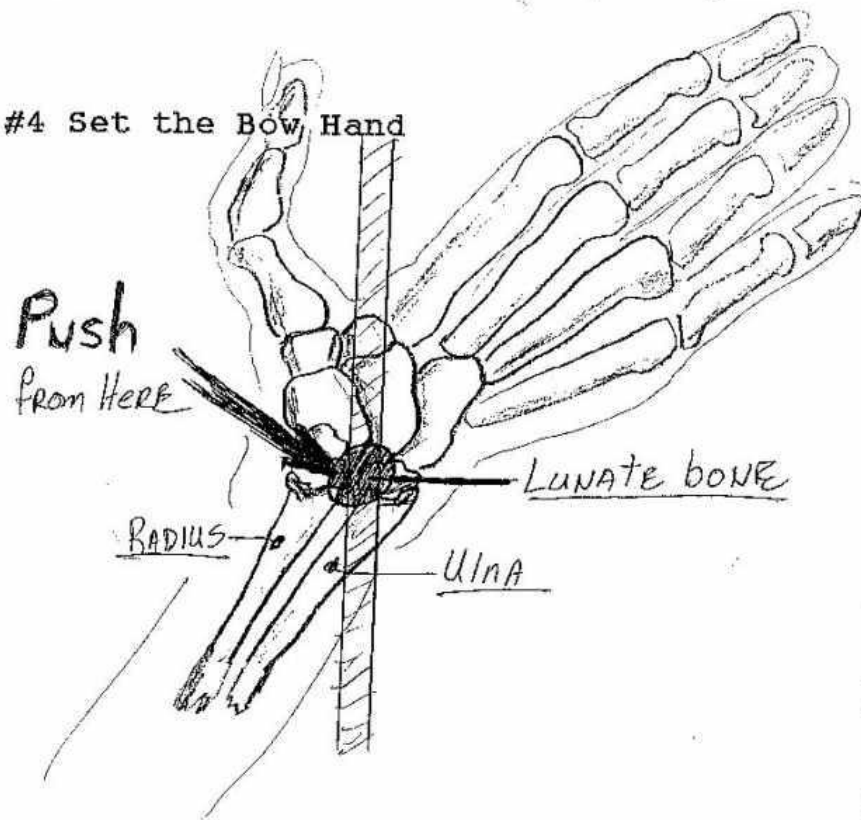


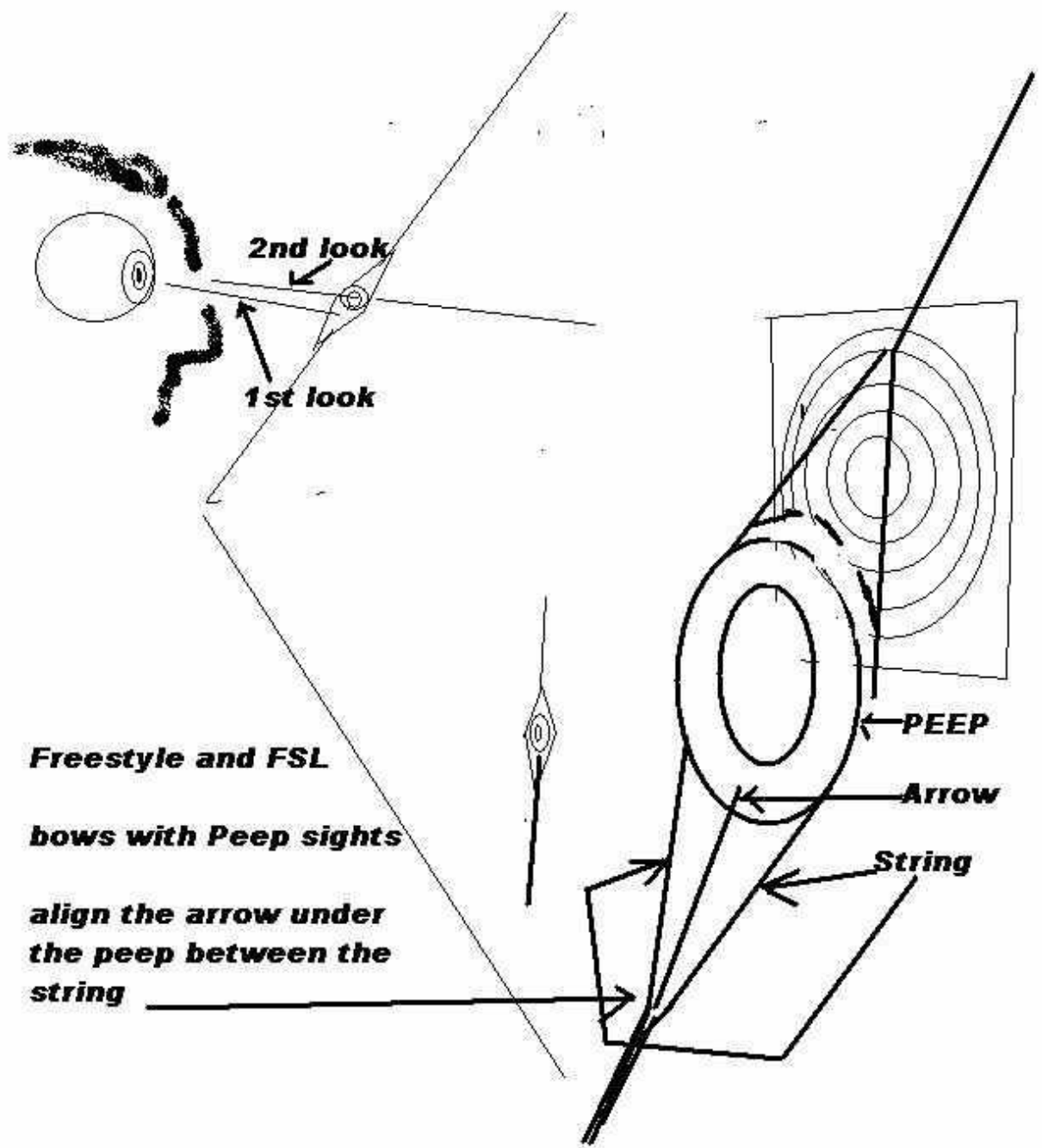
3 NO
NO
NOs

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Important: Each must be done and in the following order.

#4 Set the Bow Hand





Freestyle and FSL

bows with Peep sights

***align the arrow under
the peep between the
string***

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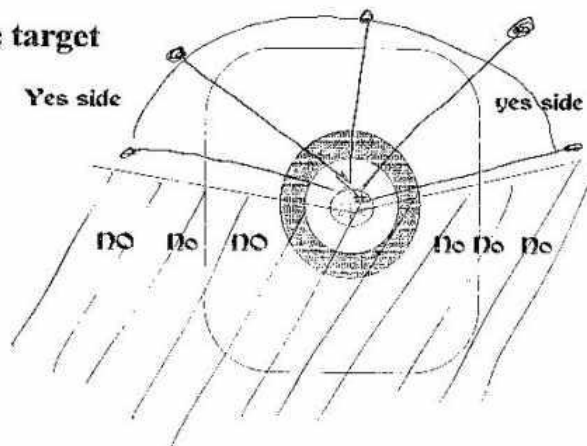
Important: Each must be done and in the following order.

#5 Pre AIM

- * Raise the bow
- * Set the bow shoulder
- * settle in, set the shooting platform.

Important: At this point - if it don't feel right, if your fighting your setup ...**PUT IT DOWN**

- * Approach the target



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Important: Each must be done and in the following order.

#6 Draw to anchor

Important: At this point - if it doesn't feel right, if your
fighting your setup ...**PUT IT DOWN**

* Approach the target

* Positive mental imagery (pre shoot the shot- see the
arrow hit the center)

? How many anchor points do you have? Set Them.

* Start visualizing the target to be shot.

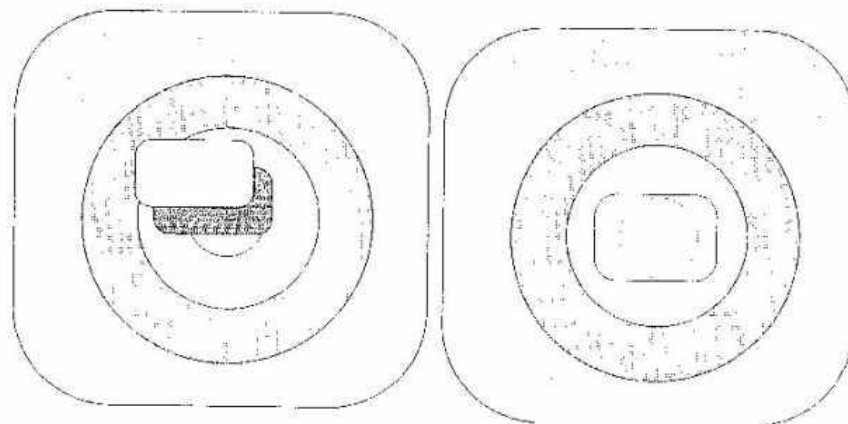
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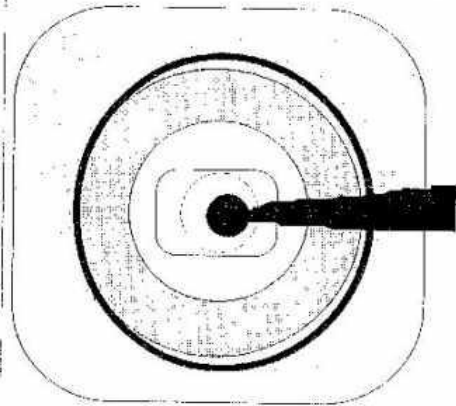
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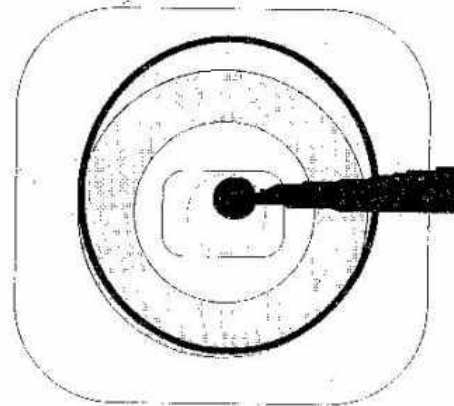
#6 Draw to anchor

Important: At this point - if it doesn't feel right, if your fighting your setup ...**PUT IT DOWN**

* Start visualizing the target to be shot.



Look at the outer ring of the target don't look at the center. Put white tape over the center for practice.



Not looking at the outer ring will result in a possible miss.

Shooting this way will allow you to be more relaxed and shoot better.

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Important: Each must be done and in the following order.

#7 Call the shot to order

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#8 Commit

Go Brain dead....allow your subconscious mind to take over
from
here..... AIM...AIM...AIM >>>>Hold>>>>Hold>>>>Hold

Don't let the creeping crud enter your mind.

Sing
talk to yourself
Go brain dead

Any Negative thought at this time will kill you!!!!

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Important: Each must be done and in the following order.

#9 Start the release motion.

#10 Aiming Moment

- * This has to be an unconscious act.
- * Push-Pull +/- action
- * Using your back muscles
- * No punching allowed!!!!

Aim ...aim....aim....aim
Pull...Pull....Pull....Pull....**POW.**
hold...hold....hold
Pull...pull...pull

Note: (#9) shot timing- a good archer gets the shot off in the same amount of time - each time. Example get the shot off in 6 seconds. The shot should be off before 8 seconds.

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Important: Each must be done and in the following order.

#11 Follow Through

*Hold on the target

*listen, hear the arrow hit

*Don't move

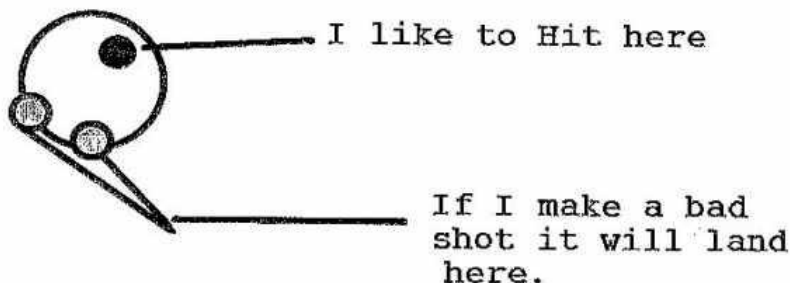
* allow the release hand to fly back to the same resting position after each shot.

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Important: Each must be done and in the following order.

#12 Conclusion

- * Let the bow down
- * Rest the body - feel the tension flow out the bottom of your feet.
- * Make minor sight adjustments



for top targets move the sight up ONE click. About one pin width.

Bottom target put on your twenty yard mark.

Also you may want to move the sight left/right one or two clicks around the middle of the game (8th end -450 round)

Developing a winning Subconscious mind.

This list of Books and ideas will help the archer that is willing to invest time in (himself) and is serious about winning - in life.

Overall concept:

- 1.1 Practice Tips - Practice when you know you should and according to your shooting goals. Never practice when you are tired, irritable or sick.
- 1.2 Technique - You will improve your shooting by acquiring an overall feeling of being relaxed and "atone" with your bow. Have your shooting form reviewed by a competent Pro.
- 1.3 Goals - Setting Goals works - only if they are written down with a date of complete. When you set goals, you are programming your mind. The best way to set goals is to write them down.
- 1.4 Attitude - In order to succeed you must believe in yourself. Belief is the foundation for all success. It is difficult to succeed without confidence and impossible to feel confident until you believe in yourself. A great attitude is the single most important quality you can have.

2.0 Programming yourself

- 2.1 Visualization - Programming the subconscious mind, using the mind's full potential. Visualizing, are terms that are very closely related. Those who believe achieve. Most people don't realize how they program themselves because they are unaware of their subconscious (inner mind) and how it works. With a little awareness and practice you can quickly gain control over your self-programming.
- 2.2 Relaxation - Relaxation is the key to achieving fast results when visualizing. The more relaxed you are, the more your subconscious mind is open to your suggestion. You are most relaxed, and therefore most in touch with your subconscious mind, when you are asleep.
- 2.3 Achieving your Goal - Once you are relaxed you can effectively program your inner mind. Begin with just one small goal and repeat it over to yourself in the present tense. As you repeat it to yourself, try to hear, see and feel yourself reaching your goal. The more real you can make it in your imagination, the greater the affect on your mind, body and memory.

Books that build the mind.

- "6 Attitudes for winners" by Norm Vincent Peal BK328
- Understanding Winning Archery - by Al Henderson
- "12 Ways to Develop a Positive Mental Attitude" D. E. Gallorwy
- "An Enemy Called Average" by J. Mason
- "Born To Win" by L. Timberlake
- "Building Your Self-Image"
- "How to Have Confidence & Power" by L. Giblin
- "Peak Performance Principles for High Achievers" by J. Noe
- "Personality Plus" by F. Littauer
- "The Power of Positive Thinking" Norm Vincent Peal
- "The Psychology of Winning" by Dr. D. Waitley
- "The Winner's Edge" Dr. D Waitley

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Question one - What type of equipment should I be using?

My Answer - What type Personality do you have. Also what can you afford!

Important secret tip: What type personality are you?

Book to read "Personality Plus" F. Littauer

Are you a:

Choleric - Take charge, go-getter, Leader type, No friends, "type A"

Melancholy - Engineer, cross the T dot the I, perfection, the right way to do things, can make it better.

Sanguine - Happy, tells jokes, life of the party, likes to play games, loses things, mindless.

Phlegmatic - Couch potato, Lets get along, Peace maker, don't rock the boat.



Shooter's School Official Certificate

Congratulations you have completed the course. Remember,
that the joy of archery is in the pursuit of excellence.

When you've won yourself a trophy
And you've placed it on the shelf
Stand Back and gaze upon it
Then, be honest with yourself
Did you earn it - And deserve it
Are you proud of what you see.
Or did you win it shooting 'neath yourself
Stead of where you ought to be
Will the dust that falls upon it
Turn to particles of shame
Just because you're keen on winning
Are you lousing' up the game.
Are you happy when you're shootin'
Even though you're not the best
Can you smile, and grin and bear it
When you're being teased - in jest
Let your hand release the Arrow
Let your eyes direct its flight
Let you conscience mark the score-card
Keep that trophy shining bright
Then, where-ever Archers Gather
And they speak. I'm sure they'll state
It's a great game that we're playing
And He helped to make it great.



Course completed _____

Signed *Matt Hopkins*



Matt "*Robin Hood*" Hopkins

3 times USA archery Indoor National Champion, NFAA Outdoor National Champion, NETAA Triple Crown, 14 times NFAA State Champion, NEAU New England Champion, Longbow champion, 11 NFAA Sectional champion, World Archery Center Champion, 3 times Atlantic City Archery Classic Open/FS Bowhunter FS Amateur, NFAA Vegas Classic and many many more.

