



4th WORLD ARCHERY COACHING SEMINAR

Rome, Italy
3–6 November 2009

FITARCO - Federazione Italiana di Tiro con l'Arco



Compound Bow shooting technique in Italy

By Tiziano Xotti (Compound Bow National Coach)

Key points to improve the technique and the performances in the Compound shooting

- **Identification of the correct draw length**
 - Preliminary identification
 - Evaluation of postural end execution parameters
 - Primary Draw Length
 - Secondary Draw Length
- **Teaching and evolution of the "Surprise Release"**
 - Motivations
 - Release strategy
 - Different types of release and strategy application
 - Release holding
 - Surprise release
 - Back tension release



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Crucial Keys in Technical and Performance Compound Evolution
Fattori chiave nell'evoluzione tecnica e prestazionale Compound



L'allungo nell'arco compound.

Draw Length in Compound Bow



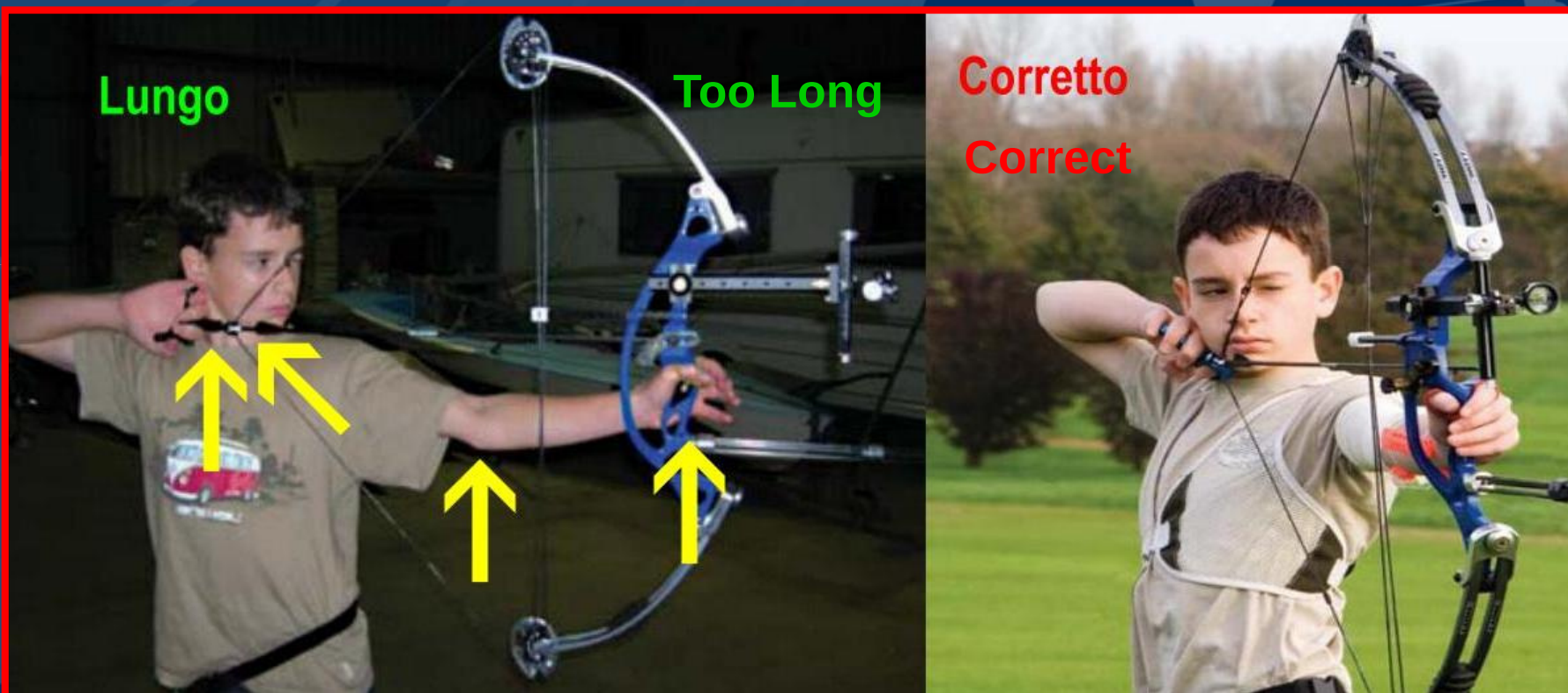
Rilascio a sorpresa, didattica e sviluppo

Surprise release, teaching and development

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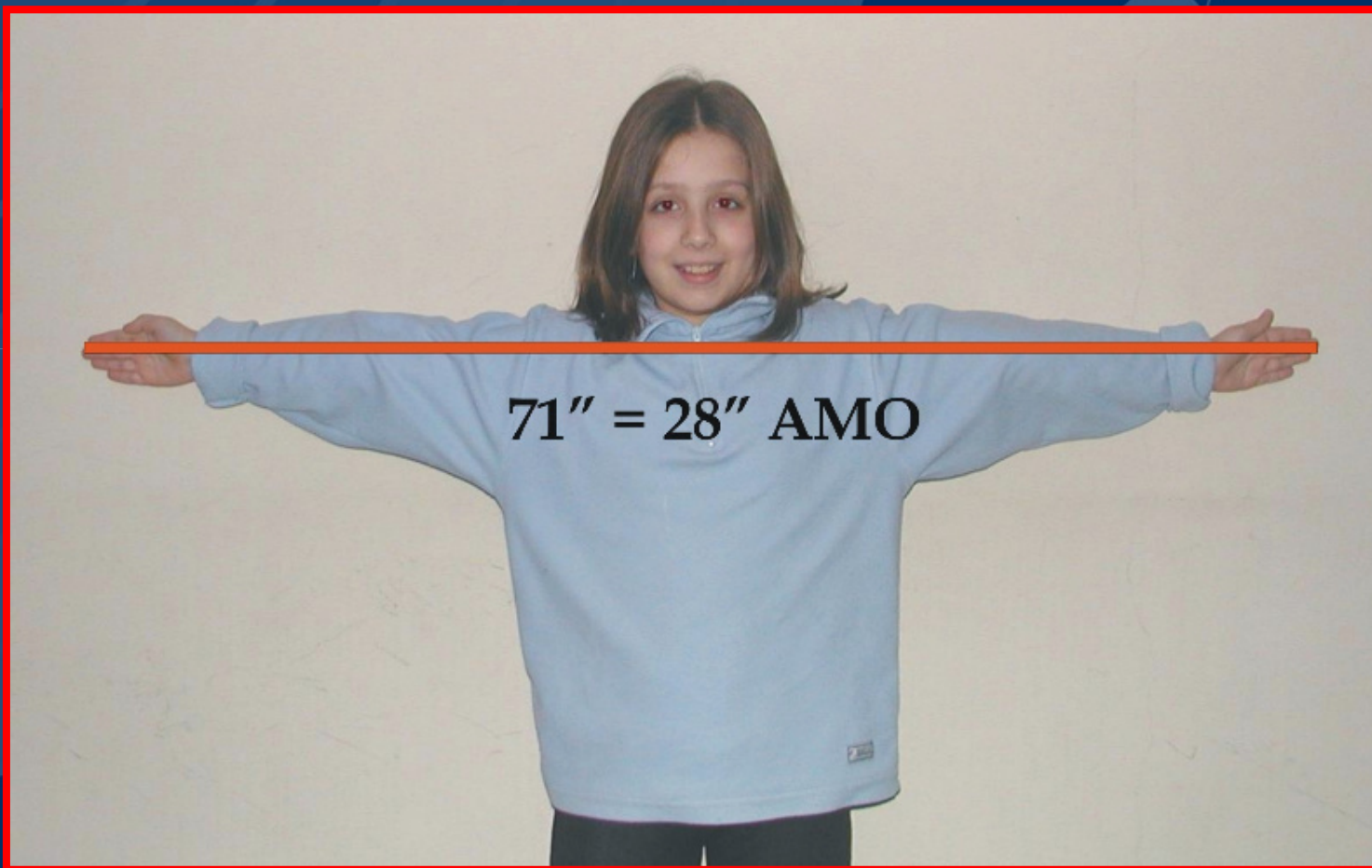
Sovrallungo : l'anomalia tecnica più comune

Over length : the most common technical anomaly



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Rilevazione Preventiva Dell'allungo Early Detection Of The Draw-Length



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Parametri valutativi e di
auto – analisi



Valuation parameters and
self - analysis



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Diversa Ergonomia/Diversa Impugnatura Different Ergonomics/Different Handling



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Cordini e D Loop

Ropes and D Loop



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IMPUGNATURA



BOW GRIP

ALTEZZA PEEP SIGHT



PEEP SIGHT HEIGHT

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ALLUNGO PRIMARIO	PRIMARY DRAW LENGHT	ALLUNGO SECONDARIO	SECONDARY DRAW LENGHT
MERO SETTAGGIO ARCO	JUST BOW SETUP	1) Rilascio Mecc. 2) Presa 3) Polsiera 4) Cordino/Loop A) Grip Arco B) Peep Sight	1) Release Aids 2) Handle 3) Wrist 4) Ropes/ D.Loop A) Bow Grip B) Peep Sight

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RIFERIMENTI IN MIRA

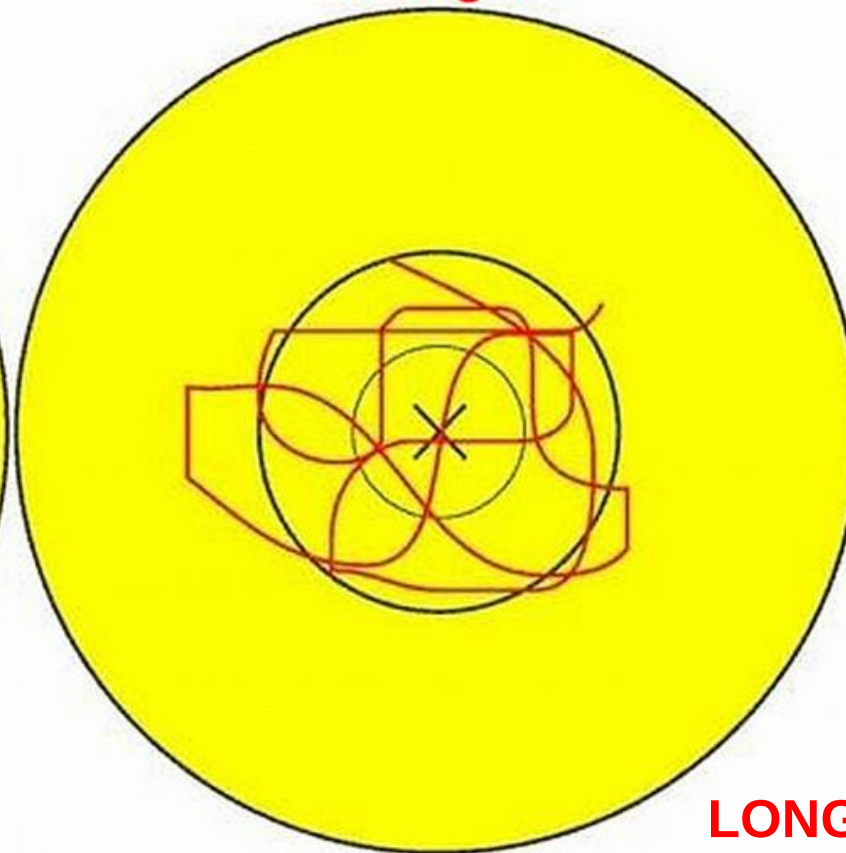
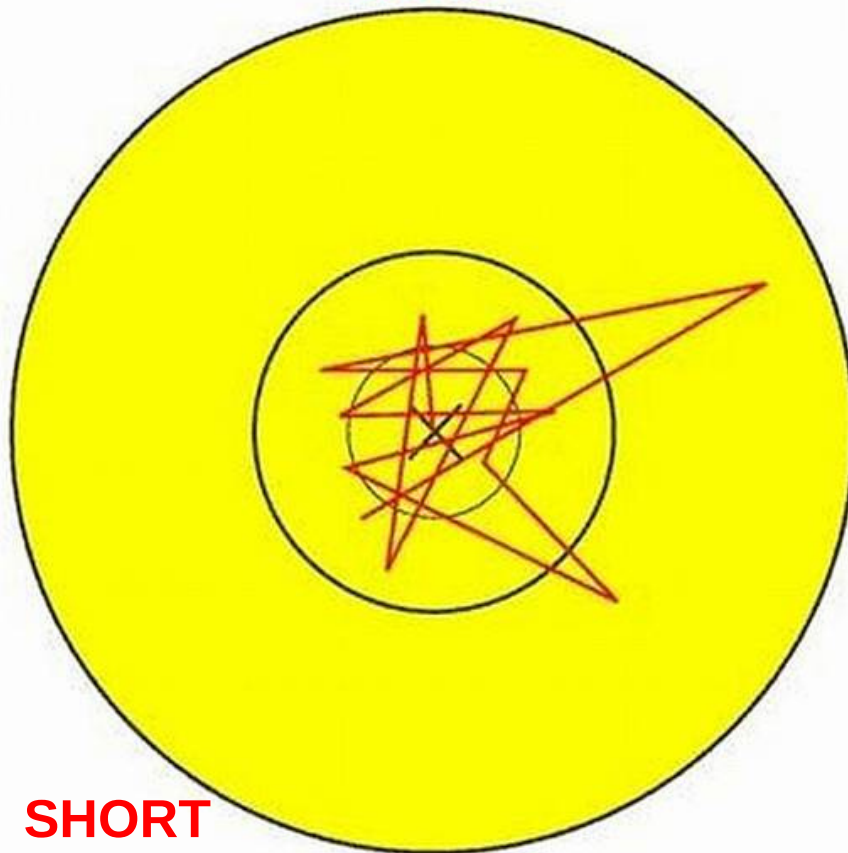
AIMING REFERENCES

Corto

Lungo

SHORT

LONG

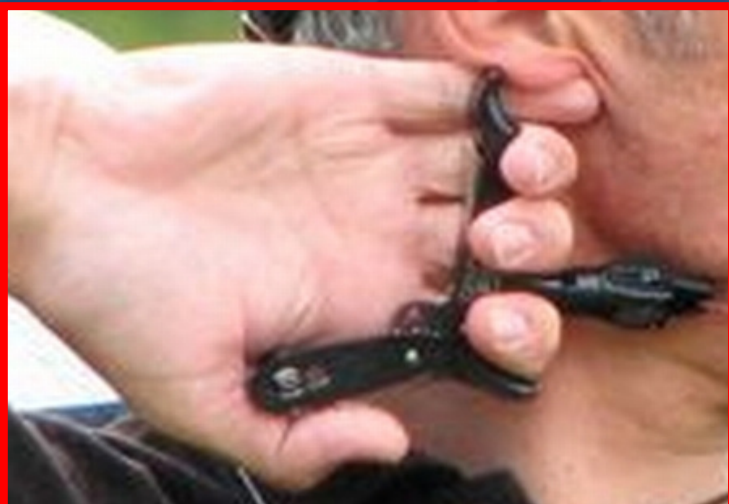


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Il Rilascio A Sorpresa si può ottenere con qualsiasi sgancio meccanico
Surprise Release can be applied to any type of release aid



PRESA ALLO SGANCIO



Scorretto

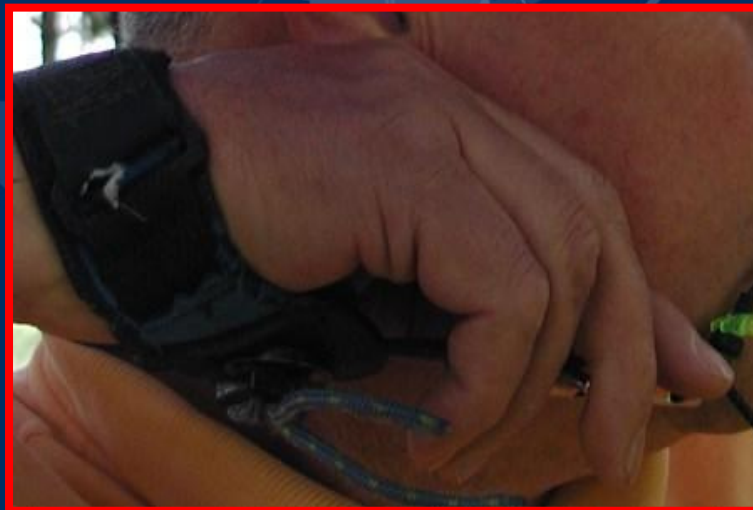
Incorrect



Corretto

Correct

RELEASE HOLDING



FUNZIONE DITA



FINGER ROLE



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Open Holding



Correct Holding



Presa Troppo Interna



Too Deep Holding

