

PLANNING TO PEAK IN ARCHERY

FOCUS MAP for _____ DATE _____

LUNG CAPACITY		TIME ↓	EYE FOCUS POINT	FOCUS MAPPING			MUSCLE LOADING	
LOW	HIGH			MIND MANAGE	FORM STEPS ↓	BODY FEEL	LOW	HIGH
		0			STANCE			
		3			NOCK			
		6			BOW HAND			
		9			RELEASE HAND			
		12			POSTURE			
		15			SETUP			
		18			DRAW/LOAD			
		21			ANCHOR			
		24			TRANSFER TO HOLD			
		27			CONTRACT & EXPAND			
		30			RELEASE & FOLLOWTHRU			
					REFLECT/RESET			