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Through tests KAA have decided the shooting distances

- Elementary schools (under 12 years) 30m 20m
- Middle schools (12 years old ~ 14 years) 50m 30m
- Above high school FITA round (Olympic round)



starts archery,

- When a archer starts archery, 18~20 pounds,
- About one year late 20~30 pounds,
Elementary schools (under 12 years)
- About 2 years later, 28~32 pounds,
Middle school archers (12 years old ~ 14 years)
- female archers 34~38 male archers 34~40
- Above high school,
- female archers 38~42 male archers 40~46



The training of elementary school archers.

The training of basic form,

- The training from stance to release,
- The training of shooting easily,
- The training for correct release,
- As for extending, archers should extend easily.

➤ video



The training of middle school archers,

- The training of basic form
- The training of extending

➤ video





Above high school archers,

- The training of extending,
- The training of feeling,
- The training for competition (Olympic round)



The case of success story of Chinese Taipei team.

- We arrived in Chinese Taipei in 1989, and formed two teams : One team was composed of the national archers, the other would form the future national team
- In 1990, they began with middle school and the elementary school teams,
- and they started with competitions. And throughout the nation they made elementary school teams.
- Through a lot of coach seminars, they unified coaching methods.



Coaching Method



Basic Form ... for being a Top Performer:





Step 1 Practice from stance to full draw:

1. Drawing the stretching band.

2. Drawing the bow.



Step II

Pre-training of the release:

- 1. Finger feeling training release**
- 2. The distance of the release.**
- 3. The direction of the release.**
- 4. The speed of the release.**



Step III Shooting with a clicker:





Drawing the stretching band.

- **Stance**
- **Set up .**

The elbow position of drawing arm.

The Centre of the body.

Position of the bow arm shoulder.

Position of the head.

position of the elbow.



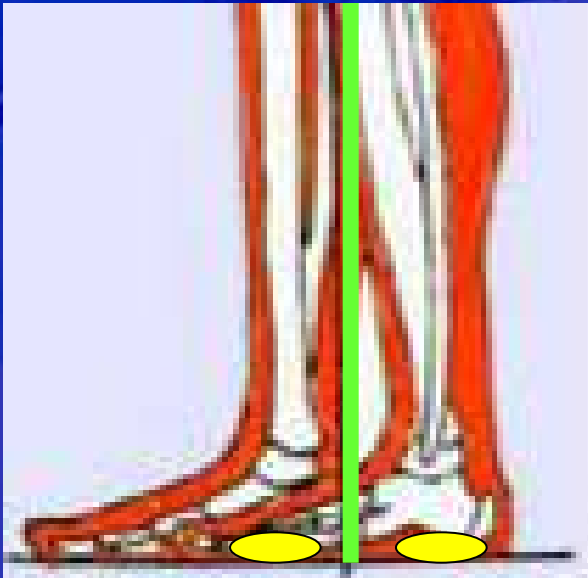
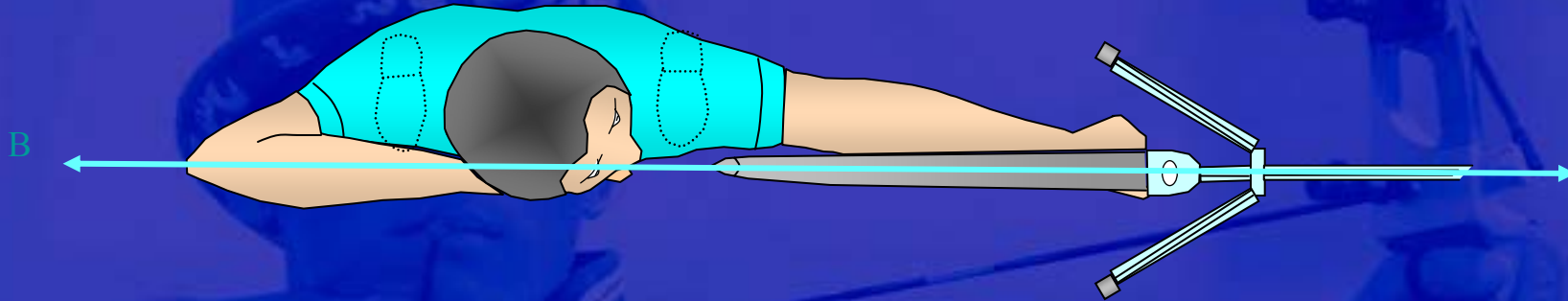


Drawing the bow.

- Grip
- Hooking
- Rotation of the bow arm
- Direction of the drawing
- Speed of the drawing
- Balance of the drawing
- When drawing use the body

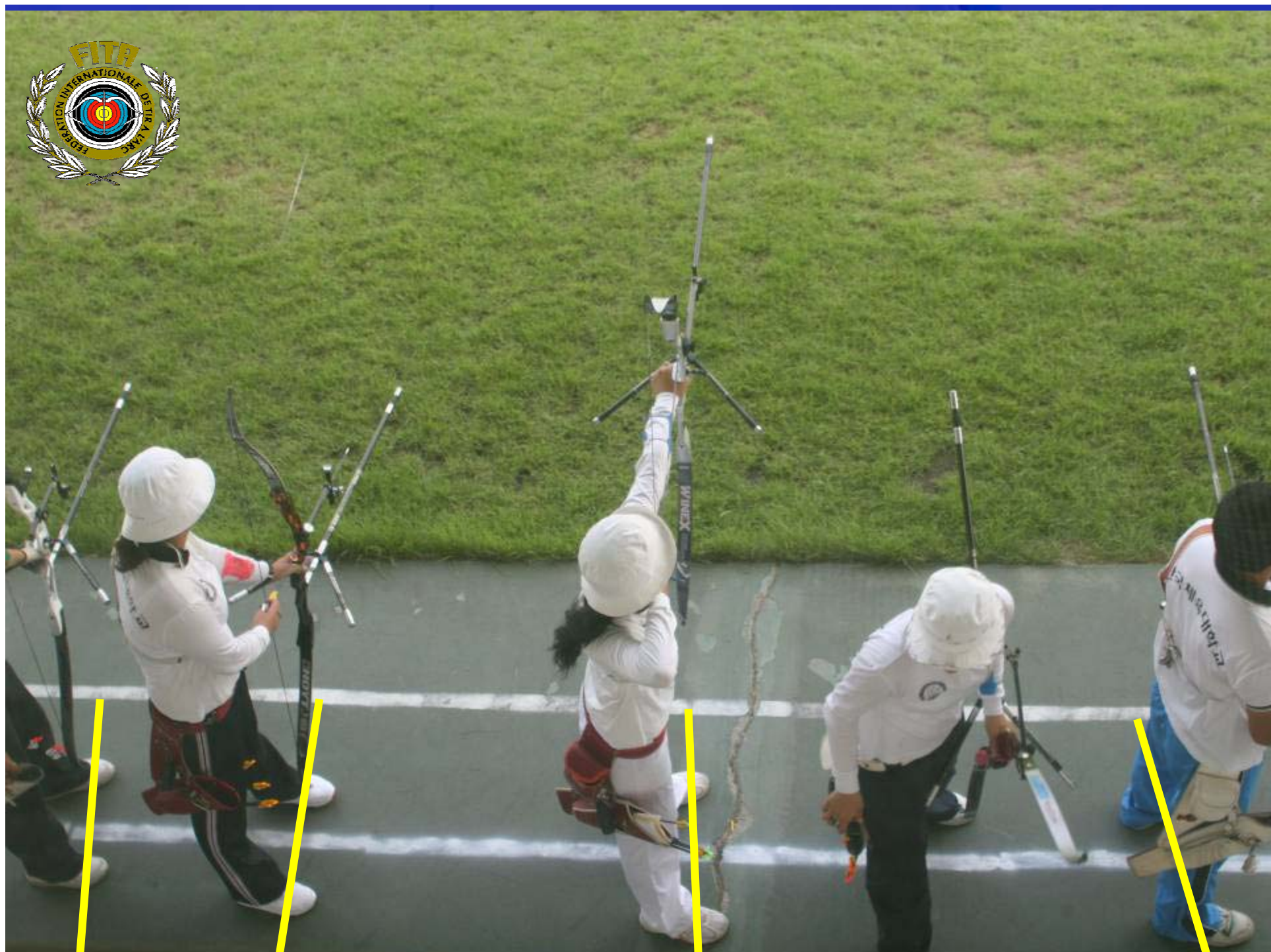


Stance











Open stance

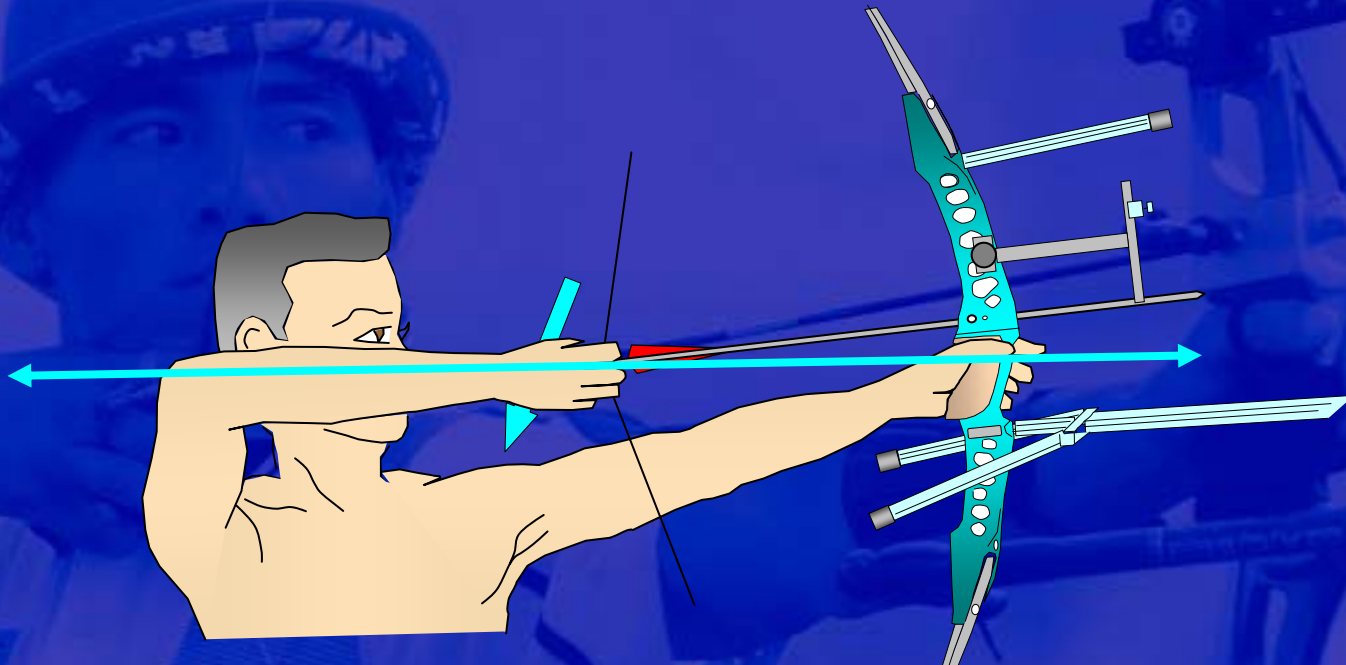
Possible Problems

- Position of the shoulder
- Makes hip swing easier
- Moving the bow arm shoulder
- Moving Center of the body

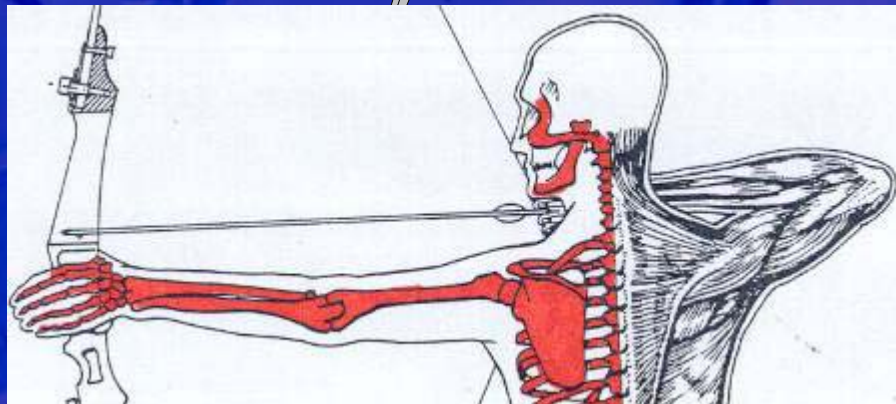
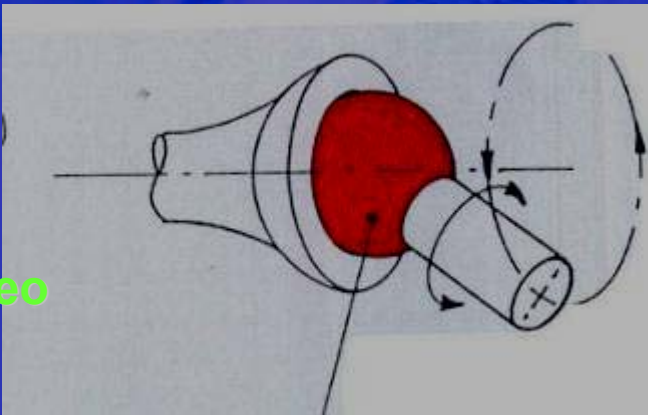


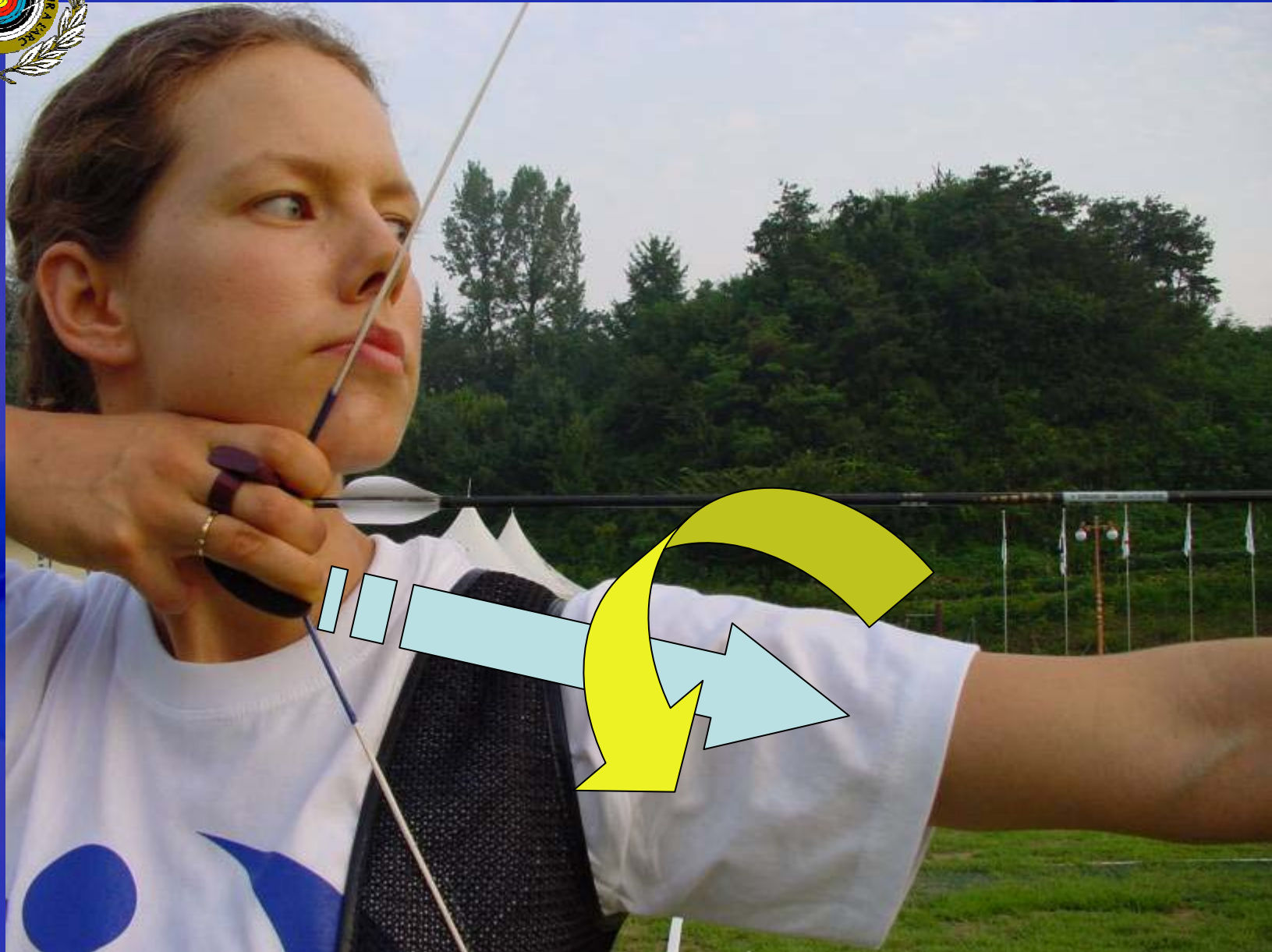
Bow arm shoulder:

Shoulder position of bow arm when setting up.



video

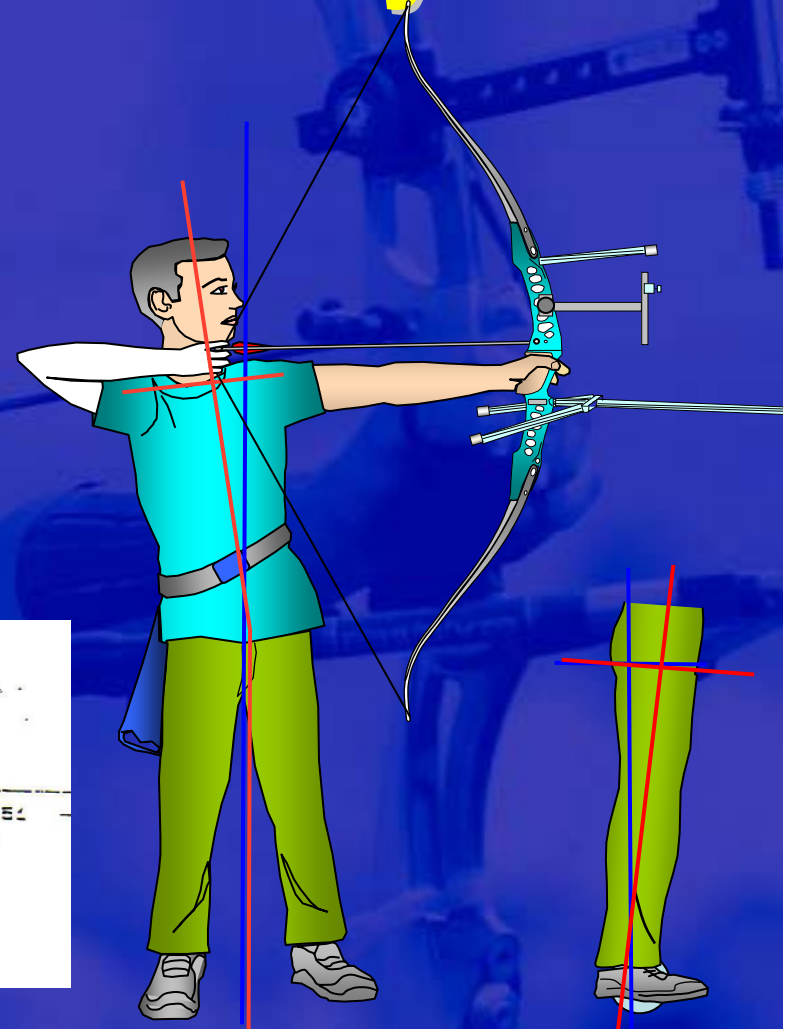
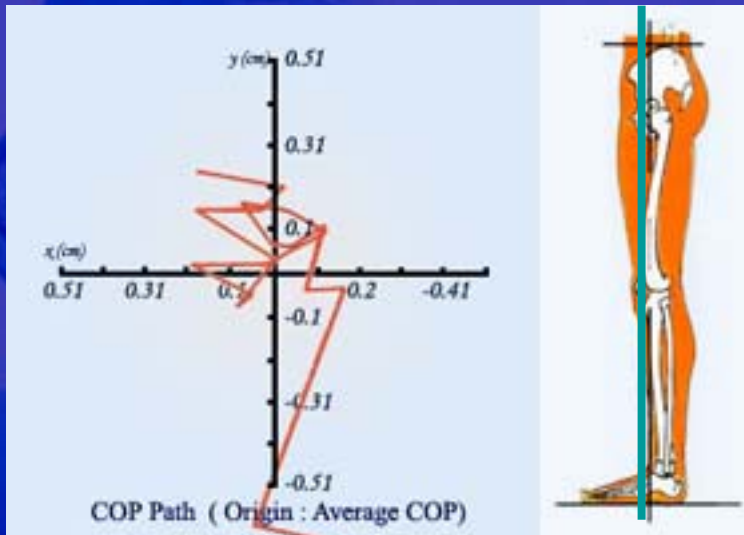




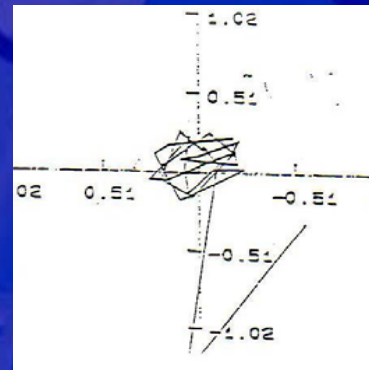
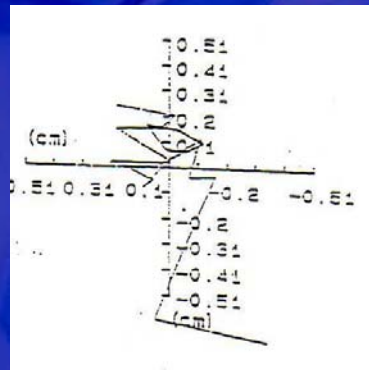
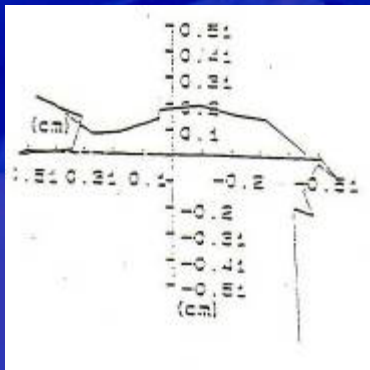
video

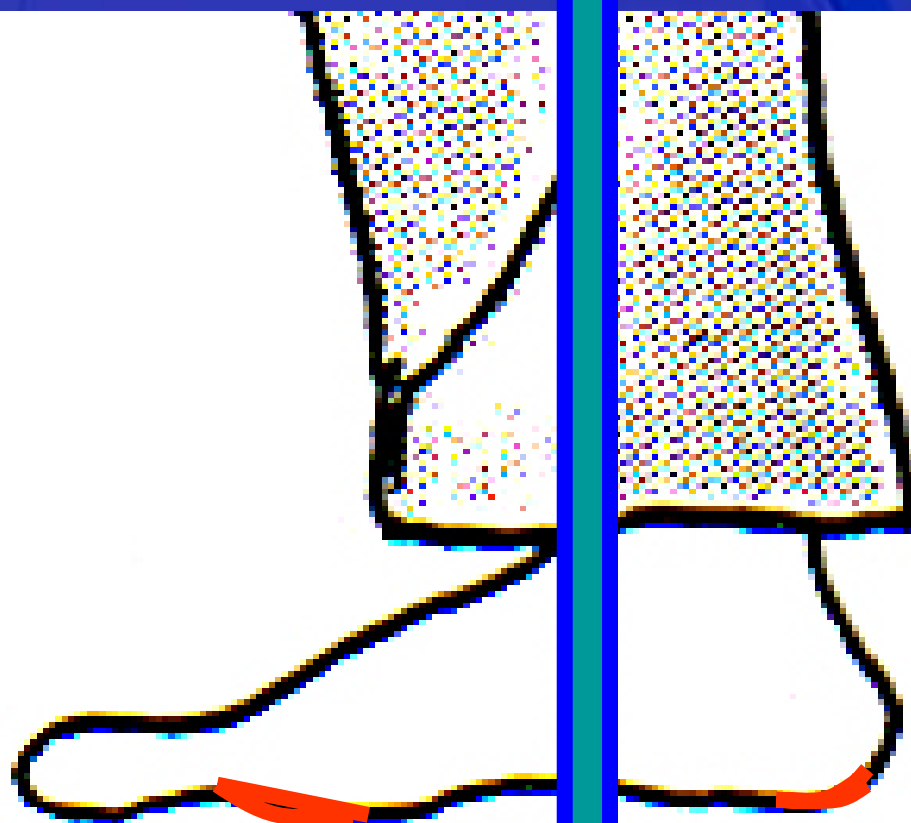


The Centre of the body.



Leaning







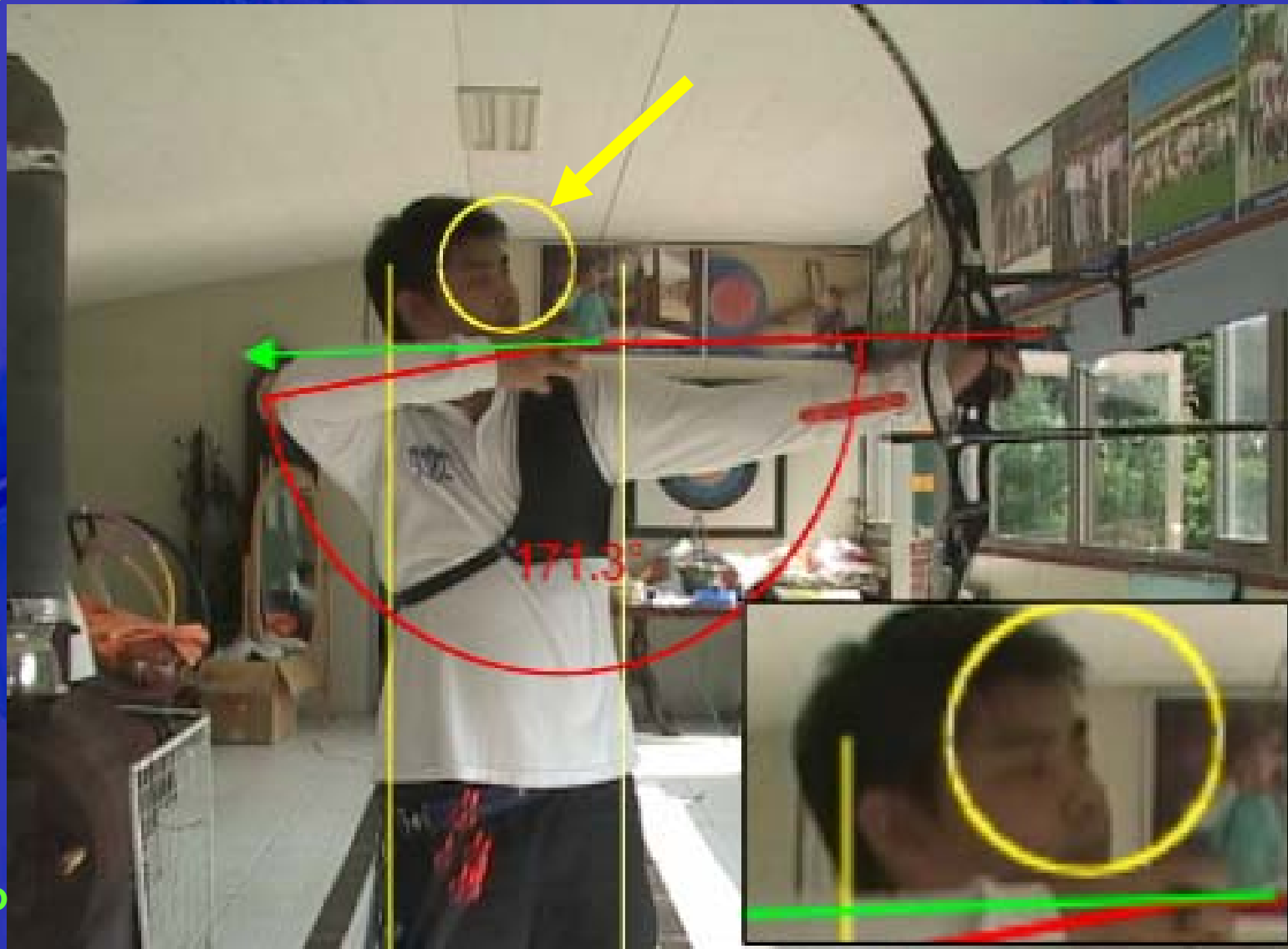
**bow arm
shoulder**

video





Position of the head

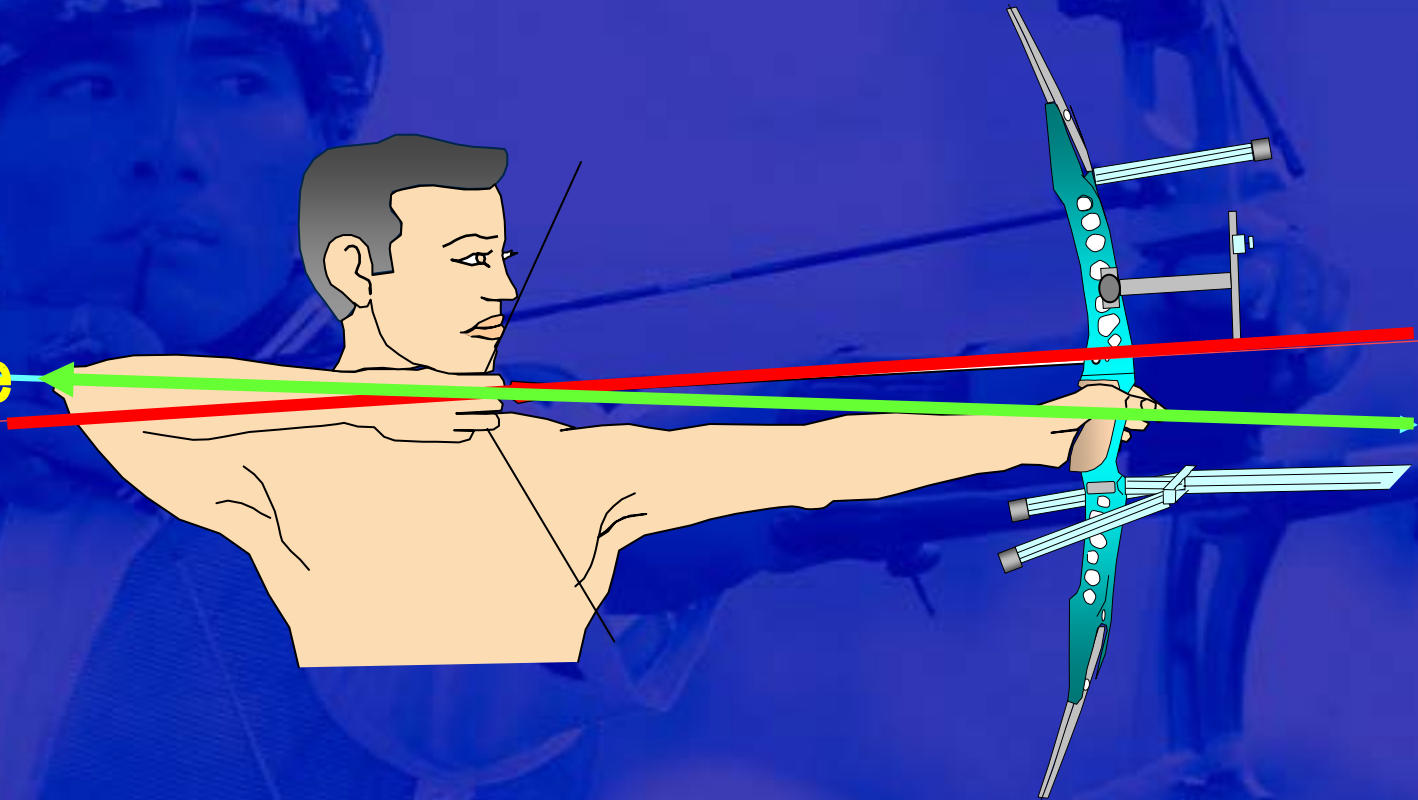


video



Position of the elbow

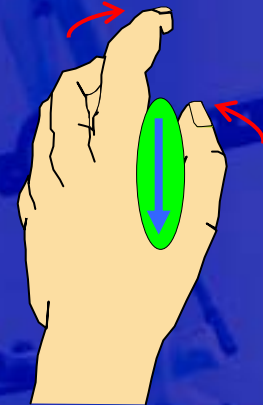
Draw force line^B
Arrow line



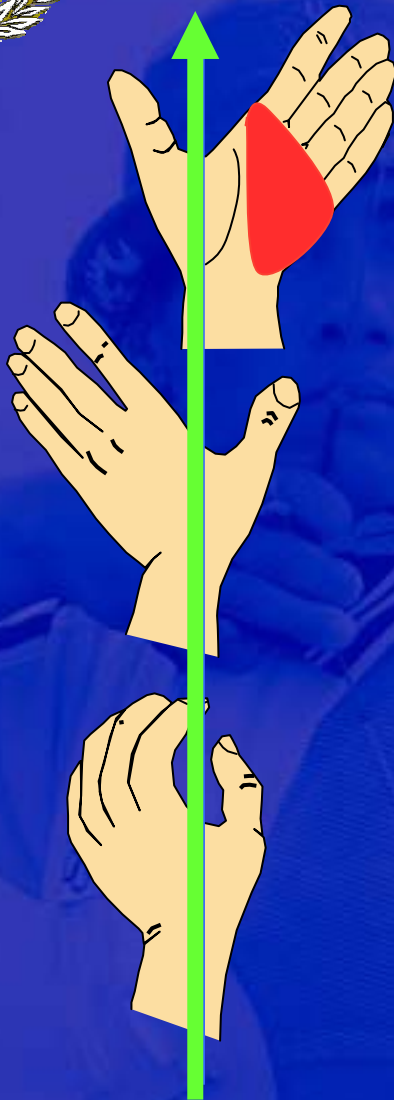


Grip

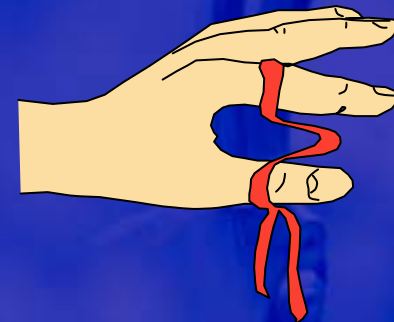
▶ **Drawing the Bow.**

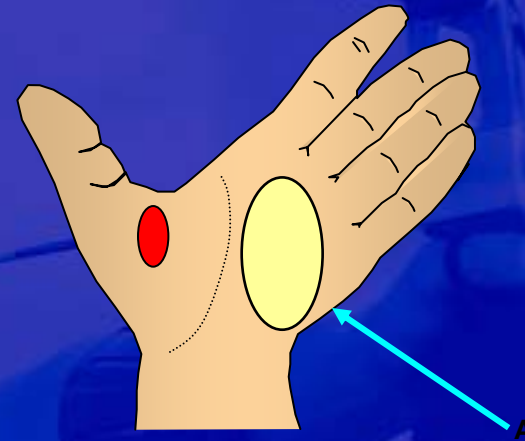


▶ **The Bow Grip.**



▶ **Use the bow sling.**





A



Grip maker



video

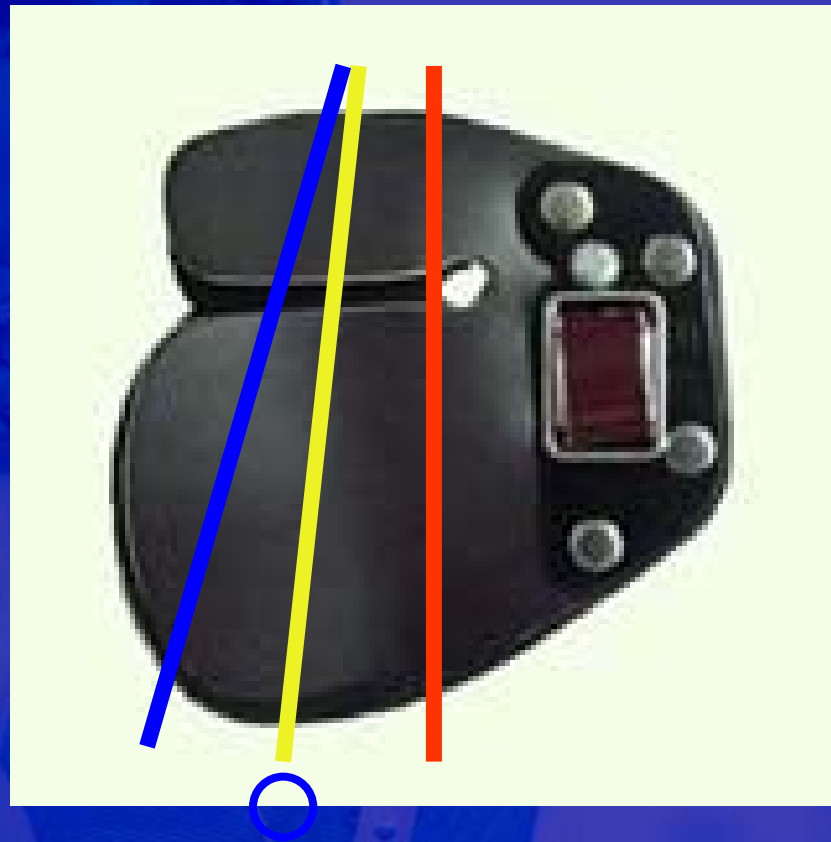




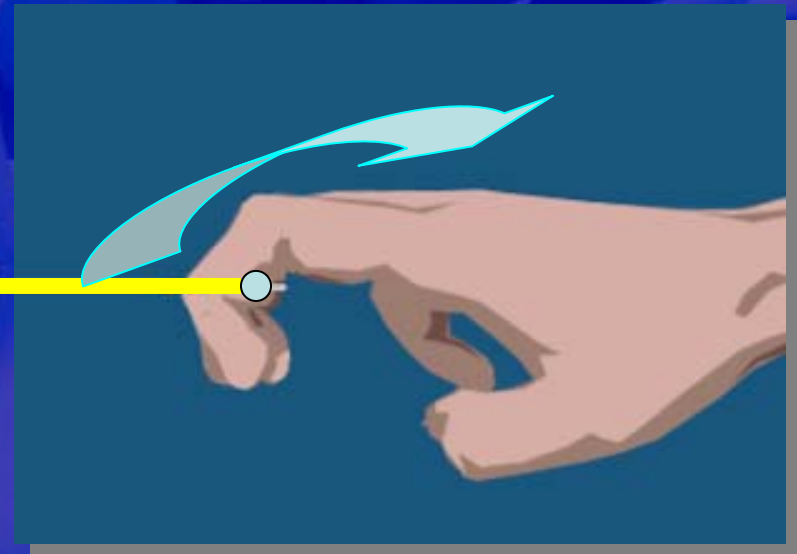
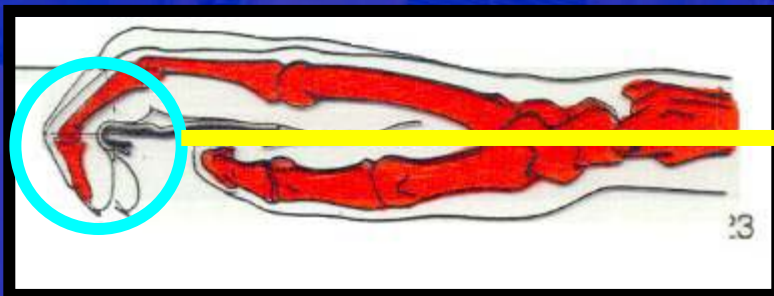
Hooking



Position of the string hooked on the finger tabs



**The finger force which is doing hooking
should be directed outside**





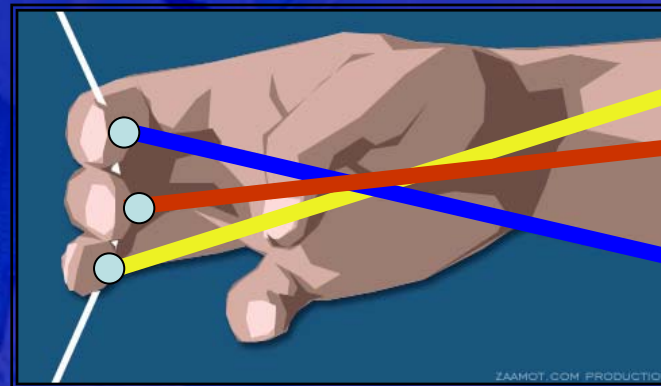
Wrist of the draw hand





The distribution of force

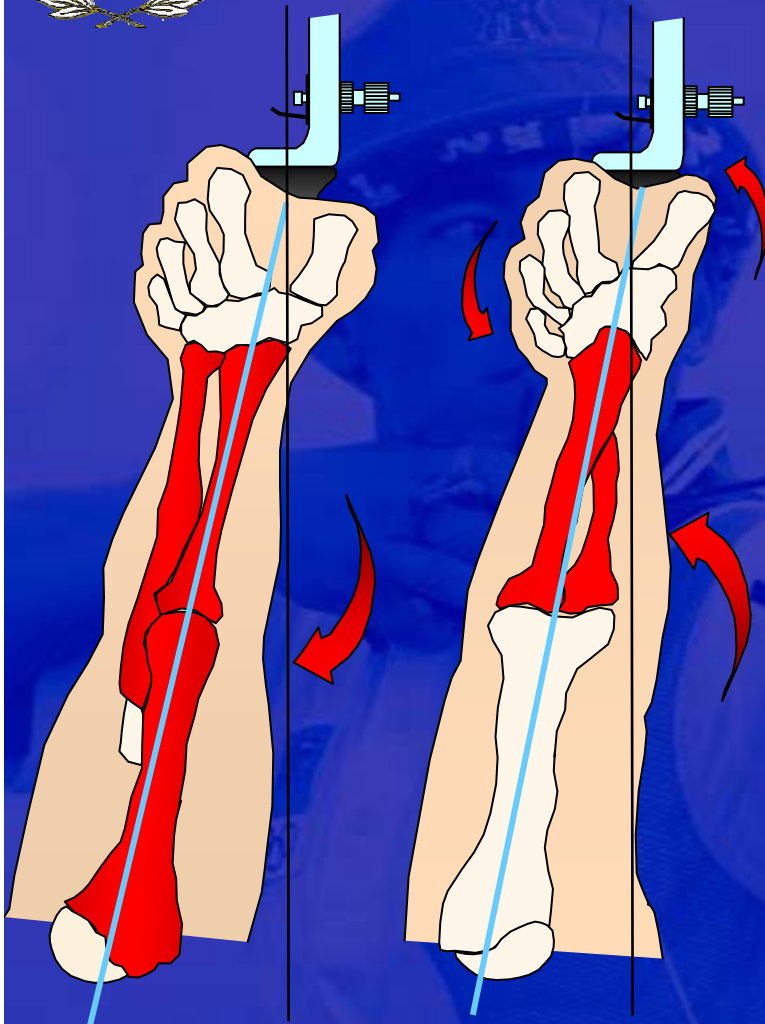
- Index finger 15- 20%
- Middle finger 60-70%
- Ring finger 25-35%



ZAAMOT.COM PRODUCTION



Rotation of the bow arm



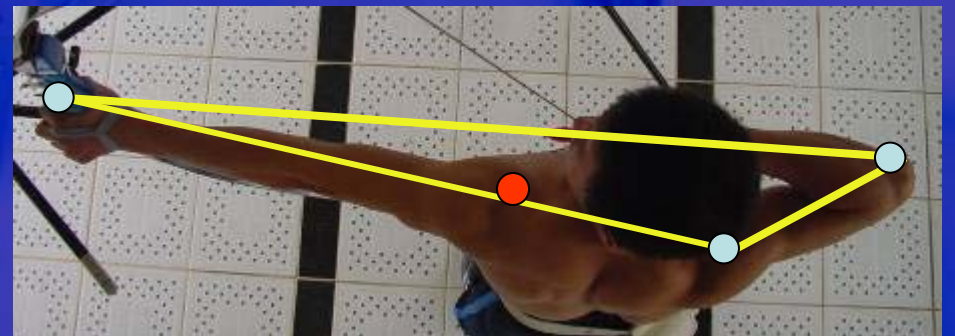
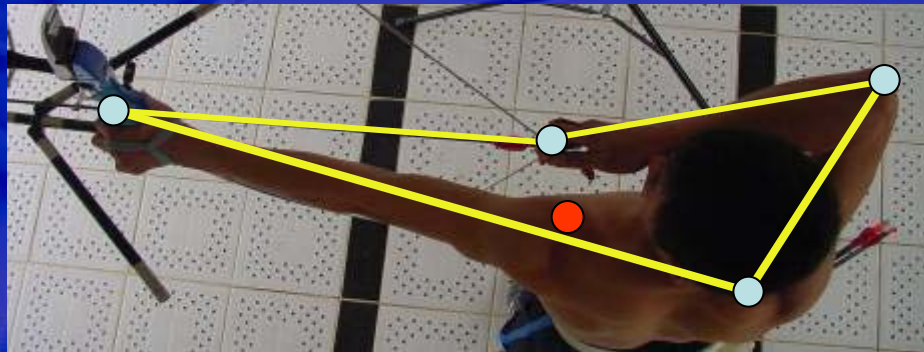
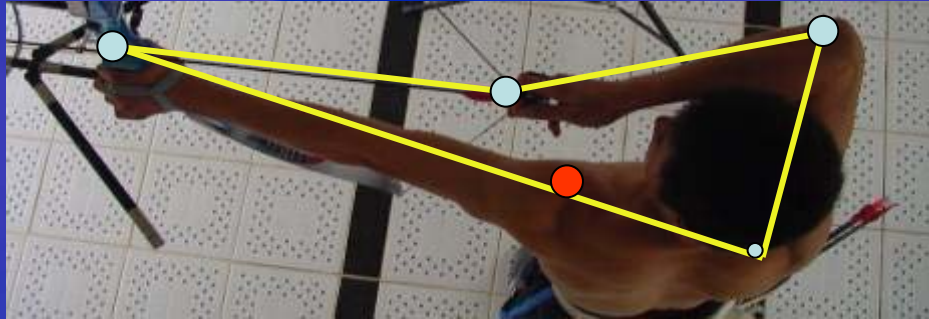
Correct **video** Not Correct

Direction of the bone.





Direction of the drawing



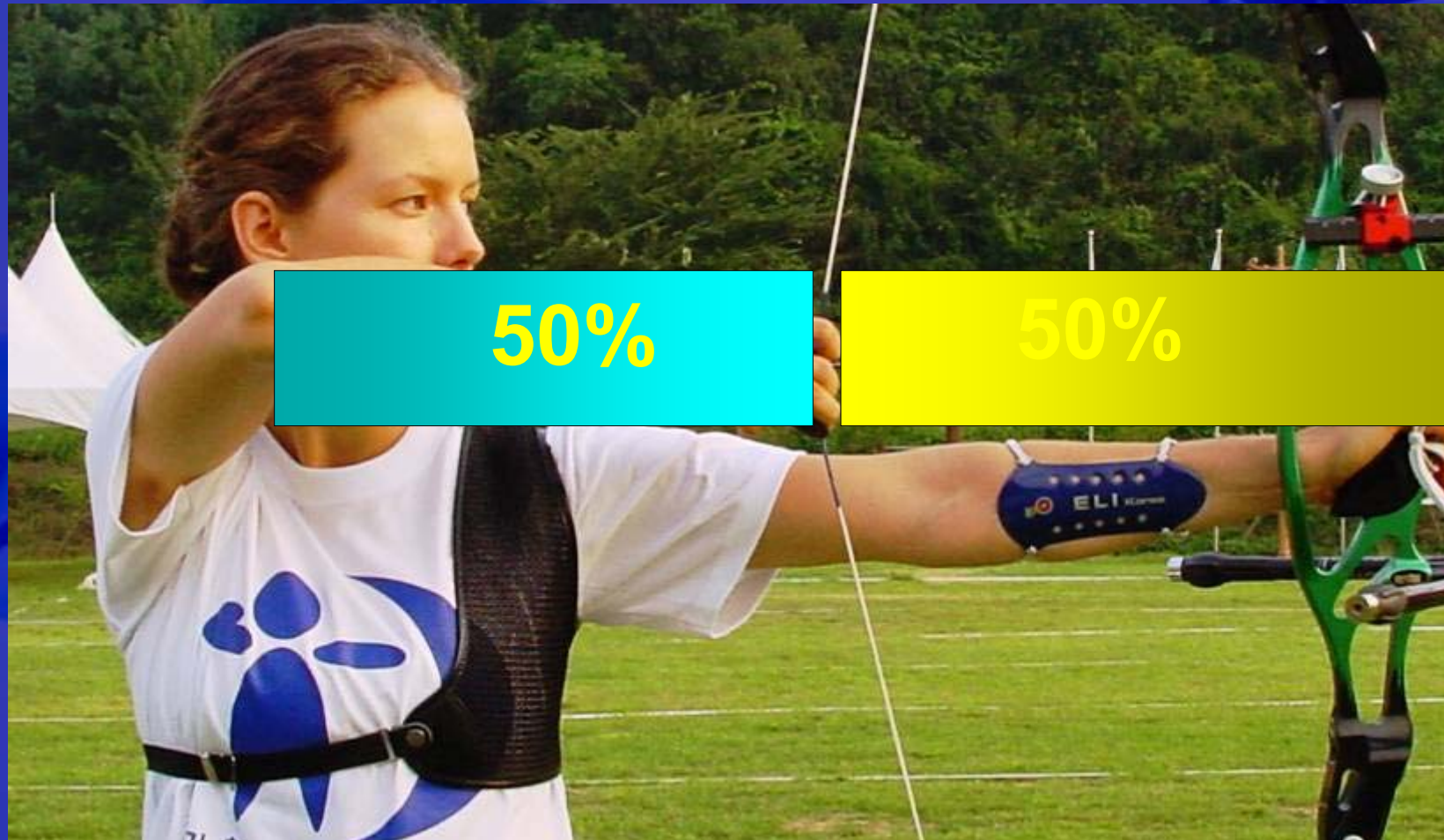


The direction of drawing a bow.





Balance of the draw





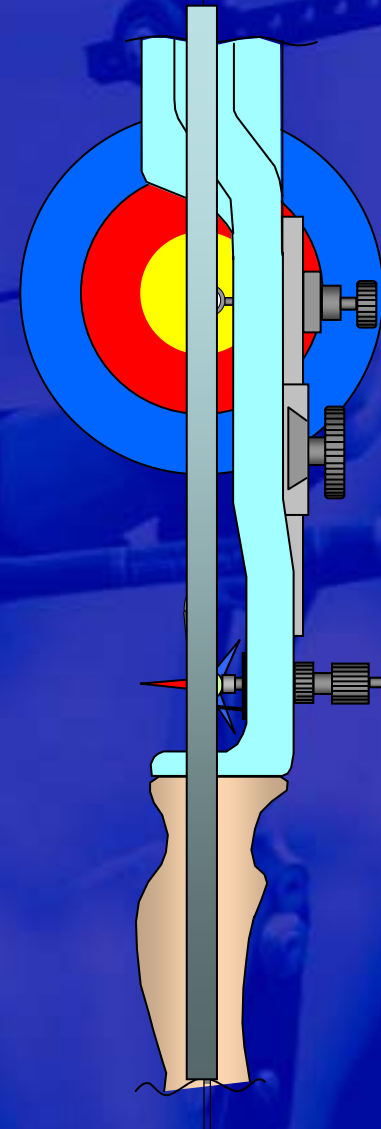
When drawing use the body



video

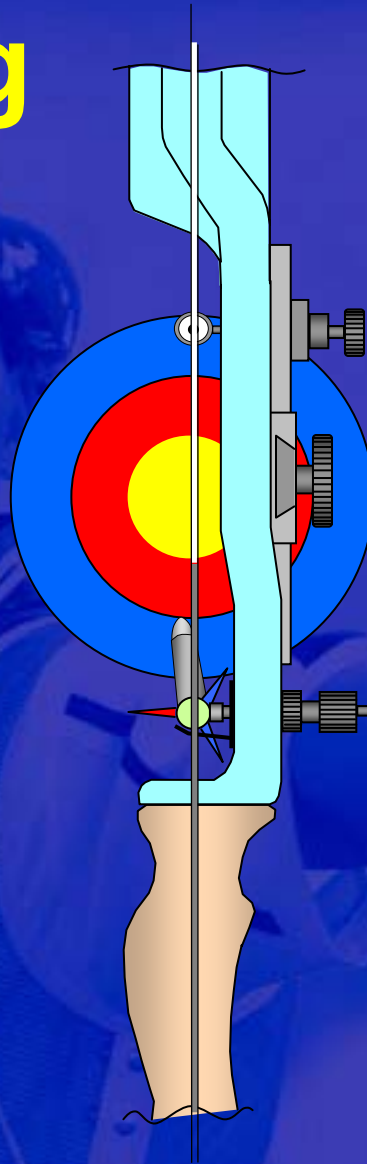


Position of the anchor





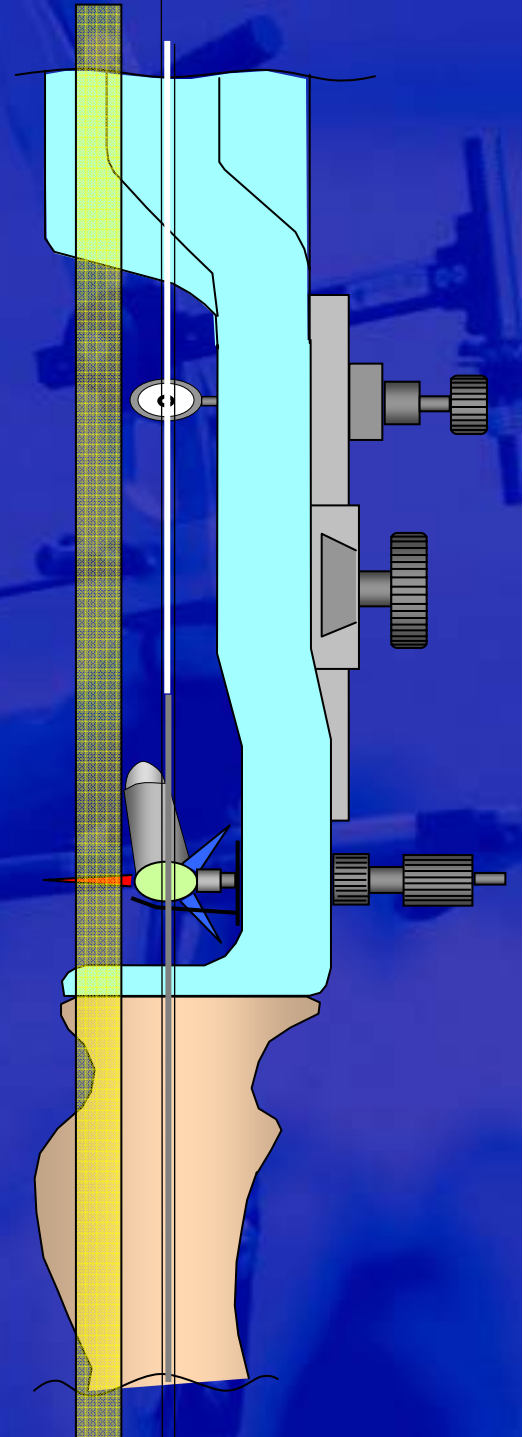
Aiming





String alignment

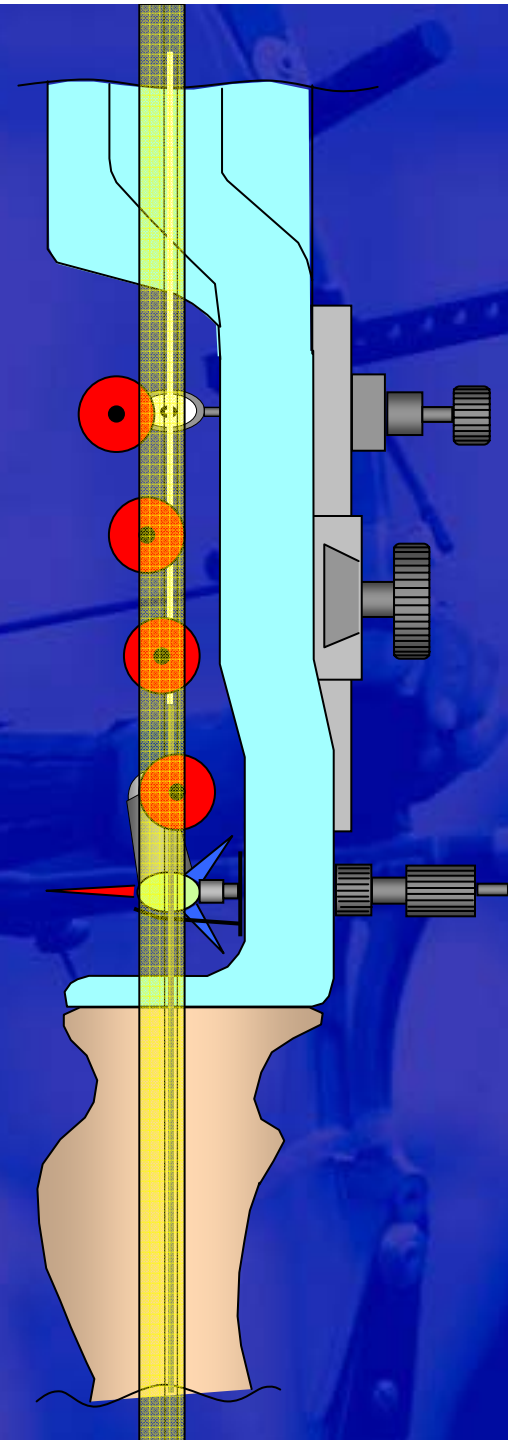
The position of the String





String alignment

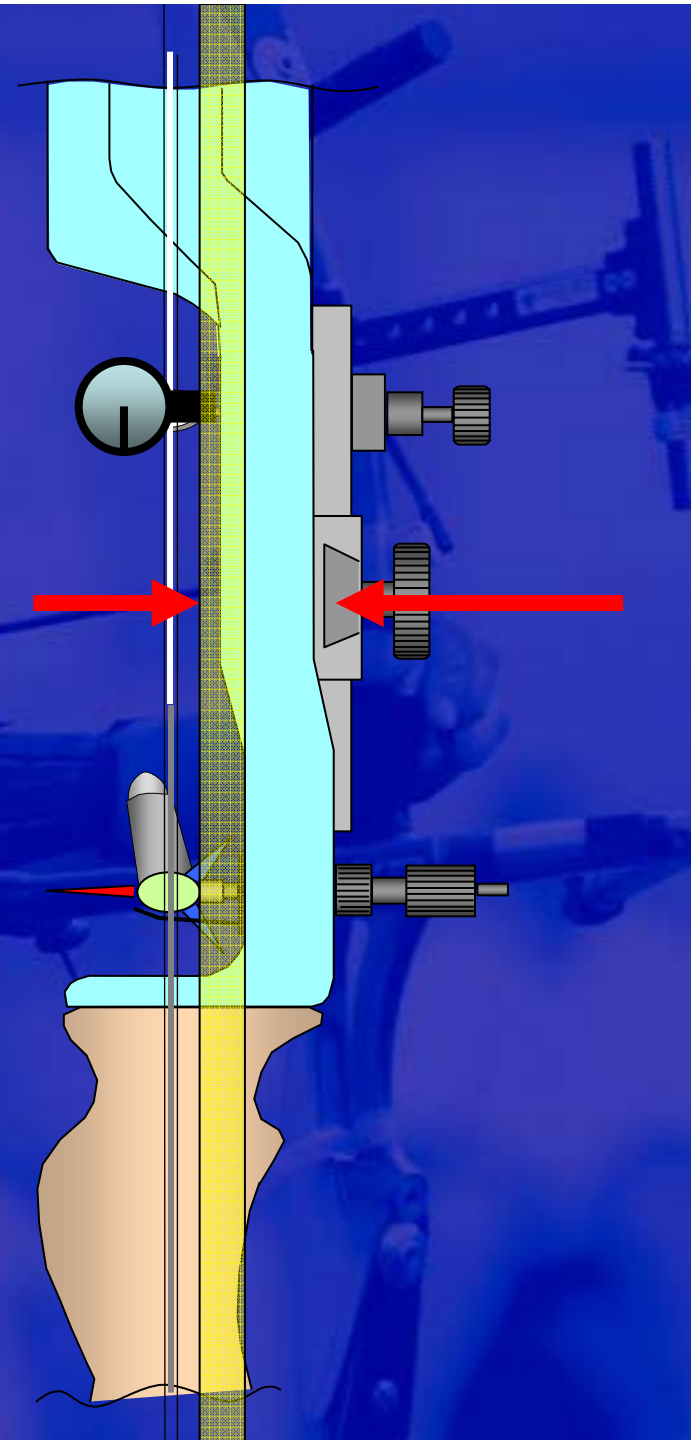
Bow sight





String alignment

Position of the head





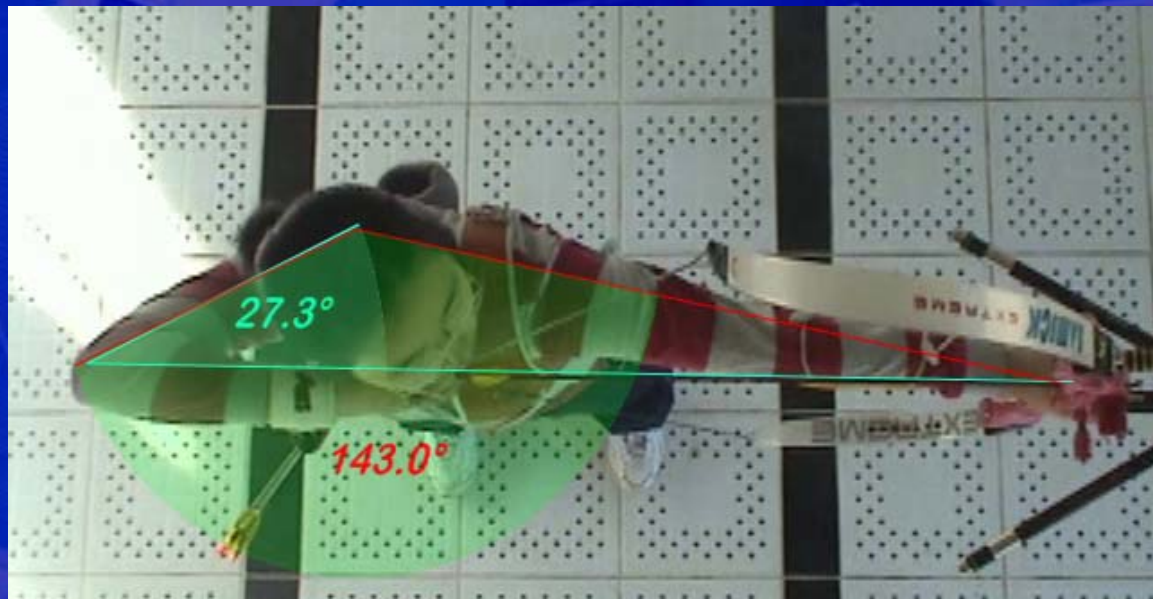
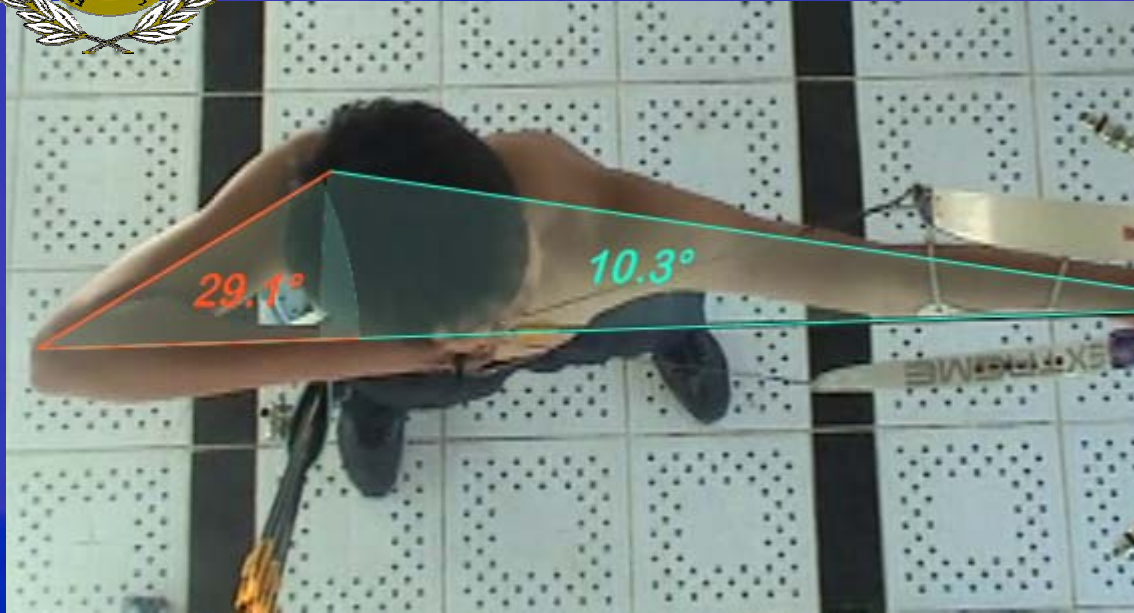
Elbow position

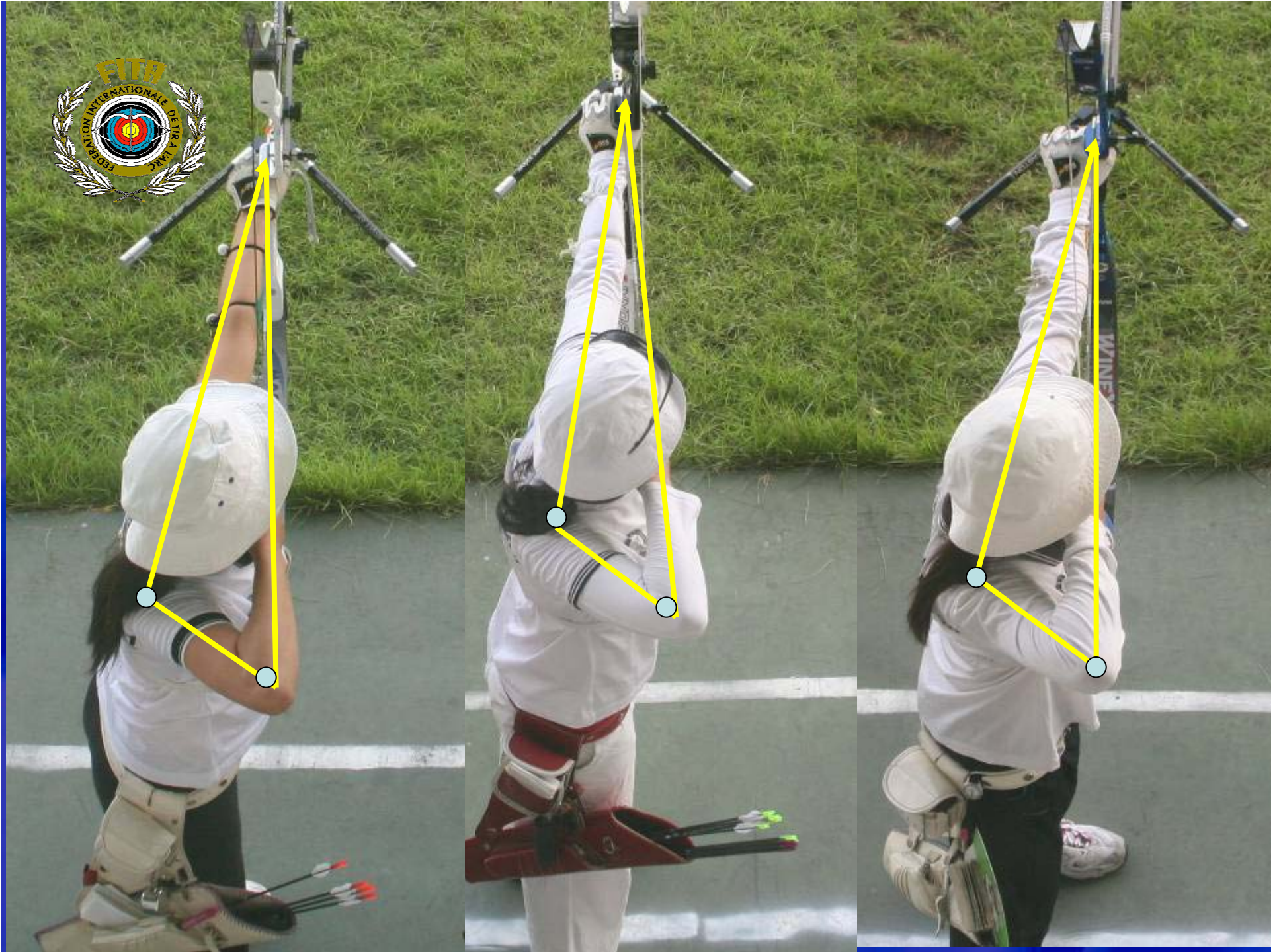






Angle of Full draw







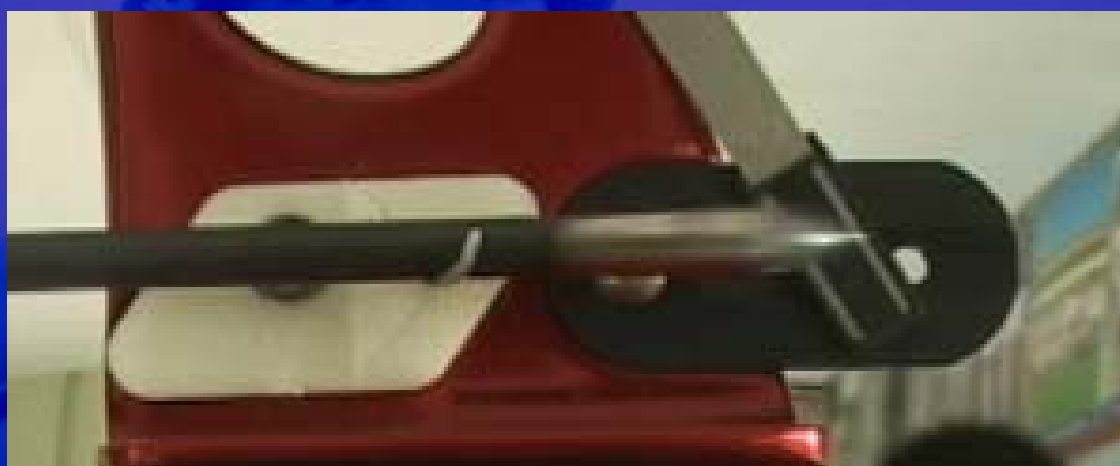


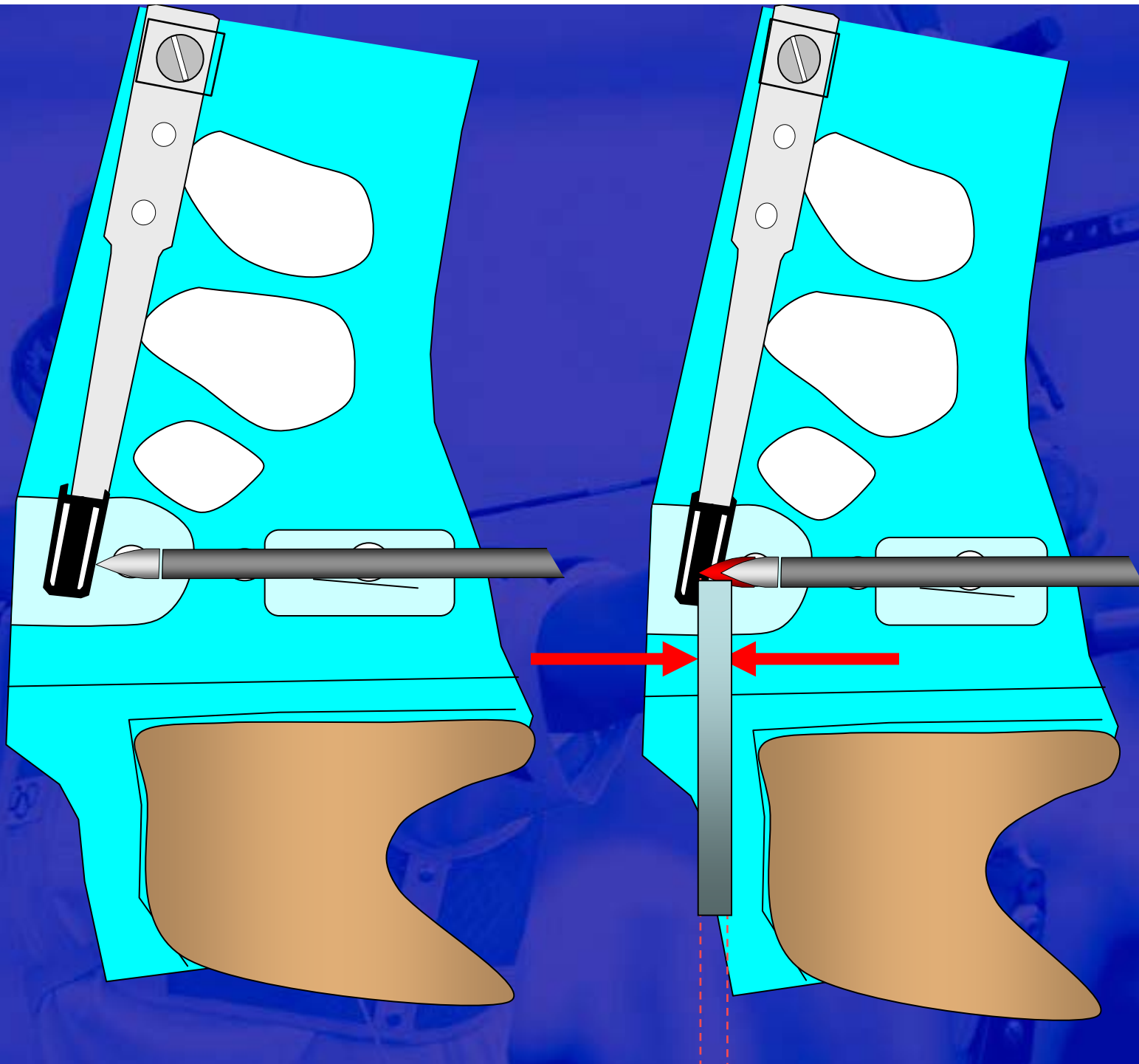




Timing of release

- Arrow point and hand moves forward during release







Correcting bad habits in the release

- Practice the finger feeling
- Practice short release
- Practice the release timing
- Practice without the clicker
- Release with the Coach's hand



Follow through

- Direction
- Power (Balance)
- Bow Jump
- Use of a bow sling
- Centre of the body



Direction/balance

video



Use of the Clicker



The time to introduce a Clicker

When the archers have the ability to draw the bow poundage with ease.

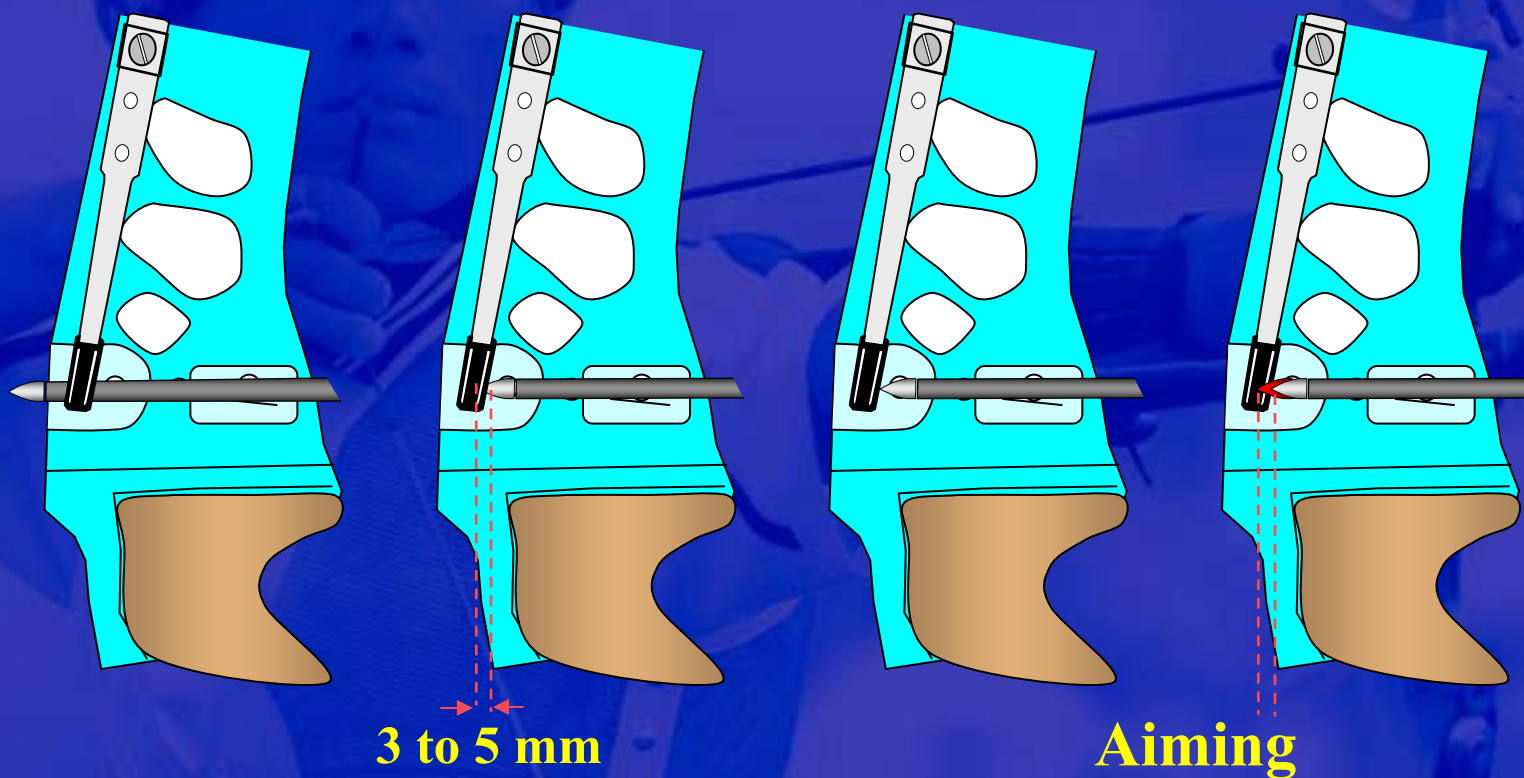
When the archers have mastered a good basic form.

Pre-training of the release before introducing the clicker.



Use of the Clicker – Method I

The method of “Watching the arrow point” when drawing a bow.





Use of the Clicker – Method, Watching the point

STRONG POINTS

Always drawn to constant length.

An archer can draw an arrow with a fixed length in spite of the change of the archer's condition.

The drawn length is constant, without any effect of weather change.

WEAK POINTS

Arrow point moves forward when aiming.

The archer doesn't extend constantly.

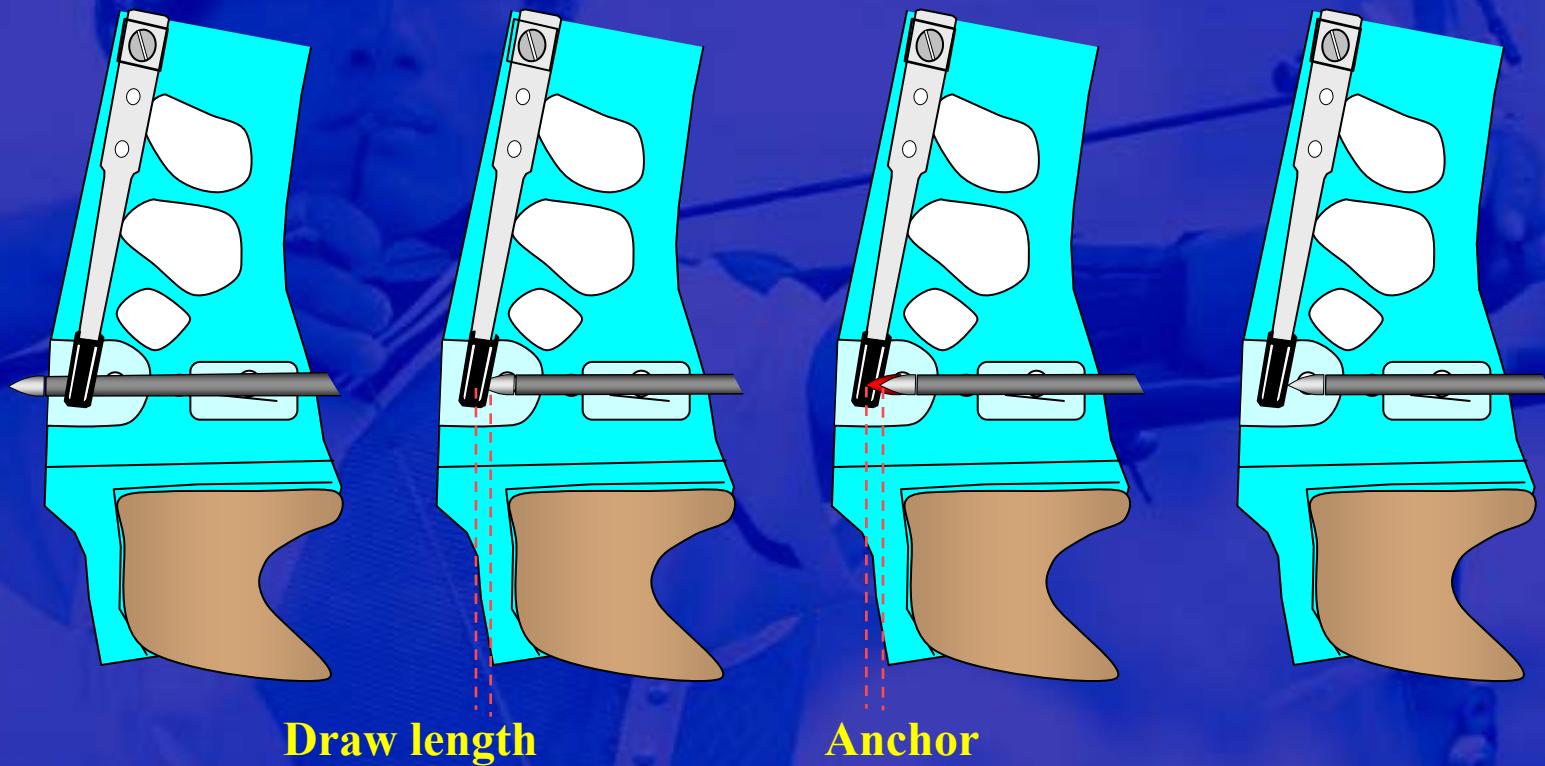
Difficult to produce a good extending rhythm.

Difficult to make good use of back tension.



Use of the Clicker – Method II

The method of “NOT watching the arrow point” when drawing a bow.





Use of the Clicker — Not watching the arrow point:

STRONG POINTS

Extend constantly and smoothly when aiming the target.

Can maintain a good rhythm.

It helps to develop a good extending movement.

WEAK POINTS

It is difficult to produce a constant draw length when archer's condition is not good enough.

Even without any effect of weather change, the drawn length may not be constant.

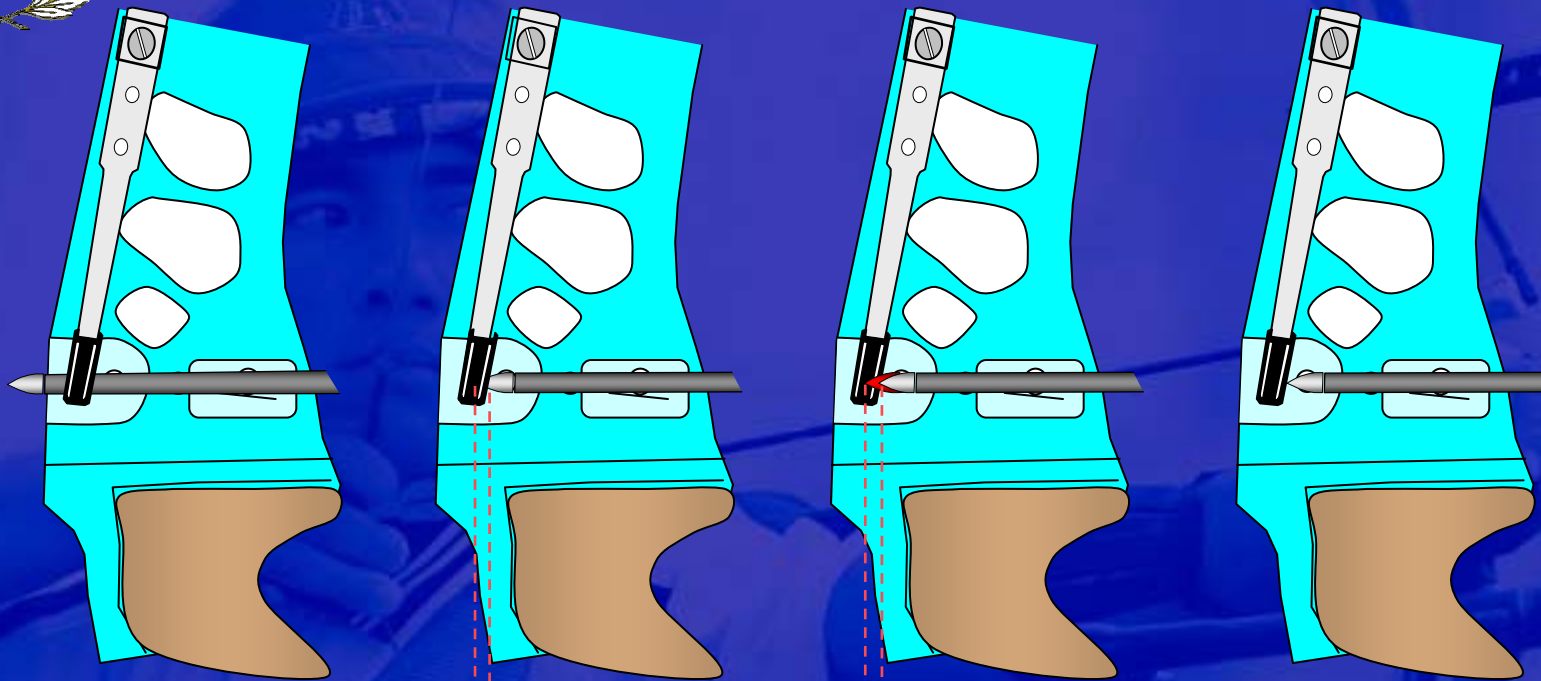
There is a possibility that the archer becomes psychologically uneasy.

The method of using the Clicker

1. **Watching the arrow point when drawing a bow.**
2. **Not to let the arrow move forward when aiming at the target.**
3. **The forces of both sides should be the same for extending. Extending forces in balance.**
4. **After mastering this, draw without watching arrow point.**
5. **Get the “extending” feeling.**
6. **When the point of the arrow is under the clicker, keep the shooting time to less than 3 seconds.**
7. **Do not shoot with the arrow point forward of the clicker when the clicker has activated.**
8. **Controlling the timing of extending.**



Use of the Clicker



Same Draw length

Anchor

Aiming

Extending

Release

Set up shoulder

Head position

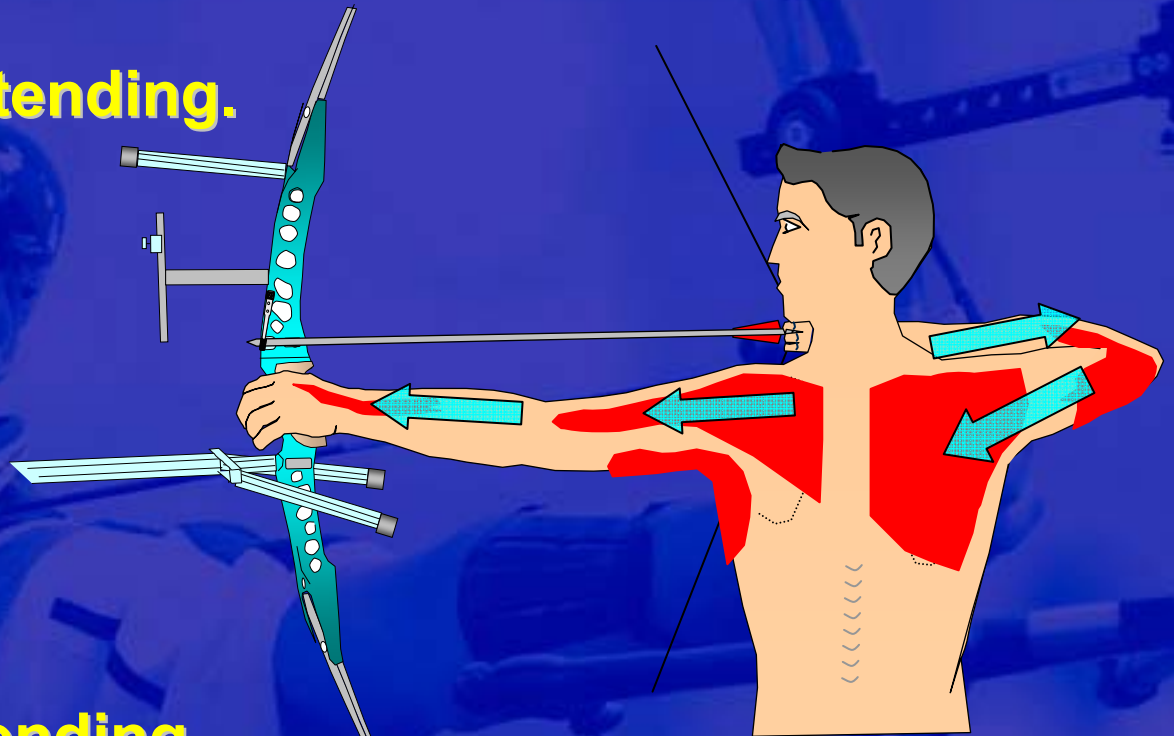
**Sight pin on the
centre
Elbow position**

Same Balance

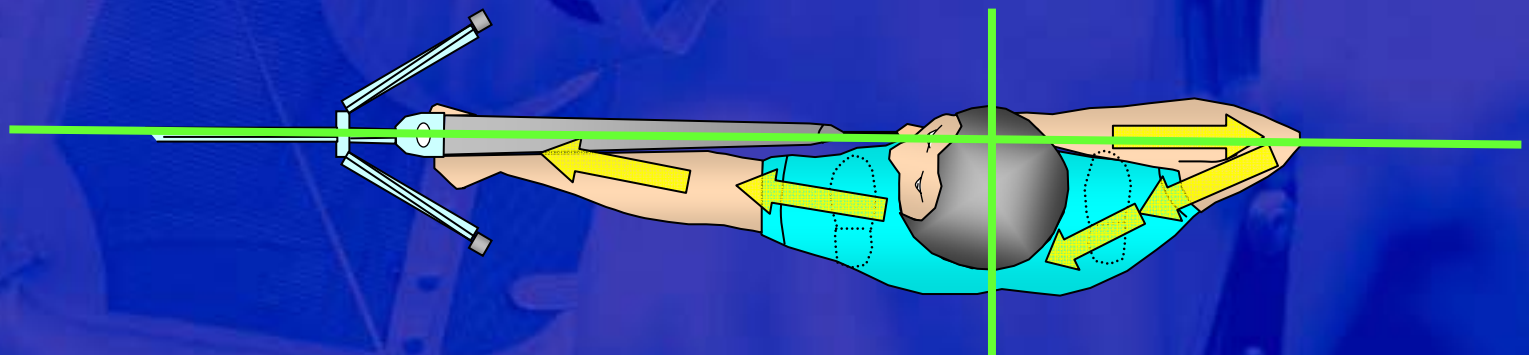
Beginner 5-10 mm

Extending

The direction of extending.



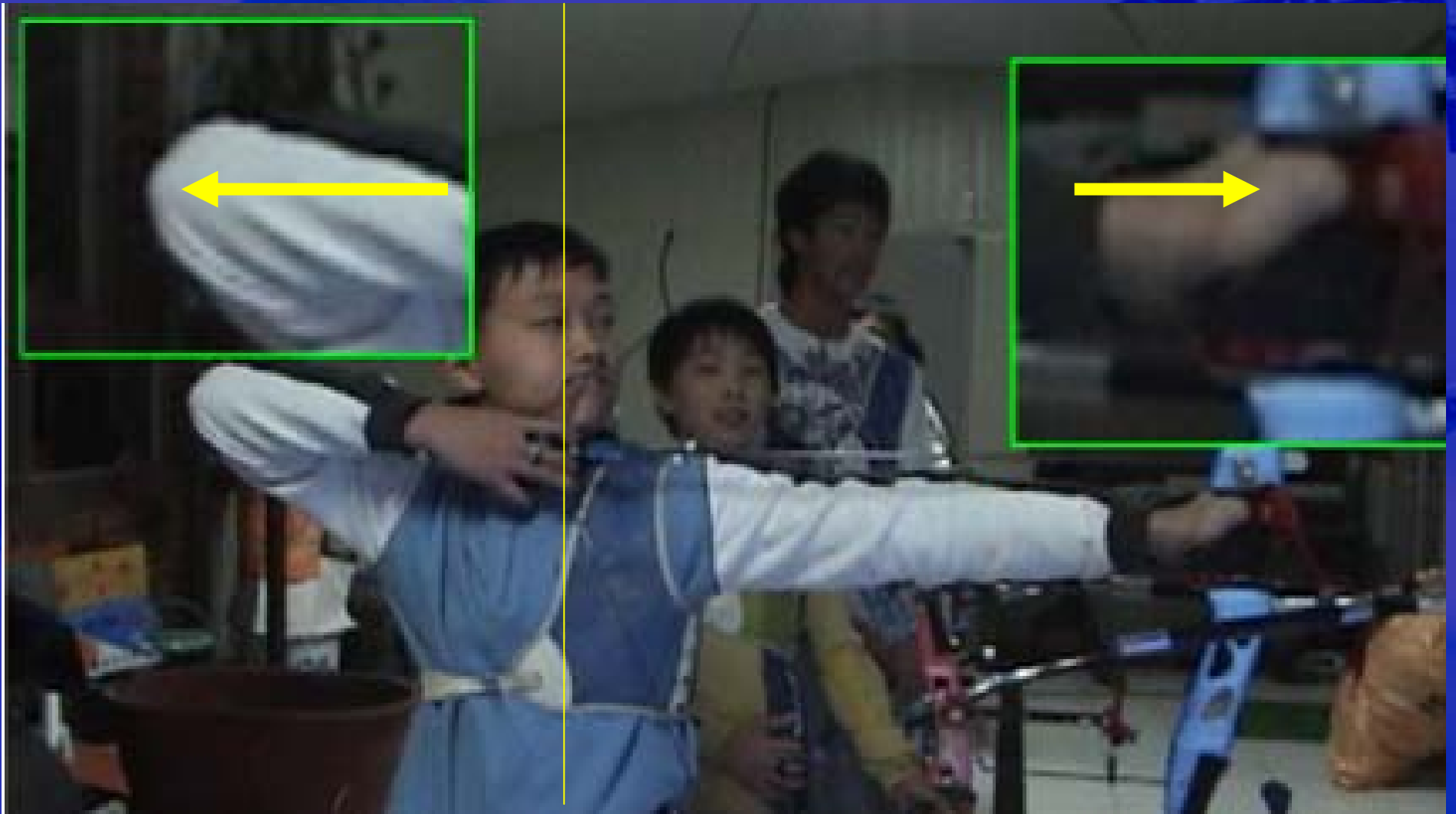
The balance of extending.

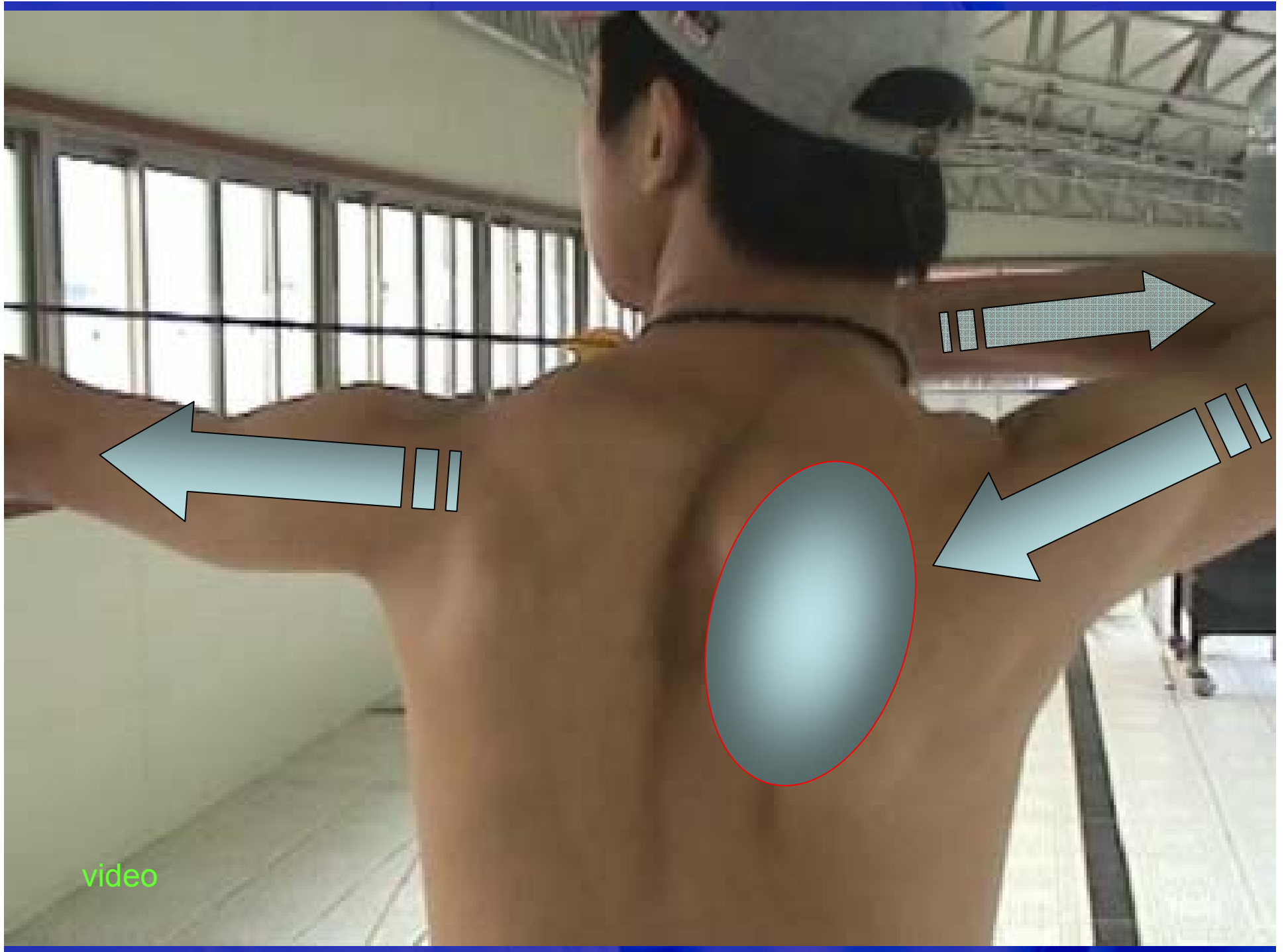


video

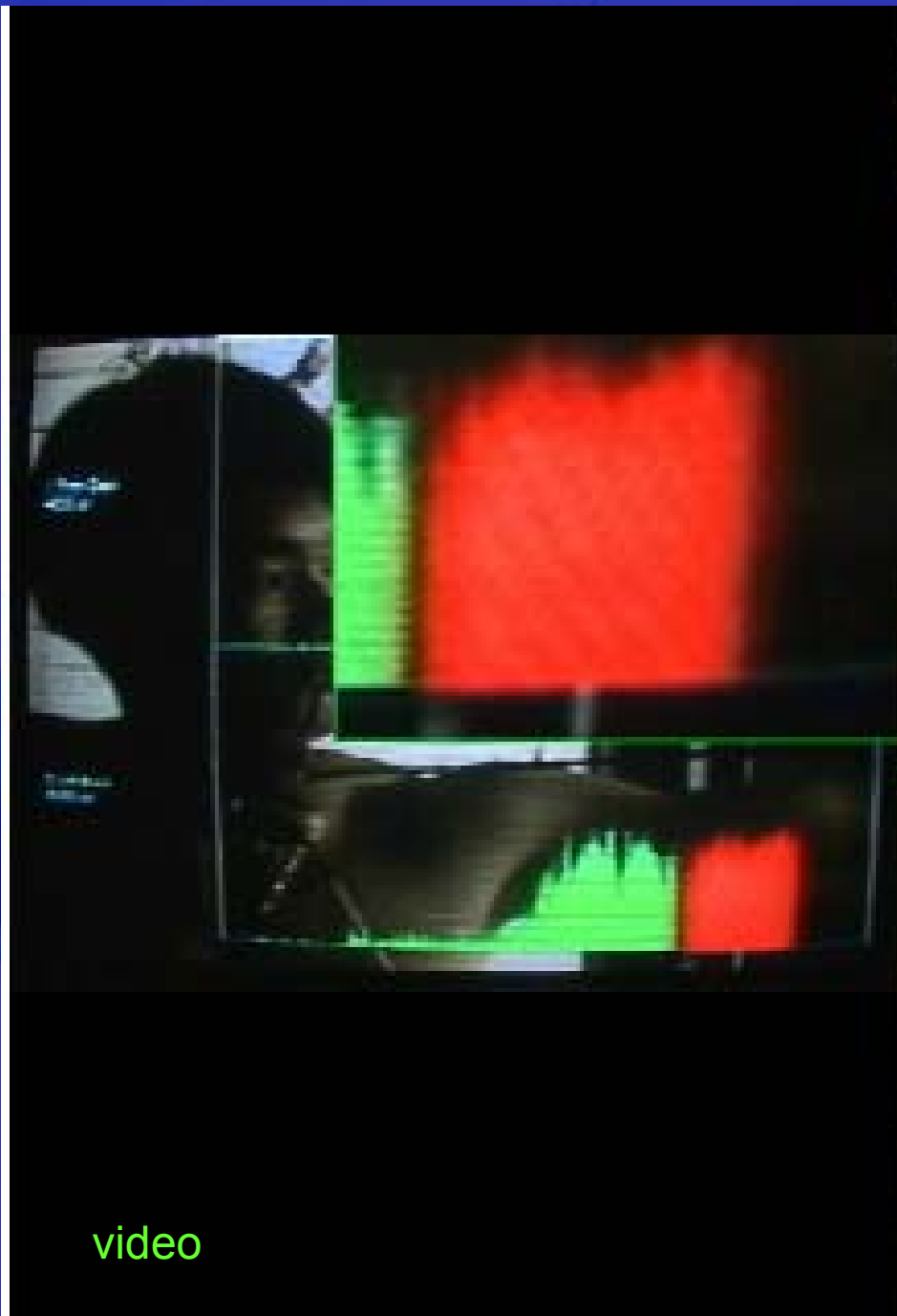


Extending for beginners





video

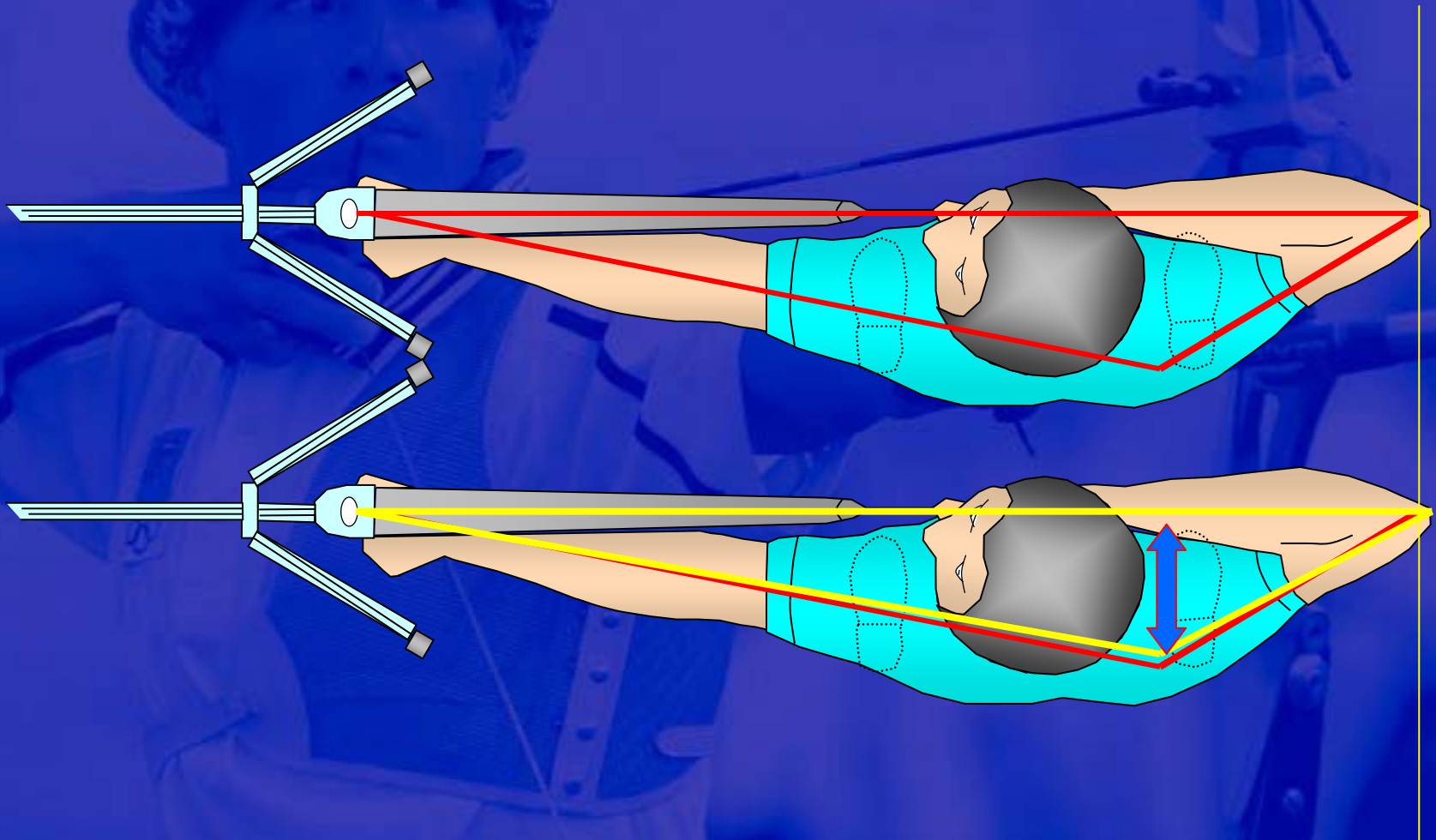


video





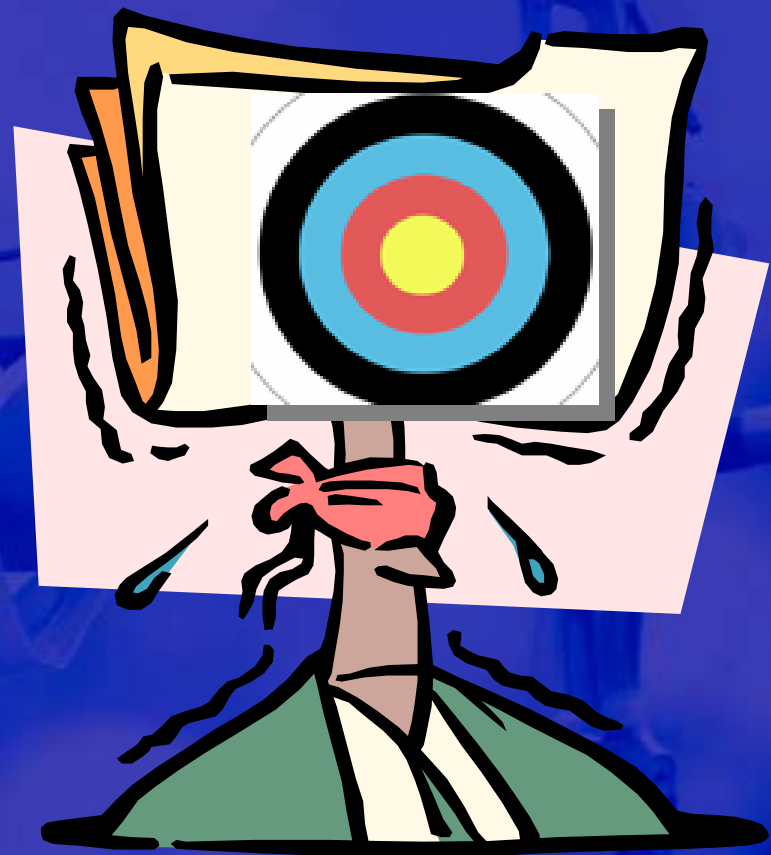
Extending angle





video

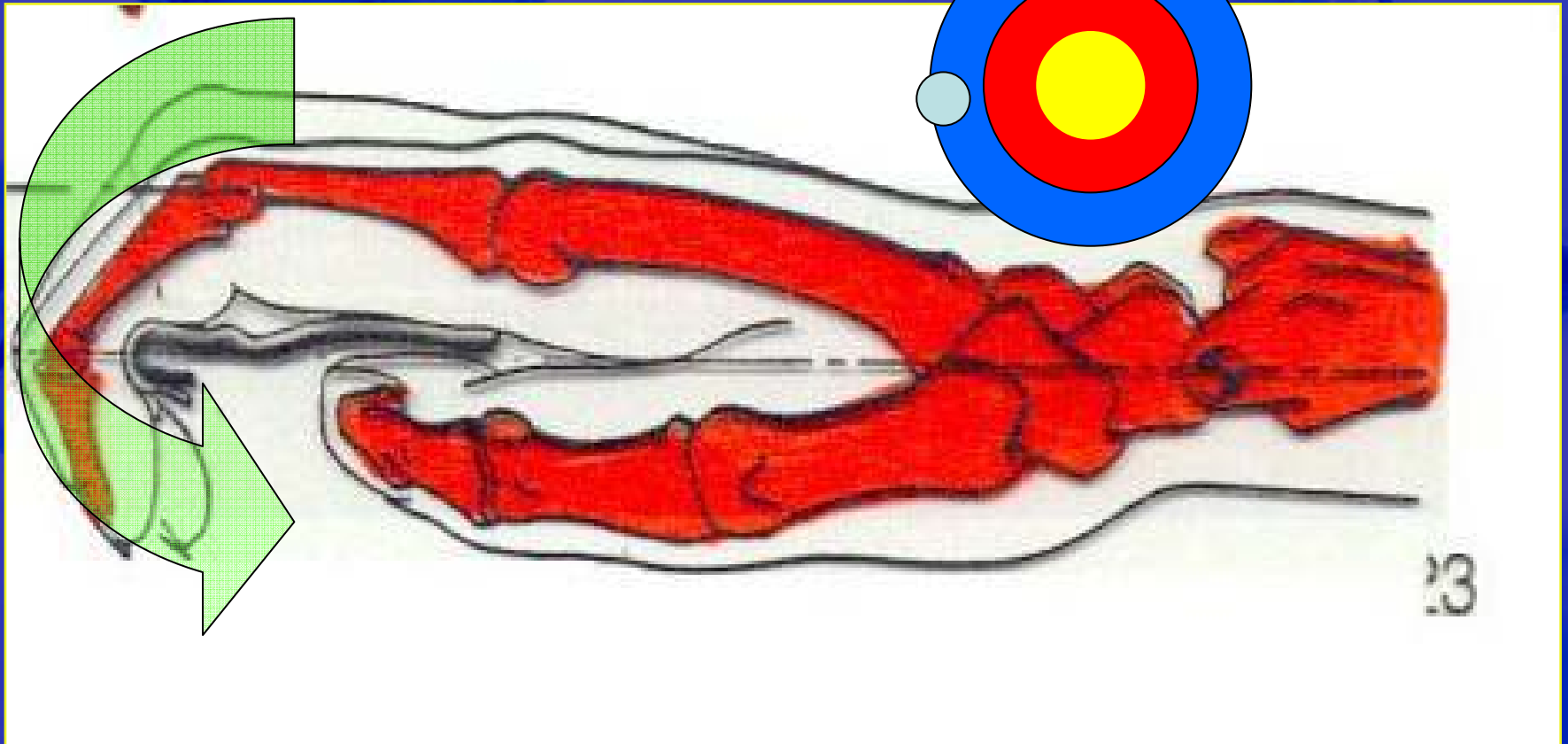
Check point when extending





Check point when extending

- Do not Use the finger when extending

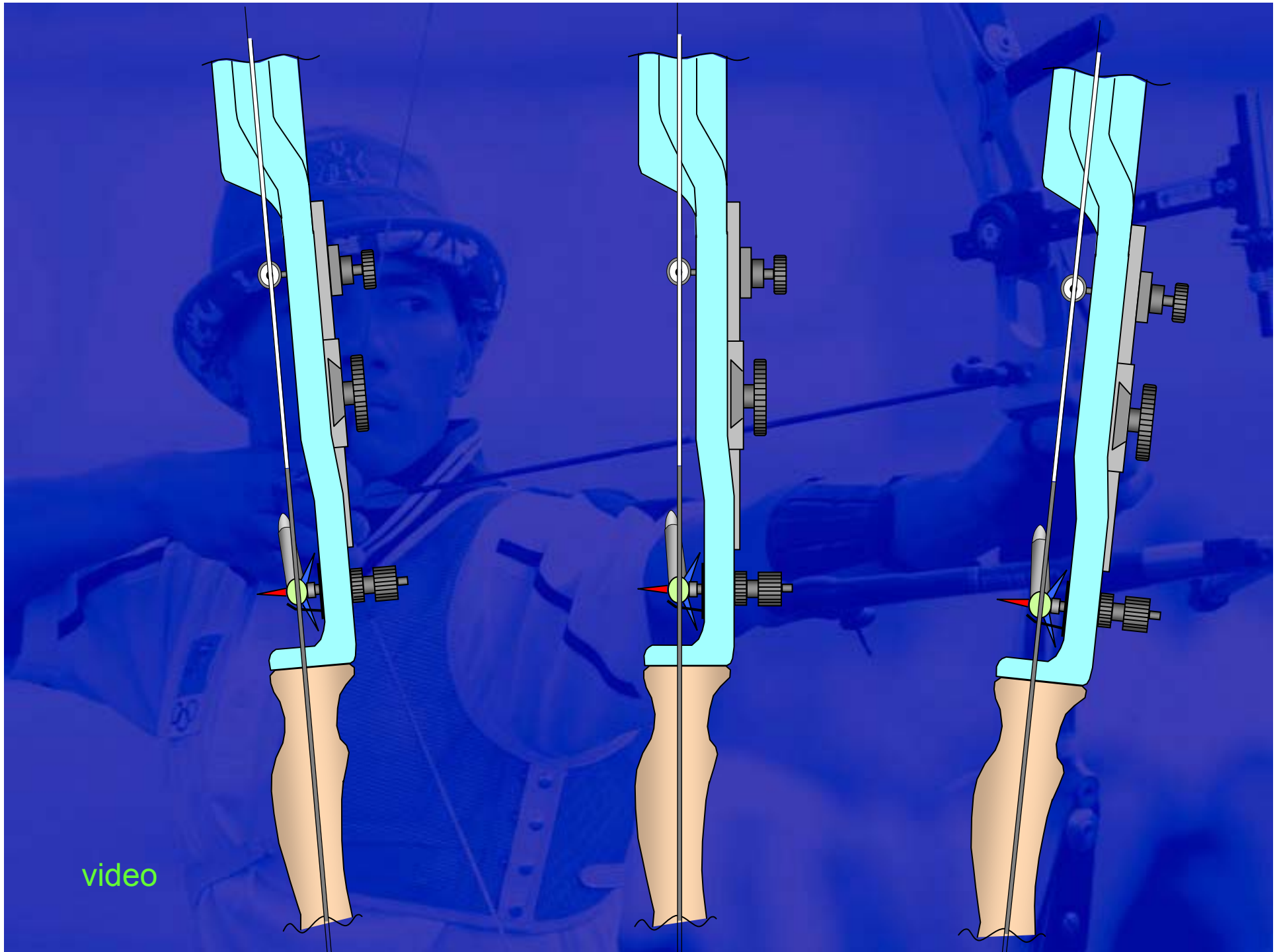






**change of bow inclination
occurring during extending,**

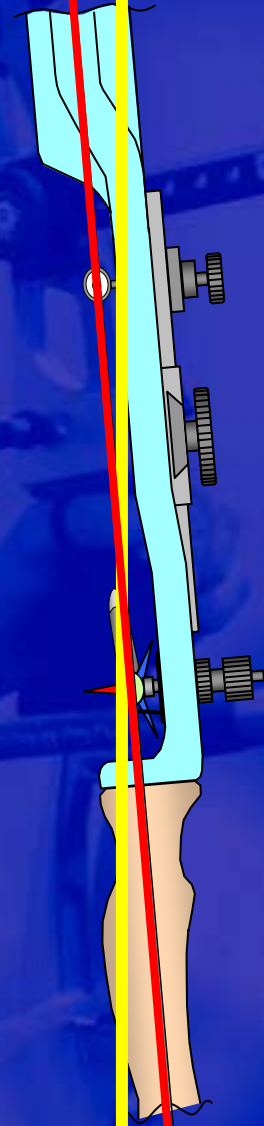




video

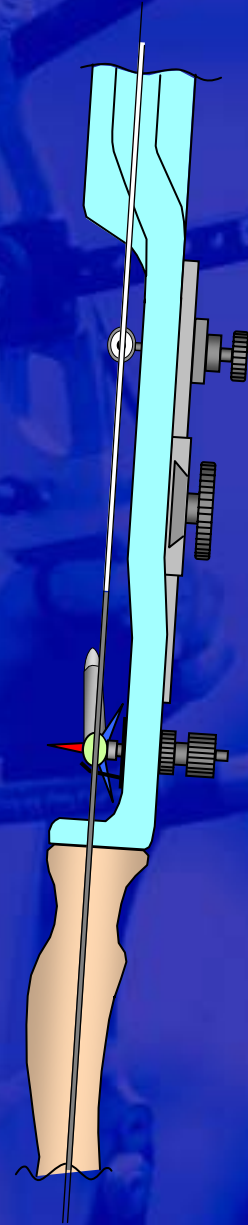


- Arrow rest ?
- Draw length (over draw)?
- Raising the chest?
- Centre of the body?





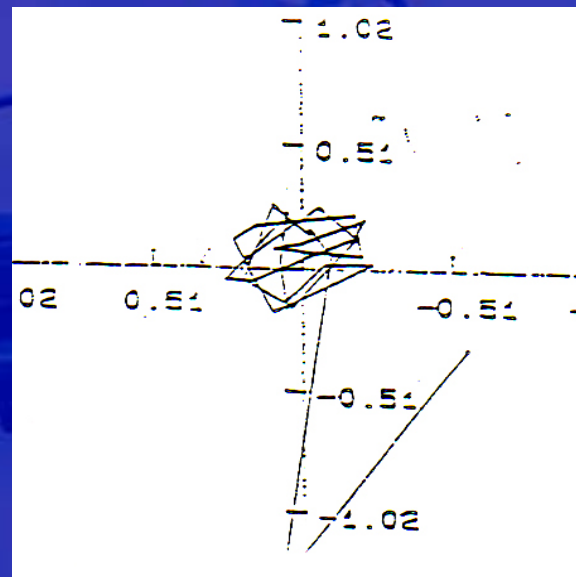
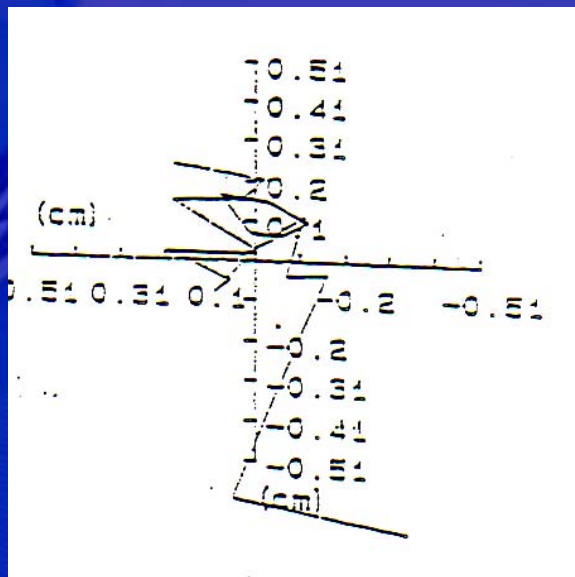
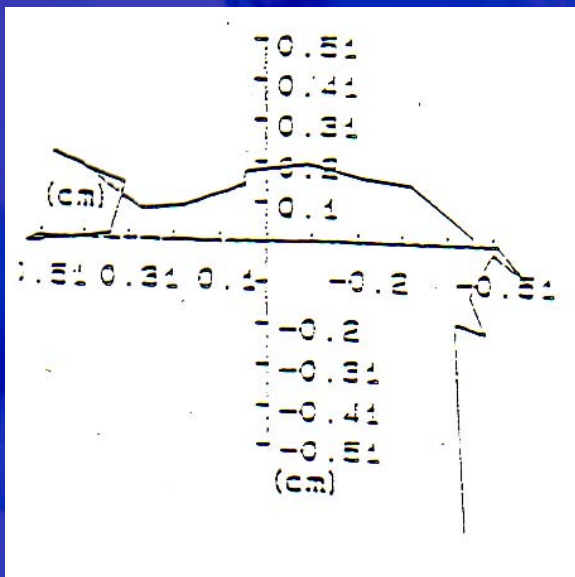
- **Move the body?**
- **Direction of extending?**
- **Draw length?**





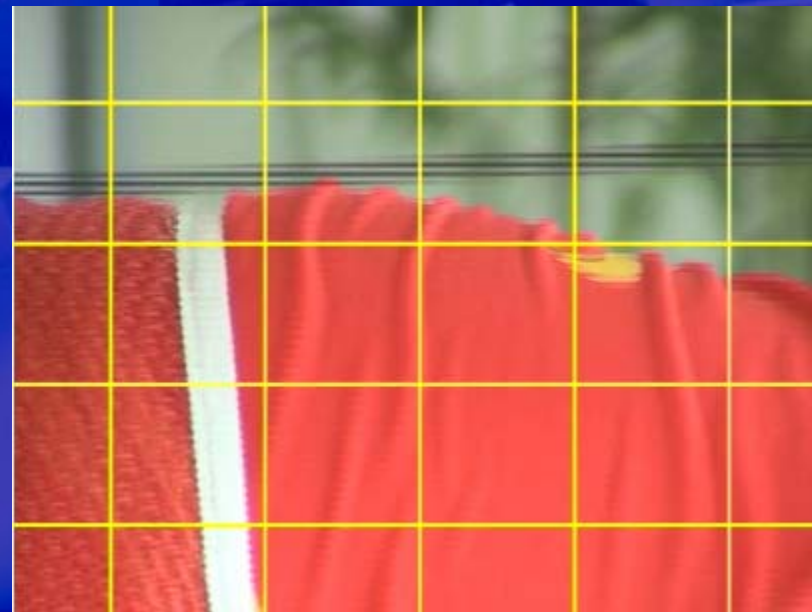
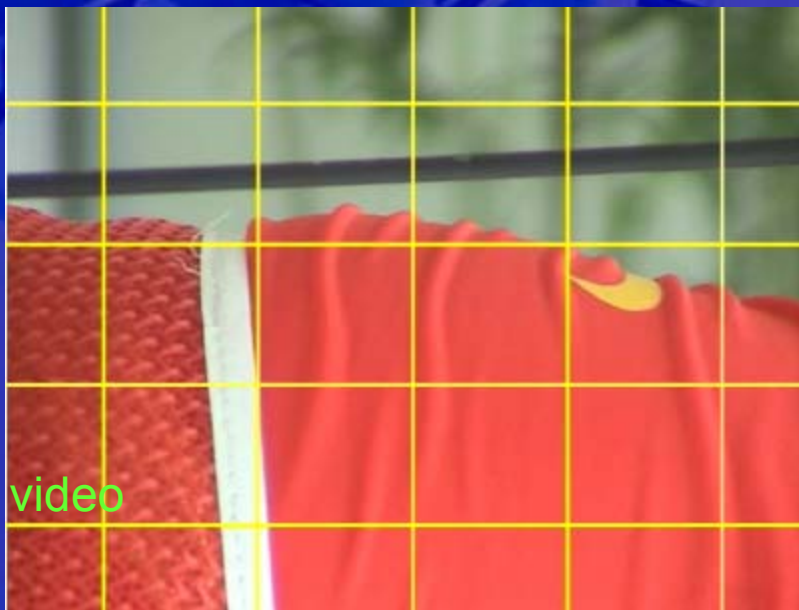
The movement of the centre of body







movement of bow arm
shoulder when extending,



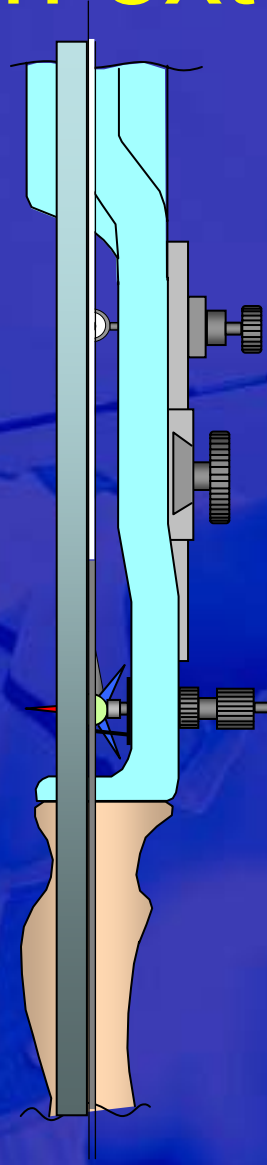
Bow arm shoulder when shooting



video



change of the string position
when extending,





Change of the face position when extending,





change of the anchor position when extending,



video



movement of bowarm elbow when extending,



video

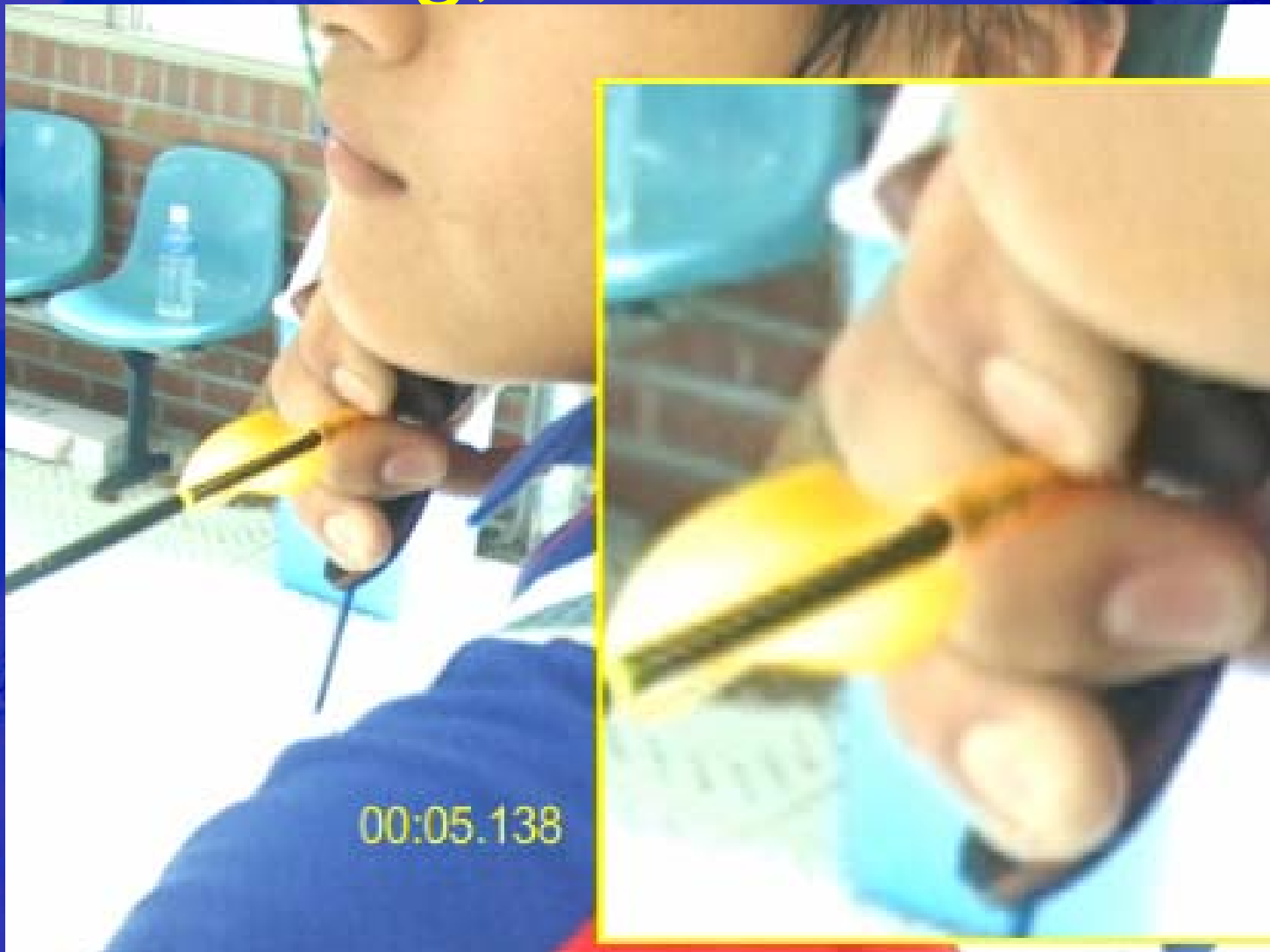


Slipping of drawing finger when extending,





Bending of finger when extending,

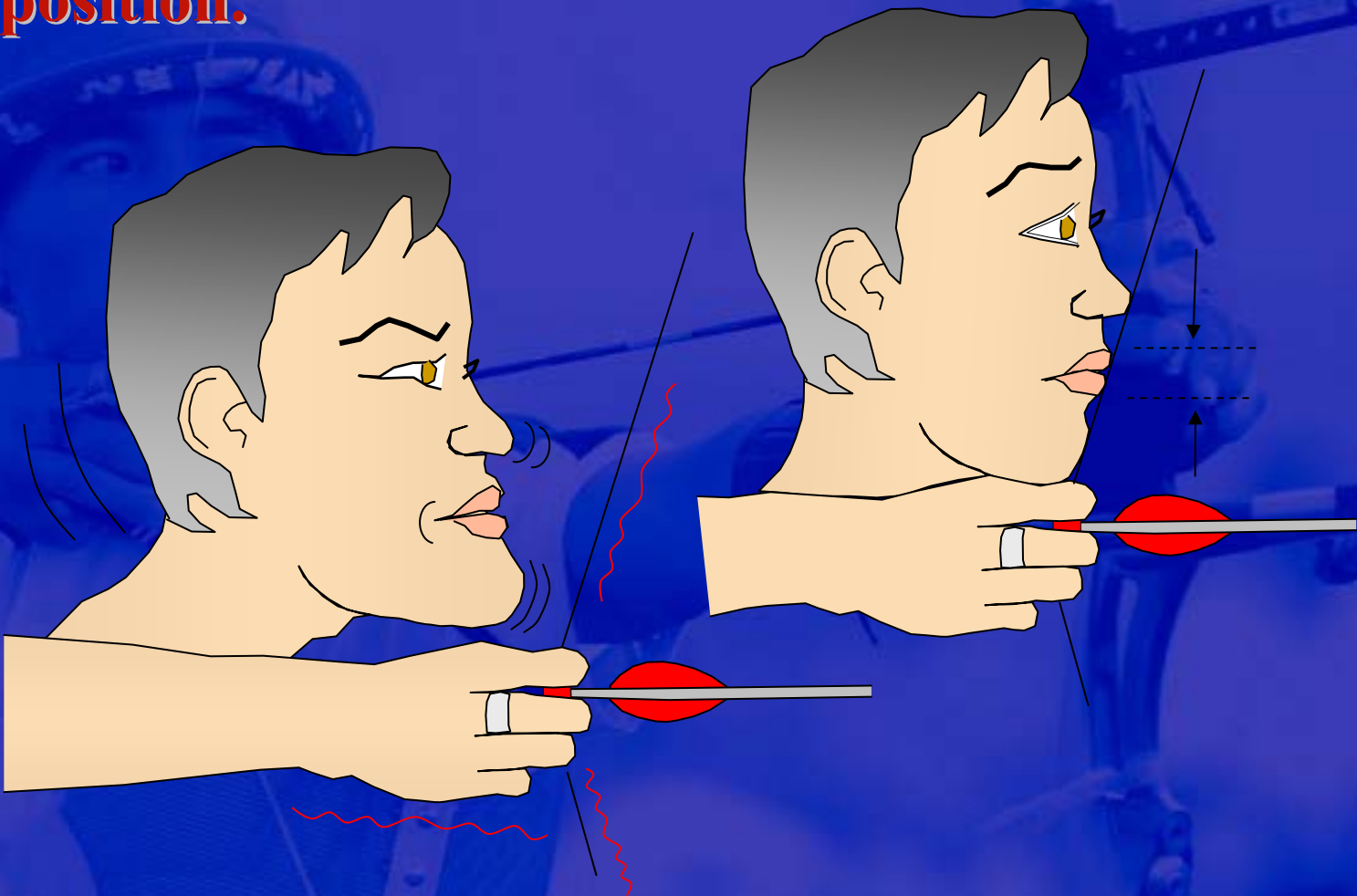




extending time is not uniform,

- . Draw length
- Head position
- speed of draw
- Anchor position

Anchor position.





waist swings when shooting,



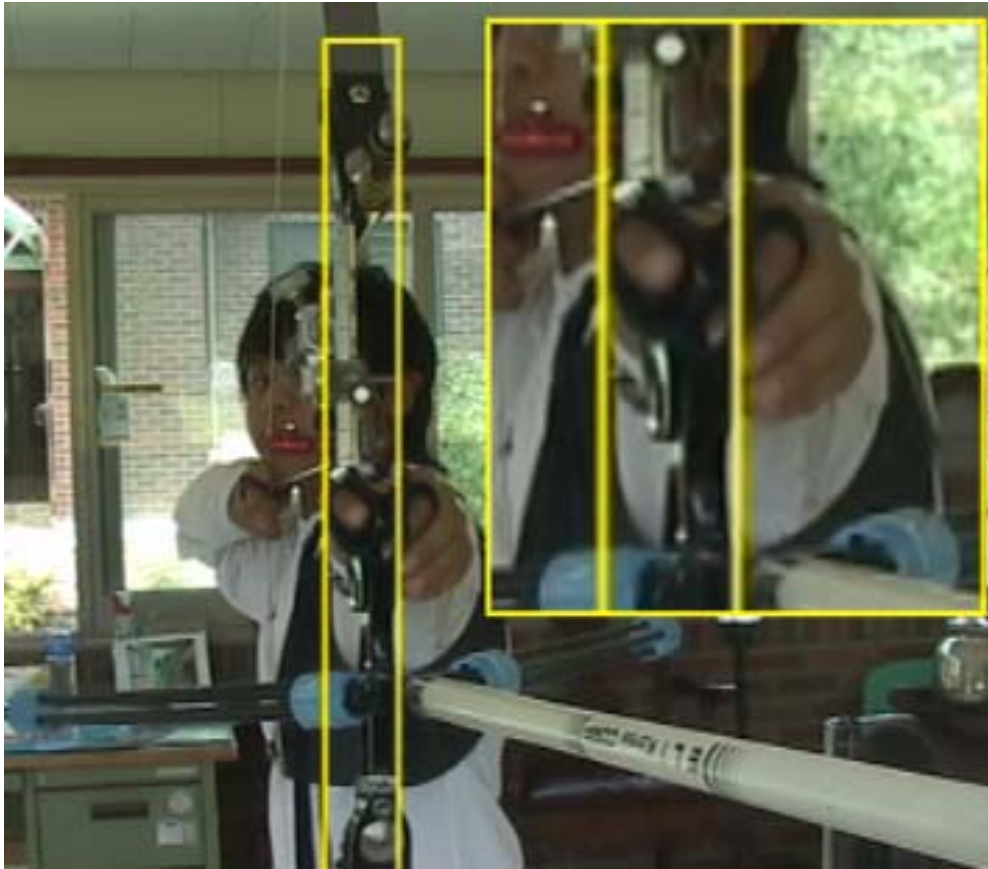
video



The bow jumps when shooting,



video



video



Extending method changes when
extending time becomes longer,

. Do not change extending direction.

Do not change extending balance

Do not change extending method



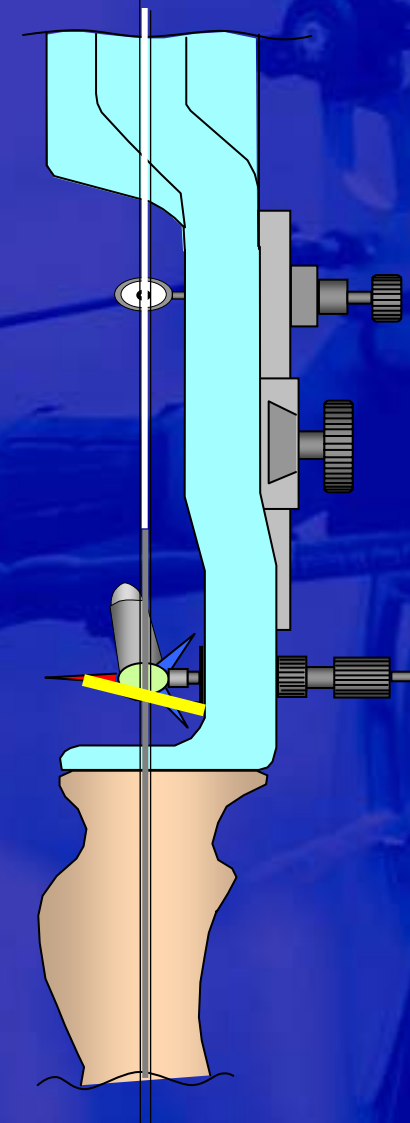
Catching the bow when shooting



video



Pressure button must make constant contact with arrow after clicker down



Move the body when shooting



Observe the string on the chest guard

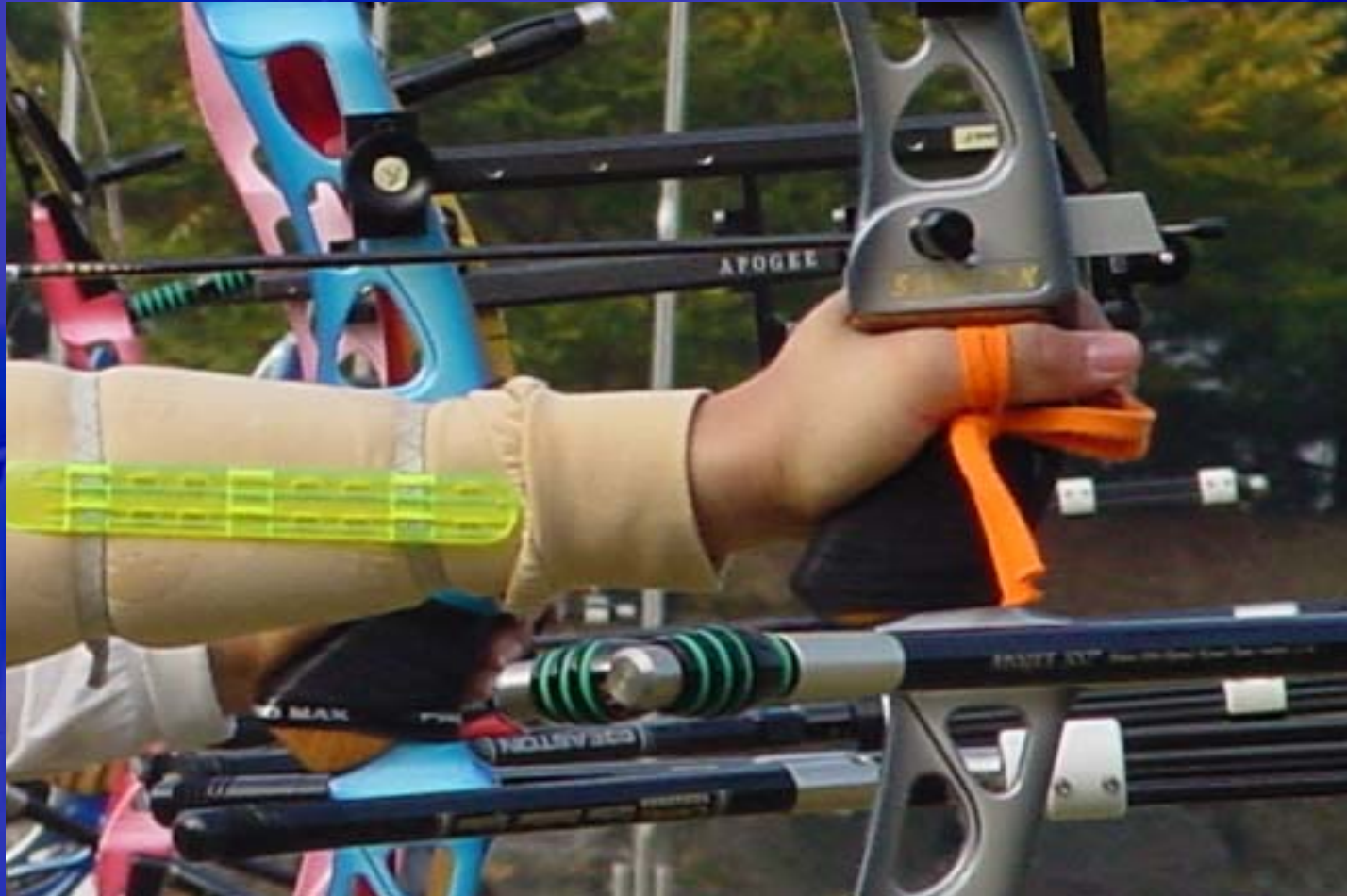
video



Changed direction the extending



Change of the bow hand position on the grip





MANY THANKS !!!

Coach kim



- Coach 84. LA Olympic Game (Korea Womens)**
- Coach 85. SEOUL World Championship (Korea Womens)**
- Coach 86. SEOUL Asian Game (Korea Womens)**
- Coach 90. BEIJING Asian Game (Taiwan Teams)**
- Coach 91. POLAND World Championship (Taiwan Teams)**
- Coach 92. BARCELONA Olympic Game (Taiwan Teams)**
- Coach 93. TURKEY World Championship (Taiwan Teams)**
- Coach 94. HIROSHIMA Asian Game (Taiwan Teams)**
- Head Coach 02. NIMBURG Junior World Championship (Korean Teams)**



Coach committee of FITA

