

Shot Trainer



A NEW WAY OF SHOOTING

Astra Archery is proud to present the Shot Trainer form aide. Now, learning how to shoot a strong shot without collapsing on the release is comfortable, convenient, and controllable. The Shot Trainer is fully adjustable to fit almost any body type or size, comfortably wrapping around the drawing arm in Nobel Prize winning Oelifin fabric. Durable parachute cord connects the Shot Trainer to the bow string, providing a secure, yet non-destructive attachment. Simply detach the stainless steel snap-hook to quickly and conveniently retrieve arrows.



Bowstring
attach loop

Quick detach
stainless steel
snap-hook

Shot Trainer
Oelifin elbow sleeve



Center
adjustable strap

Rigid Shot
Trainer straps



WARNING: To avoid injury, read all operating instructions in this guide before using the Shot Trainer.

— CAUTIONS —

INCORRECT ADJUSTMENT CAN
CREATE CONTUSIONS AND
CAUSE BRUISING AND
LACERATIONS TO THE FOREARM,
HAND, AND NECK

- Always check the latching mechanism of the snap-hook to make sure it is fully engaged and closed
- Have a certified archery coach check the fit and adjustment prior to use

- First time users may experience some slapping against the hand, neck, or forearm. As the archer becomes more proficient with the Shot Trainer, slapping will minimize inversely to strength of shot.
- The quick detach stainless steel snap-hook has a certified working weight capacity of 120 pounds of force. Exceeding this force can cause failure
- The double sheet bend knot used for the bowstring attach loop is the same knot used on ocean-going sailboats, however it should always be examined prior to use to check for damage or slipping

SET UP AND FIT

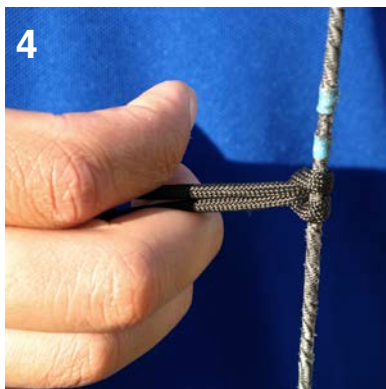
THE ELBOW SLEEVE

- (1) The Nobel Prize winning Oelifin fabric is very stretchy and will fit many arm sizes with an equally snug fit
- (2) Pull the elbow sleeve on such that the grey lines designating the elbow joint go on the *inside* of the elbow joint
- (3) The rigid straps should be of equal distance on either side of the elbow, wrapping around the back of the arm
- (4) The elbow sleeve should go from the bicep to the wrist. Size accordingly



SET UP AND FIT

CENTER STRAP AND SNAP-HOOK



- (1) Disconnect the snap-hook from the elbow sleeve
- (2) Loop the bowstring attach loop around the bowstring under the nocking points and thread the snap-hook through the middle of the bowstring attach loop
(keep the double sheet bend knot out of the way)
- (3) Pull the assembly taut and connect the snap hook to the elbow sleeve
- (4) Adjust the length of the center strap until approximately one inch of the bowstring attach loop protrudes past the fingers when they are curled as if they are holding the string



SET UP AND FIT

FINE TUNING WHILE SHOOTING

- (1) The Shot Trainer may lengthen slightly while breaking in – make minor adjustments to the center strap to keep the one inch standard gap
- (2) According to shooting style and type of follow through, the Shot Trainer may make more contact with the neck or forearm than is comfortable – make minor adjustments as required while trying to improve shot strength
- (3) Unclip the snap-hook to retrieve arrows



IN USE

COMMENTS AND GOALS

The Shot Trainer teaches archers how to release the string without releasing control of his or her back muscles at the same time. However, an archer should not clench his back muscles to prepare for the shock – instead, he should focus on the motion and direction of his expansion right before the clicker goes off and during the follow through. Also, it is impossible to open one's fingers fast enough to get out of the way of the string, so do not try to do so!



DRILLS

WITHOUT AN ARROW

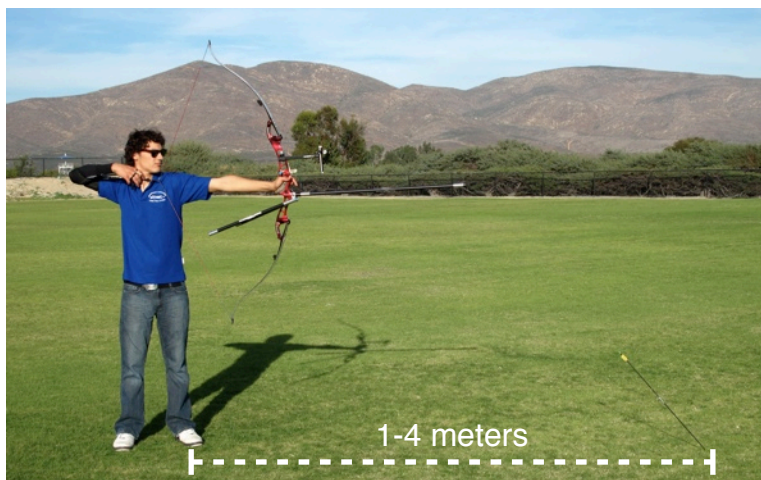
- (1) Without an arrow, prepare to shoot the bow in a normal fashion
- (2) No adaptations to form or technique need to take place. Archers should attempt to shoot as if he or she were not wearing the Shot Trainer
- (3) Learning to replicate technique and feel while using the Shot Trainer without an arrow allows an archer to practice in hotel rooms, or any situation without a target mat



DRILLS

WITH AN ARROW – NO TARGET

- (1) Face an empty field and shoot without the distraction of the target or aiming
- (2) Videotape a couple shots – then, compare side-by-side to a video without the Shot Trainer – try to eliminate differences so both shots look the same
- (3) Unclip the snap hook to retrieve arrows!
- (4) Arrows should only travel 1-4 meters before hitting the ground. If arrows fly farther, the archer is collapsing!





DRILLS

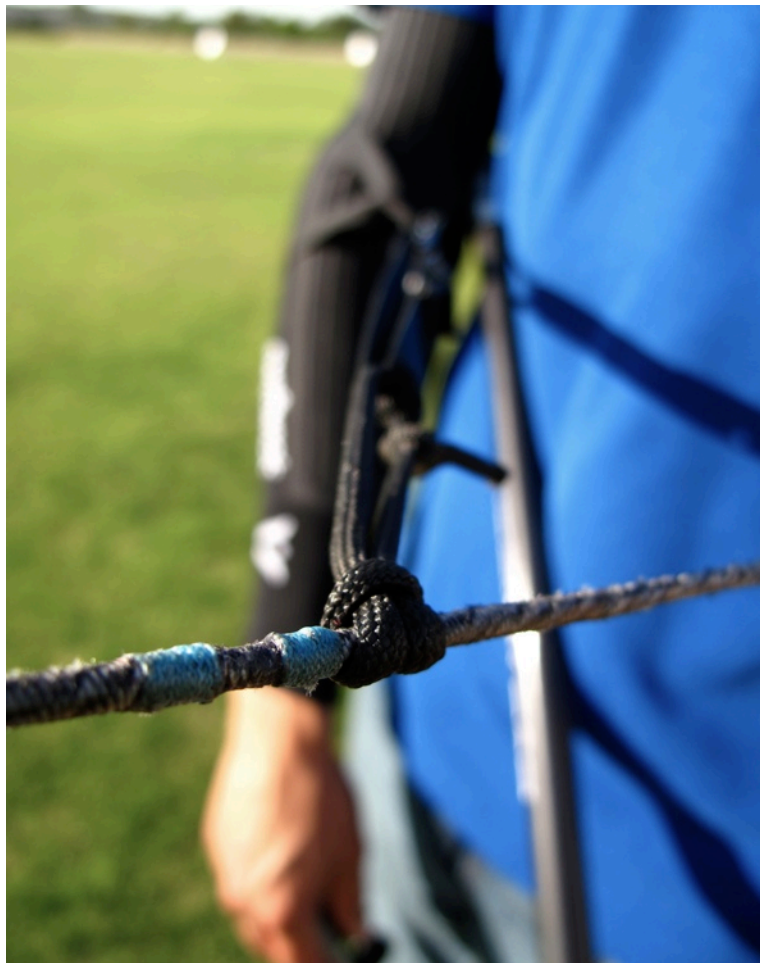
WITH AN ARROW AND TARGET

- (1) Only after the natural progression of shooting without an arrow, and then with, and obtaining mastery of both, should an archer attempt facing a target
- (2) The target should be the desired distance away (ex. 70m) even though the arrow will not fly the distance
- (3) The target serves as the final distraction from the shot – even go through the process of guessing the wind!
- (4) Only 1-2 meters of arrow flight!

GOALS

MEASURE PROGRESS

- (1) Work up to shooting 20-40 shots a day, with and without an arrow, every day before actual practice
- (2) Slowly introduce aiming at a target – it makes it a lot more difficult! Be a very harsh critic on look and feel; shots with and without the Shot Trainer must be identical! Criticism is necessary
- (3) Practice at home, in hotel rooms, or before official practice at a tournament to quickly bring back good feeling





DIFFICULTIES

FIXING PROBLEMS

- (1) If the strap is adjusted too short, the bowstring may not completely leave the archer's fingers at release. If it is too long, the strap may slap the archer's neck too much. Adjusted properly, the bowstring should leave the fingers and the strap makes minimal contact with the neck
- (2) Keep the plastic ladder lock buckle away from arm to avoid excess slapping
- (3) Tuck the excess slack under the second plastic buckle

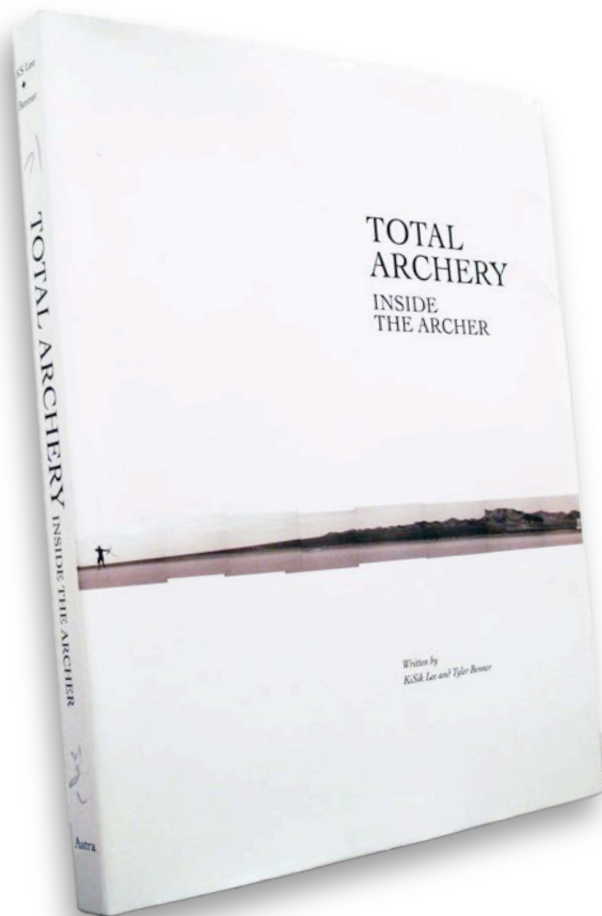
INSIDE THE ARCHER

SHOT TRAINER TECHNIQUE

Astra Archery is happy to provide a free 10-page primer on correct hooking of the string, "Chapter 4 – Hooking," of *Inside the Archer*. Details contained within this chapter will greatly aid in using the Shot Trainer, prevent injury, and improve your scores. Pay close attention to chapters 10, 11, 12, and 17 with the Shot Trainer!

To download the free pdf, visit:

www.AstraArchery.com/hooking/



ASTRA ARCHERY

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