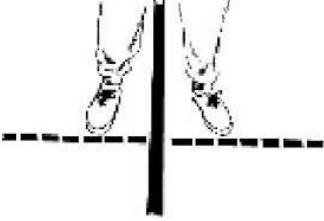
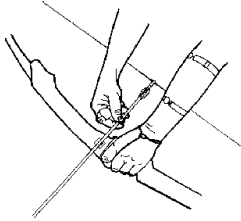
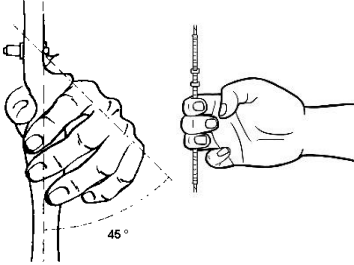
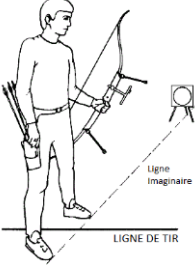
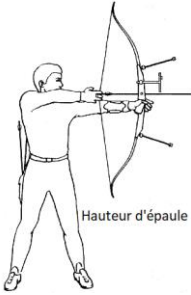
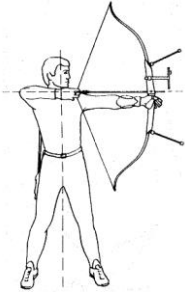

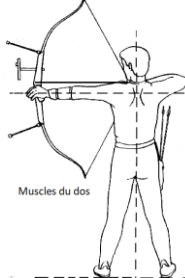
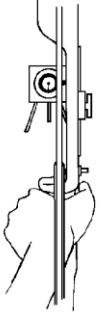
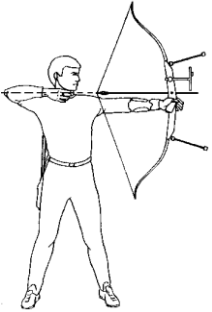
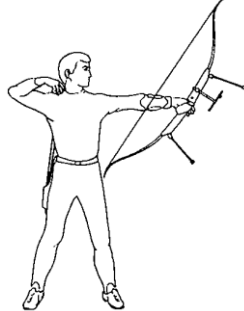


## Séquence de tir – Shooting steps

|   |  |   |  |
|---|--|---|--|
| <p>1. Position des pieds (Stance)</p>                      | <p>2. Encoche (Nock)</p>                                    | <p>3. Prise (Hook and Grip)</p>  <p>45°</p>                        | <p>4. Posture et Enlignement (Posture/Alignment)</p>  <p>Ligne Imaginaire</p> <p>LIGNE DE TIR</p> |
| <p>5. Lever l'arc (Raise bow)</p>  <p>Hauteur d'épaule</p> | <p>6. Étirer (Draw)</p>                                     | <p>7. Ancrage (Anchor)</p>  <p>Centrer sur le nez et le menton</p> | <p>8. Transfert au dos (Transfer to hold)</p>  <p>Muscles du dos</p>                              |
| <p>9. Viser (Aim)</p>                                    | <p>10. Décoche/Continuation (Release/Follow through)</p>  | <p>11. Rétroaction (Feedback)</p>                                |  |