

## Bow Hand Position

### Why is the bow hand position important?

A good bow hand position provides the archer with a firm foundation for developing consistent form. It can:

- Ensure a firm bow arm
- Reduce torque
- Allow good anatomical arrangement of the bones of the forearm and upper arm
- Allow the development of consistent draw length

### What are the key points for developing good bow hand position?

Whatever the shape of your bow grip, there are certain principles that apply. The bow hand position and pressure point must be easy to repeat – and the closer any action or position is to a natural body position or movement, the easier it is to repeat. You can test this, and attain a good hand position, very easily.

- Raise the bow arm to shoulder height – note that when you do this, quite naturally the palm is facing downwards. This is important.
- Bend the wrist, as if making a stop sign with the hand, then let the fingers relax
- The resulting bow hand position should look something like this :



### How do I do this with my bow?



- Place the bow hand into the grip of the bow with the centreline of the vee between thumb and index finger in line with the centre of the bow as shown in the top view.
- The pressure is on the thumb pad. The palm of the hand should never apply pressure on the bow neither should the fingers close around the grip.

This position puts the centerline of the bow grip on a line from the deepest part of the thumb-finger web to the middle of the hand at the wrist. If you do this, there is space between the outside edge of the hand and the bow. The base of the thumb muscle should rest on the centreline of the grip.

During the draw, the pressure should be taken on the thumb muscle and directly into the wrist, not onto the thumb knuckle.

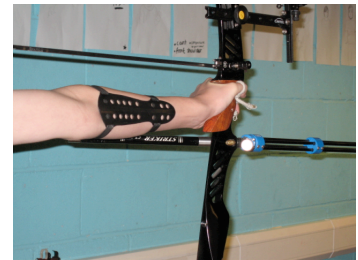
### Relaxing the Bow Hand

When the string is drawn, the bow presses into the thumb pad. You do not hold the bow. If the hand is properly positioned, it has no tendency to slide in any direction. This allows you keep the hand relaxed throughout the shot.

Do not wrap the fingers around the grip area. Remember, there should be space between the outside of the palm and the side of the grip, with the wrist relaxed so that its up-down position on the grip is consistent. Proper bow hand position leaves space between the bow and the palm. Your knuckles almost look like a 45 degree angle away from the grip



### The result



A relaxed yet firm bow hand position that is anatomically strong, allowing the bow arm to be firm yet relaxed, providing that stable base for a strong shot and relaxed follow through.

