

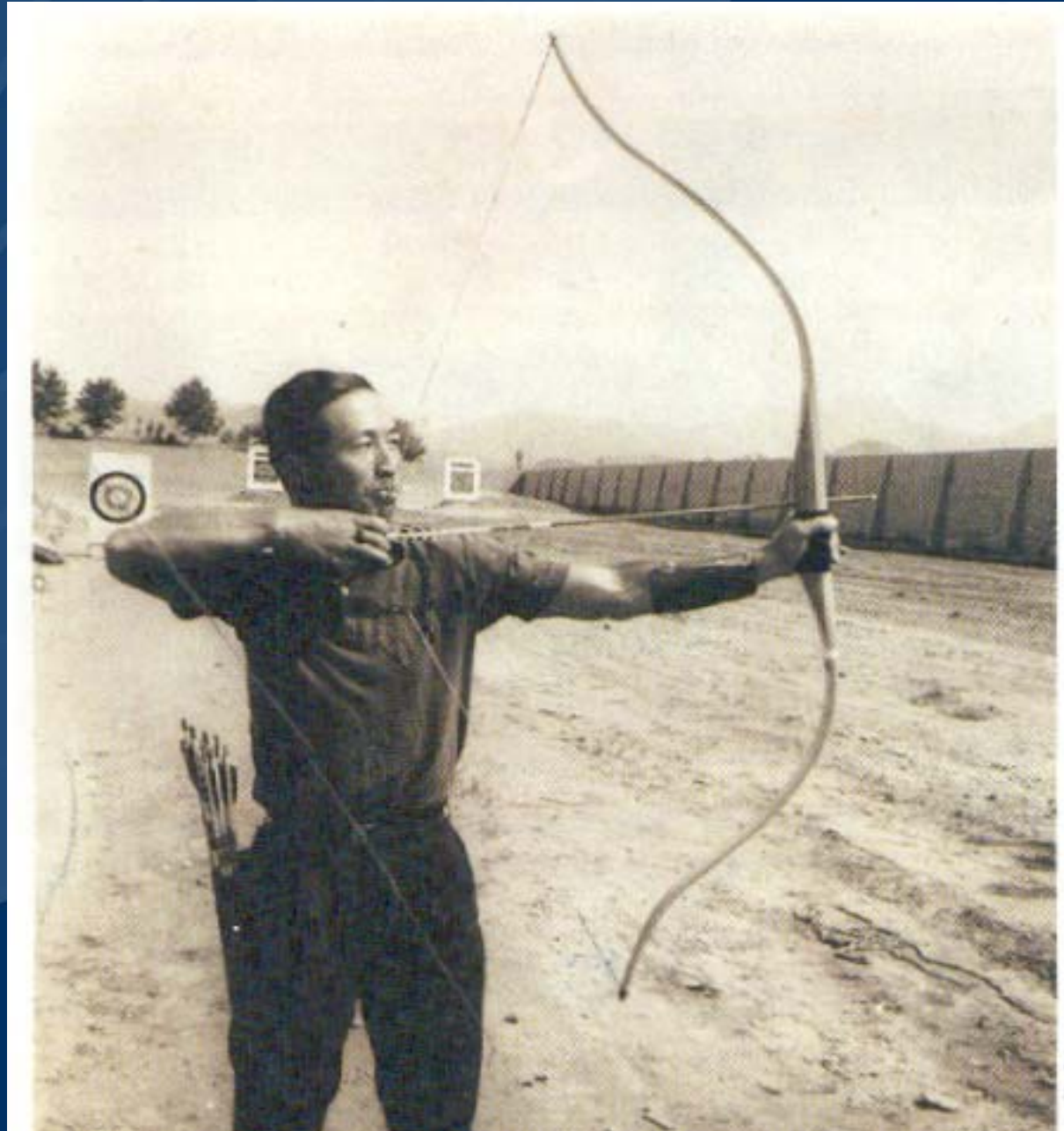


## 2013 World Archery Coaching Seminar



Kim, Hyung - Tak

석봉근 선생  
1965년 제8회 활 쏘기 대회



Kim, Jin Ho

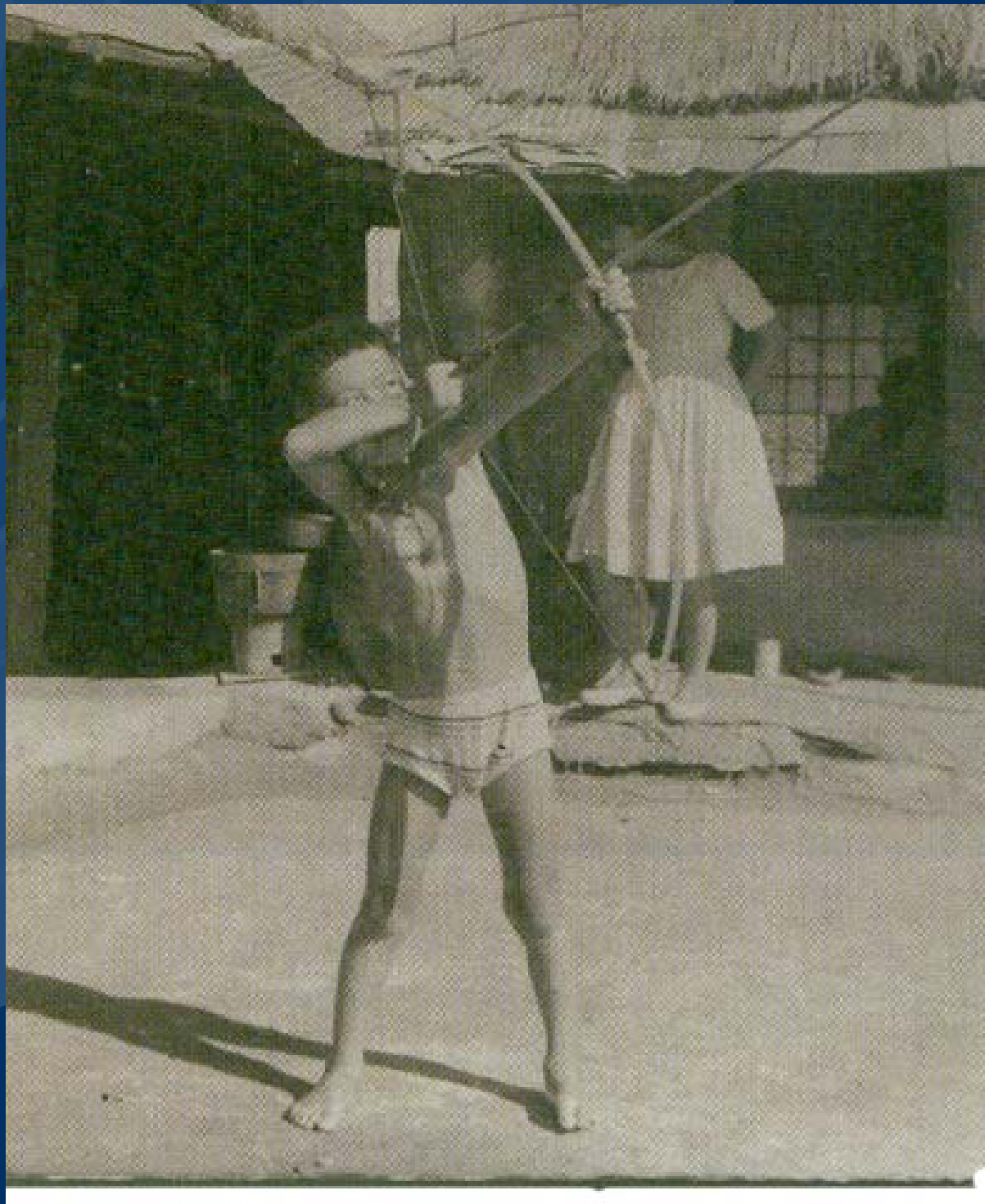




제3회 전국 남녀 궁도 대회 좌로부터 신창순, 김형탁,  
김윤배, 조춘봉, 한종호, 석동은, 정동진,







# Korean Archery

- **Good system**
- **Rule**
- **Same teaching method in Korea**
- **Don't have best coach in Korea**
- **Good basic skill**







Kim, Hyung Tok Archery Training Center









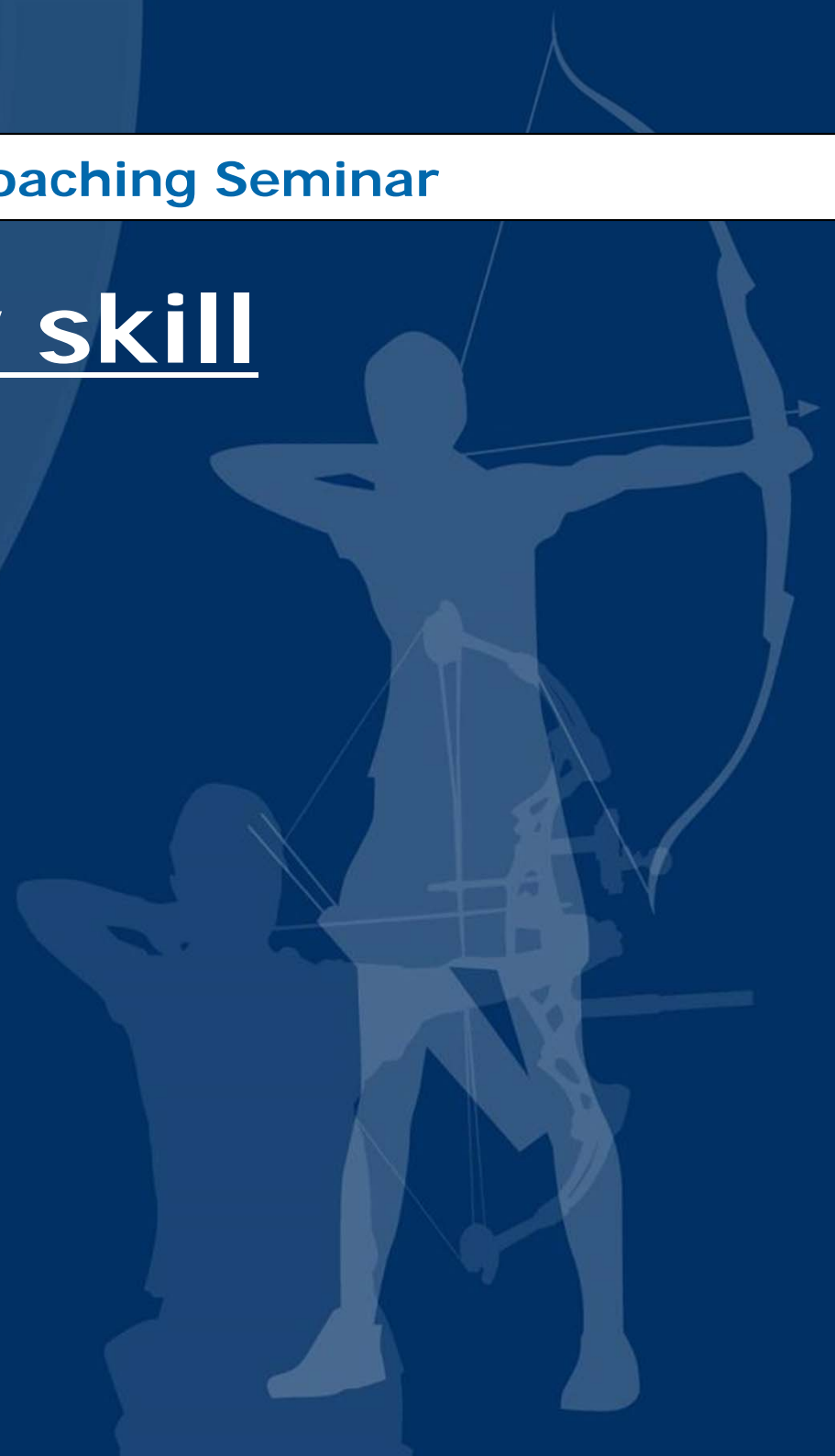
# Analysis archery skill

Analysis Full draw

Analysis Balance

Analysis Extending

Analysis shooting





# 2013 World Archery Coaching Seminar

Name: 김도하				2013 - 9/21				TOTAL: 1375							
70m				60m				50m				30m			
10	10	10		X	X	10		X	10	10		X	X	X	
10	9	9	58	10	10	7	57	9	9	8	56	10	10	9	
X	10	9		X	10	10		X	X	X		X	10	10	
9	8	8	54	9	9	9	57	10	10	8	58	10	10	10	
X	9	9		X	X	10		X	10	10		X	X	10	
9	9	9	55	10	10	9	59	9	9	9	57	9	9	9	
X	X	10		10	10	9		10	10	10		X	10	10	
9	9	9	57	9	9	9	56	10	9	9	58	10	9	9	
X	10	10		10	10	10		10	10	9		X	10	10	
10	10	10	60	9	9	9	57	9	9	9	56	10	9	9	
X	10	10		X	X	10		X	10	9		X	X	10	
9	9	8	56	10	9	9	56	9	9	8	55	10	10	9	
			340				344				340				351

# Analysis Full Draw

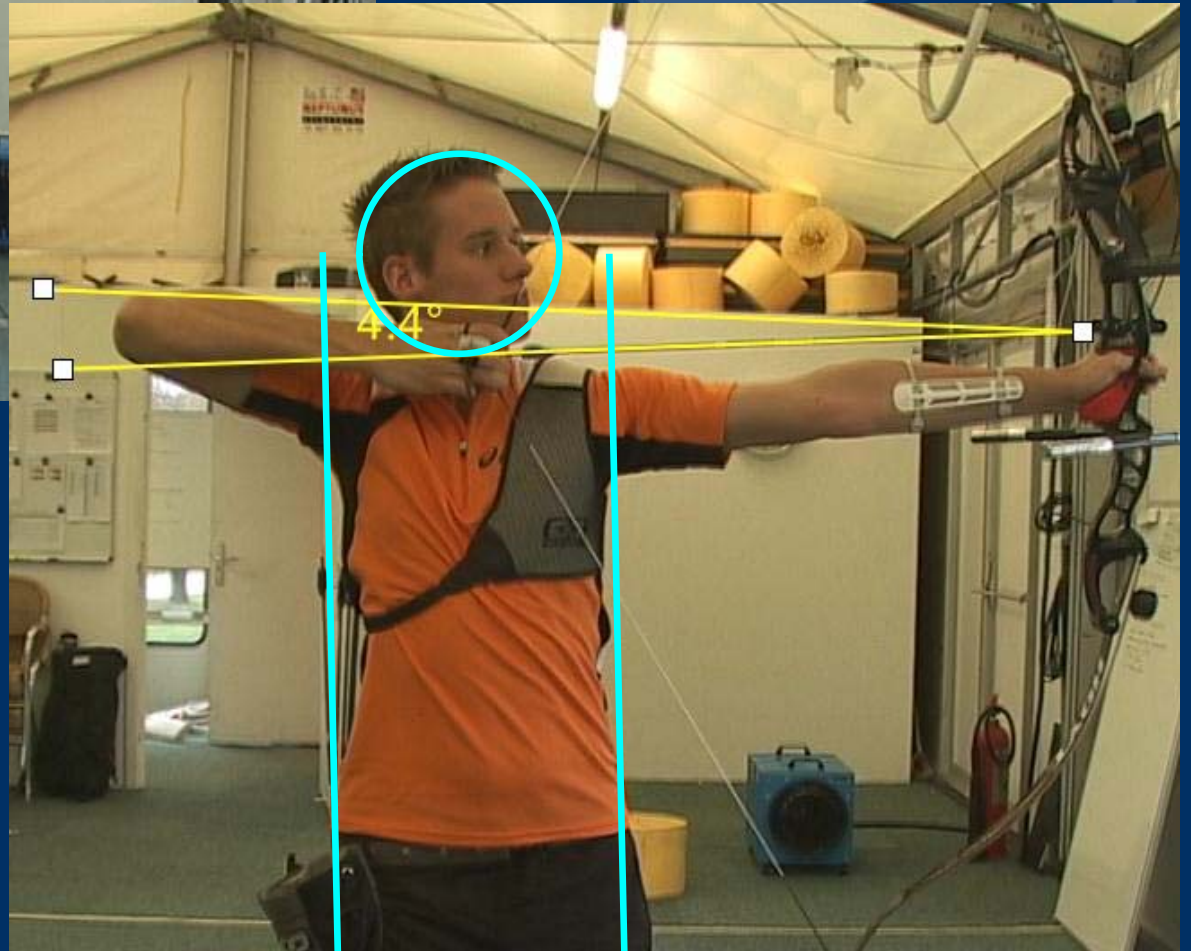
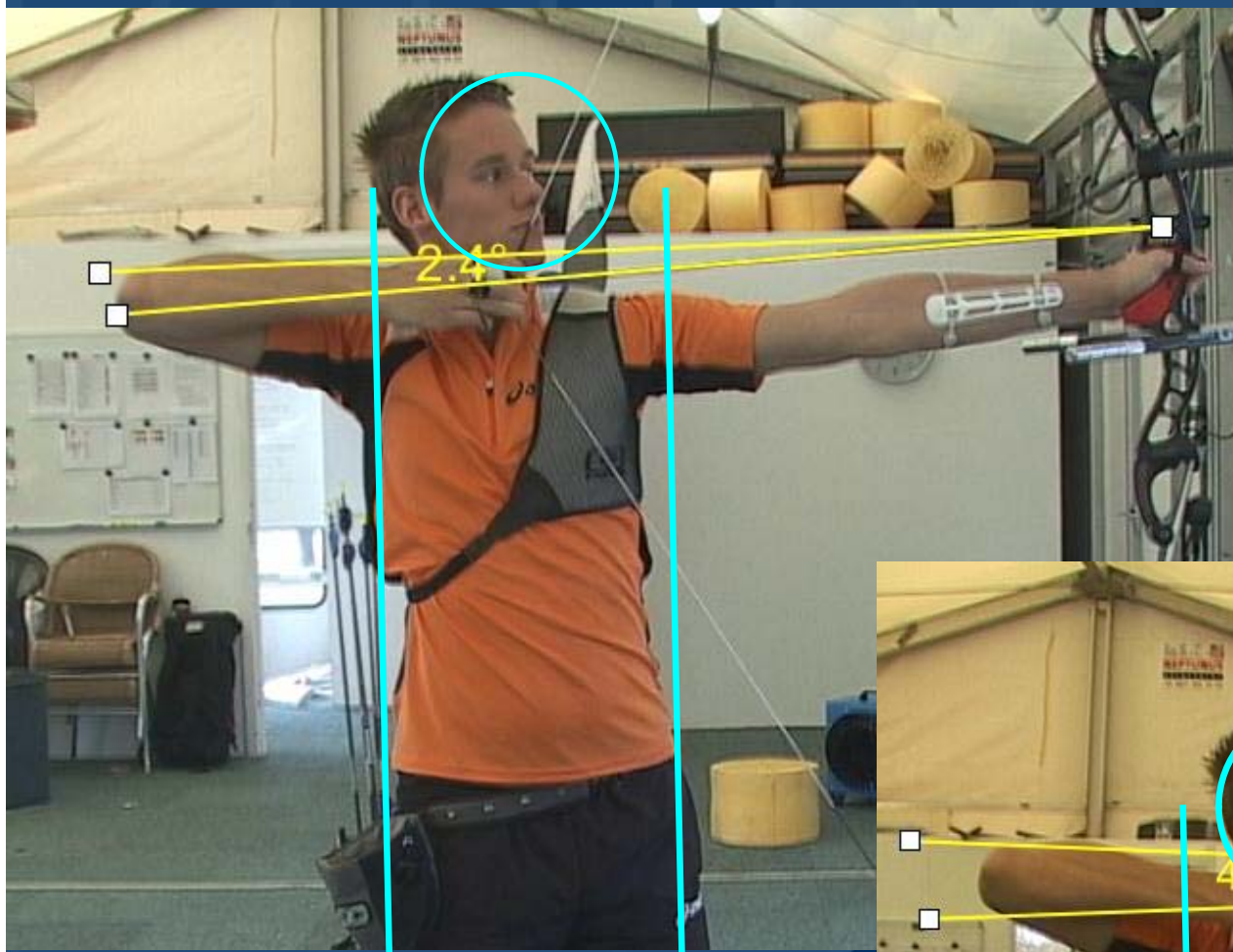
- Angle of the body center
- Angle of the head position
- Angle of the elbow position
- Bow arm of the shoulder position
- Position of the string on the Hook finger
- Inclining the bow when full draw
- String position of the full draw





## Angle of the body center









4

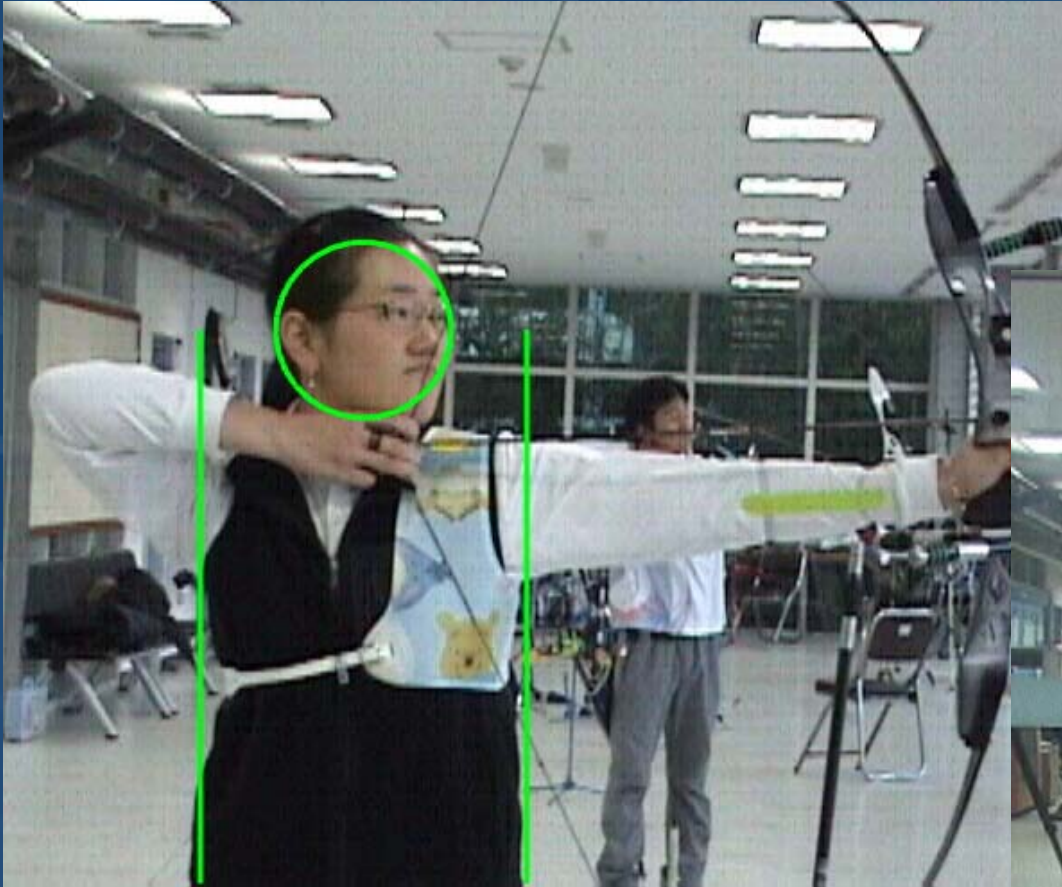


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# body & head position when set up

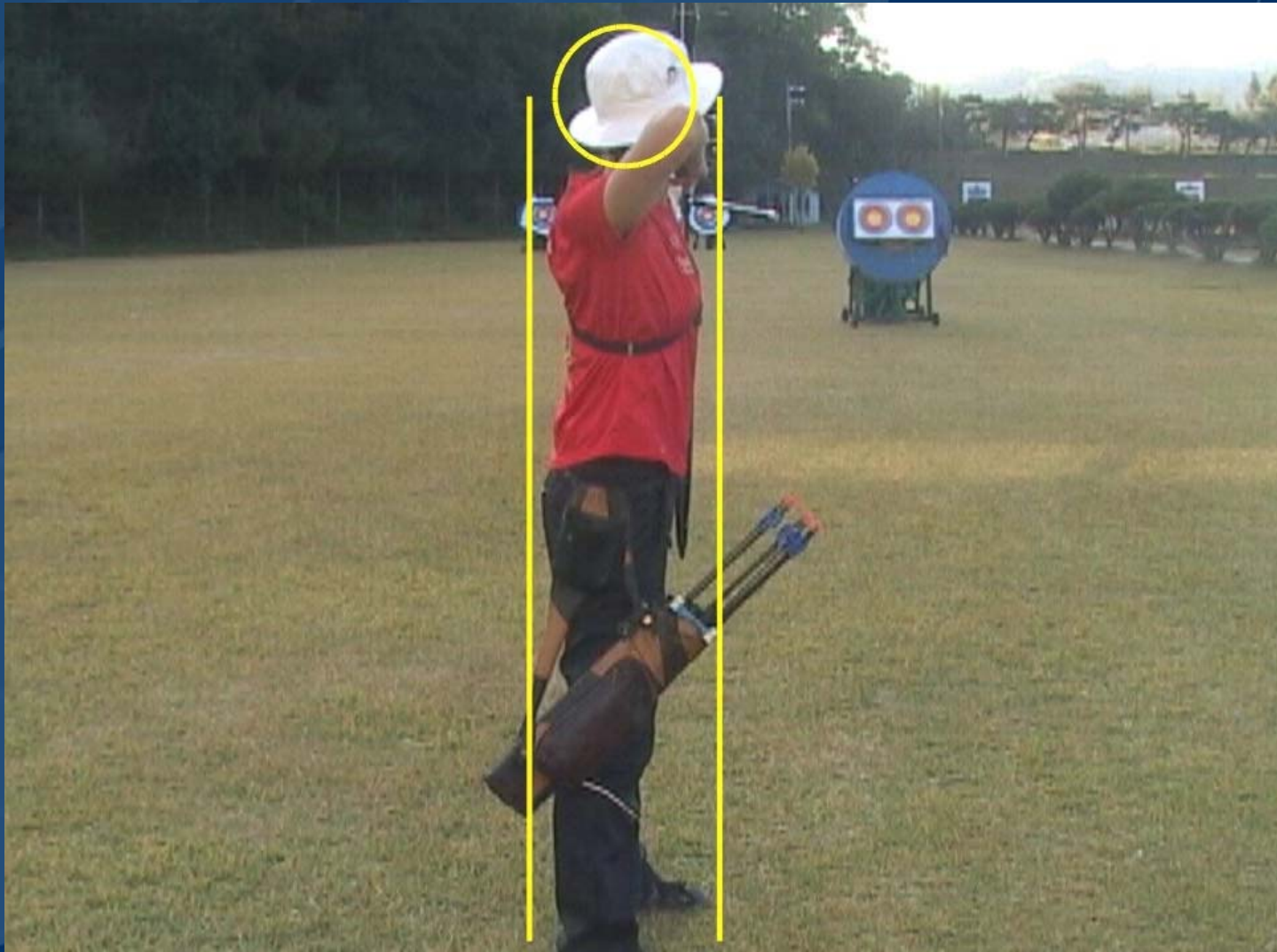




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## Angle of the head position





6-1



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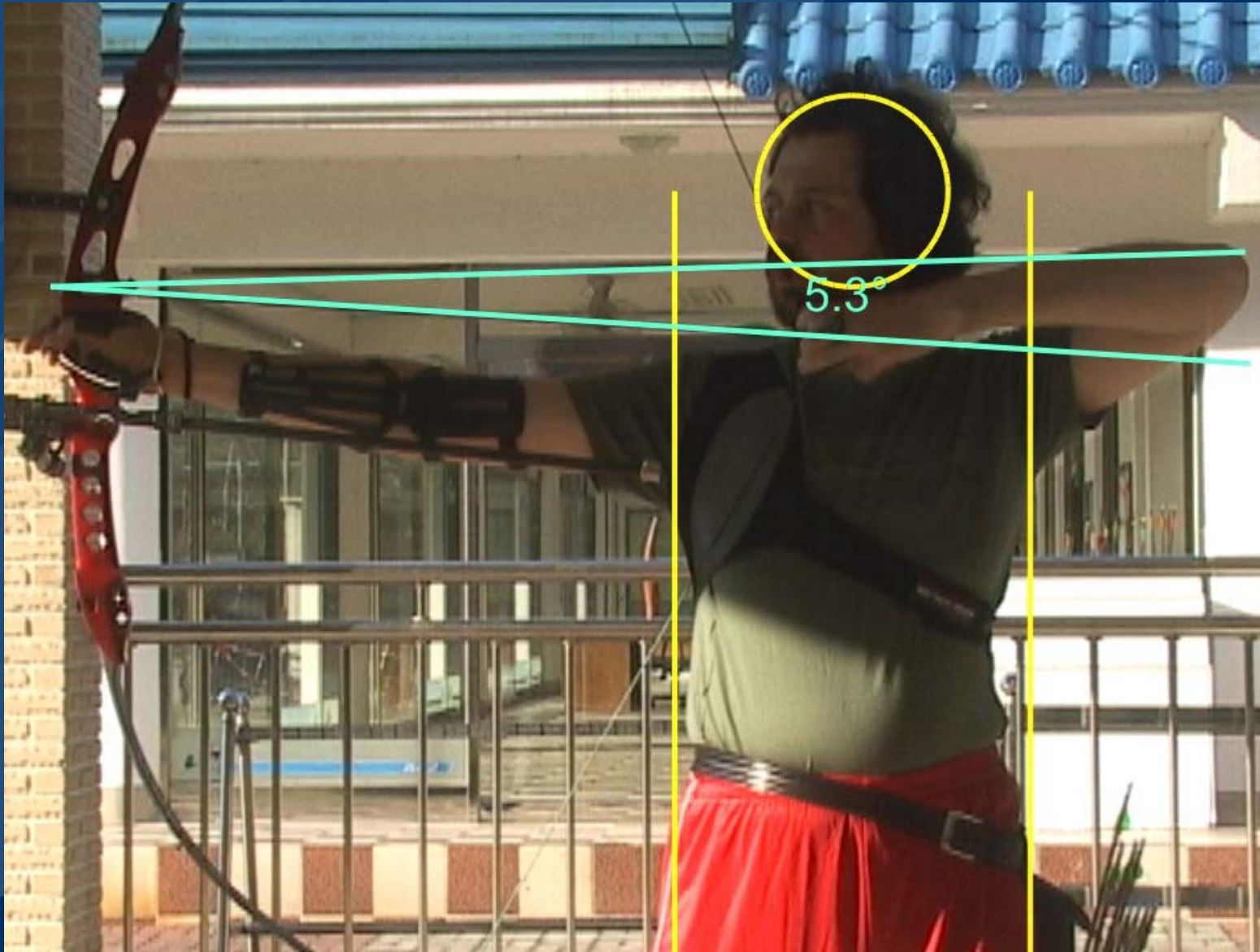


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# Angle of the elbow position



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8.9

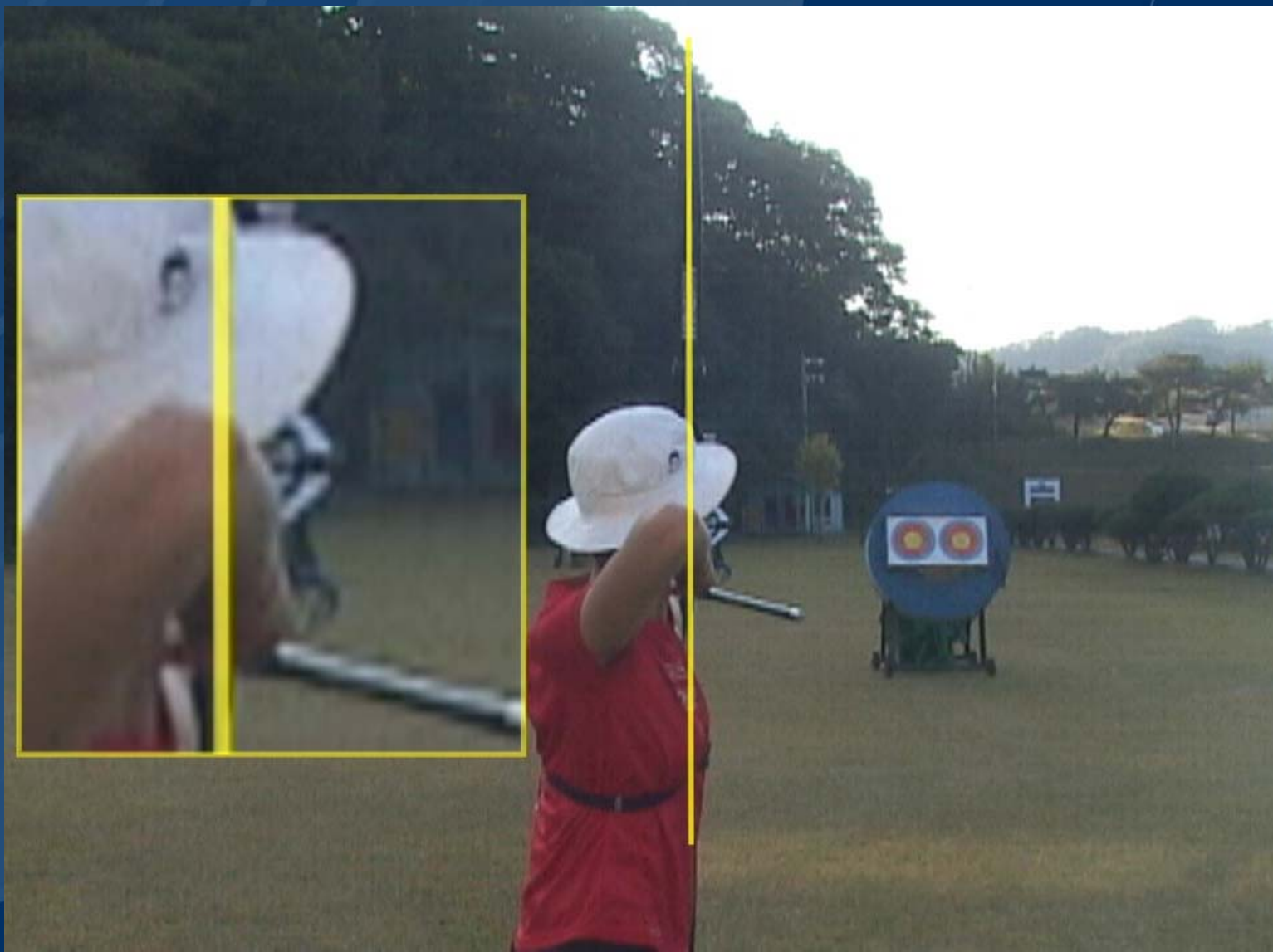


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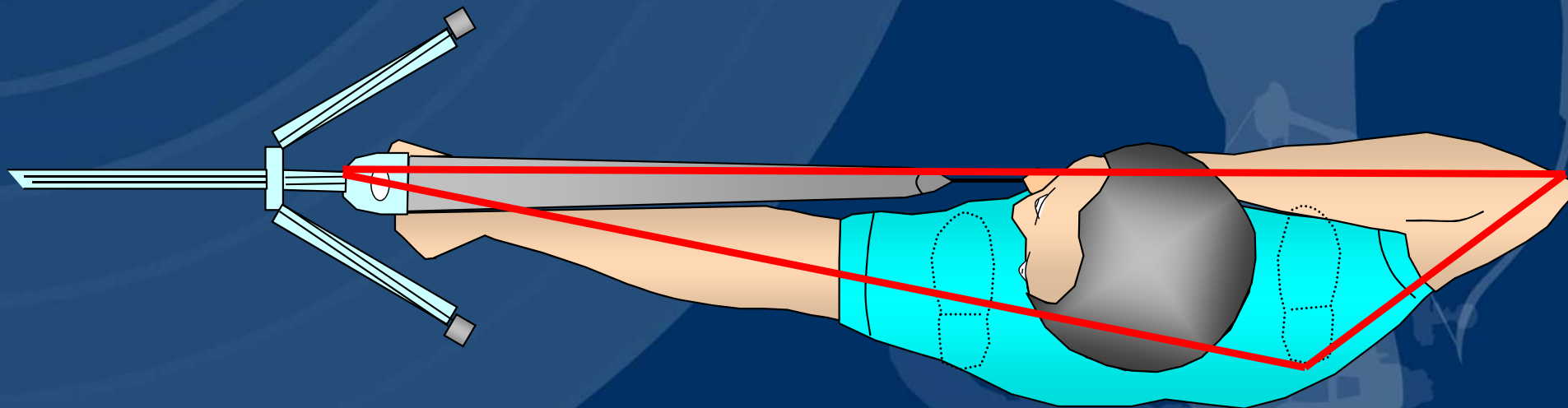


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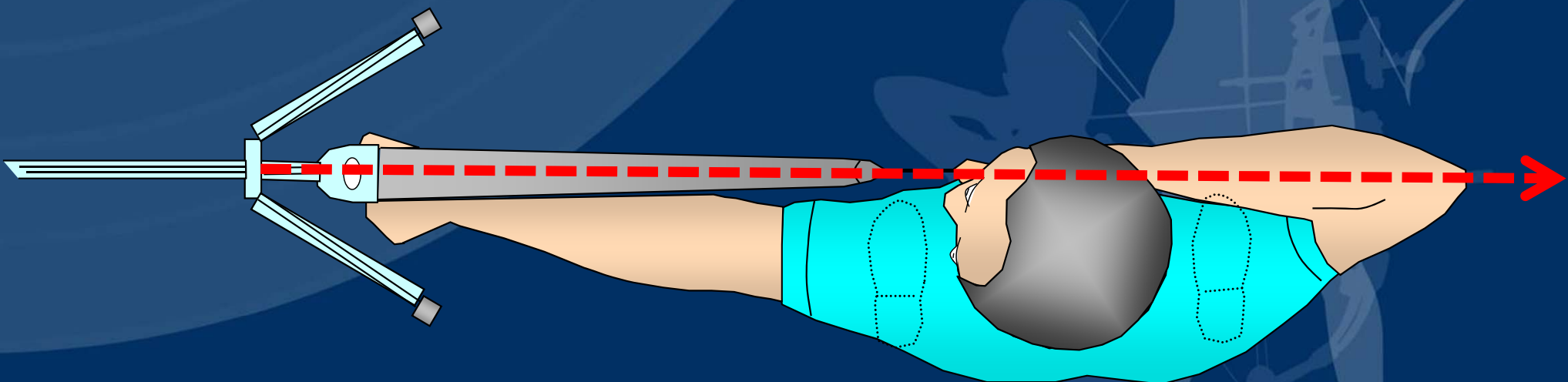
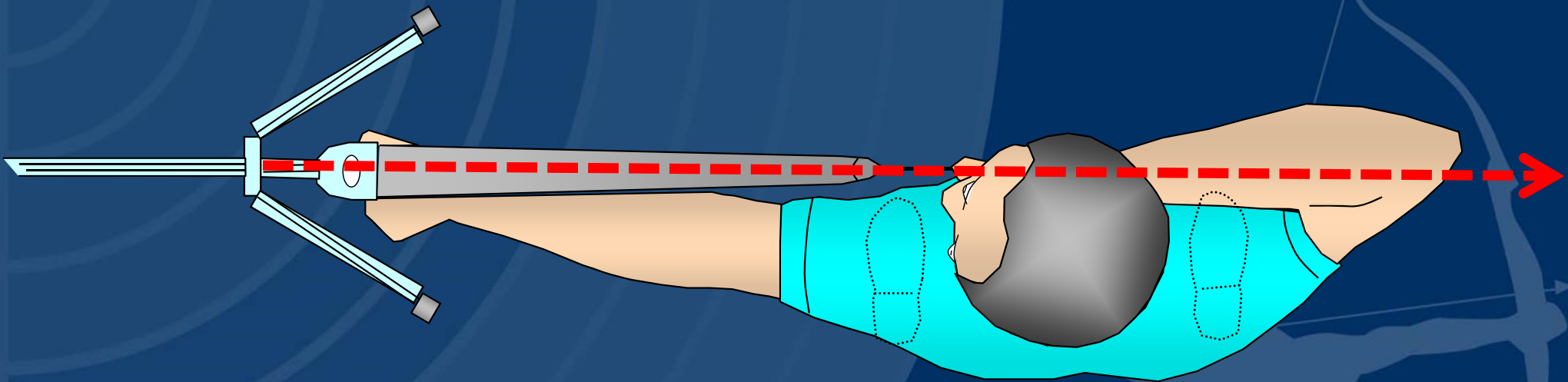
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*Archery training center*





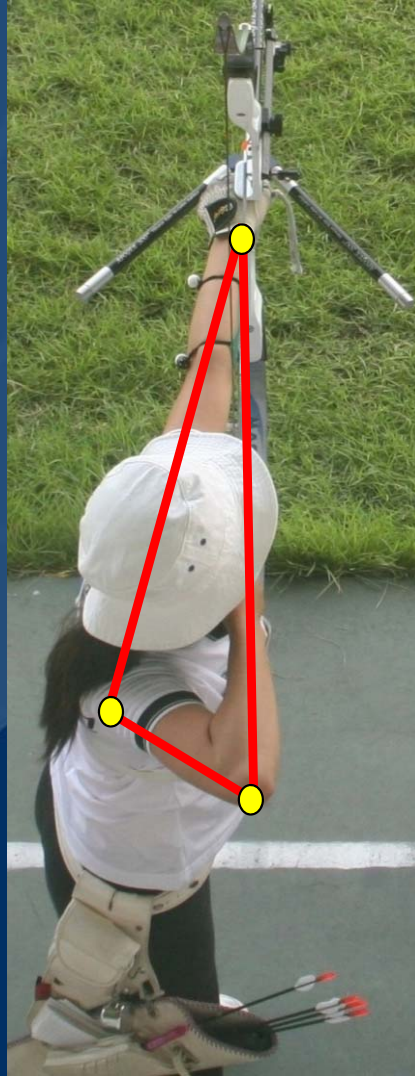
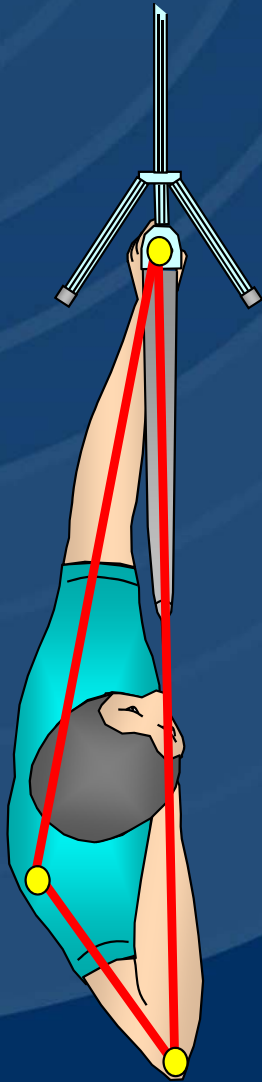
*Kim, Hyung - Tak Archery training center*







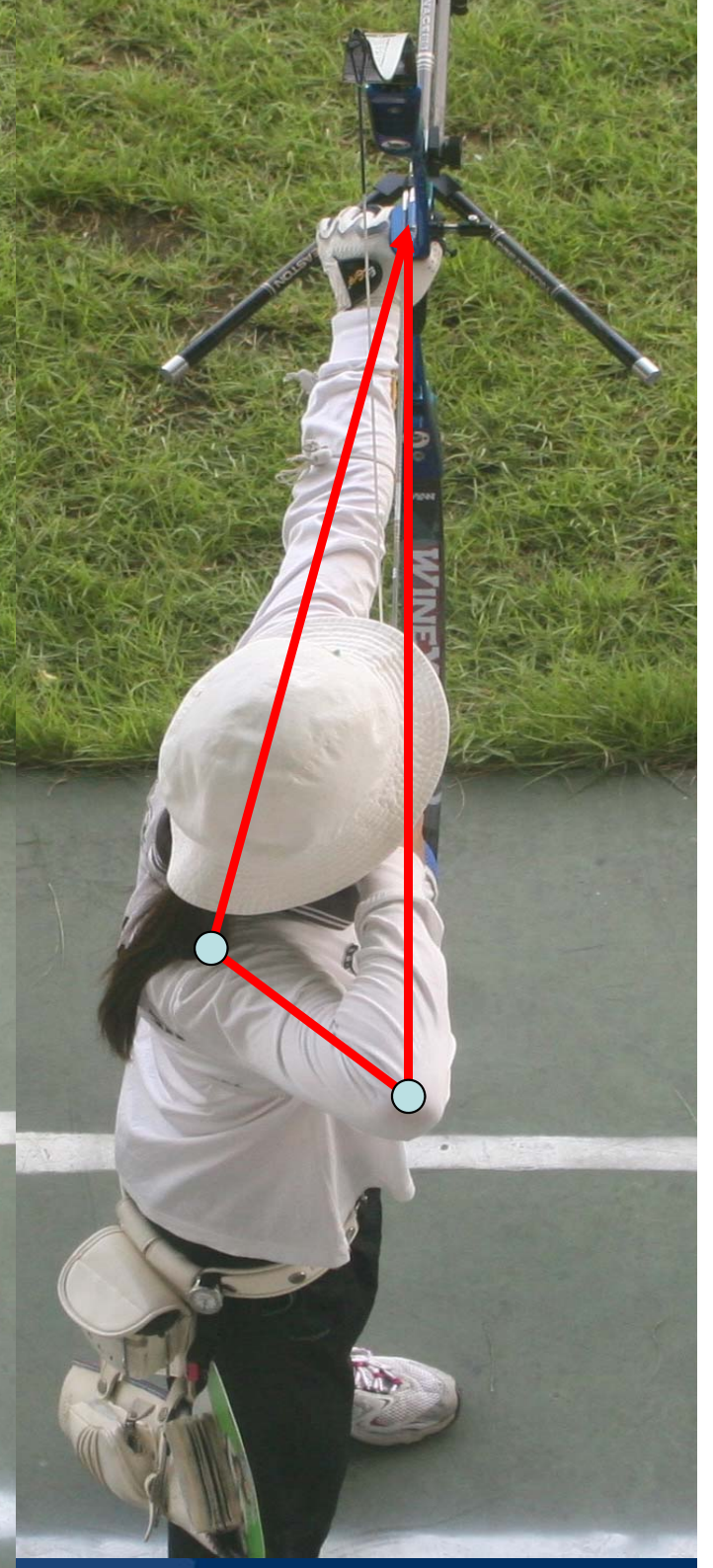
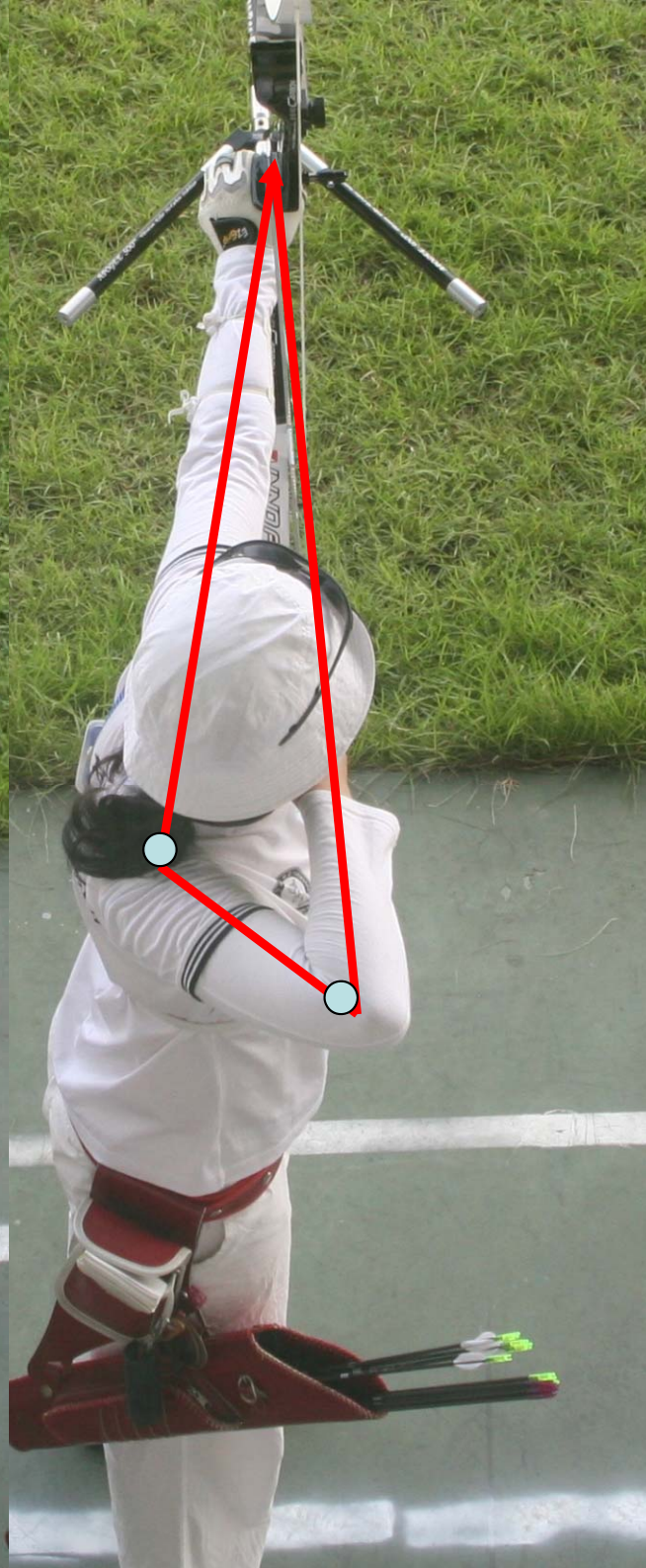
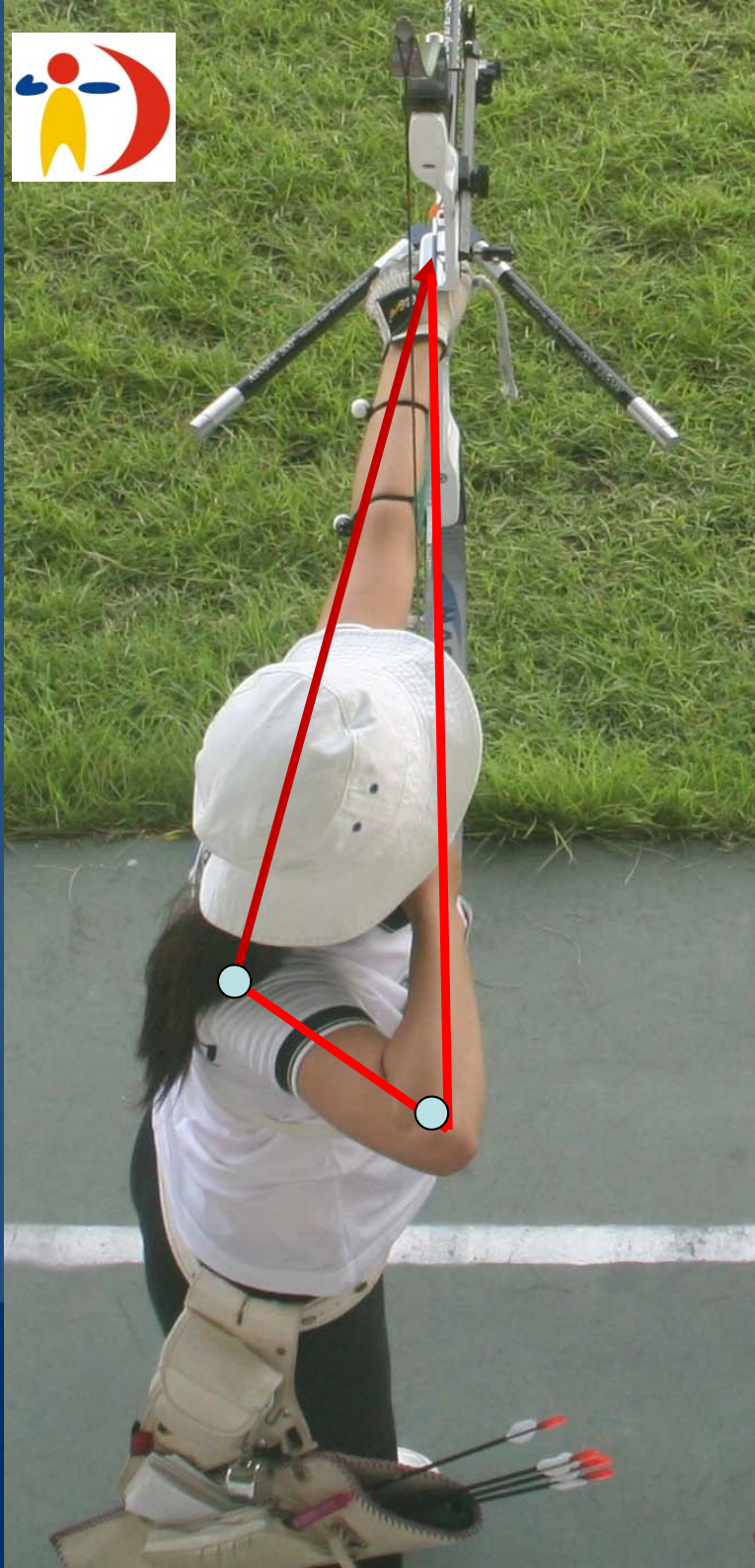
# The angles of full draw as seen from above



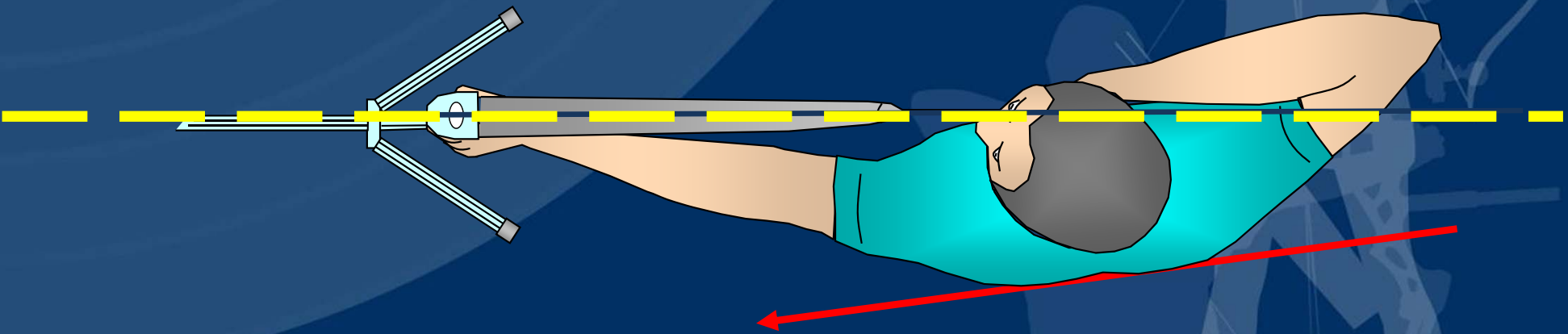
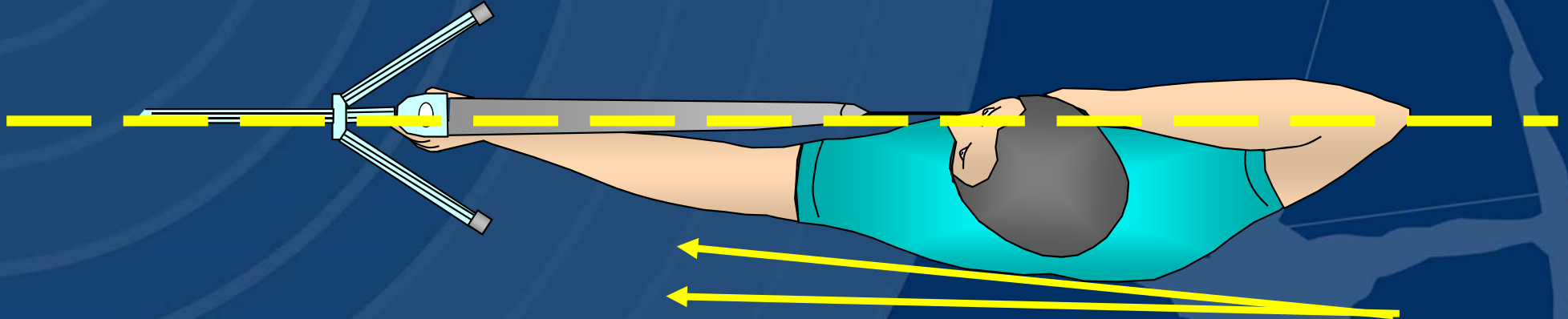
*Kim, Hyung - Tak Archery training center*





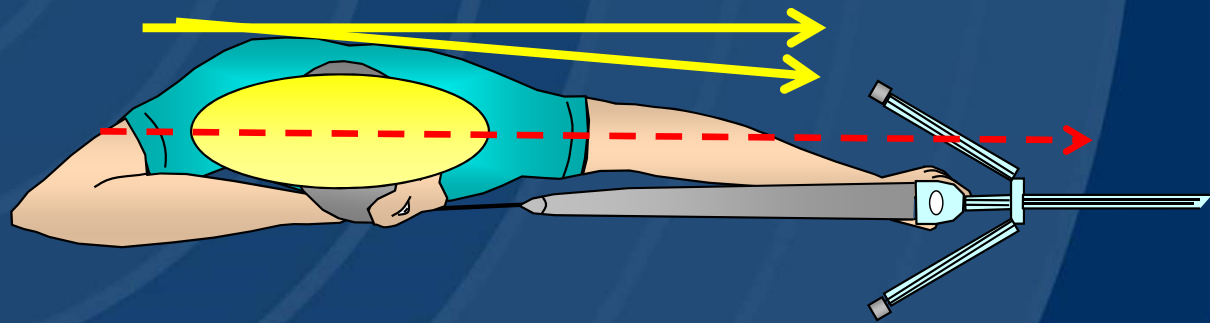






*Kim, Hyung - Tak Archery training center*



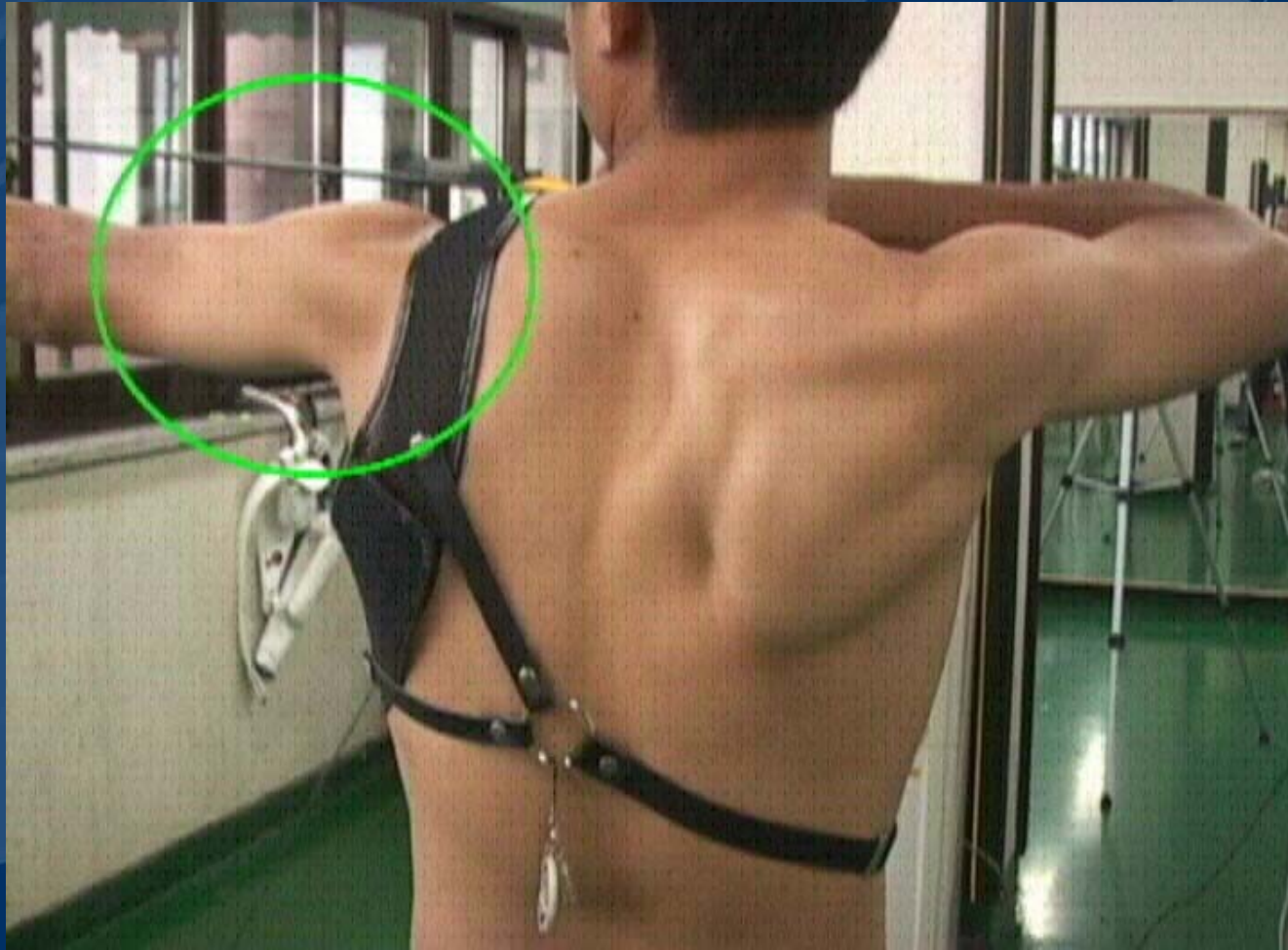




# The forward rotation of the bow arm



# Bow arm of the shoulder position



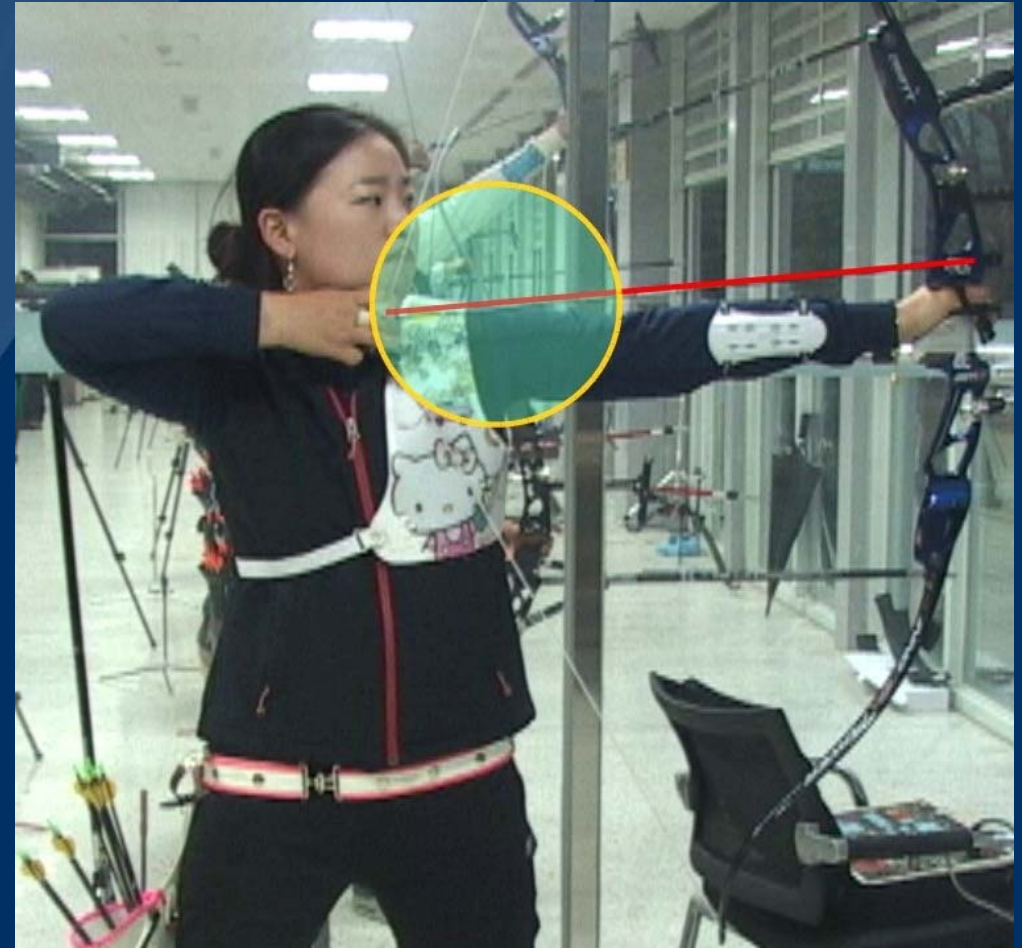
10.11



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## Bow arm of the shoulder position



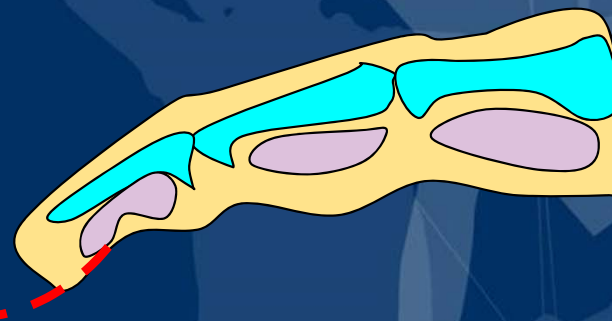
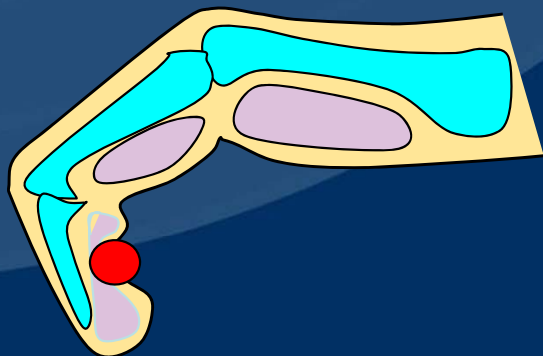
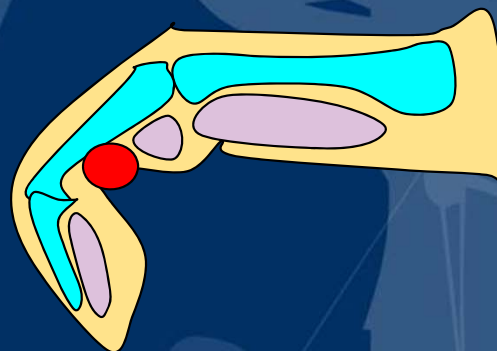
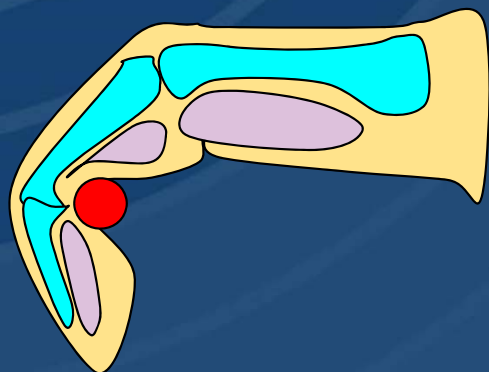
# Bow arm of the shoulder position





## Position of the string on the Hook finger

Good Hooking will make good extending & release

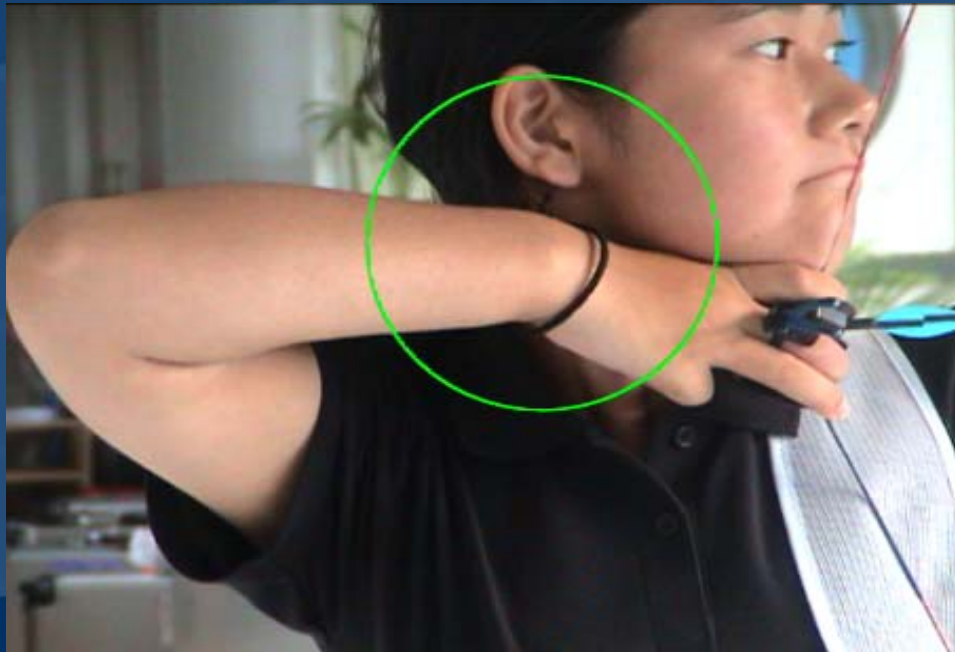


12



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**Before change**



**After change**



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## Ki Bo Bea



## Park Sung Hyun(1405)



## Maja Jager







## Park Sung Hyun





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15



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## Maja Jager



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# Anchor : center of the extending balance



# Inclining the bow when full draw

Inclining left

Over draw length

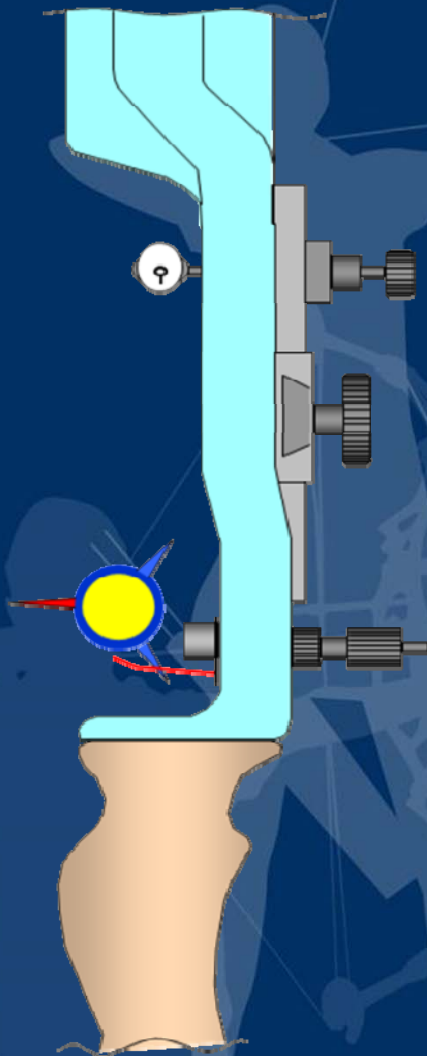
Body move to back when extending

Arrow group to left(Mistake)

Problem when extending







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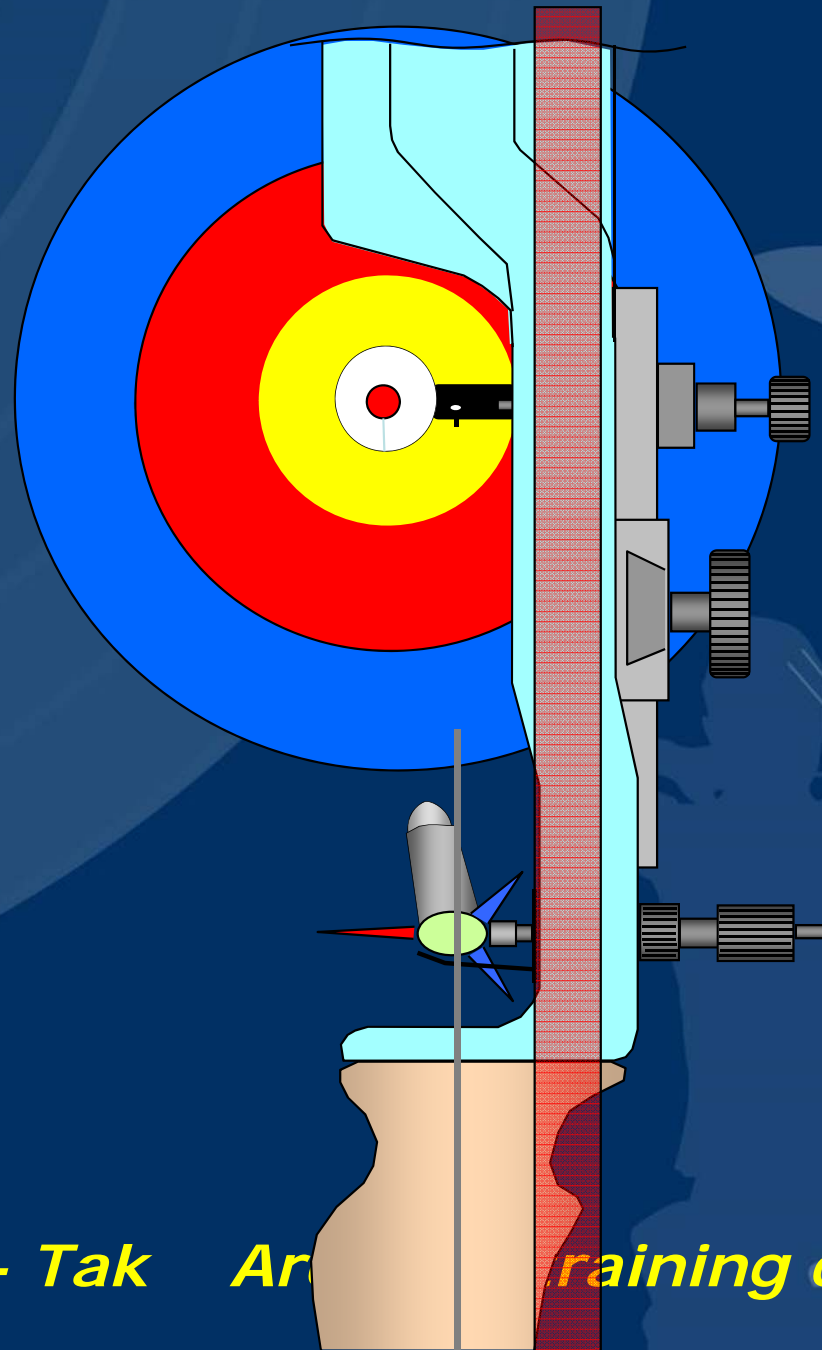
17

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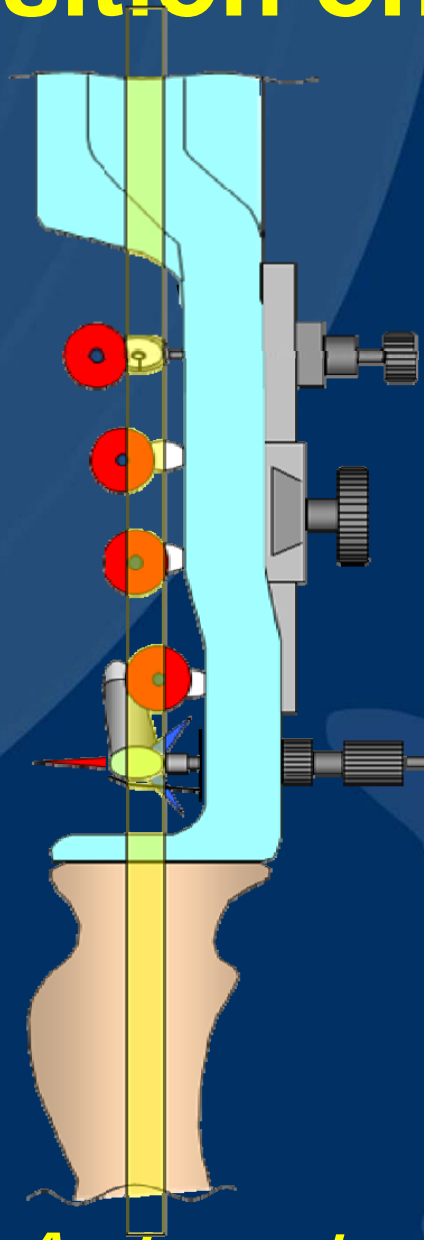
# String position of the full draw



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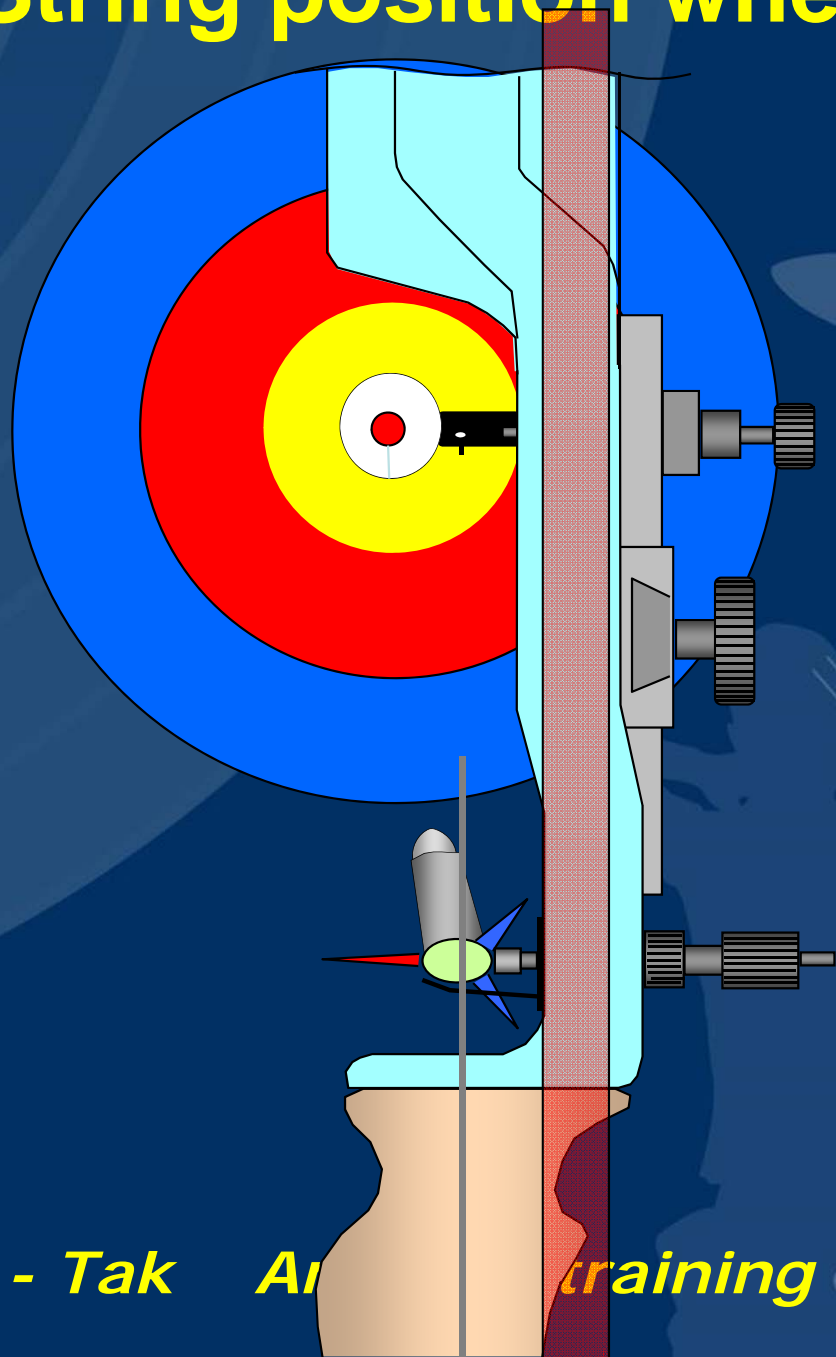
# String position on the riser



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# watching String position when extending







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**Archer's habit**

**Test archer's power for bow weight**

**Weight training for archer**

**Korean teaching manual**

**Mental training( Image. Psychological methods)**

**Scientific analysis(B.C , EMG,B/R )**

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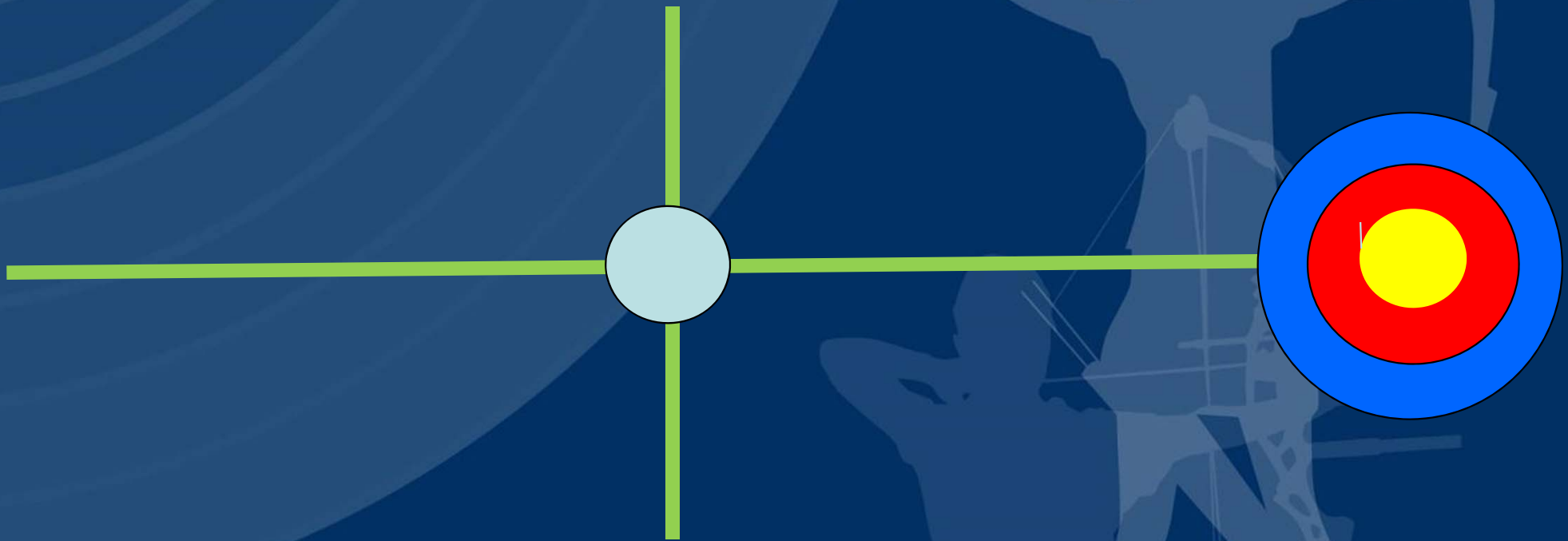
	11/1.	11/4.	11/7.					12/30.	1/3.
	60kg	60kg	60kg					60kg	65kg
Bench press	8	8	8					12	8
	8	8	7					11	8
	7	7	7					10	7
set up									
Squat									

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# Analysis of balance

Archery is Balance sport

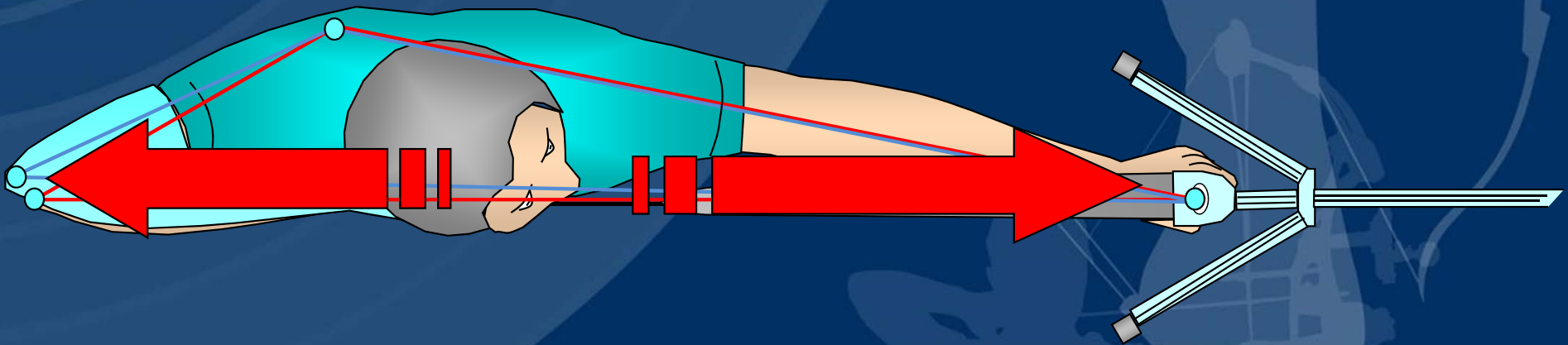


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# Balance of the extending



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# Balance of the draw arm and bow arm



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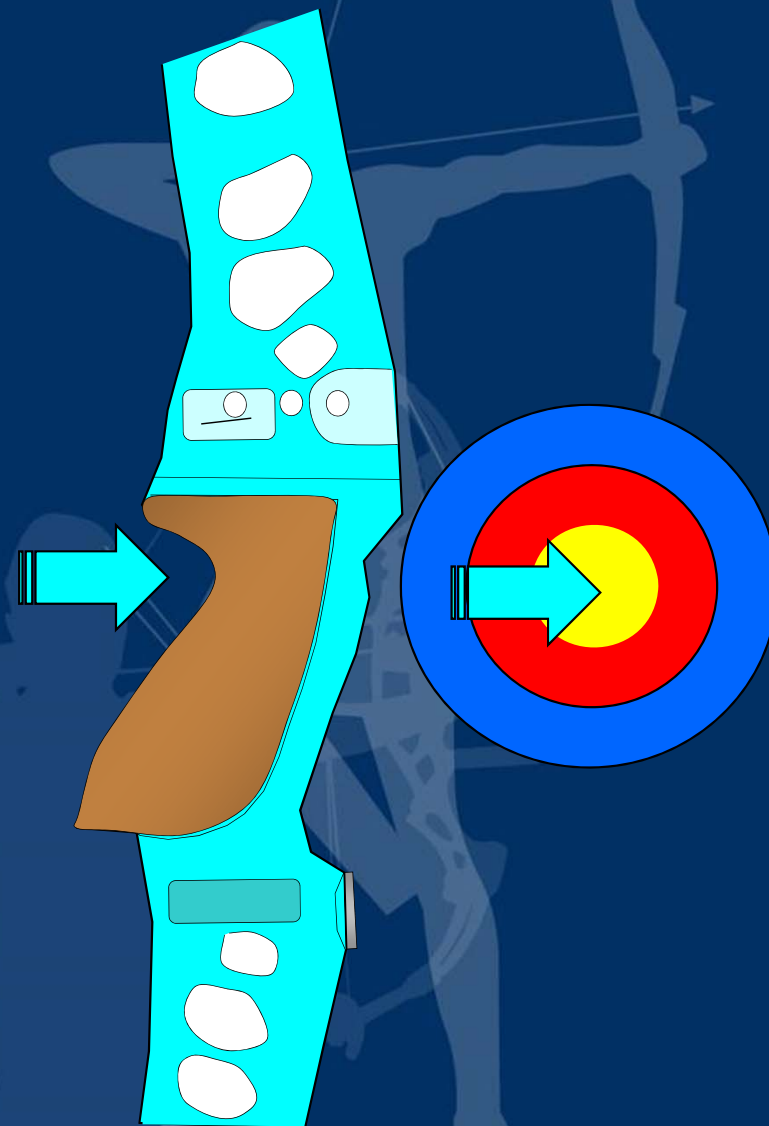


# If the bow moves back toward the body when extending

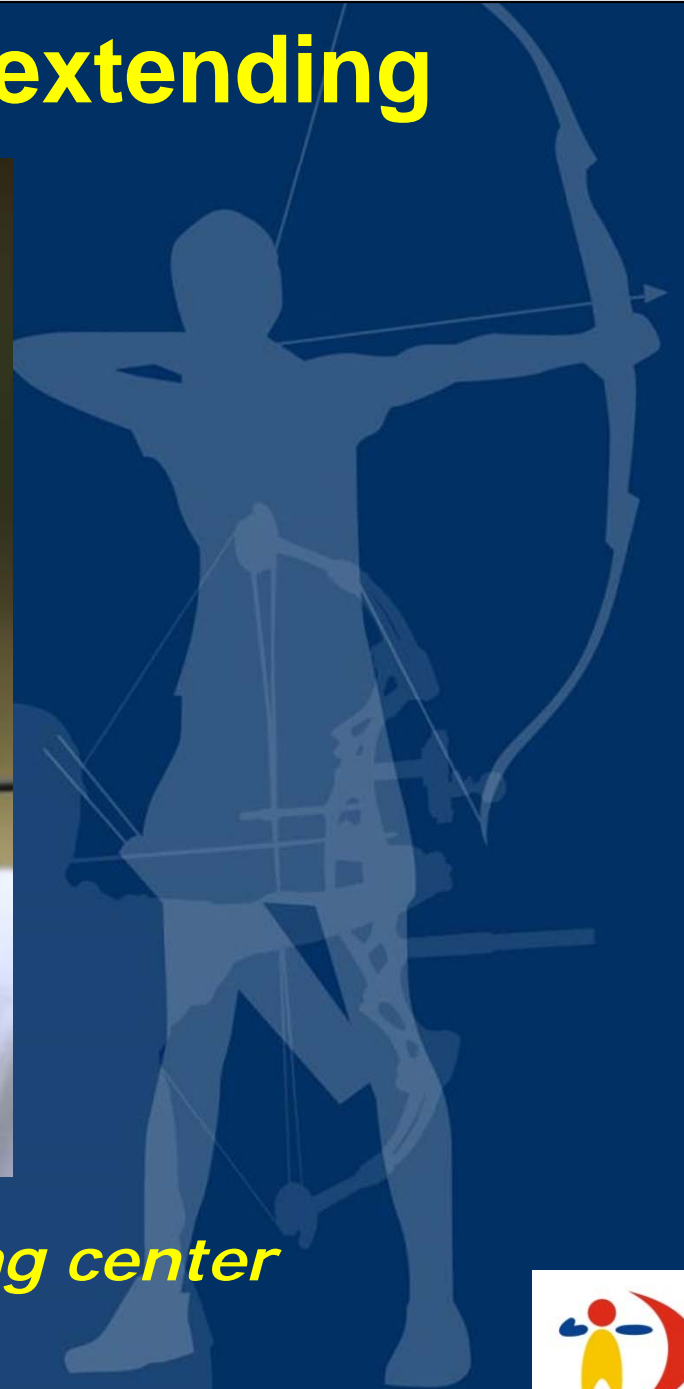




## When extending, the bow moves front



# Move the string during extending

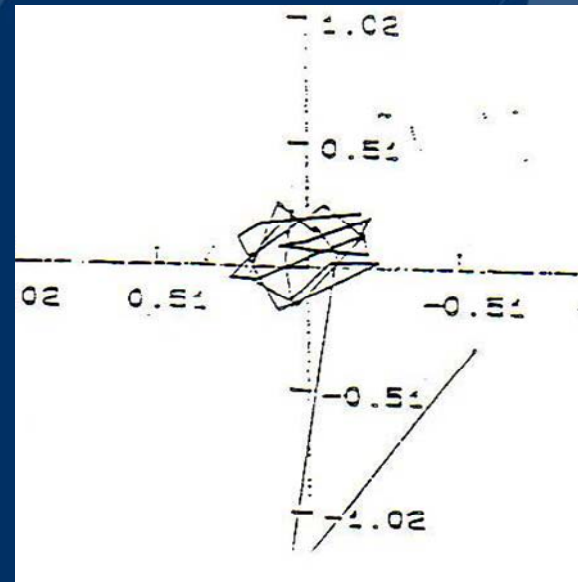
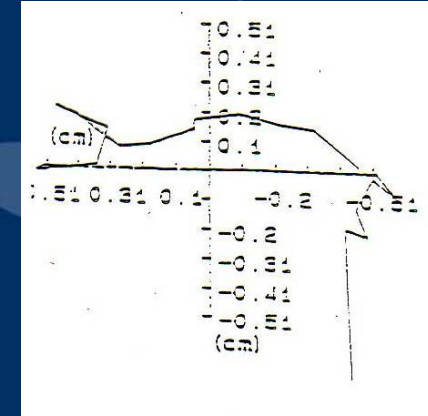
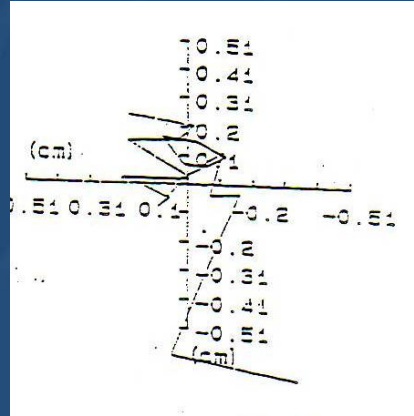
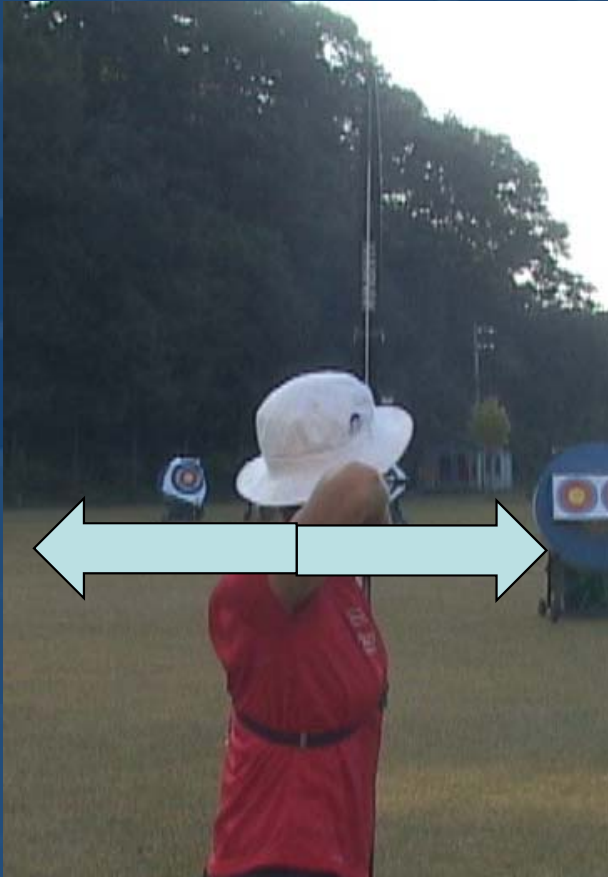


21

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## Balance of the body center

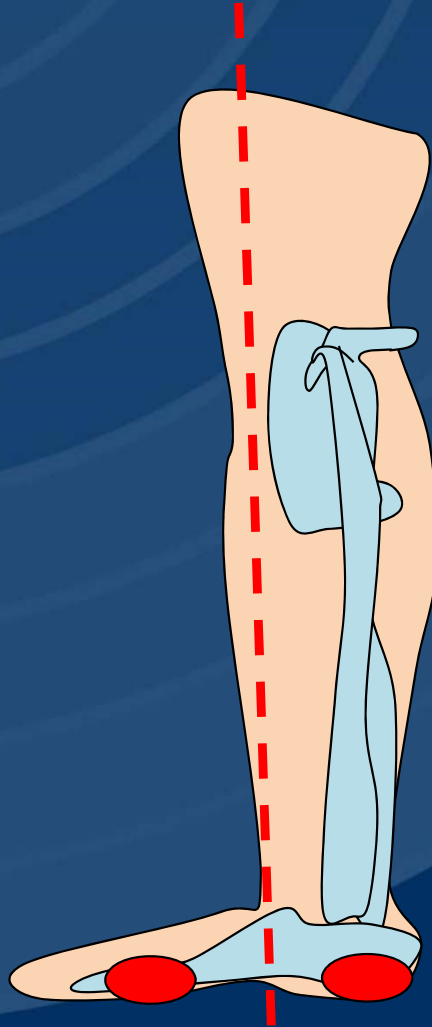


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# The center of the body when the set up



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## Extending time

Position of arrow point when aiming

Aiming not in the center

Different position during set up

Mental

Windy

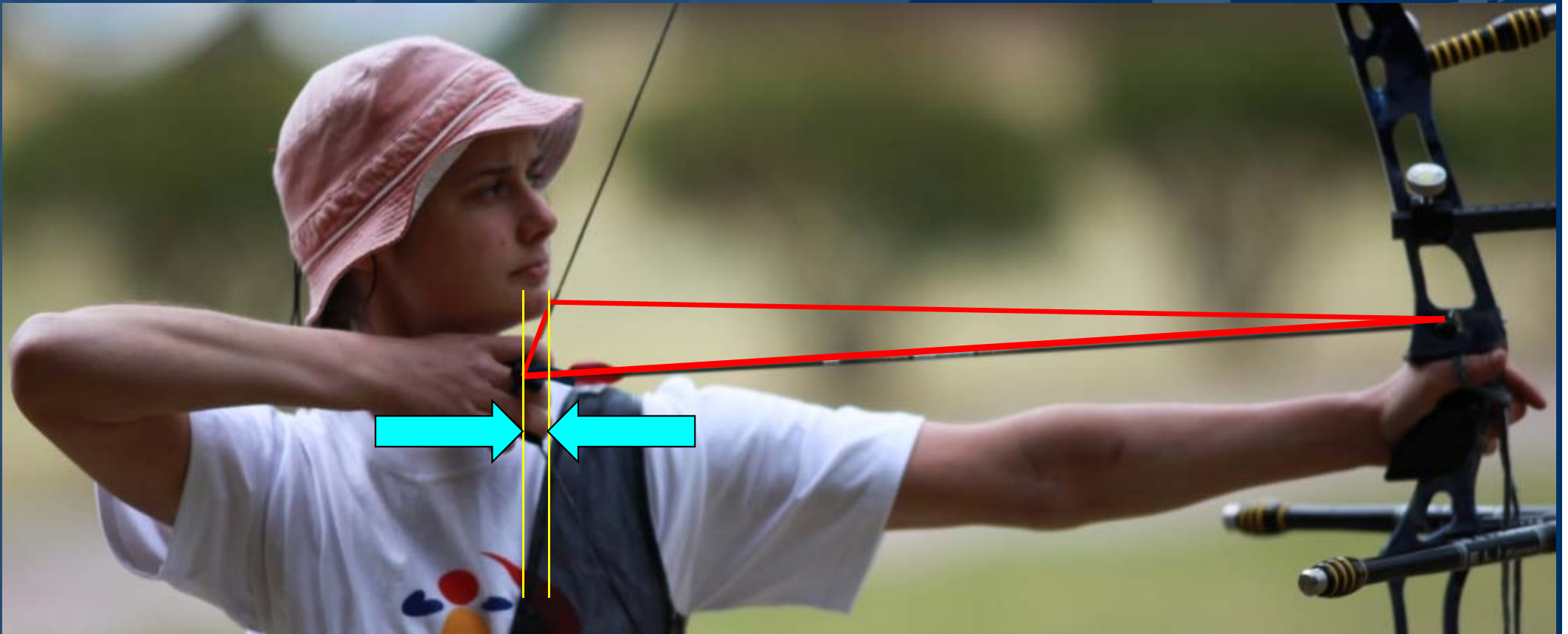
Old habits

# Position of clicker when aiming





# Draw length

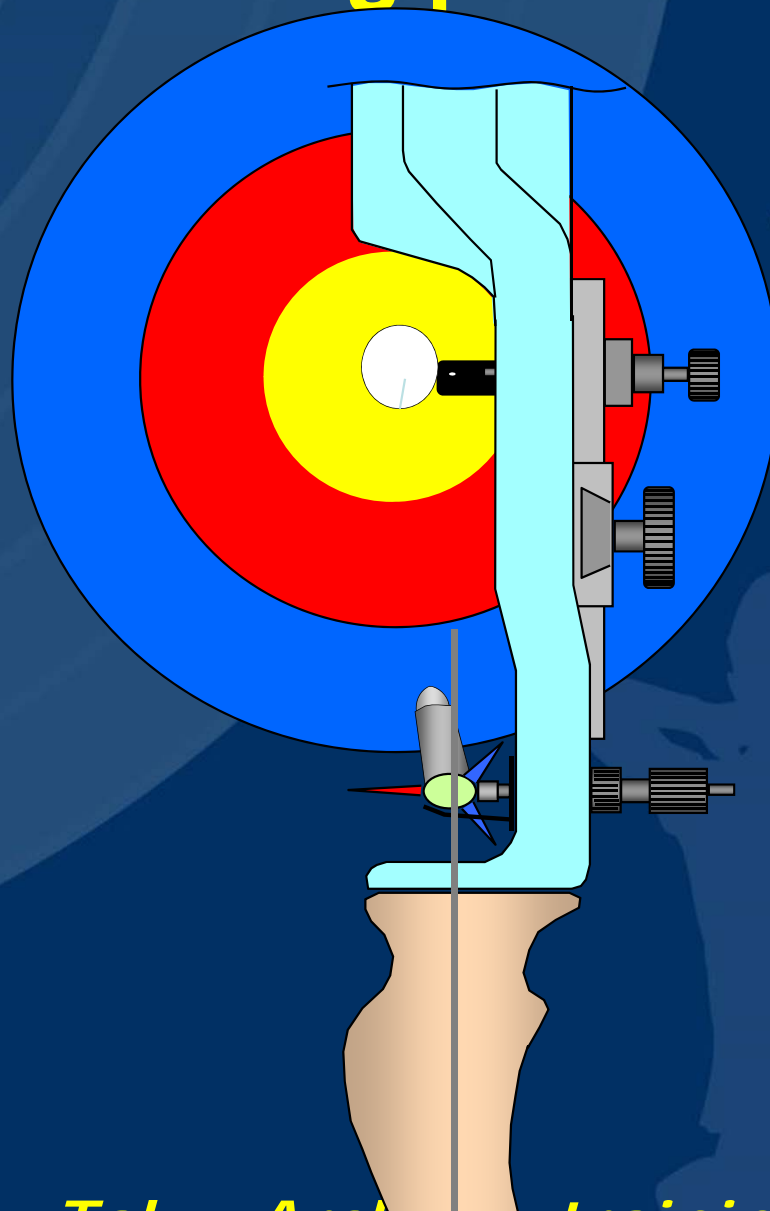


24

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# Aiming position



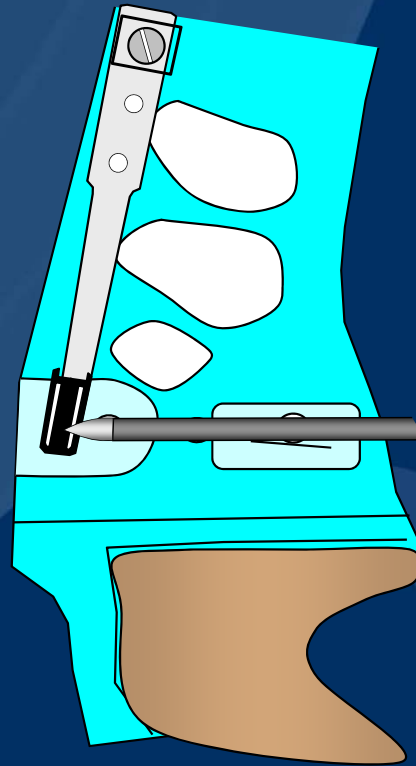
# Shoulder position of during the set up





## Mental

- Beginners 8-10 mm
- Middle level 5 mm
- High level 2-3 mm
- Vest archers 1mm



## Analysis Extending

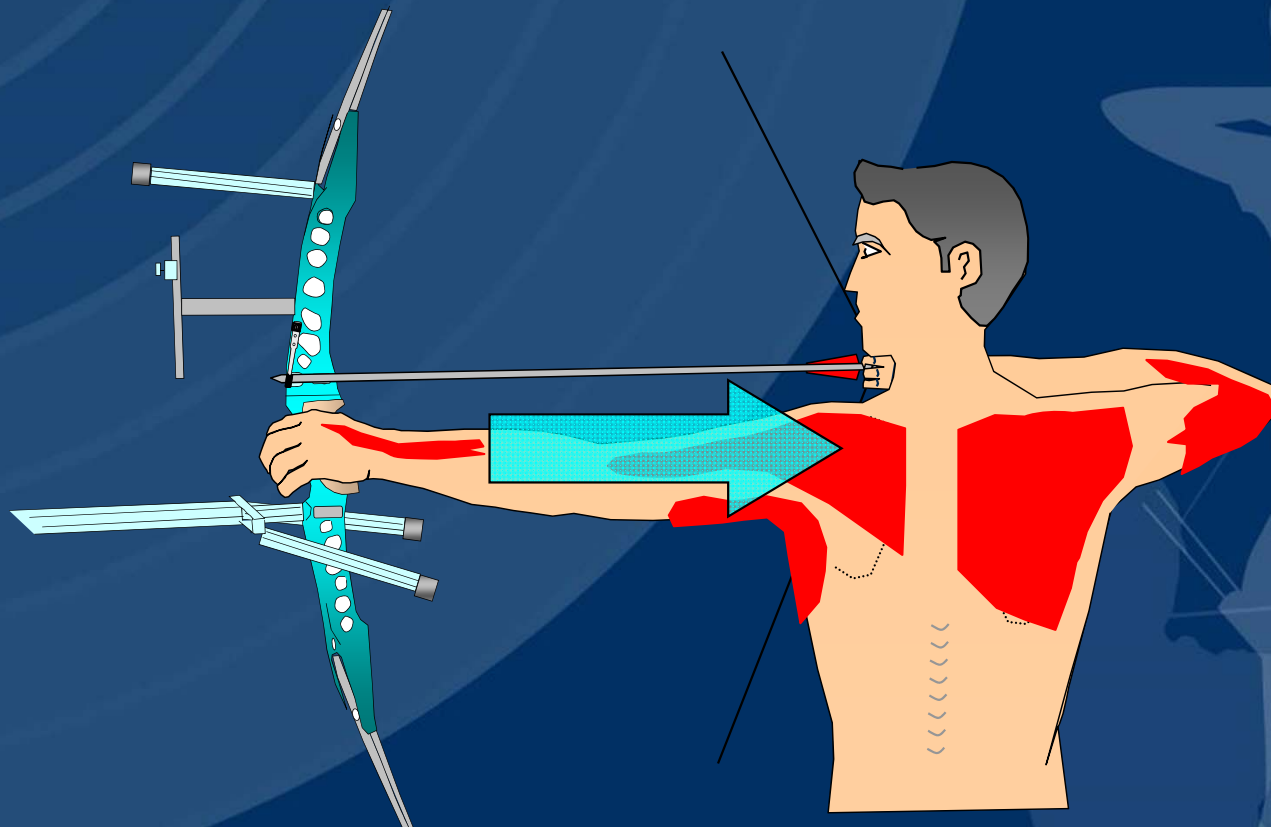


26

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## Move the shoulder





# Move the bow arm, position of set up



28

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# Move the bow finger & hold the bow

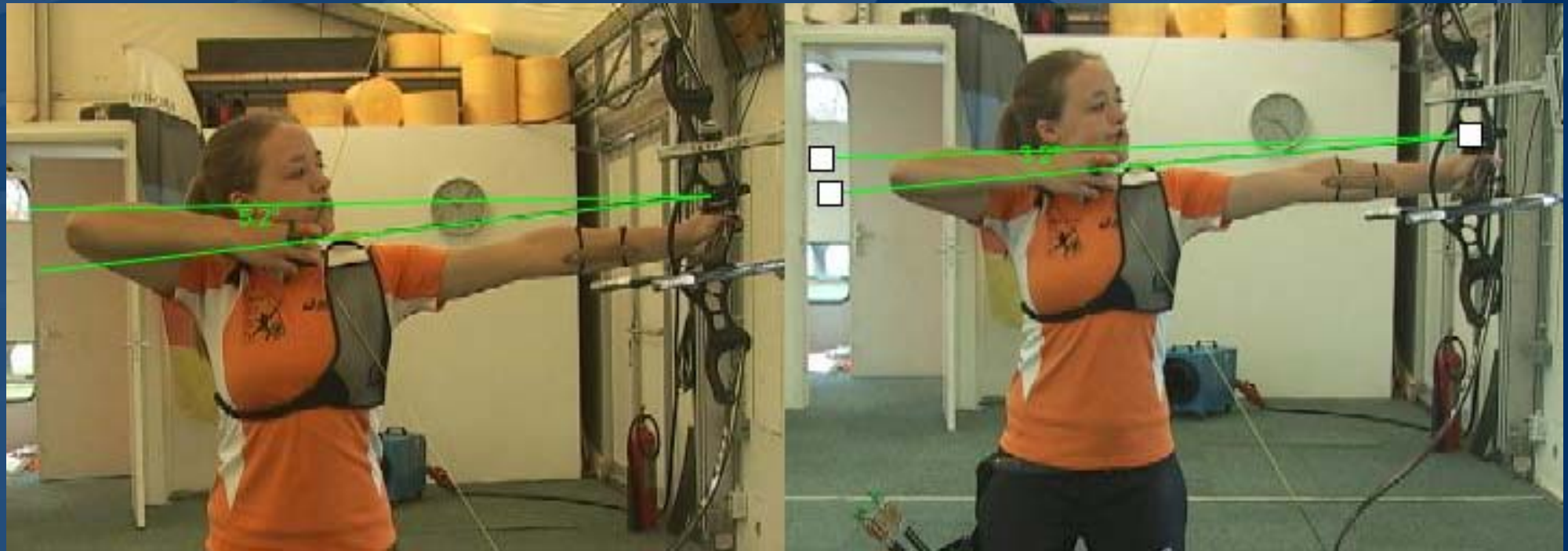


29

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## Go down to the elbow when extending over draw





# Move the finger when extending



## Move the string on the chest



32

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## Changed balance when to the long extending

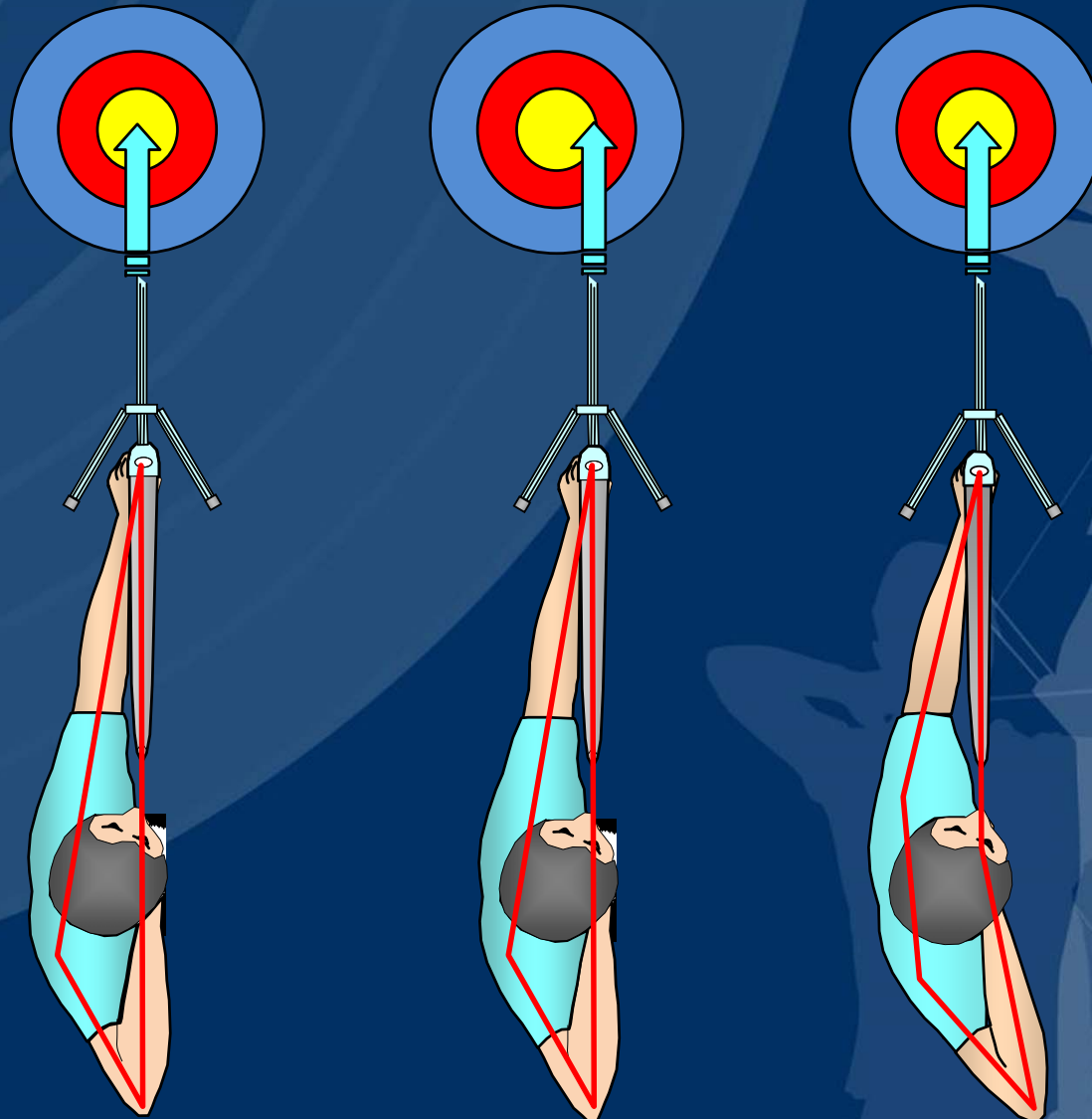




When a bow is inclined to the left and right



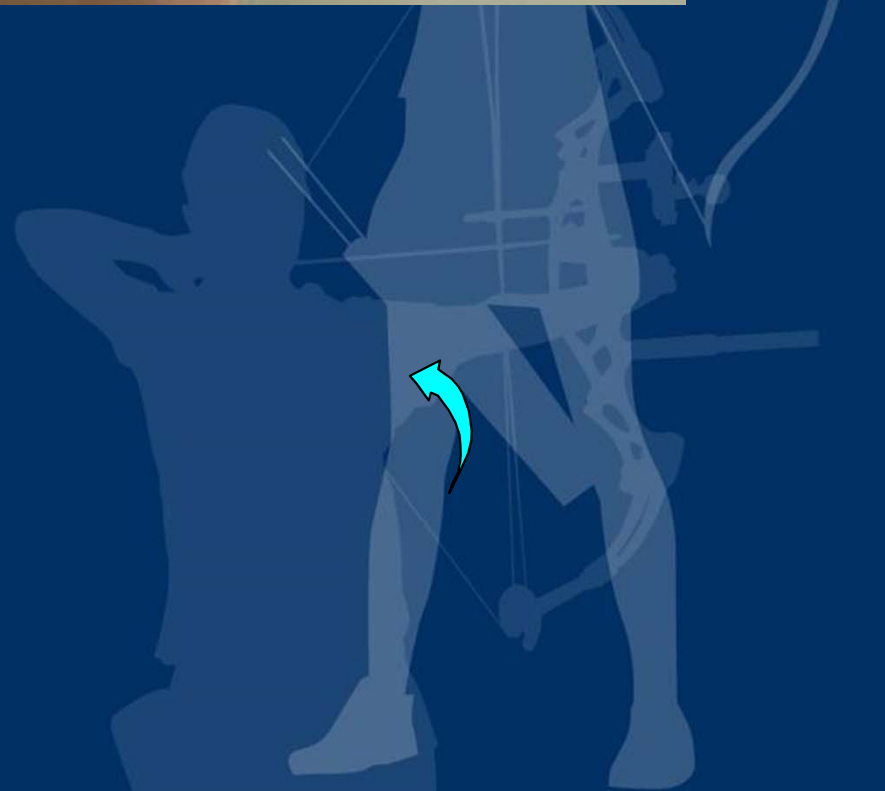
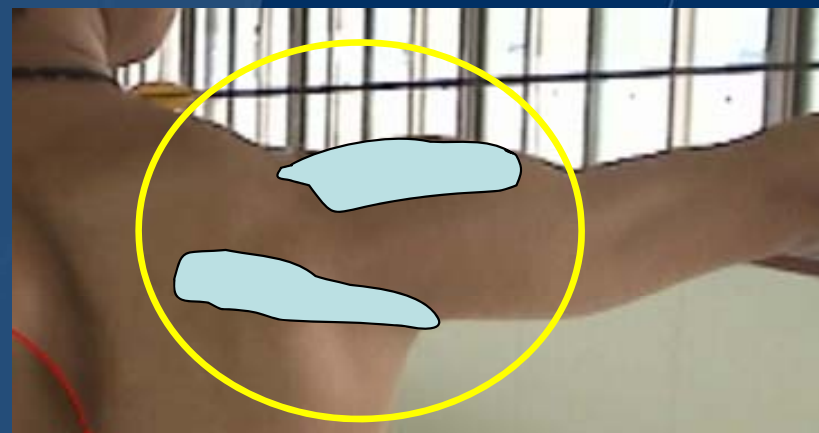
# The change of the centre line of the body



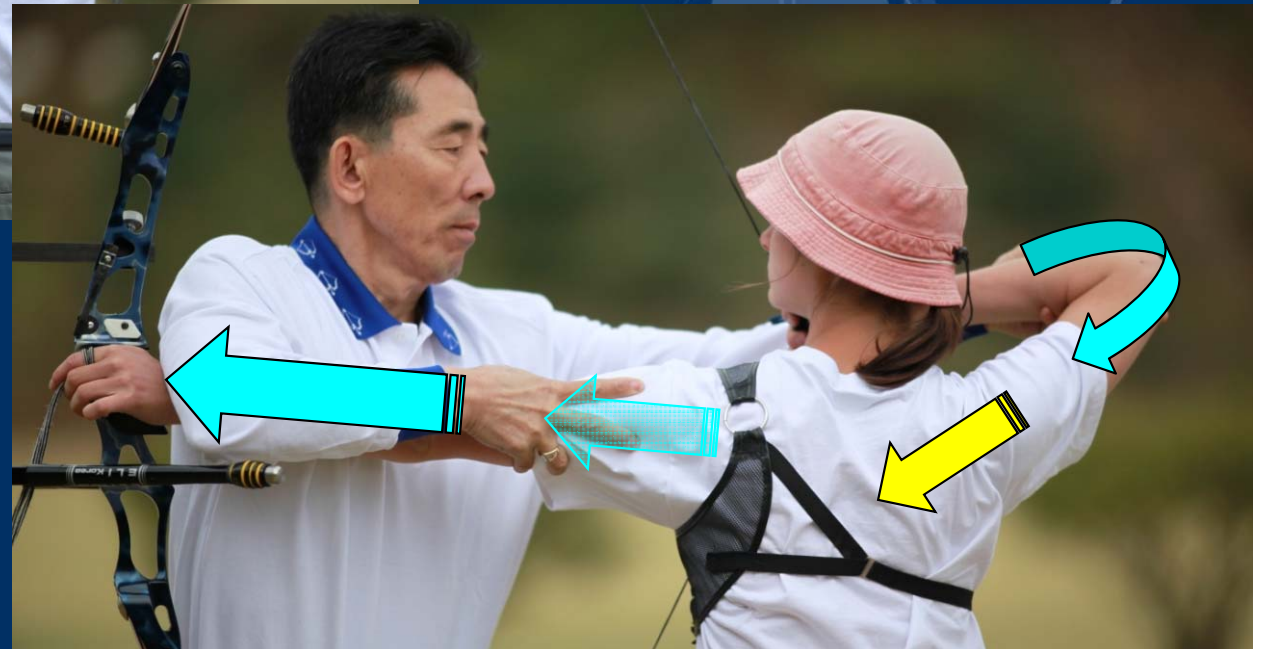




# Rotating the bow arm



# The method of training “the feeling” of extending

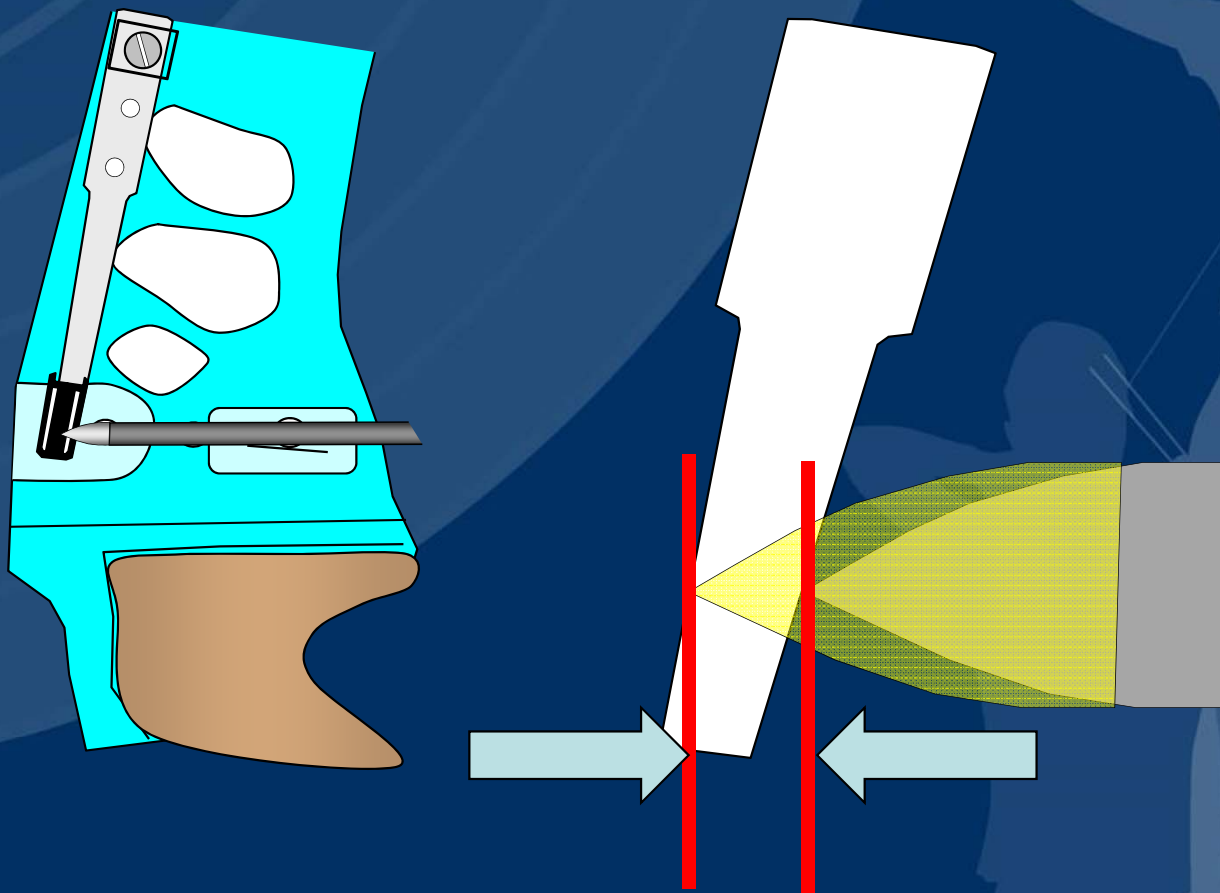


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# Analysis shooting

## After down clicker



34



## Release

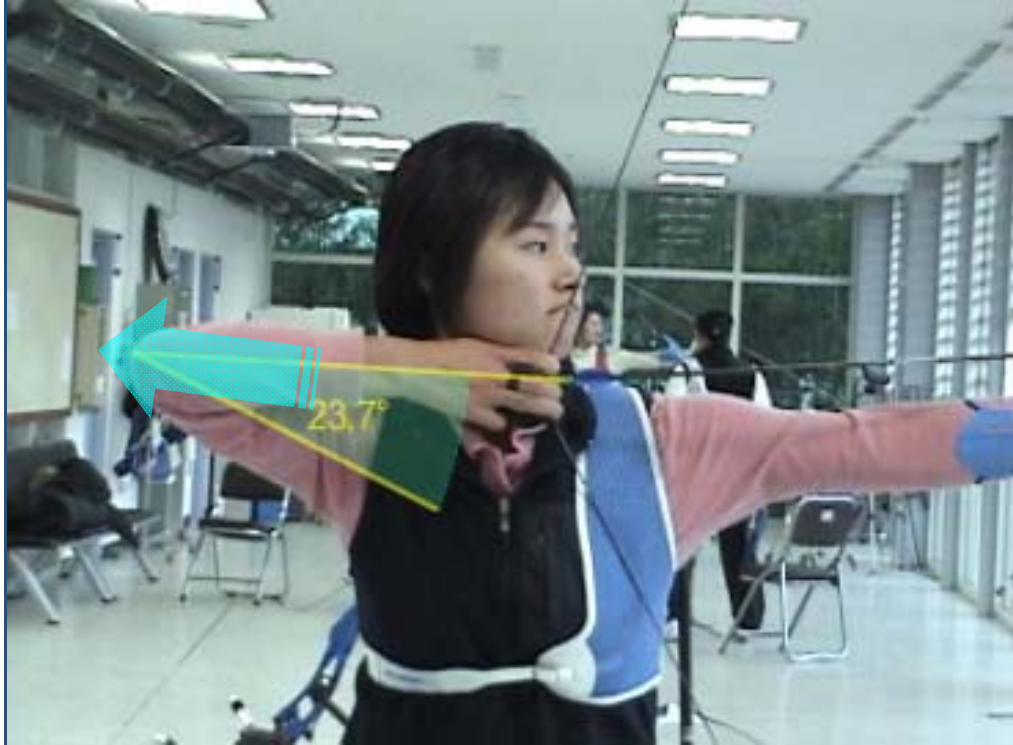
### Open the fingers



35

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## Release



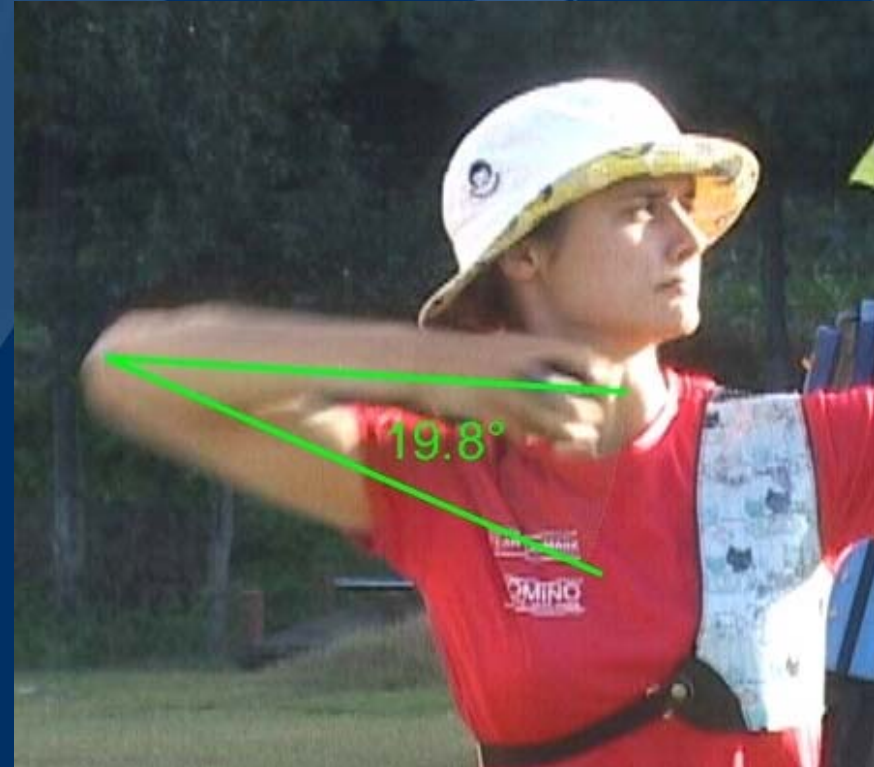
35-4

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## Elbow angle of during release



35-5

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## Jumping the bow



36

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Coach kim Hyung Tak  
**ARCHERY**  
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26 3:08PM

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Thank you...

