

Pelatihan Pelatih Panahan Advance Pengprov Perpani DKI Jakarta 2018

Ballroom Hotel Mega Anggrek
4-7 Januari 2018





Kim, Hyung-Tak Archery Training Center



Kim Hyung
Tak



The Best Archery School



**Kim Hyung
Tak**



Archery basic Skill



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Archery basic Skill

- Stance
- Grip
- Hooking
- Set up
- Aiming
- Anchor
- Full draw
- Release
- Follow through





Condition for making good basic skill

- Should use a weak bow at the beginning
- The pound of the bow should be raised in stages
(16-18-22-26-30-32-34-36-38-40-42-44-46-48-50)
- Use clicker when there is enough power for the bow
- Choose a shooting distance that matches archer's age





Stance

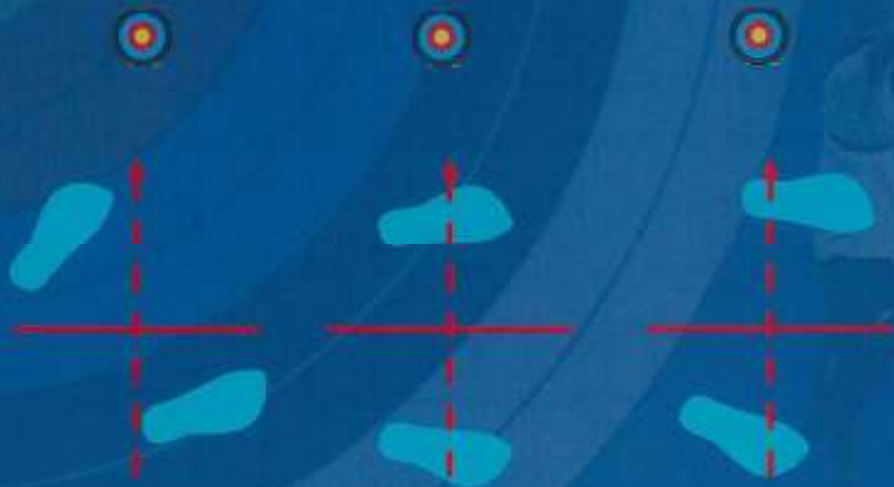
Width of the stance



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Type of stance





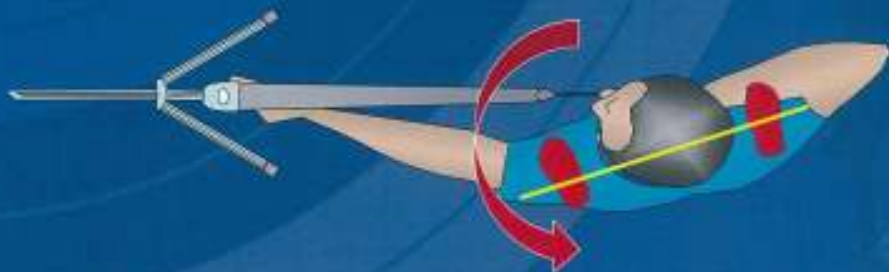
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Square stance

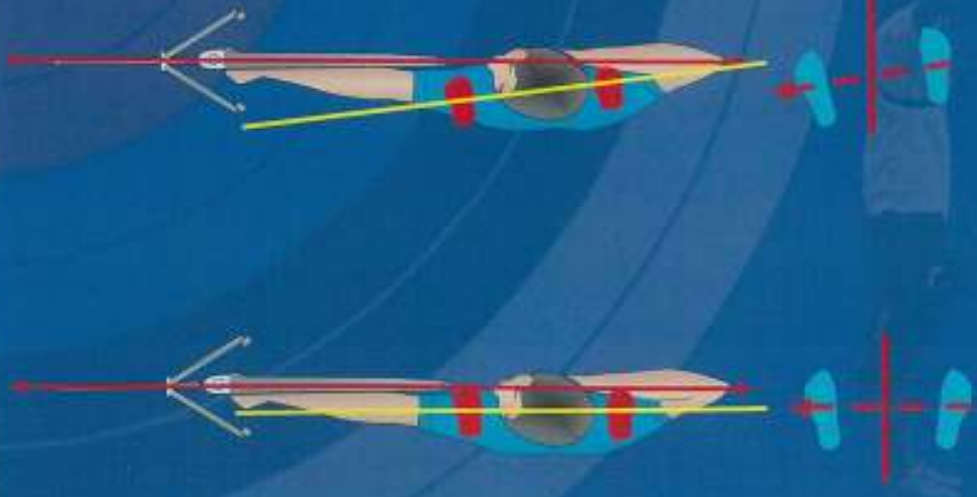


Open stance has a lot of changes on the bow arm shoulder





Even if you use open stance,
hip and shoulder lines should be straight



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The angle of the feet

10 degrees





Grip





Create the right grip for the individual

- Each archer has a different hand size and shape
- Each model of the bow has a different grip shape and height





How to make personalized grip





Condition for making good grip





Grip position

Pressure point

Pressure point





The position of the bow hand fingers



This area must not touch the bow grip.

Approximately 40 to 45 degrees





Grip finger should be relaxed





The use of the bow sling

Beginner should be use bow sling
for jumping the bow





Hooking

- Hooking position on finger
- Hooking position on finger
- Choosing the right finger tab for your hand





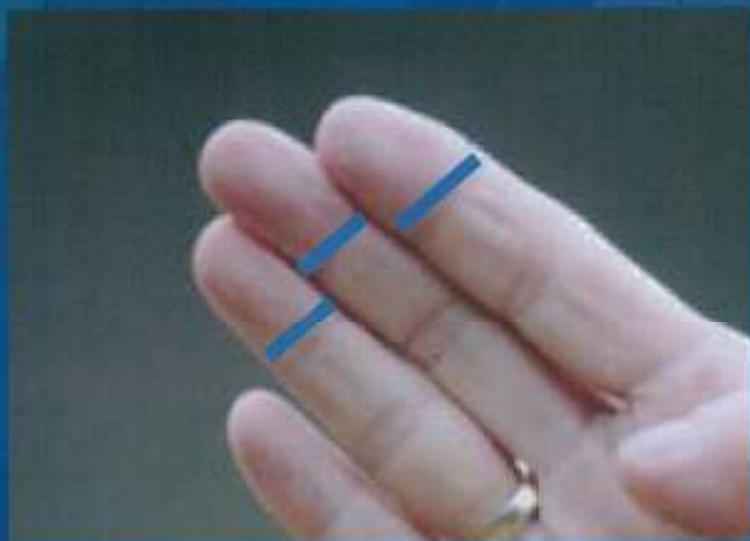


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Hooking position on finger







Do not put your thumb
on the anchor plate



You should not bend your
little finger with a lot of force



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Hooking and Release

Good Hooking makes good Release





Choosing the right finger tab for your hand





Set up

The setup decide the body angle.





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Position of head during set-up





Height of bow arm and elbow when set up





Aiming position when set up



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Sight pin position when set up





String position when aiming





The position of the bow arm shoulder when setting up
(Good shoulder position make good draw length)



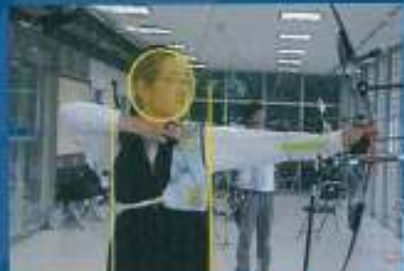


Can not draw it from below





Body center during drawing



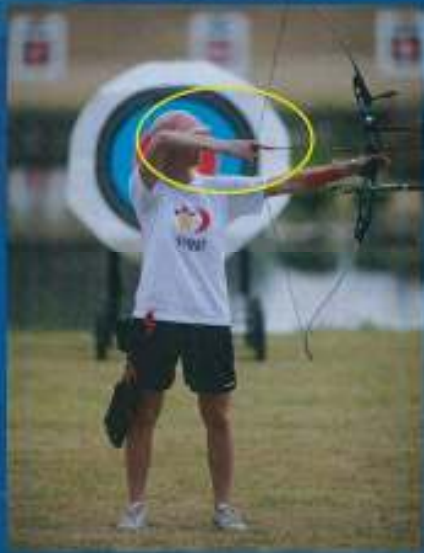


head position when drawing





Elbow position when drawing





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The forward rotation of the bow arm



Correct



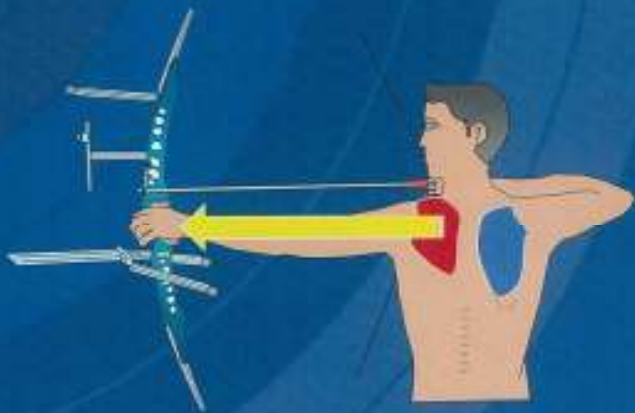
Not Correct







Draw arm shoulder during drawing





Balance of Drawing



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Draw speed





Breathing



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Anchor

- Balance of the center





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Mi - jin Yoon(2000)



YOON - JYUNG JO(1992)



Park Sung Hyun(2004)



(Ki bo bae 2012)





The movement of the head when anchoring





Changed draw length





Elbow position during the anchor





The position of a string when anchoring





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String position on the nose





The bow length and anchor position





Select finger tab



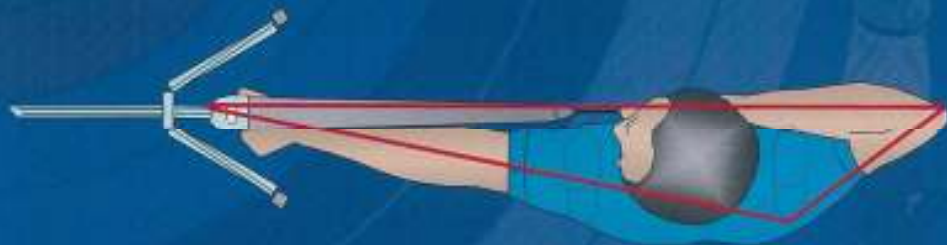


Use Finger tab and Anchor



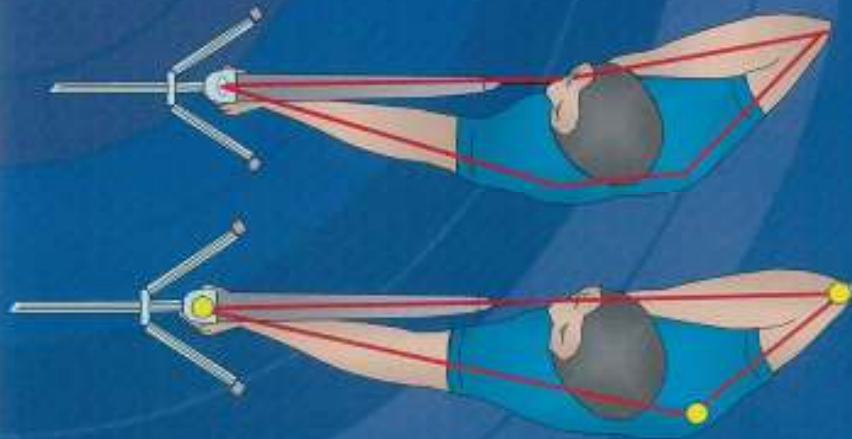


Full Draw





The angles of full draw as seen from above

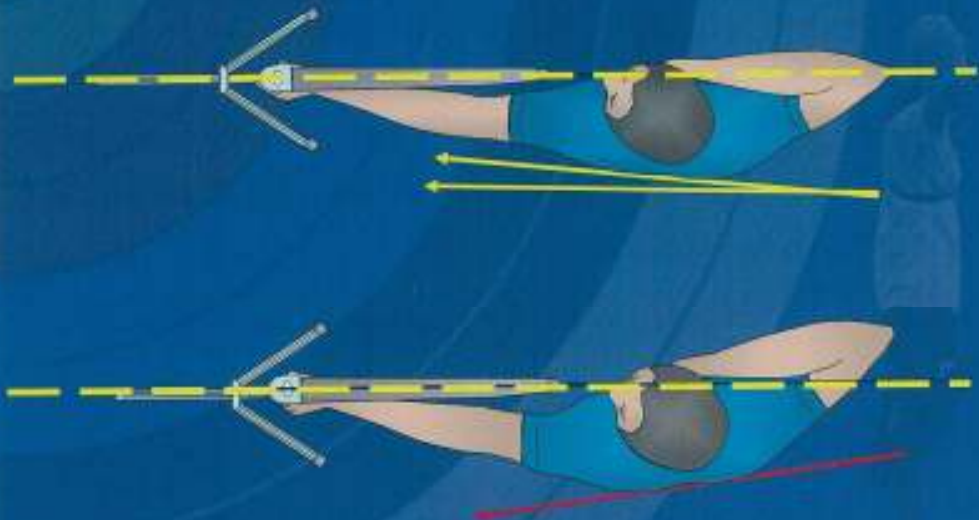


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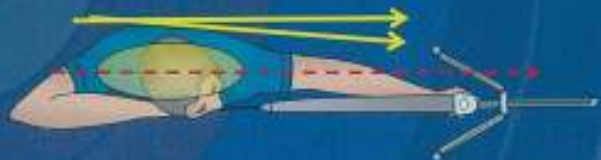


Kim, Hyung - Tak Archery training center

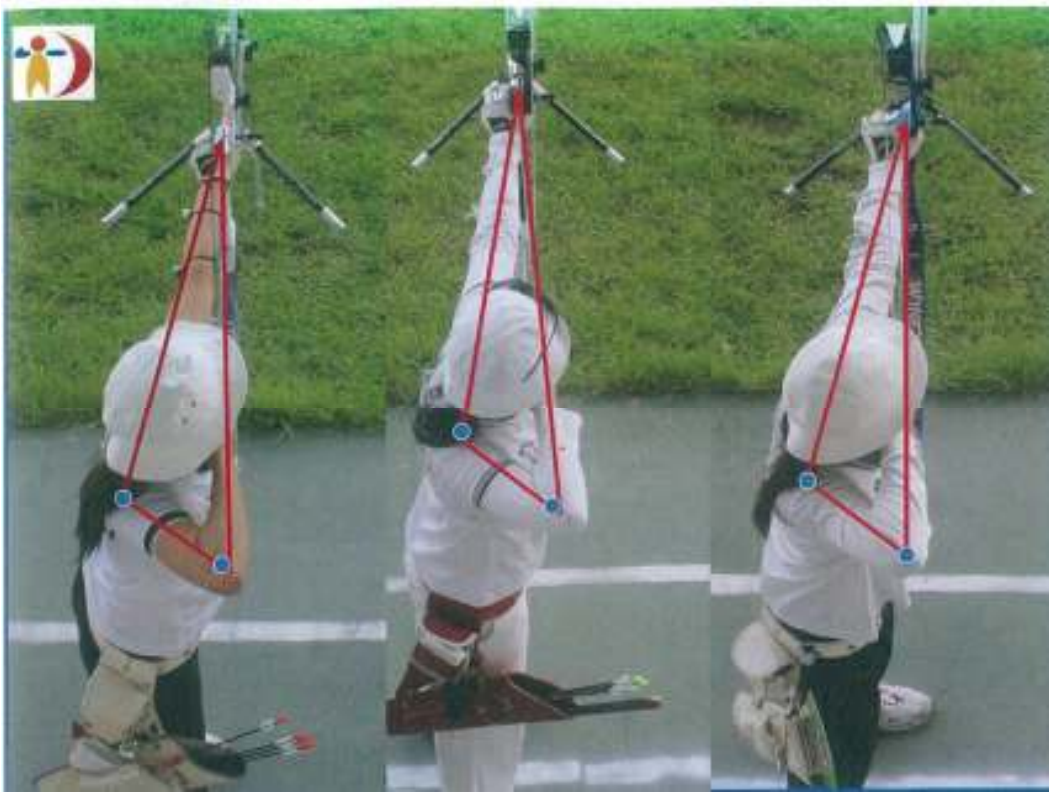


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The correct posture of the head and body



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The height of the drawing elbow when at full draw





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4.8°







The position of the scapula at full draw





Tilted the bow



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Draw shoulder position





Check position of the bow shoulder







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Aiming





Move the sight pin





Alignment of the string



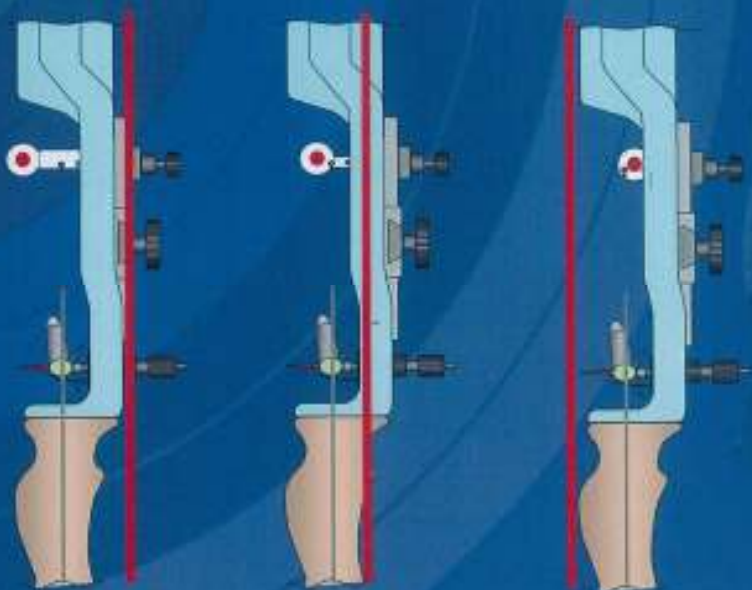


The time of seeing the string



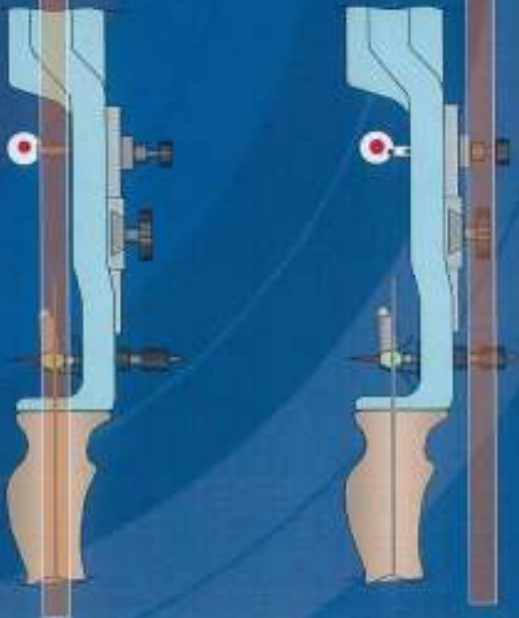


The position of the string and bow sight



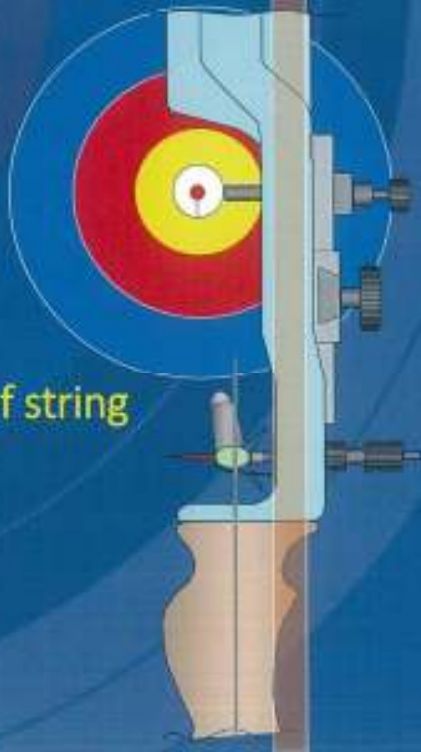


String with sight pin





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Good Position of string



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Release

- Direction of release
- Distance of release
- Speed of release
- The angle of the elbow when release
- Finger movement when release







Ki Bo bae





Direction of release





Release direction to extending line





Elbow should not move back to forward after down clicker



Elbow angle narrows at the release





The wrist at the time of release







Follow through





The exercise for the follow through





Training for beginner





Training for beginner

- Barefoot training
- Practice using rubber band
- Practice using bow with out arrow
- Practice for release





Barefoot training



Stance

Body center

Head position

Shoulder position

Release





Practice using rubber band



Body center
Setup position
Drawing
Anchor

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Using bow with out arrow

Bow grip
Hooking
Setup position with sight
Head position
Body center
Shoulder position
Anchor





Training for Hooking



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Training for Release

- Finger feel training using finger
- Finger feel training using bow
- 1st step release training 2 inch(5 cm)
- 2nd step release direction training





Finger feel training using bow





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The direction training of the release





The use of a bow sling



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The use of the stabilizer on the practicing bow





Use the target face

- 3m shoot : training for release
- 5m shoot : Training for aiming
- 10m shoot : Training shooting form





Using a clicker





Using a clicker





Preparation training for using a clicker



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Training use practice bow
for extending

Extending time & easy extending





Checking the arrow length for the growing young archer





The first step to using a clicker (To draw a bow watching the arrow point)



Watching the point when drawing

Beginner 5-7 mm when at anchor

Aiming
Sight pin on the centre of the target

Focusing





The second step of using a clicker



Watching the sight
pin

Correct draw
length 2 to 3 mm

Anchor with full
draw 1 to 3 mm



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With out watching the point



Anchor with full draw (1 to 2mm)

Release





1000



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Expansion





Training Expansion for beginner

- Practice expansion before using clicker
- Timing Training before using clicker
- Direction training before using clicker





Practice expansion before using clicker



Continue to expand from Aiming





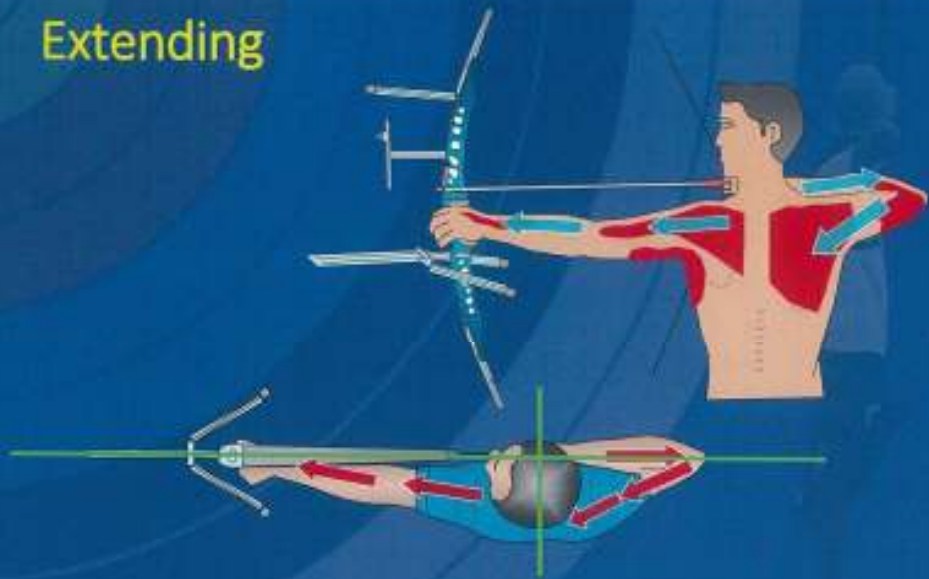
Timing Training before using clicker

- While expanding listen to the sound and shoot quickly





Extending



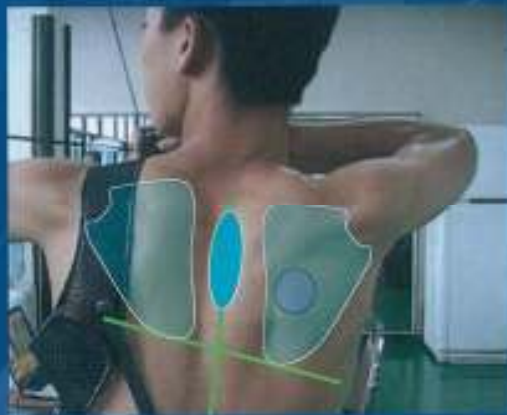


The method of training “the feeling” of extending





The direction of the pushing arm and drawing arm when extending



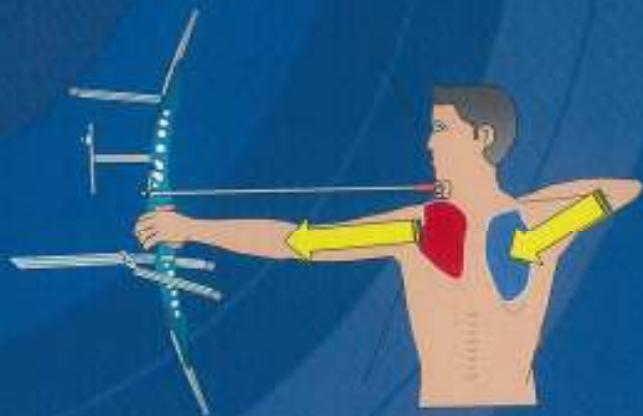


The balance of extending





The location of the scapulars





Analysis for expansion





Canting the bow

- Change draw length
- Change body center
- Chest go up
- Over draw

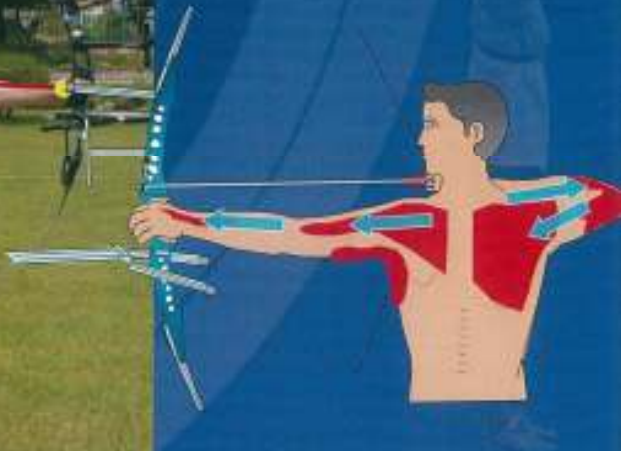




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The elbow moves down at the time of extending





String move on the chest



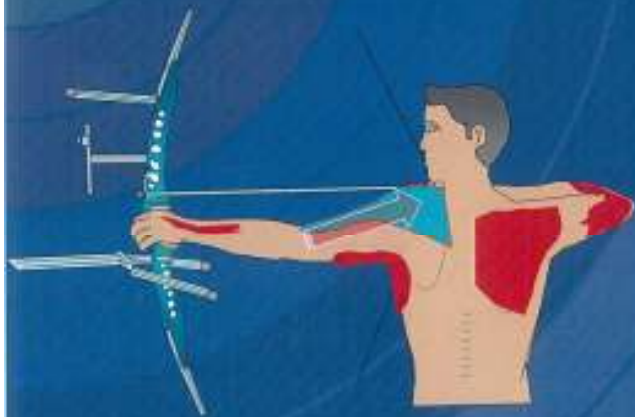


The anchoring hand & head is moved back when extending





The bow shoulder is raised up



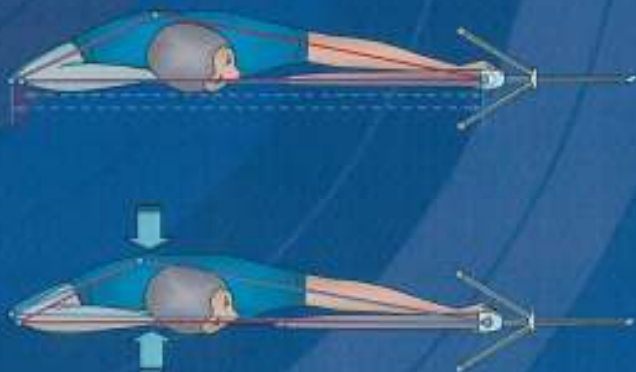


The finger is bent inward during expansion



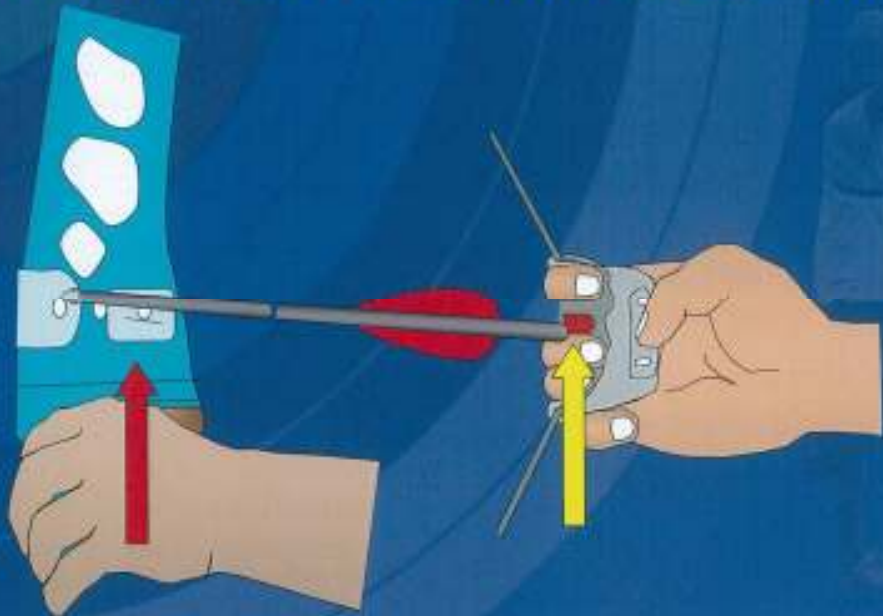


The hand moving backward during expansion

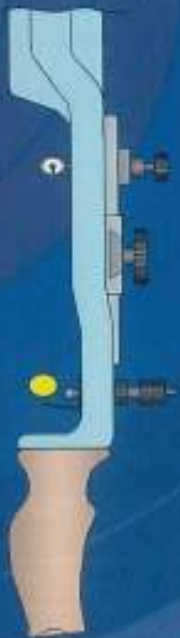




The arrow nock is lifted up by the middle finger



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Rotating the bow arm





the bow moves front





bow moves back during expansion



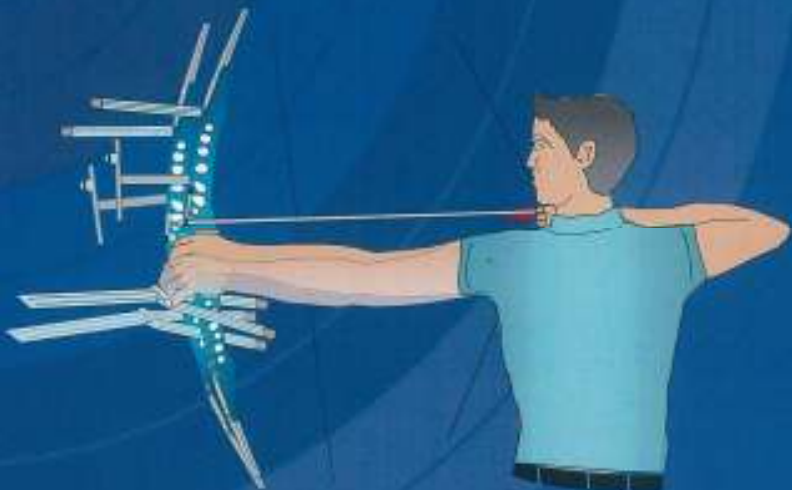


The change of the bow grip





The bow moves downward



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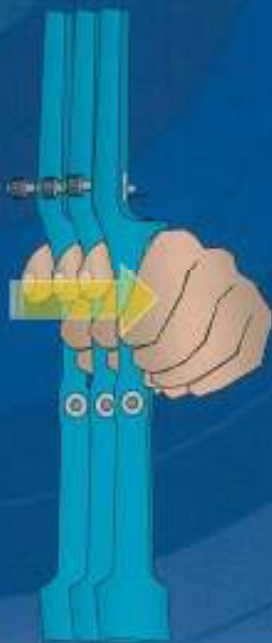


String move on the chest when expansion





The bow jumps to the outside



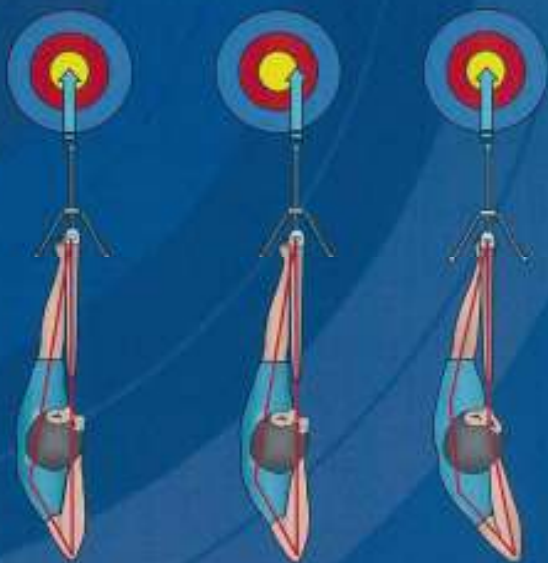


Bow sight move to inside





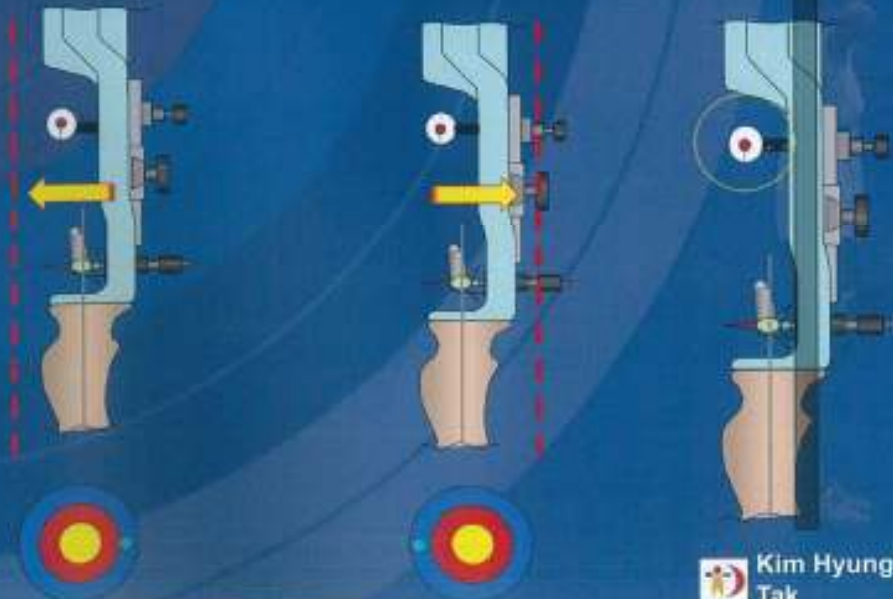
The change of the body centre during expansion





The position change of the string
when expansion

alignment





Expansion time is not constant

Set up shoulder

Move the head

Move the chin

Changed draw line





The bow jumps to the inside





After shooting, the bow arm drops or is moved right or left





The free movement of the bow





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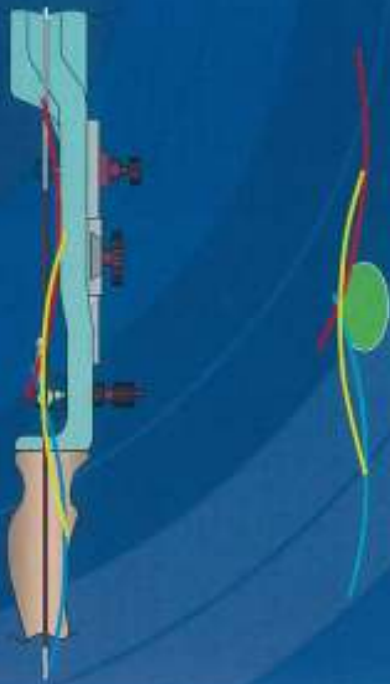
Bow tuning for equipment



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Why we need bow tuning







Stiff



Correct



weak



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The flight direction of the arrow



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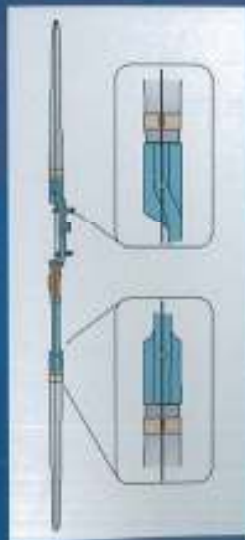


Arrow paradox



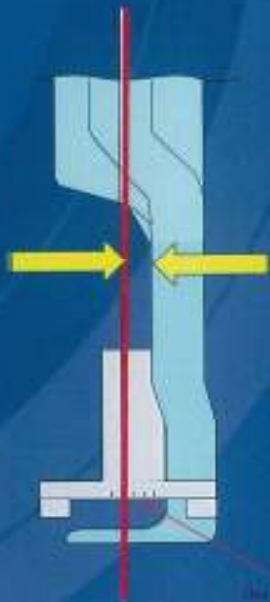


Preparing the Bow Center



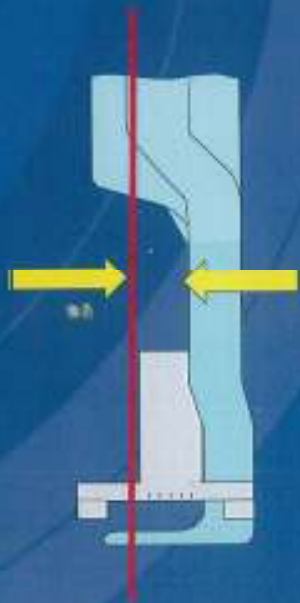


Bow center

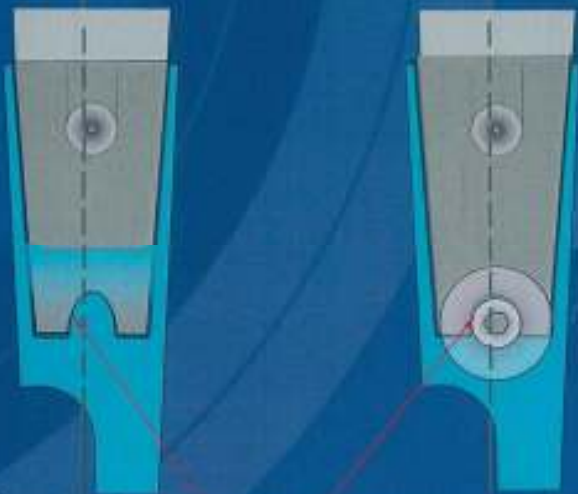




Bow center

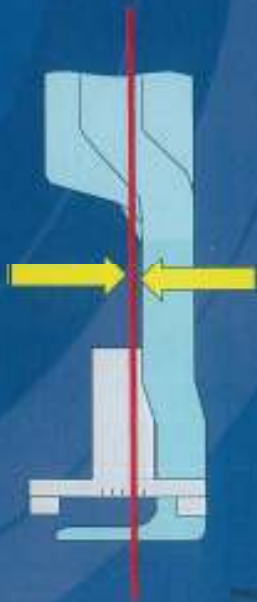


The string needs to
move to the right



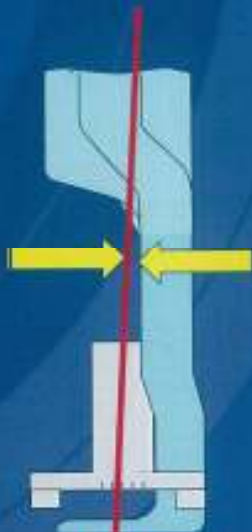


Bow center





Bow center





Tiller height

Check original limb power

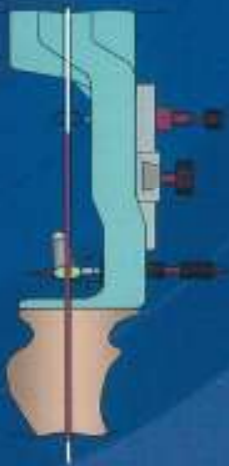
4mm-6mm





Center shot

Arrow point $\frac{3}{4}$ outside the string





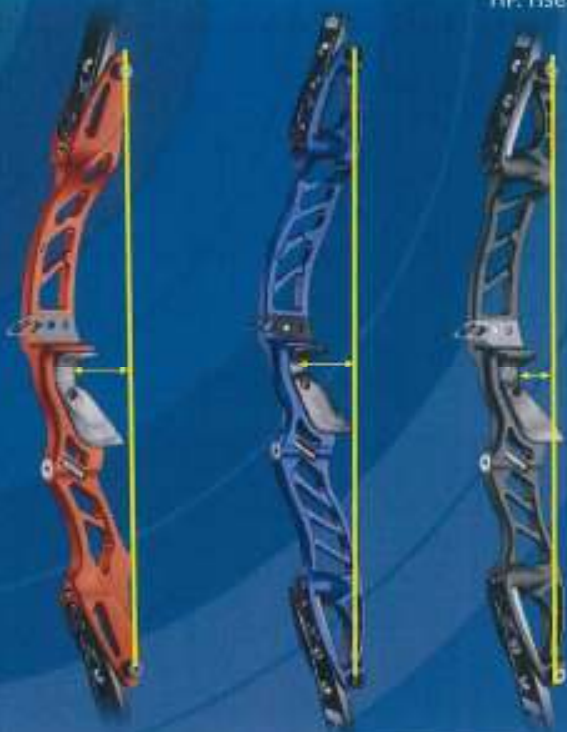
String height



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HP. riser



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Aligning up the Bow sight

Line-up the sight bar so that it is parallel to the side window





Setting of the nocking Point

The bracing height gauge should be lightly resting on the arrow rest.



Have the top of the bottom nocking point approximately 5 millimetres above square.

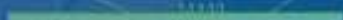


The nocking point is determined the time of the final tuning



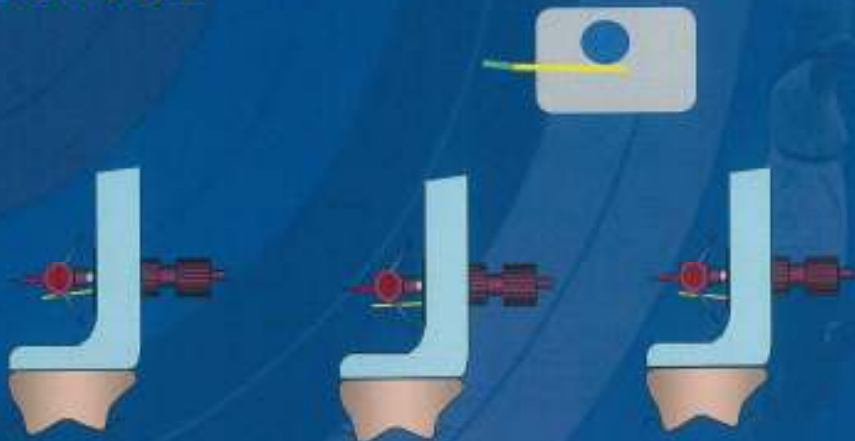


Serving and nocking Point



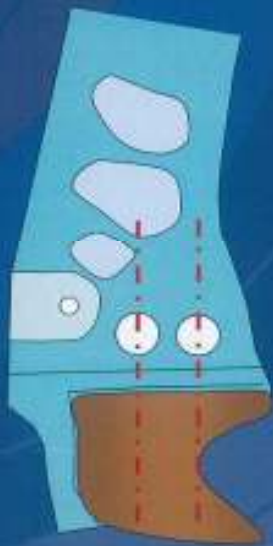


Arrow rest





Plunger position & Tension





Stabilisation **Vibration** of the recurve bow

Tapered Long-rod



Heavy taper – Parallel Back end





Stabilizer



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Parallel Long-rod



Parallel Long-rod with Doinker





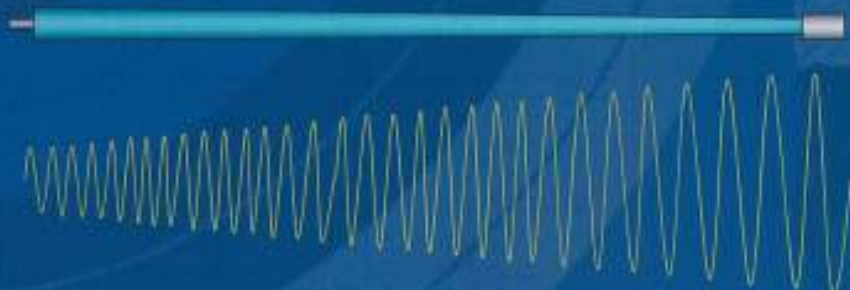
Stabilisation of the recurve bow:

Straight Rod Design





Taper Rod Design





Parallel/Taper Rod Design



Parallel plus Heavy Taper





Why we need bow tuning

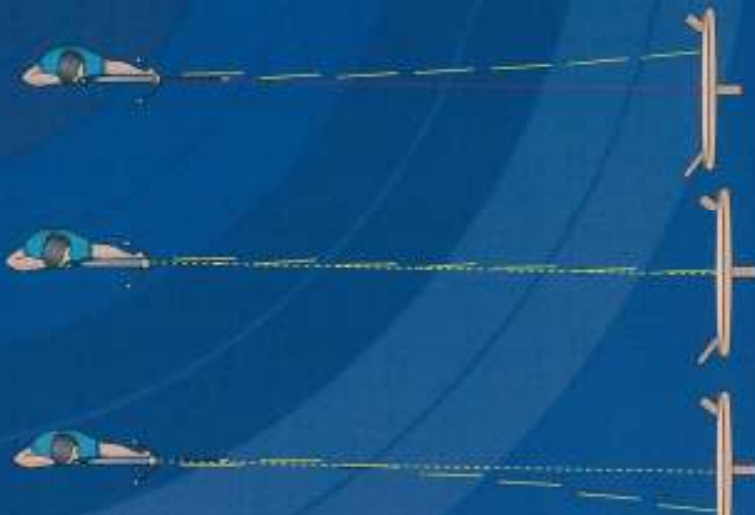




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The flight direction of the arrow





plunger

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ARCHERY
SCHOOL



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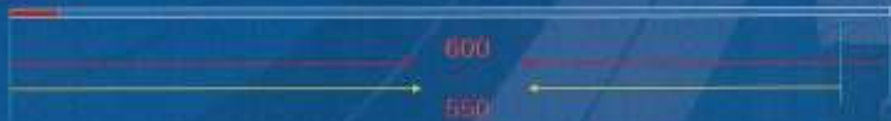


Arrow point weight





Length the Arrow





Arrow length





Shoot 30 m

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Spring tension

Arrow point

Arrow length





Plunger tension

Arrow point weight

Arrow length





Shoot 70 m test for arrow group





0



+1



+2



+3



-1

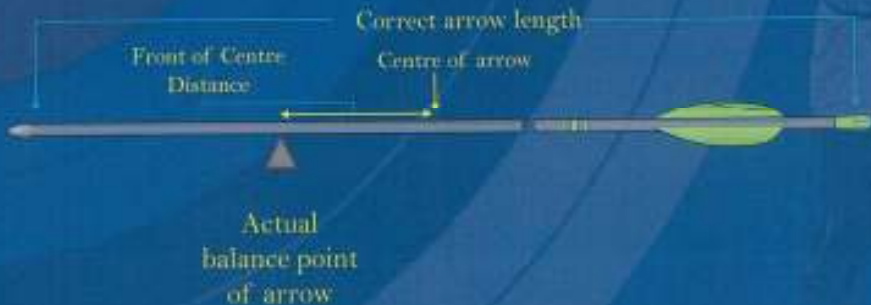


-2





The centre of balance of the arrow (FOC)





Changing the arrow length

Arrow length	Bow weight	Point weight	FOC	Size
28inch	40lb	110g	11.4%	X-10 550
28 1/2 inch	40lb	110g	11.2%	
29 inch	40lb	110g	11.1%	





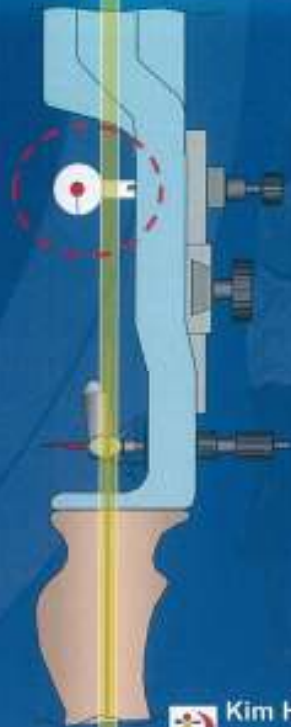
Changing the point weight

Arrow length	Bow weight	Point weight	FOC	Size
28 inch	40lb	120g	13.6%	x-10-550
28 inch	40lb	110g	12.5%	x-10-550
28 inch	40lb	100g	11.4%	x-10-550
28 inch	40lb	90g	10.1%	x-10-550





The location of the sight pin

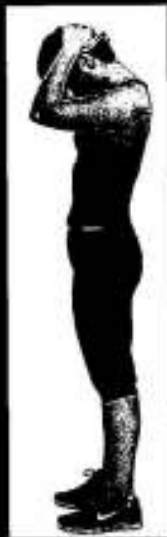


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Stretching





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Weight training

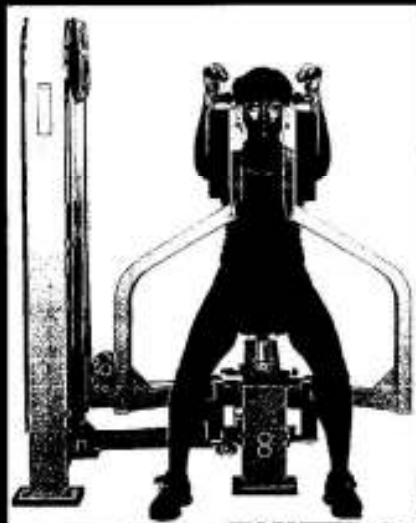




Bench Press



Butter Fly





Up Right Row





Bent Over Row



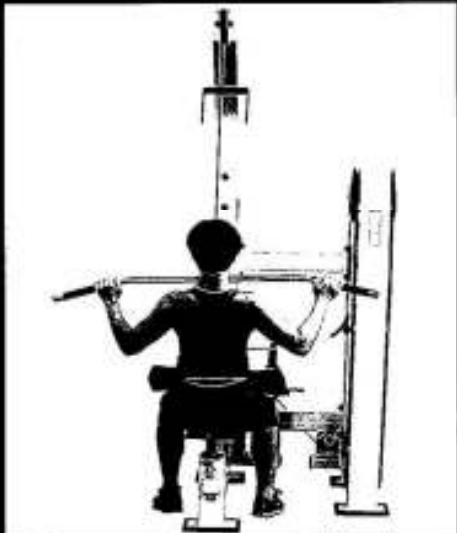


Side Lateral Raise



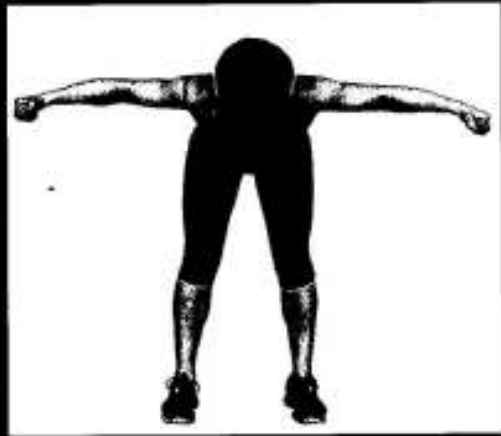


Lat Pull Down)





Bent Over Side Raise





Leg Extension





Back Squat



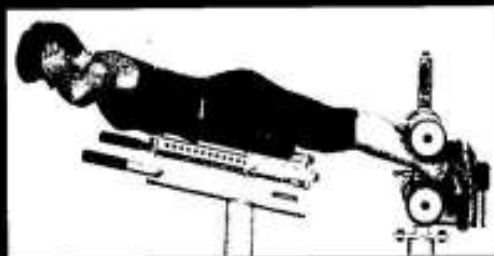


Sit-Up





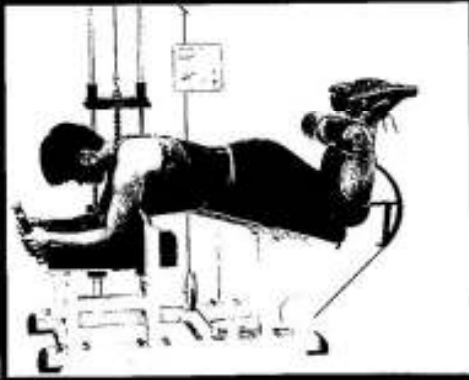
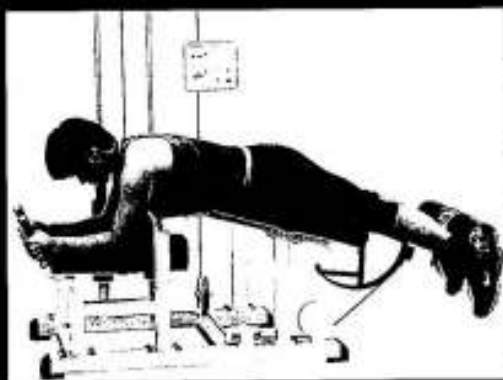
Inclined Back Extension



Tak



Leg Curl





Body weight training





Push-up





Decline Push-up





Squat





V-up





Back Extension





Leg Raise



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Sit-Up





Draw bow



