

Beyond the Basics of Single String Archery



Next Level Toward Intermediate and Advanced Archery

Are you a Bare Bow or Olympic Recurve archer wanting more out of your shooting experience? Would you like to learn more advanced techniques to tune your gear? Would you like to train better for more consistent shooting for higher scores?

If you answered “yes” to any of these questions, then consider enrolling in the upcoming two-part seminar, **Beyond the Basics of Single String Archery**. This class covers what is common between these two disciplines of archery as well as some of the differences.

The first part (one hour) of this seminar, **Advanced Tuning**, covers more advanced tuning techniques to get your bow and your arrows to shoot true. This session goes beyond the basic setup and center shot. Both Bare Bow and Olympic Recurve equipment are covered.

The second part (also one hour) of the seminar, **Advanced Shooting**, covers some of the more challenging steps of the 11-step National Training System (NTS) providing not just “how” but “why.” From stance to set, set-up (including coil and alignment), to release and follow-through. This course also includes a condensed 5-step version of the NTS shot cycle developed by Coach Dean.

Space is limited so sign up soon. Please send an e-mail with intent to register to dean.villanueva@mail.com

This is the first session of several more sessions to come in the series of Coach Dean’s Advanced Archery. Each session will build on the previous one.

Day/Date/Time: Saturday / August 16, 2025 / 2 p.m. to 4 p.m.

Location: Arlington-Fairfax Chapter, IWLA, Indoor Archery Range

Fee: \$30 (If paying by check, please make payable to AFC-Field Archery)

(Fee is collected 15 minutes before the start of session.)



Coach Dean, Certified Level 4 NTS Coach by USA Archery