

BOW TRAINING TO IMPROVE SKILLS ARCHERY

By: Yudik Prasetyo, M.Kes.

INTRODUCTION

Basically, archery sports are sports that require a subtle touch of spirit, patience, tenacity and mental toughness. In addition, there are elements of fundamental and absolute owned by each archer namely: the shape and structure of the body, basic techniques, the mechanism of motion, physical and mental fitness, because these elements complement each other to achieve automation in archery skills.

To achieve a good archery skills course through exercises. One good exercise to improve skills is to practice archery bow. Exercise is very important for archers bows beginners and those already into archery athletes. For beginner archers bow exercise was started from the pull bow light, then gradually increased the power of draw.

BOW TRAINING

Bow training is exercise conducted by the archers bow by pulling the rope without the use of arrows, was arrested a few seconds, and done repeatedly.

Bow training is a unique training tool that can help archers obtain greater accuracy by improving their form and increasing their strength and stamina. Bow training is the perfect training tool for archers of any age and level of experience—from novice to seasoned professional. Many factors can disrupt an archer's ability to train consistently during their off-season. With the bow training program archers can train almost anywhere for optimum strength and accuracy (Kevin C Paulson, 2010: <http://www.bow-trainer.com/about/>, accessed on May 6, 2011).

METHOD OF BOW TRAINING

To measure your draw length, you must determine the length of your arm span in inches. Stand with your arms out and palms facing forward. Measure from the tip of one middle finger to the tip of the other. Then, simply divide your measurement by 2.5. If you are of average proportions, your arm span will roughly equal your height.



Picture 1. Draw length

Review the proper mechanics for drawing the bow training:

1. Place feet shoulder width apart with an open stance.
2. Hold your bow hand at shoulder height.
3. Grasp exercise bands with three fingers of the draw hand (index, middle, and ring fingers).
4. Pull bands with draw arm in upper position, also "in-line" with shoulders, to your anchor

position.



PICTURE 2. ANCHOR POSITION

Starting with the Band 1, pull back to your anchor position and hold for approximately 5 seconds. If this is difficult, this may be your initial maximum draw strength. If it's not, repeat the same exercise using Band 2 or 3 or a combination of bands until you reach a point of near muscle exhaustion when holding at your anchor position for 5 seconds.



PICTURE 3. BAND POSITION

SKILL ARCHERY

Saidel (1975: 89-90) says that archery is an activity that requires strength and can do all the people. Based on the mapping of physical components and the mapping of the dominant limb in archery, the physical component and the body that are used in archery include strength and endurance of the shoulder muscle, endurance and strength of back muscles, muscle strength and endurance of the chest, and arm muscle endurance strength. Strength and endurance can be formed properly, if the archer is systematically and regularly conduct bow training.

CONCLUSION

To achieve a good archery skills course through exercises. One good exercise to improve skills is to practice bow training. Bow training is a unique training tool that can help archers obtain greater accuracy by improving their form and increasing their strength and stamina. Bow training is the perfect training tool for archers of any age and level of experience—from novice to seasoned professional.

