



A Further Look Into Correct Set to Setup Position - Left Handed Version

Recently, many of you learned the more intricate details of set and setup position. These are two important steps in the mastering the BEST Method. At the past Junior Dream Team Camp it was noticed that there were some misunderstandings of the details and philosophy of these steps. This technical bulletin will provide some insight and visuals to help you gain a more accurate understanding of set and setup position and how to get from one to the other.

Set and setup are two important steps in the BEST Method. We need the correct grip, hook, and body position at the beginning of set position. The main points of **set position** are to set the contact of the grip and hook while beginning to brace the bow slightly using the back. The main point of **setup** is to set the barrel of the gun while maintaining the contact of the grip and hook from set. Setting the barrel of the gun at setup will prepare you to draw the bow angularly without changing shoulder alignment.

Many of you recently learned the concept of starting set position at 7 o'clock (left handed archer) and rising to 1 o'clock at setup position. This way will create great shoulder alignment and good grip contact at the pressure point; however, we have noticed several misconceptions with the application of this concept. The first and most noticeable misapplication has been the size of the

“clock” for each archer. In **Figure 1** to the left you will notice that the clock is too large. The archer’s shoulder alignment is too far to the left because the size of the imagined clock is too large. This position is unnatural and will cause the archer to move too much and in an exaggerated manner. It is important to remember that the shoulders should be set at most in line to the center of the target (or perpendicular to the shooting line), but they should not be set more to the



Figure 1



Figure 2

left of the center of the target for a left handed archer like in Figure 1. In **Figure 2** you will see that the archer is in a much more natural position and the alignment of the shoulders is almost in

line to the center of the target. In both photos the archer is starting at 7 o'clock, but the imagined clock's size is different.

The most important philosophy behind these steps is to help angular drawing and loading not linear. Then the archer will use more efficient torque of the main body's pivot point.

Imagining too large of a clock will also cause problems as the archer comes to setup position. The motion from set to set up position should be a smooth, natural movement. It should not be an exaggerated movement. You will notice that the next 2 photos show the same archer at setup position.



Figure 3



Figure 4

In both photos the archer is raising to 1 o'clock, but in the **Figure 3** the archer's body is too far to the right. This will require the archer to move a large amount to the left during drawing. In **Figure 4** the archer is in a much more natural position. The reference from set(7 o'clock) to setup position(1 o'clock) should NOT be thought of as a strict position. The reference points were only given to create a visual.

It is the philosophy that is important. It should also be noted that the path from set to setup position is not a strict path either. There are allowances for several variances, but the easiest way is illustrated in **Figure 5** and is almost a direct line from 7 o'clock to 1 o'clock. The path, however, should not be that of a backward number 7 for a left handed archer(as indicated by the magenta line).

Keep in mind that the size of the imagine clock is also dependent on the distance. In these



Figure 5



Figure 6

examples the target is only 5m away. If you are shooting 70m, the imagine clock would be about the size of the 5-6 ring.

Remember, the BEST Method is supposed to make shooting the bow easier and make your body more efficient. The concepts of each step are important to understand, and all lead to the philosophy of holding. Good Shooting!

Please refer to the right handed version for pictures of acceptable variations in set and setup position.