It's been awhile since I've done animation, and now I can't figure out what's going wrong.

I have a catapult (Not for the Fist of Fate mod), but when I try to make it pull back, wait a few frames, then fire, it screws up. When pulled back, the arm has a bar that it rests on. I have it animated pulling back slightly above the bar, then releasing, but it keeps going all the way through the bar.

A visual is probably better than an explanation: