

QUICK-CARD

Foot locator and consistent stance

A foot-locator board lets the archer find the same stance end after end.

Why it matters

- A consistent stance is the base of consistent archery, especially without sight.
- Set once, then referenced by feel, it removes a whole source of variation.

How to set it up

- 1 Place a foot-locator board with adjustable indicators at the line.
- 2 Set the indicators to the archer's natural, comfortable stance; confirm balance.
- 3 Have the archer find the indicators by feel and return to them between arrows.
- 4 Index the board to the tactile-sight stand so stance and aim share one reference.
- 5 Reset and re-check the indicators at the start of every session.
- 6 For competition, the foot locators and stand together can be no more than 80 cm wide, and the part the archer touches no more than 6 cm high (Book 5, 34.4.2).

Coaching note. Small, tactile indicators work better than large ones. The archer should feel the reference, not hunt for it.