



Archery tips HOME training

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Directed by Juan Carlos HOLGADO

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The WAEC coaches prepared these tips for any of you who would like to keep practicing at home during these Corona-Virus restriction days. Staying at home is no reason do not keep enjoying the “Art of Archery”.

These tips and exercises have the intention to provide help to any of you who would like to keep growing as archer and develop the skills needed to return at the WAEC (when allowed) in a better and stronger shape ... and finest form than ever before.

What --- Why

These exercises-tips are explained with text, photos and a specific video clip created for you. Any question or additional explanation needed, please contact us at info@worldarcherycentre.org. We will come back to you as soon as possible with answers and clarifications.



Juan Carlos HOLGADO
WAEC Director

Safety FIRST

Home is not an archery facility



- When practicing at home, **safety must be** your first concern. Find a location with no windows nor open spaces behind the target. Make sure there is no risk of accident in case an arrow miss the target, or it is released unintentionally (clicker sound and arrow is shot with no intention).
- Make sure **nobody at home** can accidentally **walk in front of the target**, nor open a door and cross on the shooting area. If possible, **secure the area** with plastic bands or elements to stop any access to the target from both sides or behind.
- **Inform all persons at home** when you start practicing and the spaces they can not go. **Don't wear headsets** while practicing. You need to hear anyone coming.
- Make sure target matt is **properly fixed** and cannot fall. Keep a min. of 50 cm distance from the back of the target matt to the wall or any furniture.
- Before practicing, make sure you **warm up properly**.



Safety FIRST

Home is not an archery facility

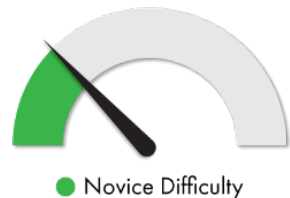


- When using the bow at home, make sure the **ceiling is high enough**. So upper limb do not touch the ceiling not any other element when shooting (furniture, plants, lamps, etc.)
- Keep enough distance from **long stabilizer to the end of the arrow** when hitting the target.
- Use proper **target matts** and make sure arrow cannot pass through it.
- Before shooting, always check that **sight is properly adjusted** for your short distance shoot.
- If shooting outdoors, make sure there is a **wall or a safe back distance** to avoid accident with any arrow missing the target. Install a safety wooden wall (no net) or keep 50 to 60 m open distance behind the target (wall is always better)

Each person is responsible of safety measurements when shooting an arrow, wherever it is done.

The WAEC and the coaches involved in these tips are not liable nor responsible of any accident that may happen.





TECHNICAL – FORM

Shooting vs NO shooting / Bow vs Elastic Band

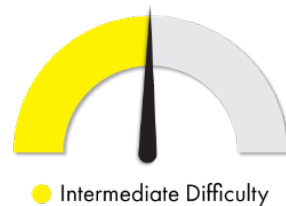
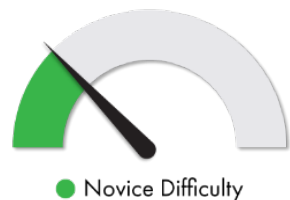
These set of exercises will help you to improve your shooting skills. They are marked in 3 level of difficulties (Novice-Easy / Intermediate-Medium / Advances-Difficult). You will find in all of them an icon defining the level of difficulty. This is just an orientation. By practicing you will find the level of difficulties of each of them for yourself.

These exercises are just proposals and you can adapt them as much as needed based on your skills and location you have found to practice.

You might need some additional material as mirror, tape, string, target matt, target faces and elastic bands. If you do not have nor find some of it, please contact the WAEC via info email and we will provide them with pleasure.

Some exercise require shooting and some not. Please never forget SAFETY when practicing!





PHYSICAL CONDITION

Specific or General

These set of exercises have the intention to work on your muscles and keeping them fit and prepared for archery.

As it was the case with the Technical form exercises, these ones are also marked with the logo indicating the level of difficulty. Again, these are just initial orientations. Please check before doing them if you are fit and strong enough to do the exercise proposed.

We suggest some repetitions in most of the exercises, but please feel free to adapt repetitions, recovery time and rounds to your personal fitness level.

And never forget to warm up properly.

You can mix physical exercises with shooting or form exercises. As many as you want, as many as you can do and according the time you have. The important part here is to do them, and better more days a little bit ...instead of 1 day a lot.

B



Let's start practice.
ENJOY!

PHYSICAL Condition

#1 Specific Strength



Drawing drills



Draw the bow, hold 5 secs / pause 2 secs x 5 times.



Draw the bow, hold 7 secs / pause 2 secs x 7 times.

Keep the posture and full draw position while aiming to a point (or a small target face).



<https://youtu.be/ukHAPCYLIOE>

PHYSICAL Condition

#2 Specific strength



Bow raise (left)



Raise bow for 20 secs.



Raise bow for 30 secs.

Keep the “T” position. Maintain body posture straight (Attention: body may lean to compensate bow weight). Keep your eyes on the sight.



<https://youtu.be/goyfROhrRVM>

PHYSICAL Condition

#3 Specific strength



Bow raise (right)



Raise bow for 20 secs.



Raise bow for 30 secs.

Keep the “T” position. Maintain body posture straight (Attention: body may lean to compensate bow weight). Keep your eyes on the sight.



<https://youtu.be/xwY6FbCkbnA>

PHYSICAL Condition

#4 Specific strength



Novice Difficulty



Advanced Difficulty

Full draw holding



Novice Difficulty

Full draw - holding bow for 20 secs. X 2 times



Advanced Difficulty

Full draw - holding bow for 30 secs. X 3 times

Keep posture at full draw position. Avoid collapsing. Keep strength well balanced with both arms-shoulders with stable aiming. 30 sec rest between drawings.



<https://youtu.be/PtKx-6ztI2k>

PHYSICAL Condition

#5 Specific strength



Bow arm extensions



Bow arm extensions



x 6 times x 2 / 15 sec rest



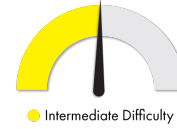
X 10 times x 3 / 10 sec rest

Full bow arm extensions, feeling grip pressure point in the bow hand and direction of the bow toward the target.



<https://youtu.be/Y-XXSYCt3Xog>

#6 General strength



Push-up / slow speed



Body should be kept straight on line.

Arms separated from body approx. 45°



6-8 repetitions (knee on the floor)



10 repetitions

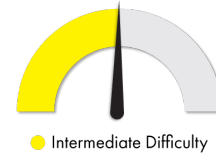


14 repetitions



https://youtu.be/AuMD_vwQNPA

#7 General strength



Plank



Hold position for 30 sec x 2 / 30 sec rest.



Hold position for 45 sec x 3 times / 1 min rest.

Arms should be placed at shoulder's height.

Head looking down.

Position can be changed with arms straight if elbows hurt.

If you are interested in more Plank exercises,
take a look here: **22 Plank Variations**



<https://www.youtube.com/watch?v=k9w2LJAZ1iY>



<https://youtu.be/gjkNfhV7ph8>

PHYSICAL Condition

#8 General strength



"Archery" plank



Place your body as in its full draw shooting position

Hips should be elevated to maintain the "T" body position

Difficulty can be increased if elevating slightly 1 foot instead of letting the two feet on the ground



Hold position for 10 sec x 2 times / 30 sec rest.



Hold position for 20 sec x 3 times / 30 sec rest.



<https://youtu.be/yZFji55gpWE>

PHYSICAL Condition

#9 General strength



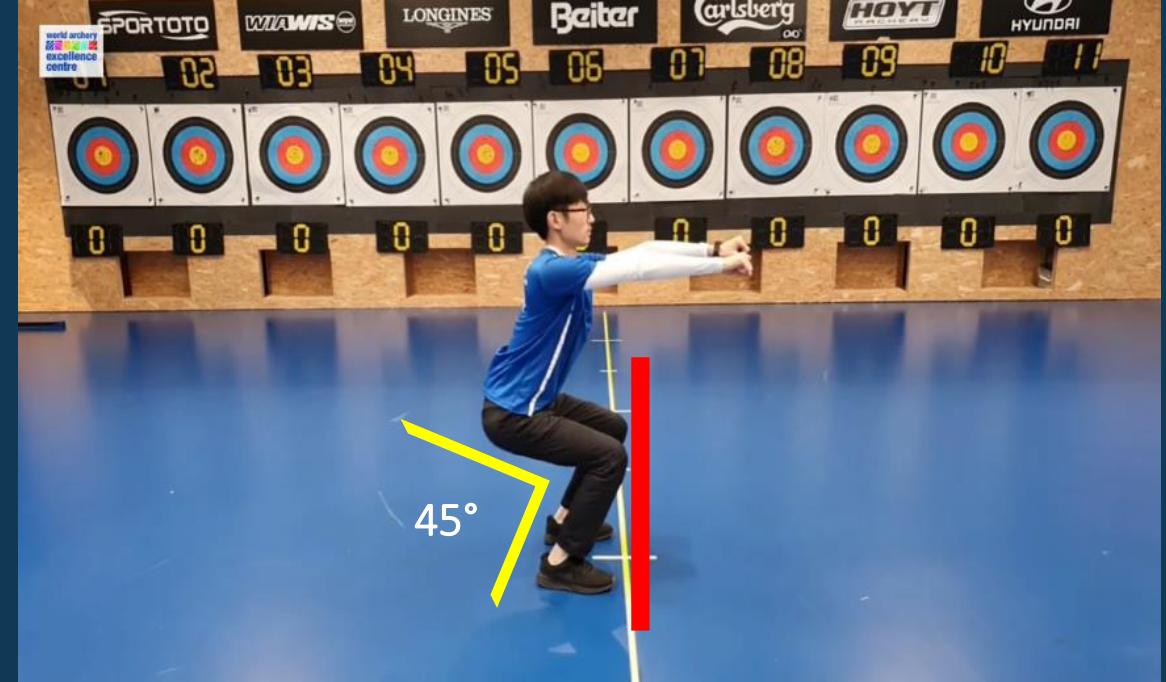
Feet placed at the same separation as shoulders.

Feet in slight open angle to prevent knee rotation.

When bending knees, tip of the knee should not pass the tip of your foot (to prevent extra stress on the knee).
Not flexing more than 45°.



Squats



<https://youtu.be/CHoAAhyf1yQ>



15 rep

X 2 / 30 sec rest



25 rep

x 3 / 40 sec rest



30 rep

x 3 / 30 sec rest

PHYSICAL Condition

#10 General strength



In Plank position, one arm touches opposite ankle and back to initial position. Alternate arms.

Keep your body as aligned as possible.

Head should be kept in the same line during the exercise (looking to the floor and not to the foot).



Advanced Difficulty

Opposite ankle plank



<https://youtu.be/CKGTBmWrvWQ>



Intermediate Difficulty

7 rep per arm
x 2 / 40 sec rest



Advanced Difficulty

10 rep per arm
x 2 / 30 sec rest

TECHNIQUE-FORM

#11 Posture / Stance



Heavy Belly



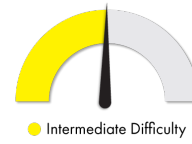
Keeping low centre of gravity. Place a long stick between the ground and archer's belly. Maintain a "heavy" belly applying some pressure on the stick.

The belly pressure on the stick must be kept constant during the shooting sequence (or drawing sequence when no shooting).



https://youtu.be/2t_kRHwOhW8

#12 Posture/ Stance



Stance "I" position



Locate a wooden stick on your back, over the spine, fixed with the chest protector strap and the quiver belt.

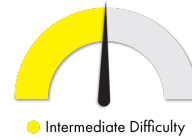
Follow the shooting sequence (shooting or not). The goal is to maintain the back straight. Initial gap between stick and lower back should not be more than two fingers (5~7cm).



<https://youtu.be/KSvkb17HC8E>

TECHNIQUE-FORM

#13 Posture / Stability



head position stability



Place a soft juggling ball over your head. Find the balance to maintain it there.

When done, follow the shooting sequence (shooting or not). The goal is to keep the ball over the head the entire sequence.



<https://youtu.be/Y19RLrLdWVY>

TECHNIQUE-FORM

#14 Posture / stability



Locate a soft juggling ball on your bow arm shoulder (Helps is needed for this). Find the right balance to keep it there.

Then, follow your shooting sequence (shooting or not) trying to keep the ball over the shoulder.



Shoulder stability



<https://youtu.be/LwyMlffVH4g>

TECHNIQUE-FORM

#15 Posture / bow arm



Find a plastic tube (10 to 15 cm length) and introduce a soft elastic band in it.

The tube will be used as the bow grip. The elastic band hooked as the bow string. Then follow the shooting sequence without releasing the band. Repeat several times.

- objective is to feel the pleasure on the palm of the hand. Stable and not moving. the bow hand relaxed and not applying any strength nor tension.



Bow hand Grip #1



<https://youtu.be/mtFCRaSebdo>

TECHNIQUE-FORM

#16 Posture / bow arm



Stick a white tape on the grip of the bow , allowing it stick out from the grip to the “bow shelf”. Find the proper bow hand position on the grip and using a marker, draw a clear line over your hand and continue it over the tape showing over the hand.

In this position (without arrow), follow the shooting sequence looking at the bow hand. With a relaxed hand , observe that the bow hand position is maintained, and the line drawn do not break. Repeat several times.



Bow hand grip #2



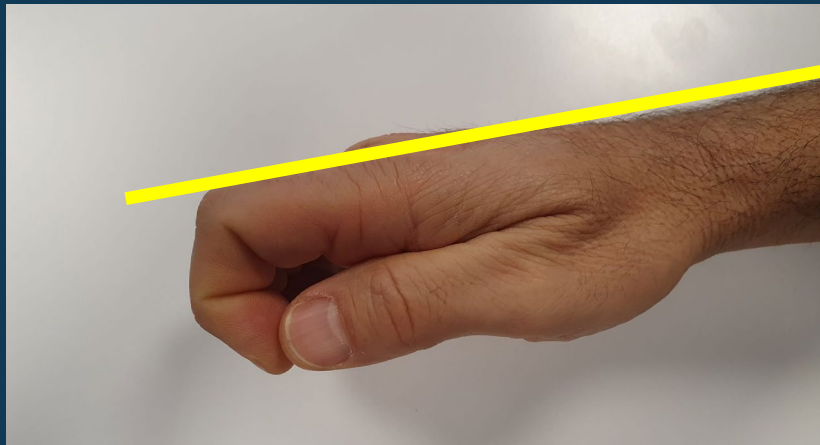
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TECHNIQUE-FORM

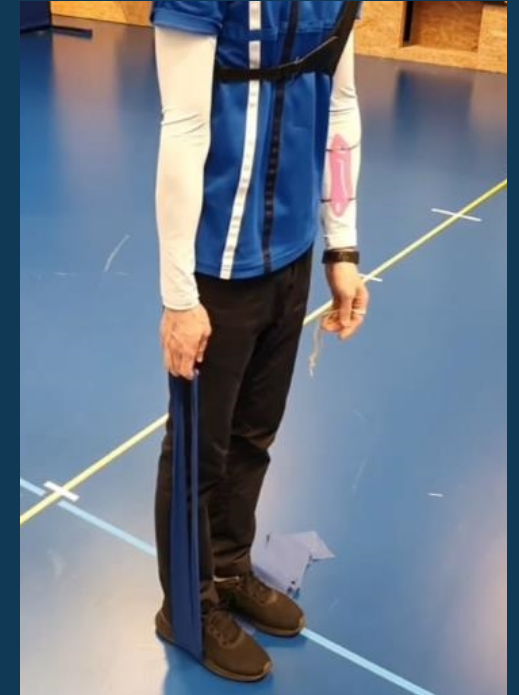
#17 Posture / string arm

Take a soft elastic band. Step over one end. Hook the other end as it would be the bow string.

Find the proper hand hook, position as relaxed as possible. In this position, elevate the shoulder slowly with the arm extended, without increasing the tension of the fingers-hand and keeping the same shape of the hook. No changes in shape nor tension.



String hand / Hooking #1



https://youtu.be/3pB_BSSHVZw

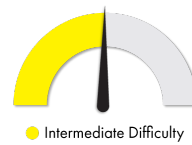
TECHNIQUE-FORM

#18 Posture / string arm



Fix an elastic band (ore string-band) on your bow grip. Hook the string as you would be shooting. With the body straight, and arm extended and relaxed, elevate your shoulder keeping tension and shape of your fingers-hand constant.

No change on tension or shape of the hook during the exercise. Repeat several times.



String hand / Hooking #2



<https://youtu.be/5S5a15Tuzq0>

#19 Posture / bow arm



Put your hands together like a volleyball player. Extend your arms. In that position rotate them until the inside of your forearm are facing each other.

When you succeed, try the same with less force between your hands. When mastered it, try the same by separating your hands.

Repeat several times until you have mastered it.



Bow arm Rotation #1



<https://youtu.be/MK8adMozPV8>

TECHNIQUE-FORM

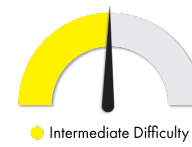
#20 Posture / bow arm



Place an arrow on the inside of your arm, where it bends. To attach it, use a rubber band as shown in the illustration.

Lean against a wall and apply some body weight to provide resistance to the arm.

In this position, turn the bow arm to its proper shooting position. The arrow should be in vertical position. Get used and master this position.

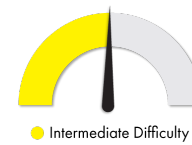


Bow arm Rotation #2



https://youtu.be/jhFFLQE_Z1E

TECHNIQUE-FORM



#21 Posture / full draw

Pre-draw (Shoulders alignment)



Locate an arrow on the back-top of your shoulders, using a soft elastic band as it is shown in the illustration.

With no arrow on the bow, follow the shooting sequence observing-feeling that in full draw position, the arrow is parallel and/or over the bow arm, or at least aiming to the centre of the target (or an imaginary target).



<https://youtu.be/PYsekOOJW0I>

If the arrow is pointing out, in an open angle with the bow arm, string arm shoulder is not aligned properly. Use the scapula movement of this arm to align it better. It is important to maintain fixed position of bow arm shoulder (this one should not rotate not move in any direction)

TECHNIQUE-FORM

#22 Posture / Proper draw



Place a soft elastic band over the arm, just over the elbow and fix it with a rope to avoid if slide or move when exercising (as shown in the illustration above).

Follow the drawing sequence keeping the string hand relaxed and feel the movement of string shoulder and elbow. Keep bow shoulder fixed. Repeat several times.



Drawing (Force production) #1



<https://youtu.be/8rrU31EObLM>

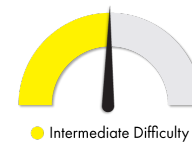
TECHNIQUE-FORM

#23 Posture / Proper draw



Use a Form-Master (Elbow pad device with a string attached to the bow string).

Draw the bow using your string shoulder-elbow and keep string hand-fingers relaxed. Experience and master how to draw the bow with tension and movement of your shoulder-elbow instead of using tension in the string hand-fingers.



Drawing (Force production) #2



<https://youtu.be/jWsw8UWccHA>

ORIGINAL
FORMMASTER

http://romarchery.com/?page_id=2516

ASTRA ARCHERY

www.astraarchery.com/astra/shot-trainer
<https://youtu.be/a5zi-iOa0z0>

Build your own homemade Form-Master



<https://youtu.be/WZAGVTIH7HE>

TECHNIQUE-FORM

#24 Release



Using a Form master device, without an arrow, hook the string with the fingers and follow your shooting sequence.

When at full draw, feel the expansion and release the string keeping the whole position (not collapsing). Hold this position for 2-3 seconds.

Repeat several times and make sure you draw the bow with string shoulder and keep string fingers as relaxed as possible.



String Release #1



<https://youtu.be/fnF8YYUIAcQ>

NOTE:

Using Form master is not only a great tool to improve your release but also to get immediate feedback after each shot.

TECHNIQUE-FORM

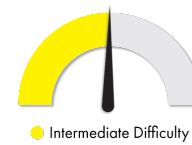
#25 Facial references



Place a tape or mark on the chin where the string should be located (string-face contact point).

With no arrow, follow the drawing sequence.

Using a mirror observe how the string arrives always at the same position. Try to bring the string while drawing accurately straight to this position. Feel a strong and clear string pressure over the chin.



Anchor position



https://youtu.be/kpmhMp_M9N0

TECHNIQUE-FORM

#26 shoulders alignment

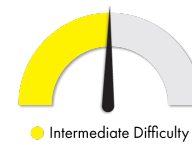


This exercise could be combined with Exercise #21 (photo above)

Fix a string on the top of the upper limb. Help is needed now. Your assistant stays behind you, holding the other end of the string. It will be kept straight but with no tension to allow you to draw the bow with no limitations.

Draw the bow until Full draw and stay in this position few seconds.

Your assistant observe and/or take photos-video from this position. Repeat several times ensuring consistency.



Full-draw position #1



<https://youtu.be/IMWZD7TYd1Y>

Exc # 21 <https://youtu.be/PYsekOOJW0I>

NOTE:

Good exercise to check proper shoulder alignment and string elbow position, as well as bow verticality.

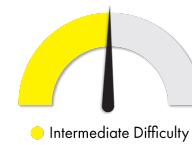
TECHNIQUE-FORM

#27 shoulders alignment



With no arrow, use a mirror with tapes over it as indicated in the illustrations. Locate the mirror or yourself to align body with the mirror lines.

Draw your bow until full draw and observe body alignment, your posture, shoulders and head position. Repeat several times. Make sure body do not move when drawing the bow until full draw. Keep posture as stable and consistent as possible.



Full-draw position #2



https://youtu.be/8mr_cWYbVMo

NOTE:

Could be also done with an assistant taking videos or photo while drawing the bow.

TECHNIQUE-FORM

#28 Posture / expansion



Novice Difficulty

Expansion #1



Same elements as Exc # 22, draw the elastic band until full draw position and take a moment before expanding (like passing the clicker).

Fell the expansion happening from shoulders-body. Not hand-fingers. No release. Repeat several times.



https://youtu.be/RfDYFF9G_sl

TECHNIQUE-FORM

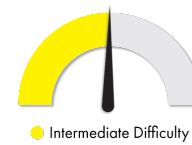
#29 Posture / expansion



With no arrow, take your bow and close your eyes.

Proceed a draw sequence with closed eyed feeling the movement of your arms-shoulders until full draw. Then produce the expansion gently and in balance with both arms-shoulders.

Feel the smooth and balanced expansion for 2-3 sec.



Expansion #2



<https://youtu.be/4jZ20FToYJI>

NOTE:

Avoid any tension on fingers or hands while expanding. Hands should be as relaxed as possible during the entire sequence.

TECHNIQUE-FORM

#30 Posture / expansion



With arrow. Take your bow and follow the drawing sequence. Same action as a regular shot but when the clicker sounds, no shooting... but you continue expanding for 5mm to 1cm after the clicker. Then or:

- a) you stop for 1 second the expansion, and release the arrow
- b) Or don't shoot, go back to start position and repeat the shooting sequence again after a 10 second rest.

Repeat several times.



Expansion #3 / move after clicker



<https://youtu.be/vFAFLELVJvY>

IMPORTANT NOTE:

BE AWARE that you can release the arrow unintentionally when the clicker sounds. If you get a surprise movement and lost the position when the clicker sounds, do not worry. Go back to full draw, ensure arrow is still properly placed over the arrow rest and continue with the exercise. After some repetitions the surprise movement will simply disappear.

TECHNIQUE-FORM

#31 Release



Use your bow hand fingers to hook the string hand fingers as indicated in the photo. Bow hand fingers keep resistance to the string hand fingers.

Create tension in your back by having bow arms pushing in opposite directions (as expanding an imaginary bow)

After tension is created, make the “string release” and feel how string fingers keep same shape and tension as before. Avoid open fingers or relaxed string fingers



String release #2



<https://youtu.be/GIYPx1TYjoY>

TECHNIQUE-FORM

#32 Release



Same exercise as before but using an elastic band.

Release the elastic band and complete the follow-through with relaxed string fingers and wrist (but keeping the same hand-finger shape). The string elbow should:

- move backward and horizontally;
- keep the same angle.

Repeat several times



String release #3



<https://youtu.be/5v3Czbw4SfY>

#33 Bow Hand



Bow release #1



Use your string hand index finger and hook it in the bow hand palm as indicated in the photo. Apply a slight pull back action.

Release the index finger and feel how the relaxed bow hand moves foreword in a natural reaction movement.

Repeat several times.



<https://youtu.be/r4mFrJstKvY>

TECHNIQUE-FORM

#34 Bow hand



Bow release #2



Same exercise as before but using an elastic band.

The bow hand wrist must be relaxed on the grip.

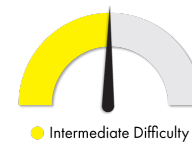
Grab the elastic band with the string hand as indicated in the photo. Follow the drawing sequence with the elastic band until full draw (or close to full draw). Relax the string hand and let the elastic band go. Observe and feel the reaction of the bow hand relaxed movement to the target. Repeat several times and master this movement-feeling.



<https://youtu.be/bkgy6JRZS2A>

TECHNIQUE-FORM

#35 Bow arm / hand



Bow release #3



With bow and arrow, plus finger sling. Located very close to the target (target about 50 cm after the end of the long stabilizer)

Draw the bow 2/3 of full draw (draw 20~30cm) or close to the chin. Hold it for 1 or 2 seconds and release the string. Observe and feel the bow hand reaction and bow movement-direction. Repeat several times.



<https://youtu.be/lbDzp81bXvY>

NOTE:

Make sure the arrow do not miss the target.

TECHNIQUE-FORM

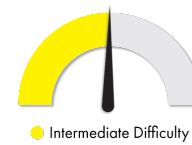
#36 Bow arm / hand



With bow, arrow and finger sling. Close distance to the target.

Find the way to fix a soft elastic band on the right and left side of the target (same height as the bow arm when at full draw) or structure close by. Fix the elastic band on the V bar extension of on the bow grip. Separate a bit from the target ensuring the long stabilizer do not hit the target, As indicated in the photo.

Follow the shooting sequence feeling how the bow arm-hand move to the target. Enjoy the feeling of direction of the bow.



Bow release #4



<https://youtu.be/h-qDsN1xzEs>

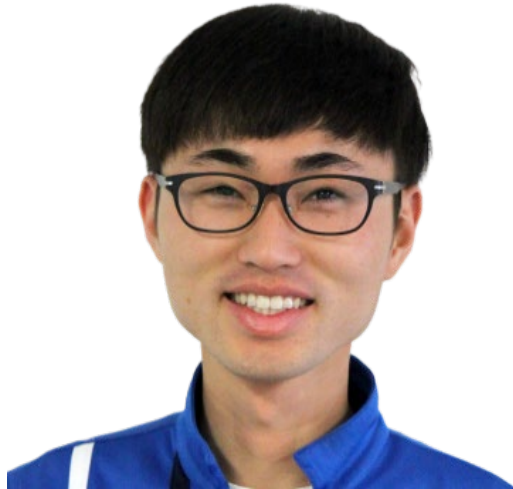
NOTE:

When you have mastered the art of keeping the bow wrist and fingers relaxed, try the shot without elastic band keeping the same feeling

The WAEC Coaches wish you a
GOOD PRACTICE, hoping these exercises help you to
grow in Archery during this “interesting” period.

Juan Carlos HOLGADO

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WAEC Coach & Archery Activities
Coordinator



Kyeung Su JEOUNG

WAEC Head Coach
& SPORTOTO Field Coordinator



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