

# ALIGNMENT

***Peter Suk***

# THE KINDS OF ALIGNMENT

**Visual Alignment (String Alignment & Fine Adjustment)**

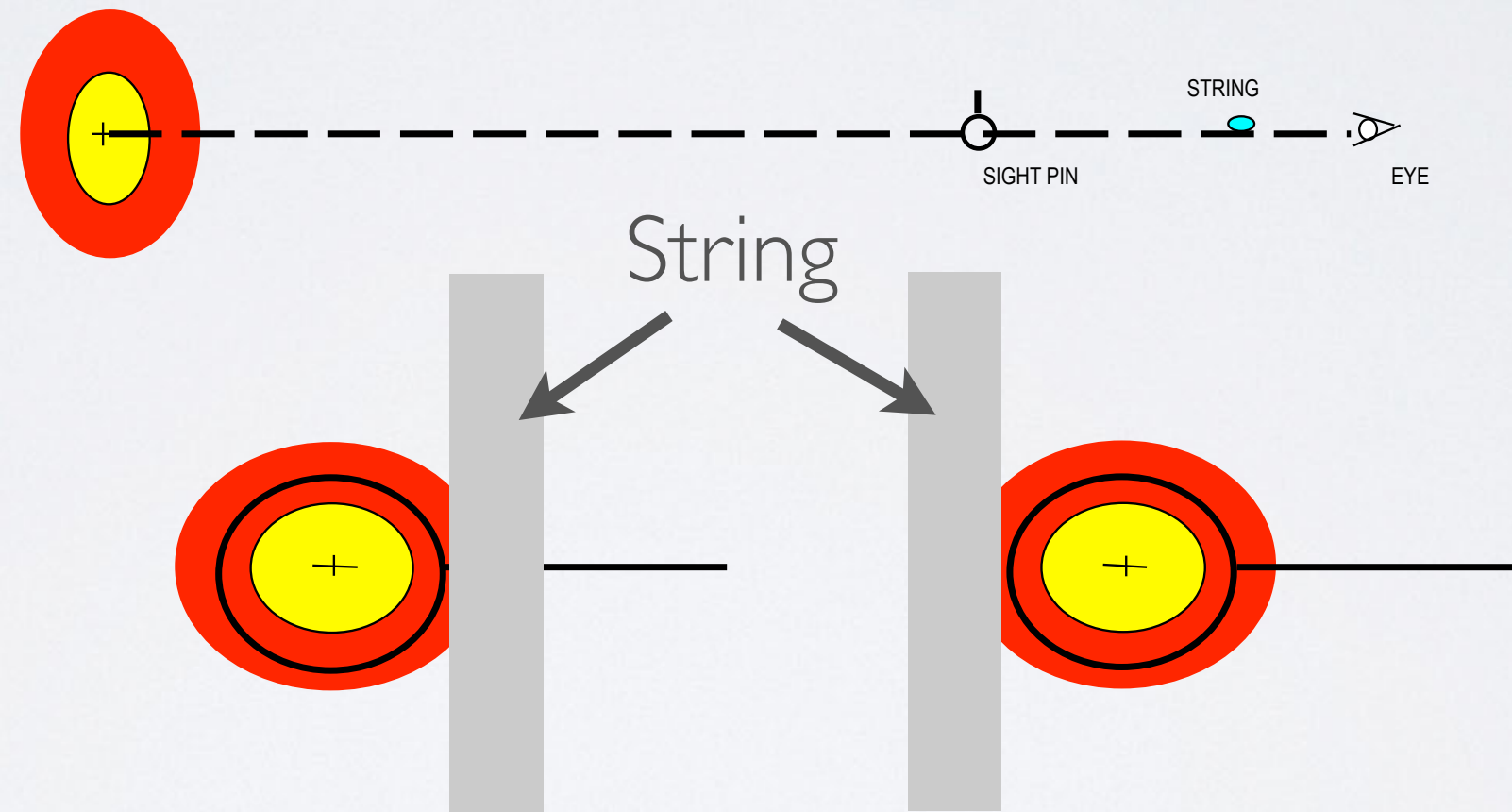
**Body Alignment (Vertical Line & Weight Distribution)**

**Power Alignment**

# VISUAL ALIGNMENT

## String Alignment

### Target - Sight pin - Eye

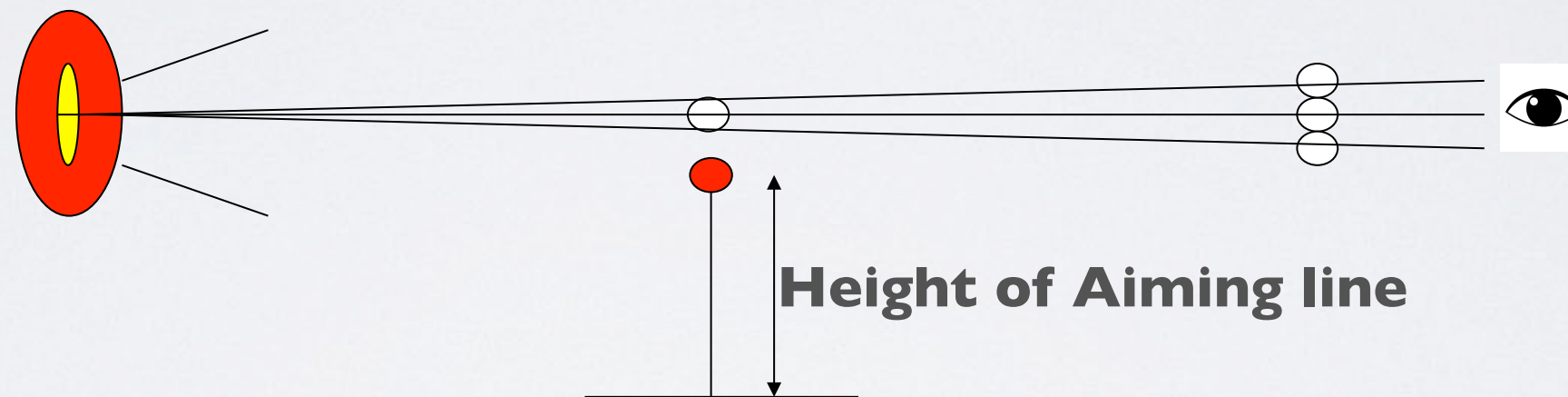


explanation  
principle -out, in, center  
drawing pattern  
windy condition

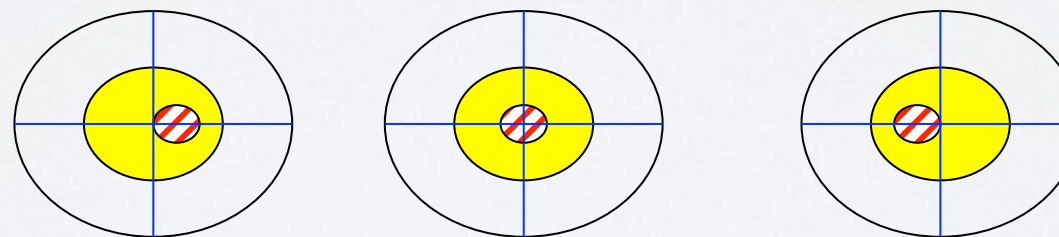
# VISUAL ALIGNMENT

## Fine Adjustment

**Target - Image point - Sight pin - Eye**



caused by  
body movement  
kind of torsion











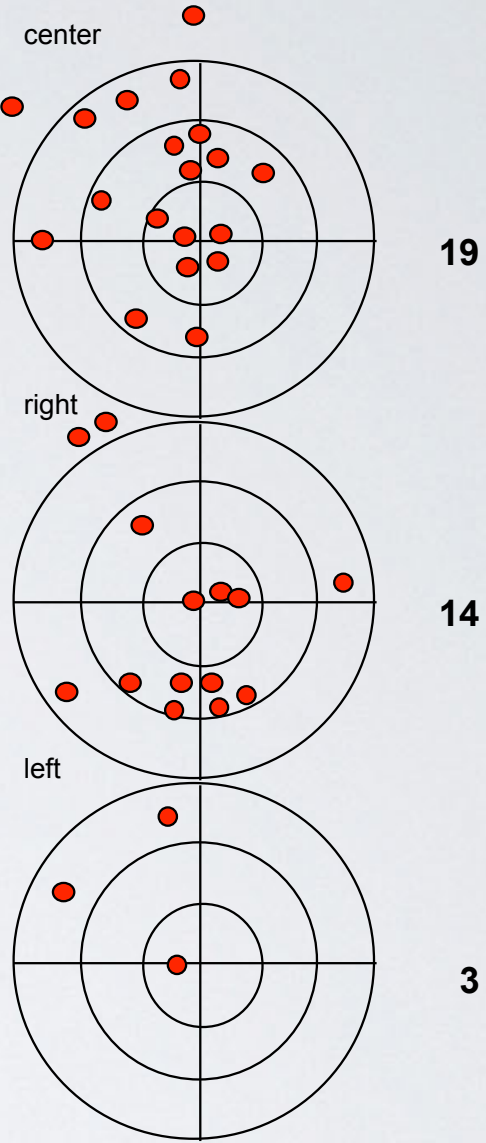
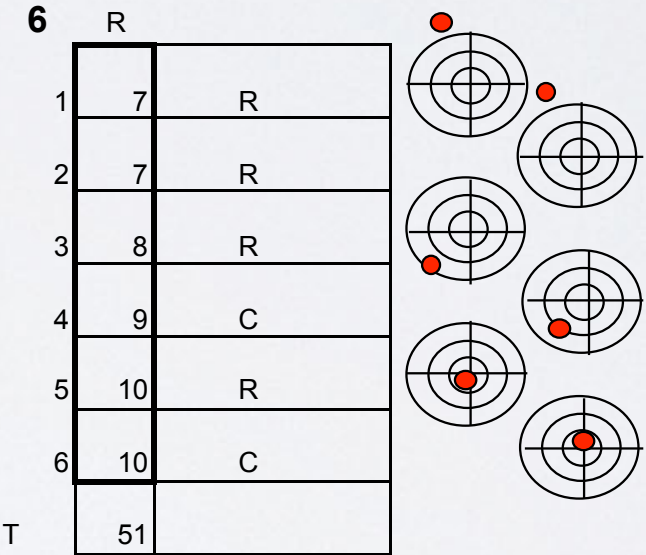
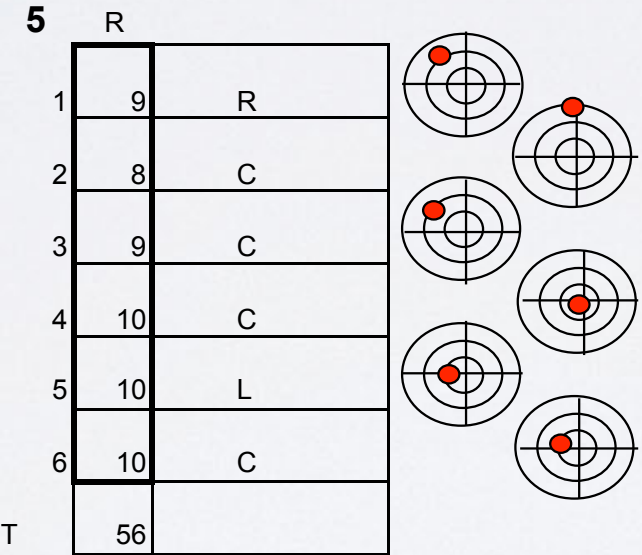
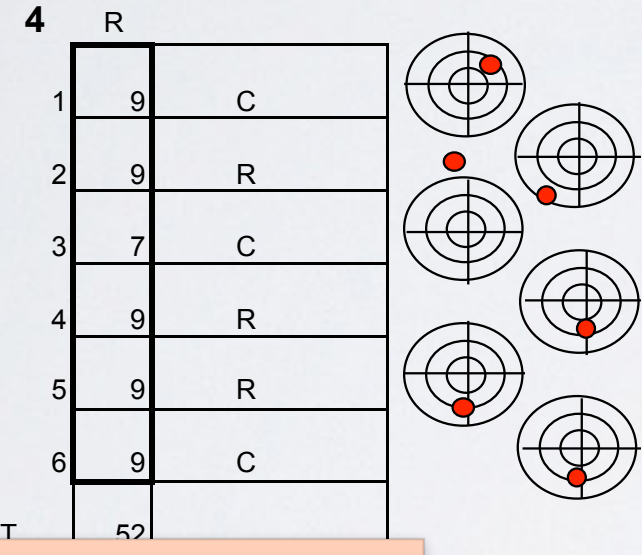
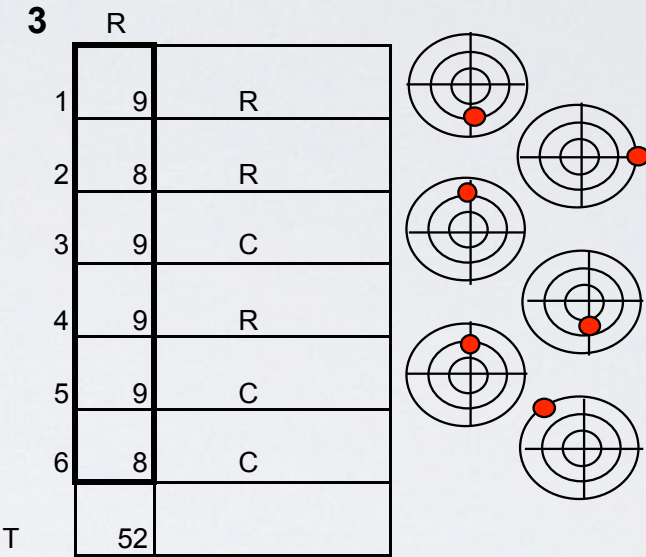
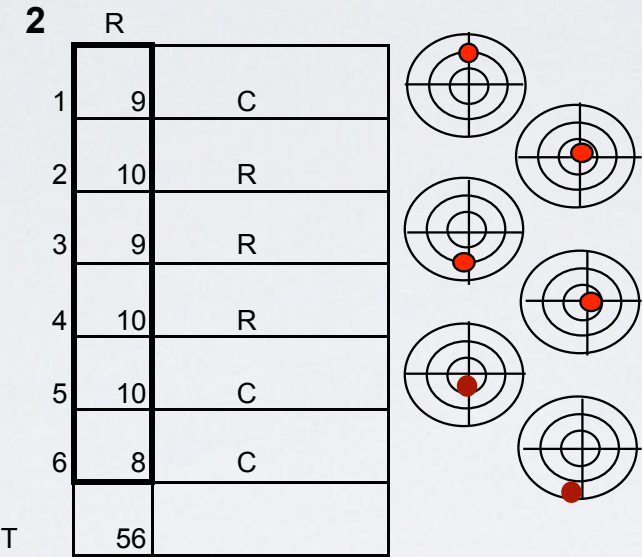
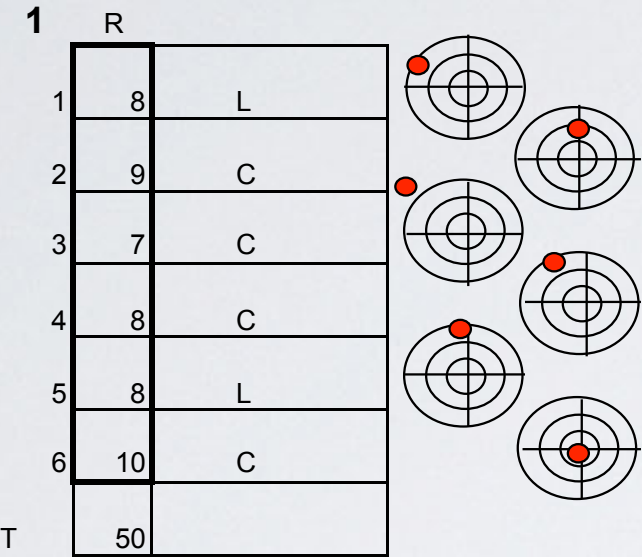






# Ball test result

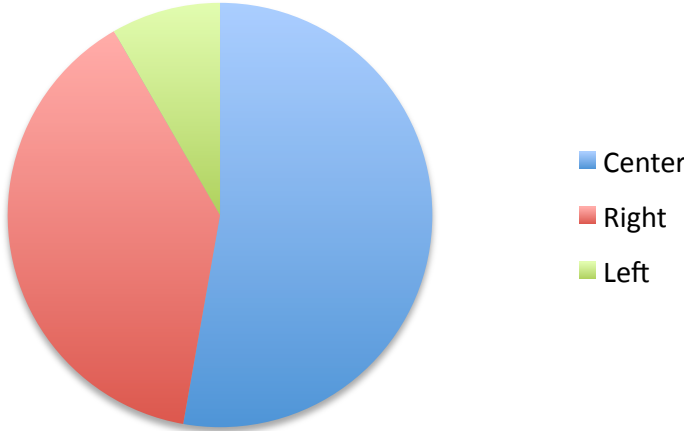
Name Yun Date 29.11.07 Distance 70m



Right = move backward

Left = move forward

Tendency





|   |   |   |   |   |   |    |     |
|---|---|---|---|---|---|----|-----|
| 1 | 8 | 6 | 5 | 4 | 4 | 11 | 27  |
| 2 | 9 | 7 | 7 | 6 | 4 | 3  | 38  |
| 3 | 6 | 6 | 5 | 4 | 3 | 2  | 26  |
| 4 | 8 | 7 | 7 | 6 | 3 | 2  | 33  |
| 5 | 8 | 6 | 5 | 3 | 3 | 2  | 27  |
| 6 | 6 | 5 | 4 | 2 | 2 | 11 | 19  |
|   |   |   |   |   |   |    | 168 |



Memo

|   |    |   |   |   |                |    |     |
|---|----|---|---|---|----------------|----|-----|
| 1 | 10 | 8 | 8 | 7 | 6              | 4  | 43  |
| 2 | 8  | 7 | 7 | 7 | 11             | 11 | 29  |
| 3 | 7  | 6 | 5 | 4 | 4              | 4  | 30  |
| 4 | 8  | 8 | 7 | 6 | 6              | 4  | 39  |
| 5 | X  | 9 | 9 | 8 | <del>5</del> 5 | 3  | 44  |
| 6 | 8  | 8 | 6 | 6 | 5              | 5  | 38  |
|   |    |   |   |   |                |    | 223 |



Memo

In case of eyes closed



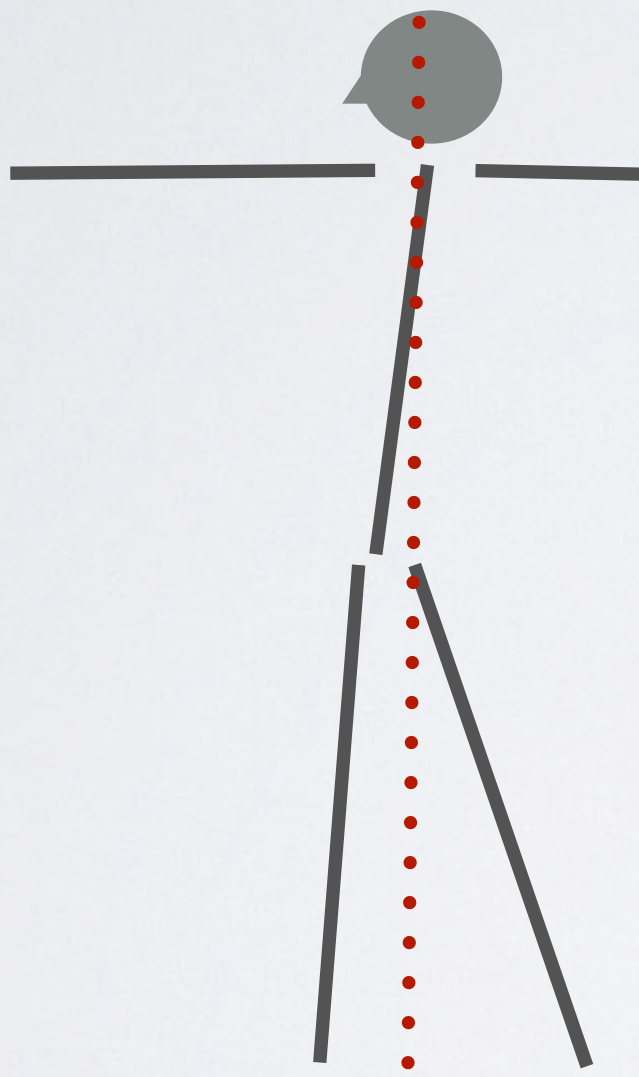
# VERTICAL ALIGNMENT

Target Line

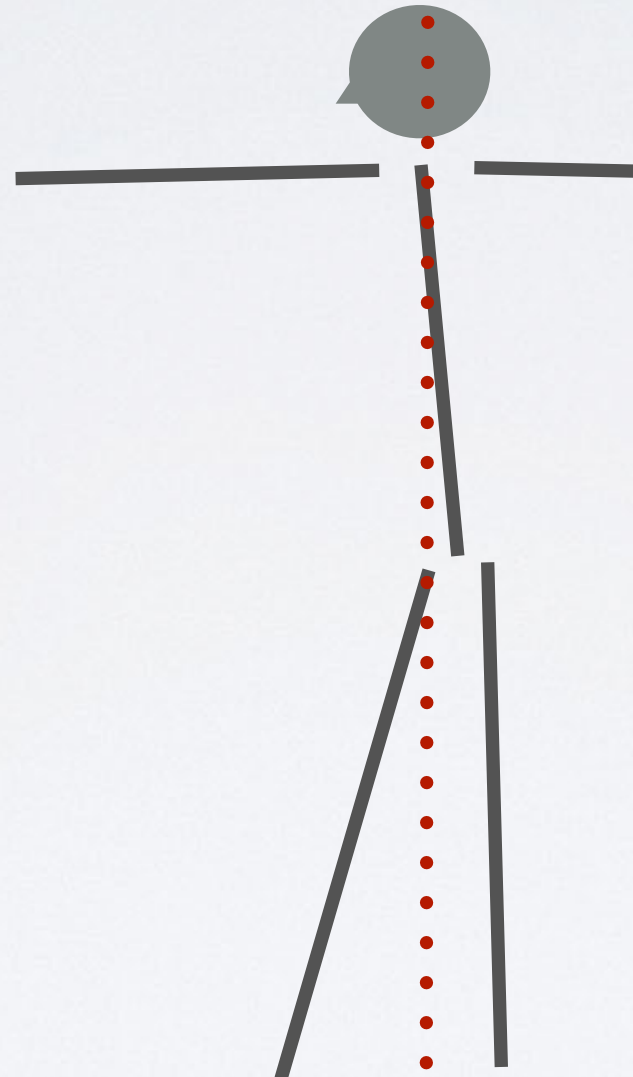
Shooting Line

# BODY ALIGNMENT

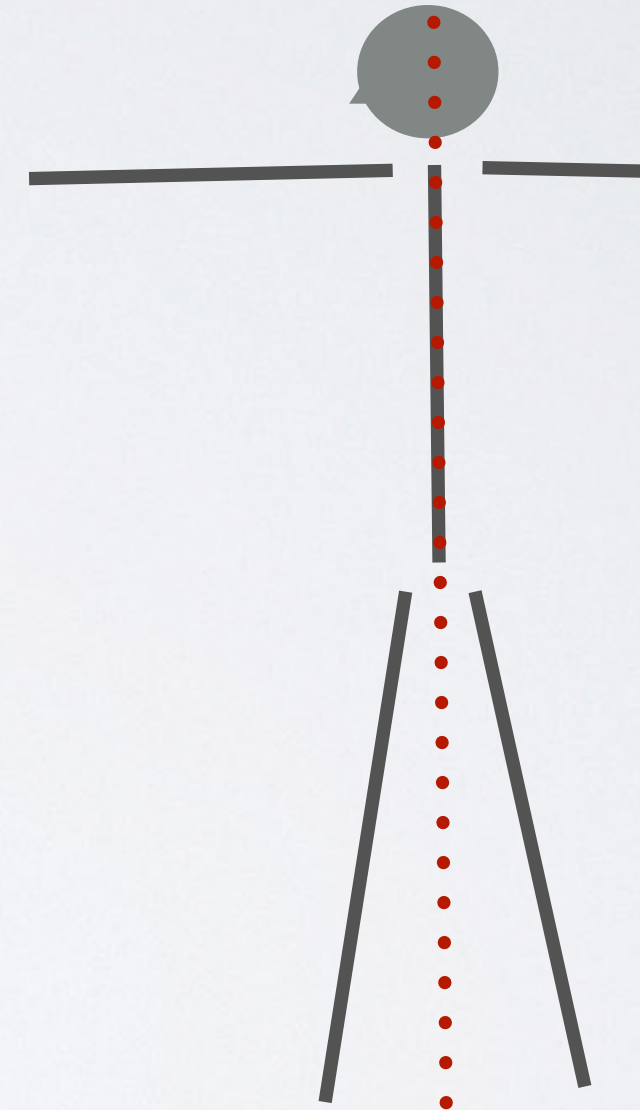
Vertical Line (Target line)



*Lean Drawing-side*



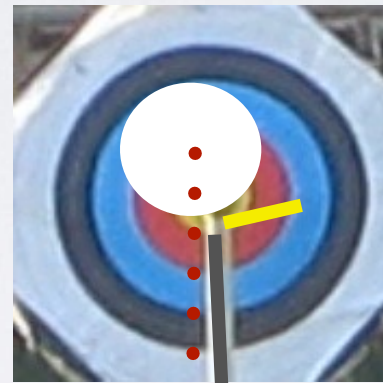
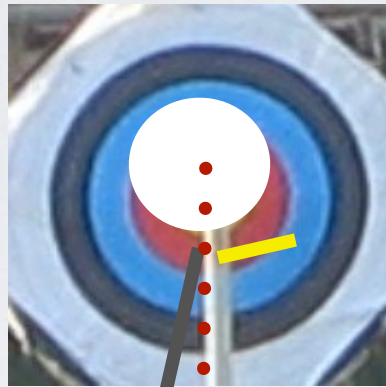
*Lean Bow-side*



*Correct*

# BODY ALIGNMENT

Vertical Line (Shooting line)



Windy condition

Tendency  
Forceplate  
reinforcement -lower parts  
movement during the shooting

Forward

Lean Backward

Correct

shooting line



# POWER LINE

**Bow Grip & Fingers**

**Wrist**

**Forearm**

**Elbow**

**Upper arm**

**Shoulder & Scapula**

**Neck**

**Head**

**Hooking fingers**

**Wrist**

**Forearm**

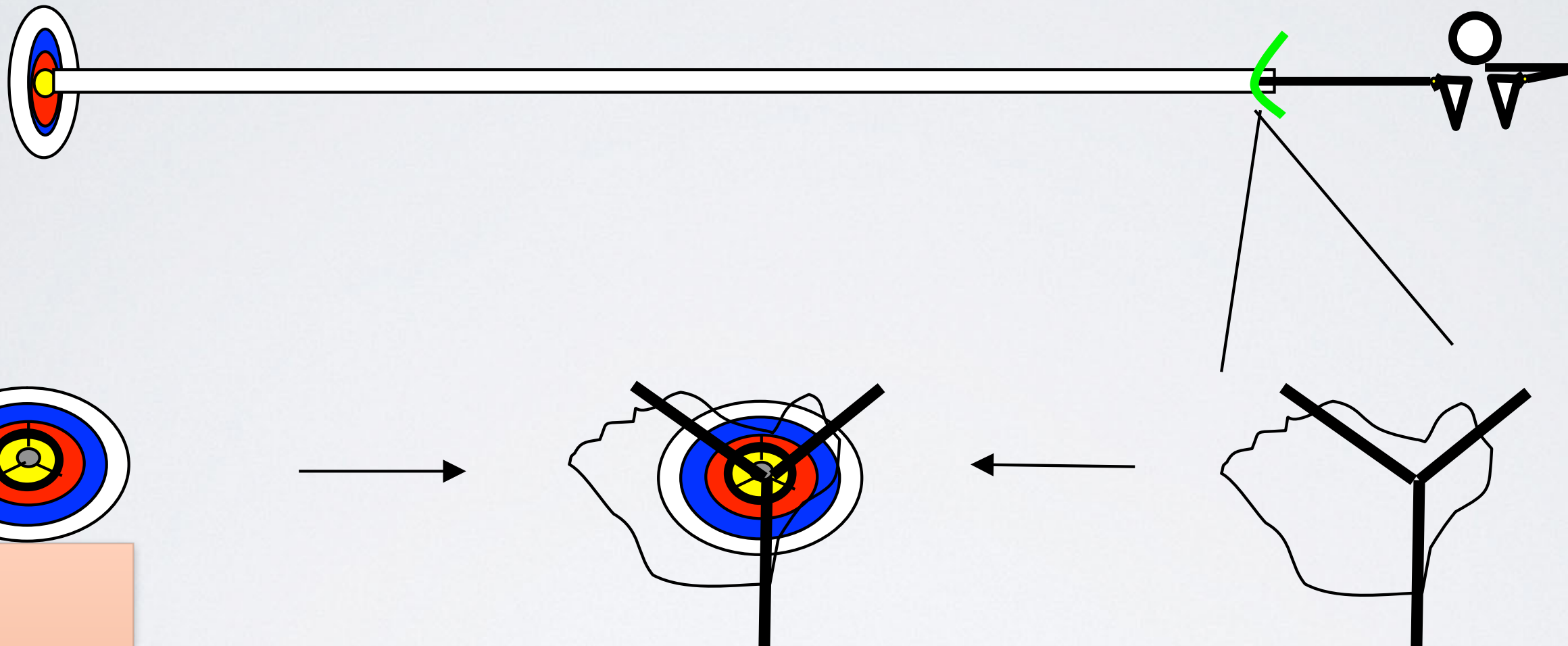
**Elbow**

**Upper arm**

**Shoulder & Scapula**



# ***Direction of the power***



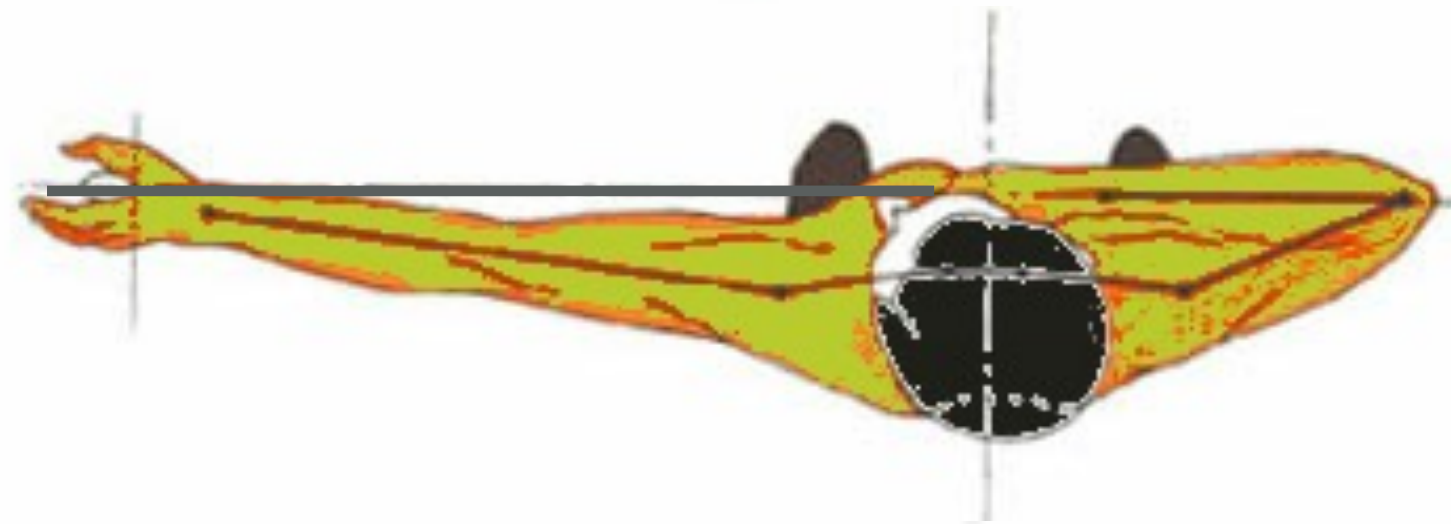
Evidence

Video 1,2,3

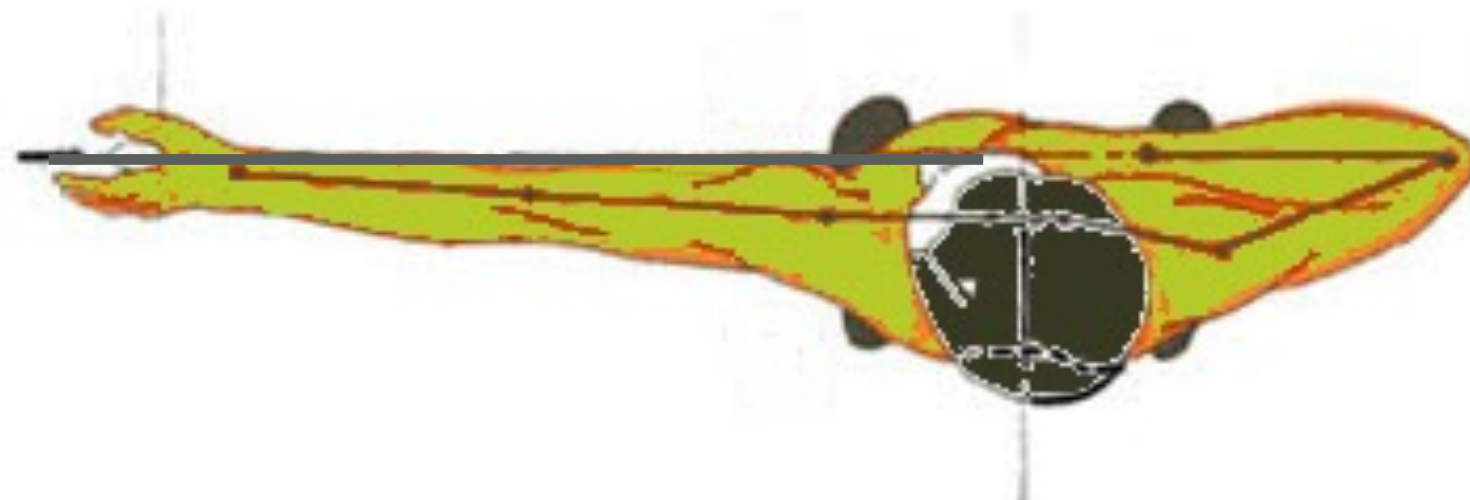
# SHOULDER ALIGNMENT



Wrong

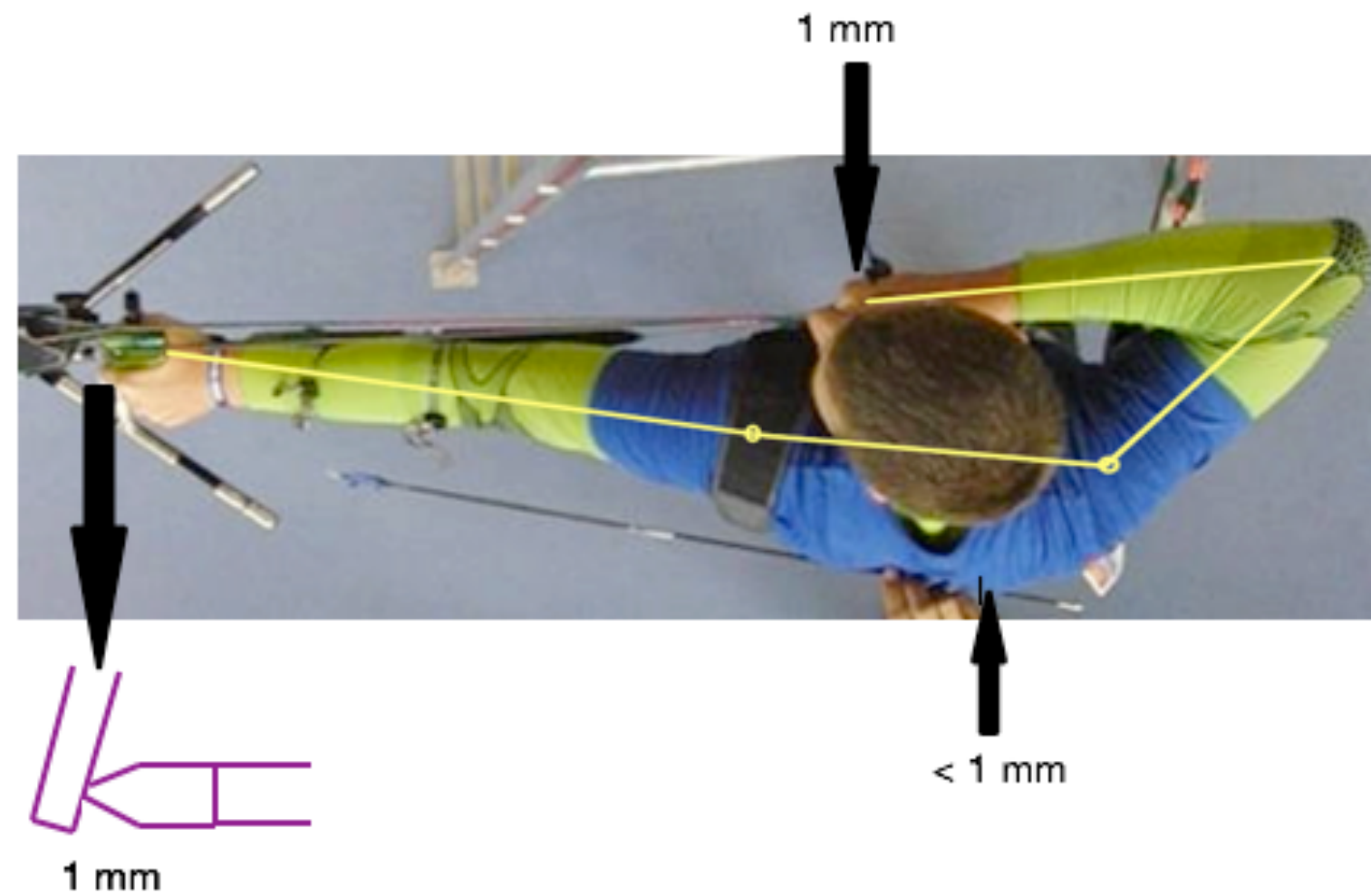
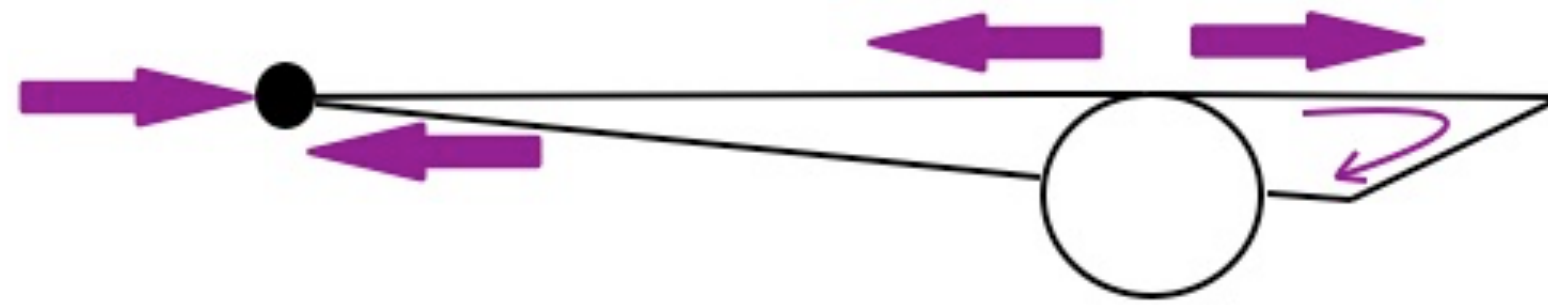


Good



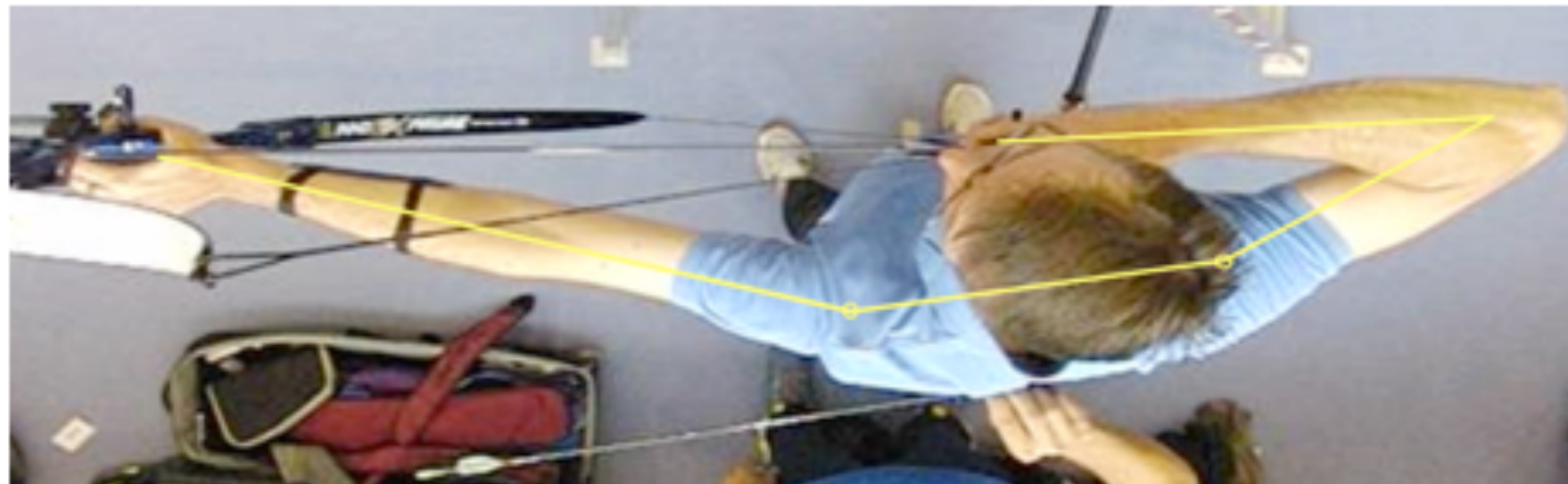
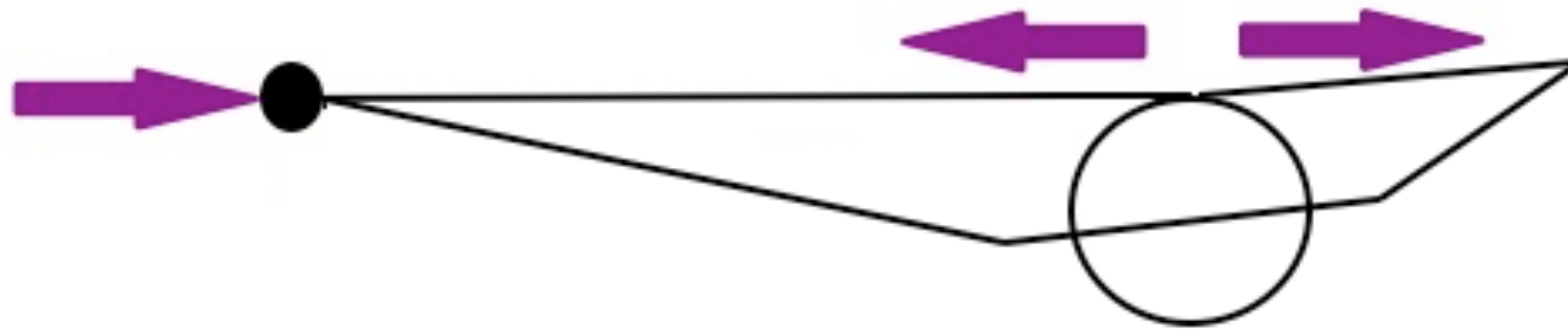
Ideal

# Good alignment

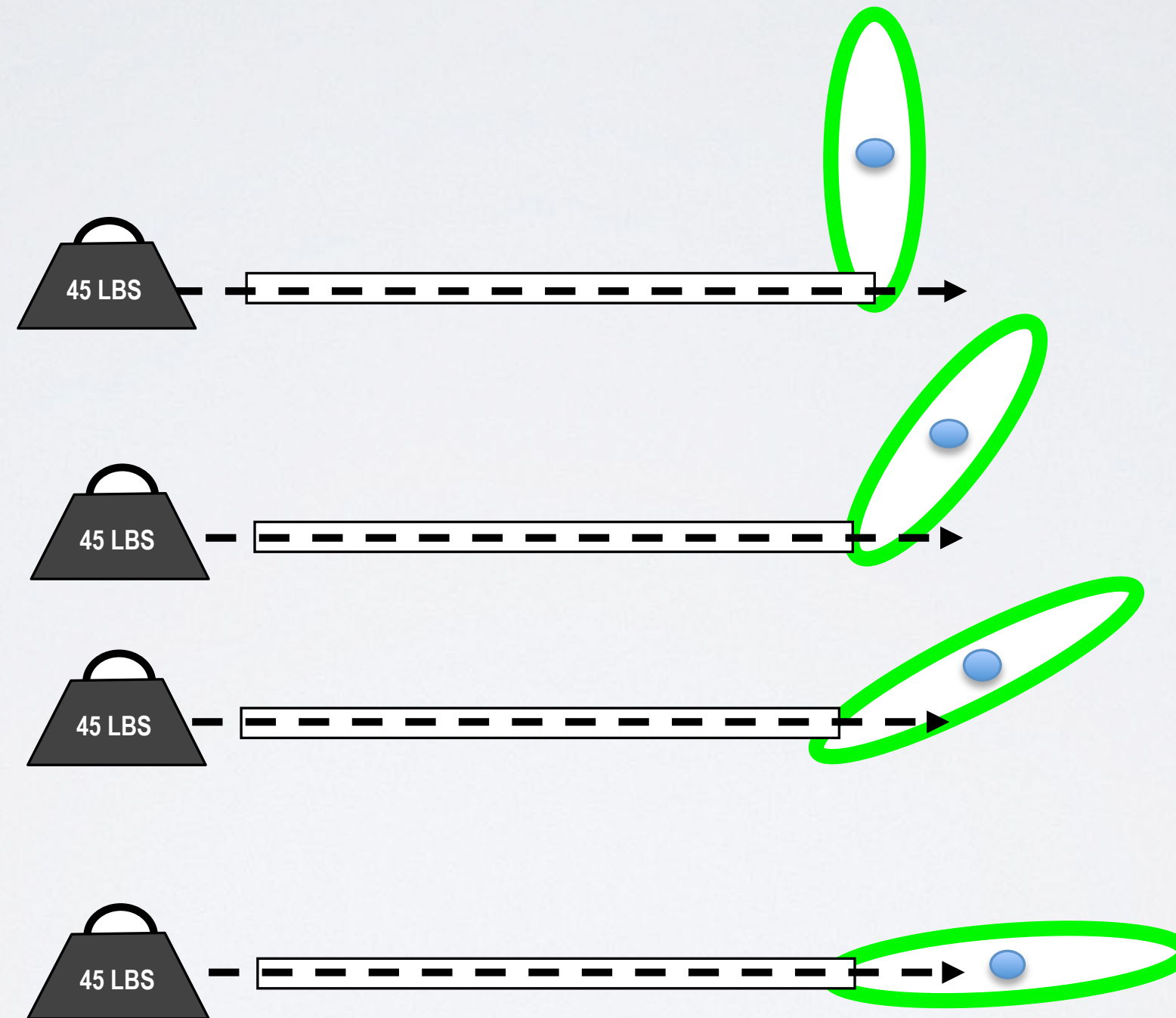




# Wrong alignment



# PRINCIPLE





**archer is doing**



**archer can do**





# Shoulder position

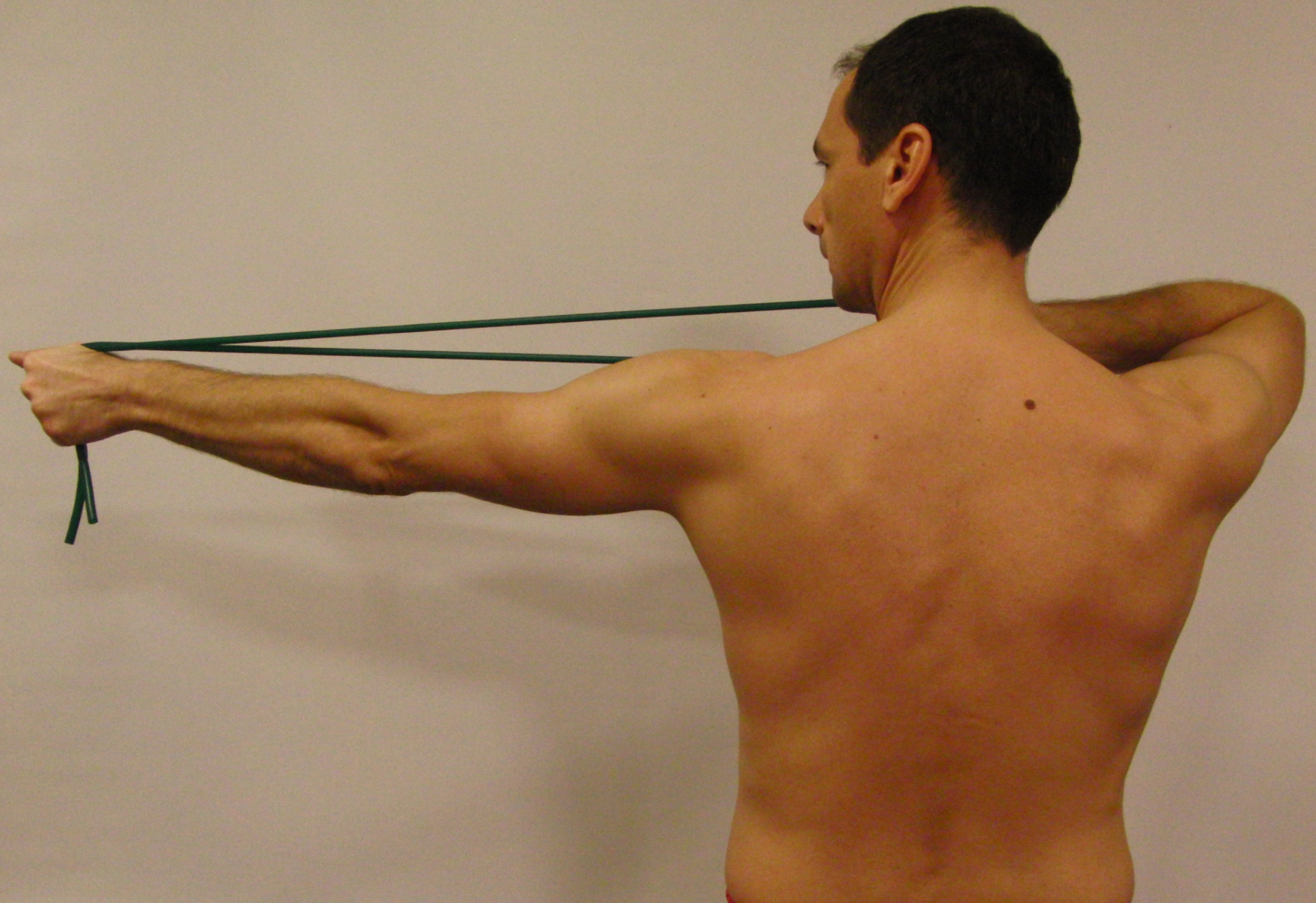
## Bow shoulder & Draw shoulder



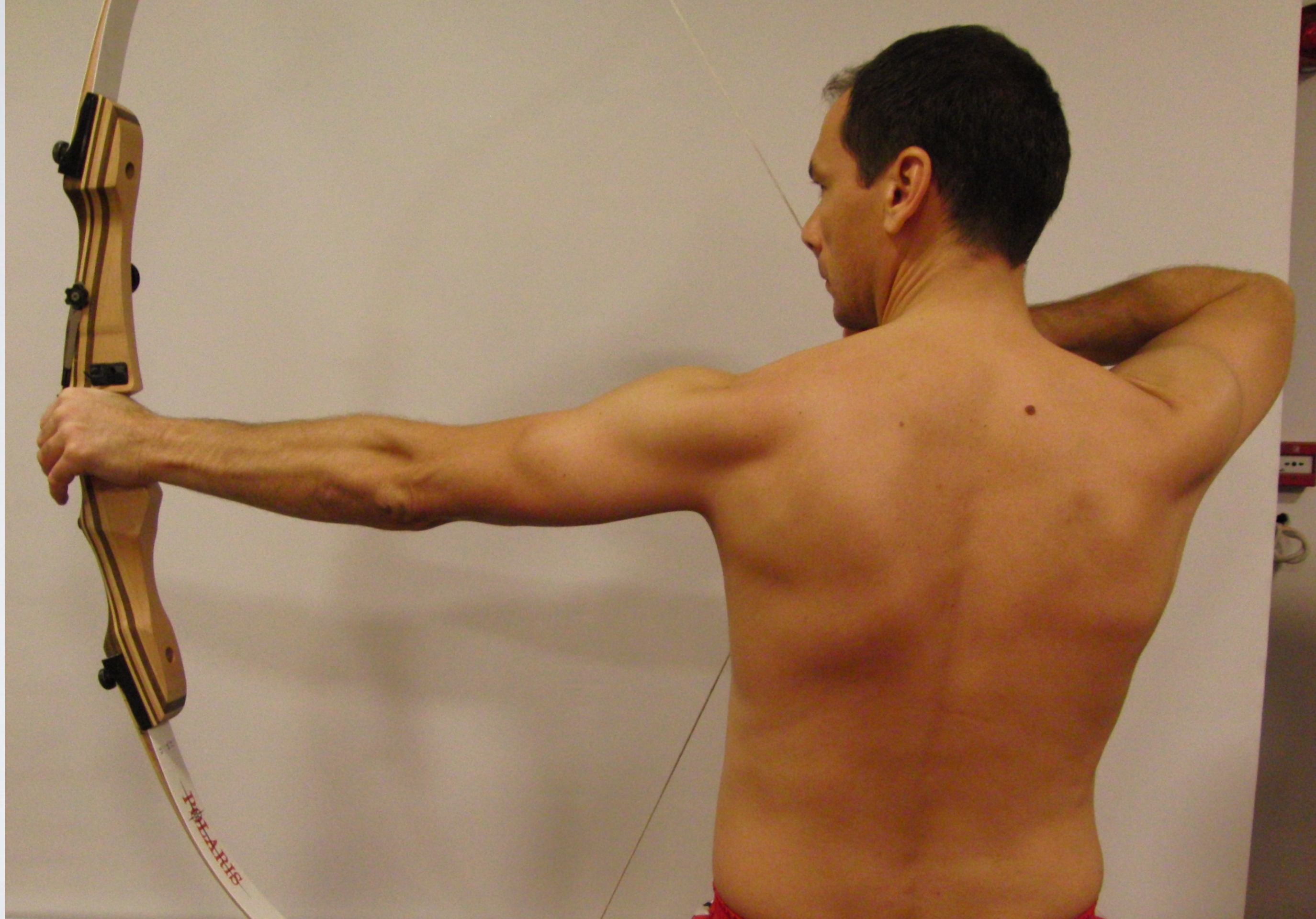




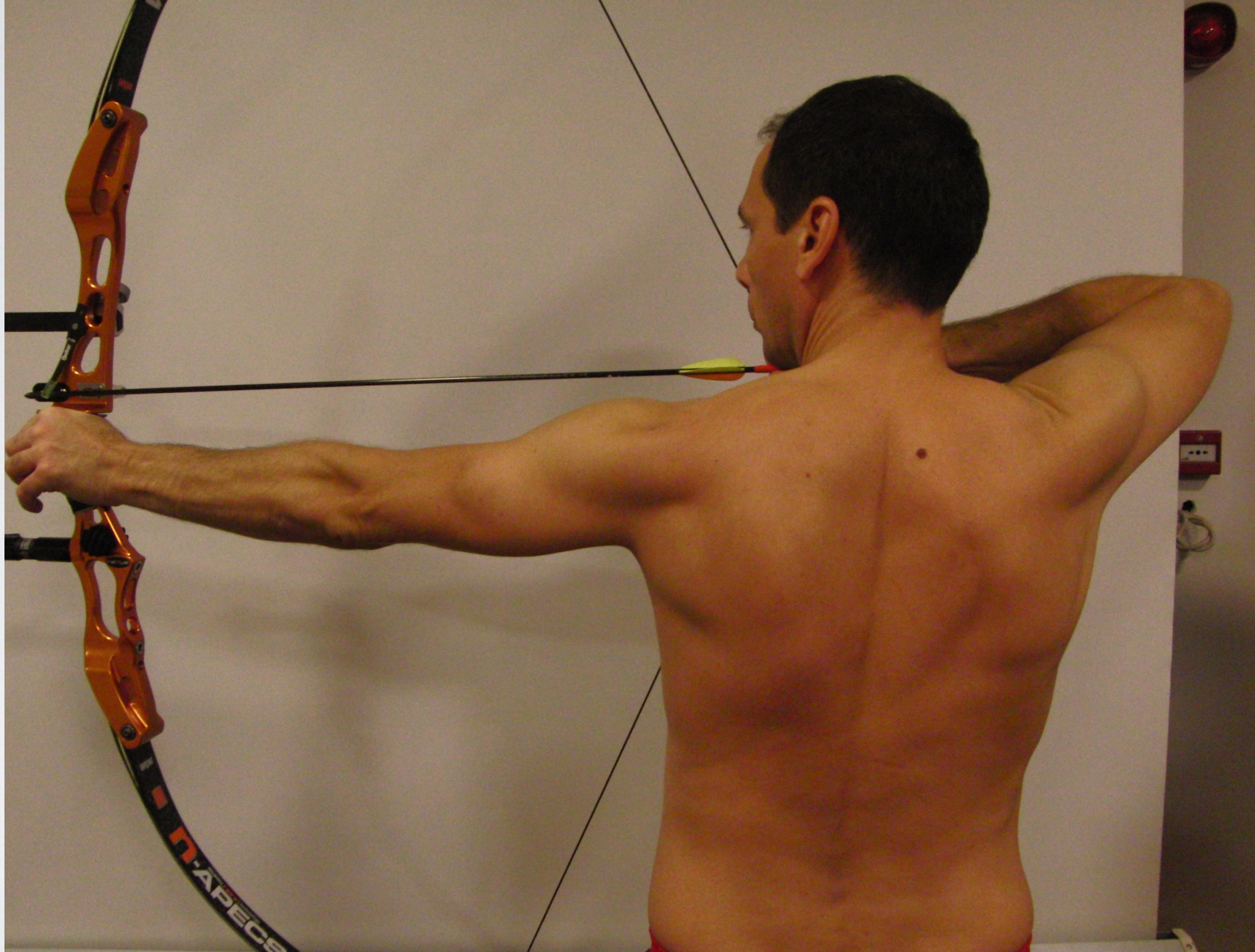








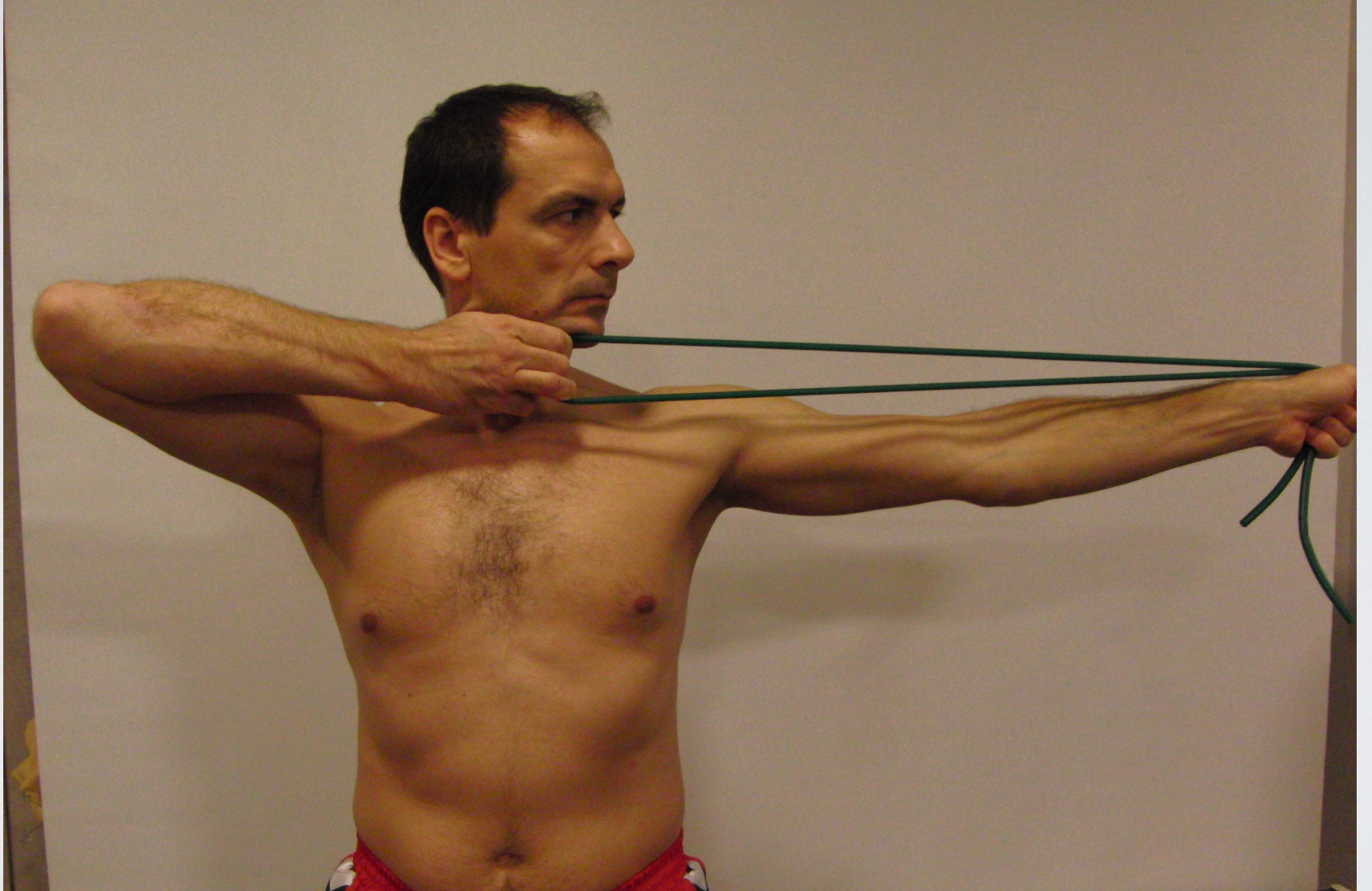














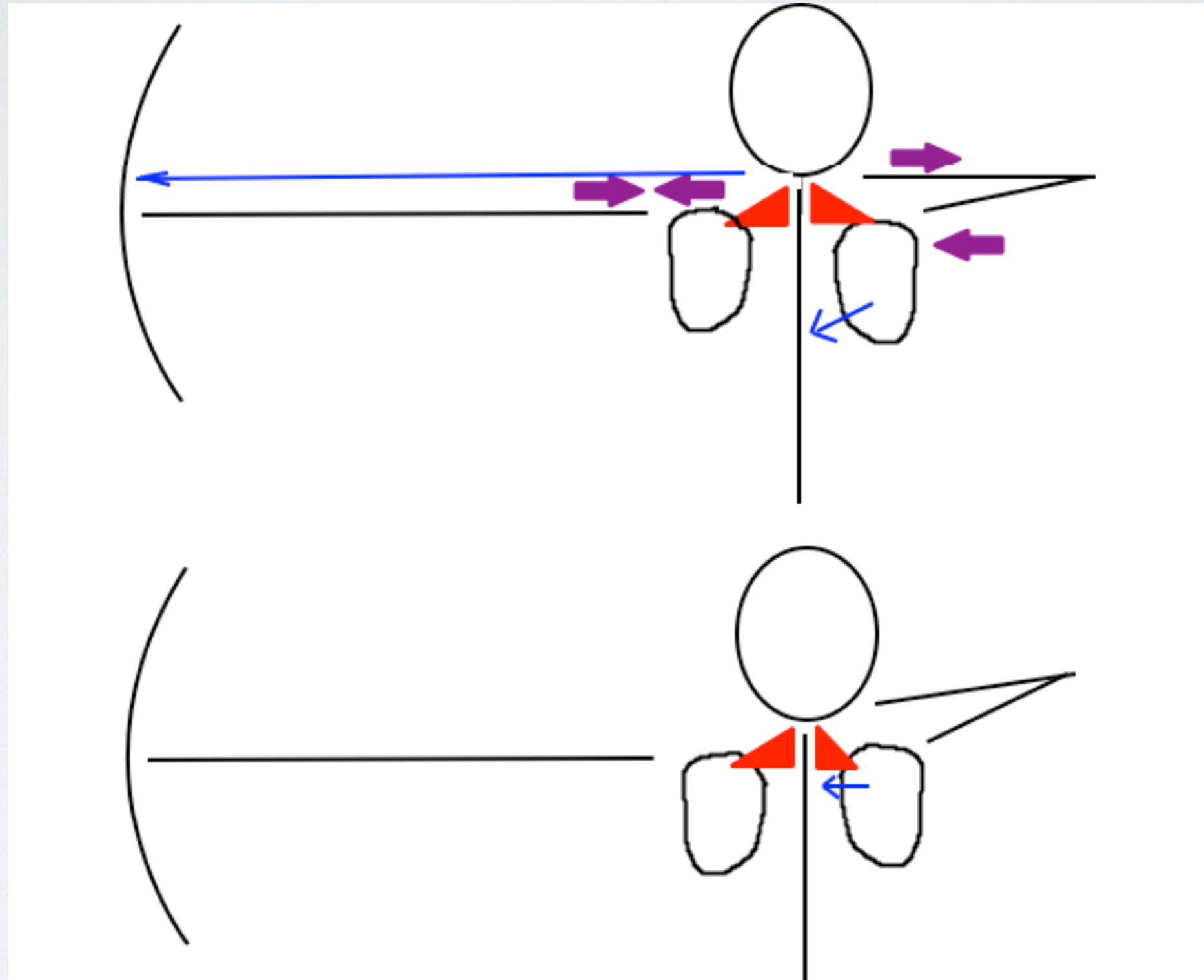








# Mechanism of Back tension

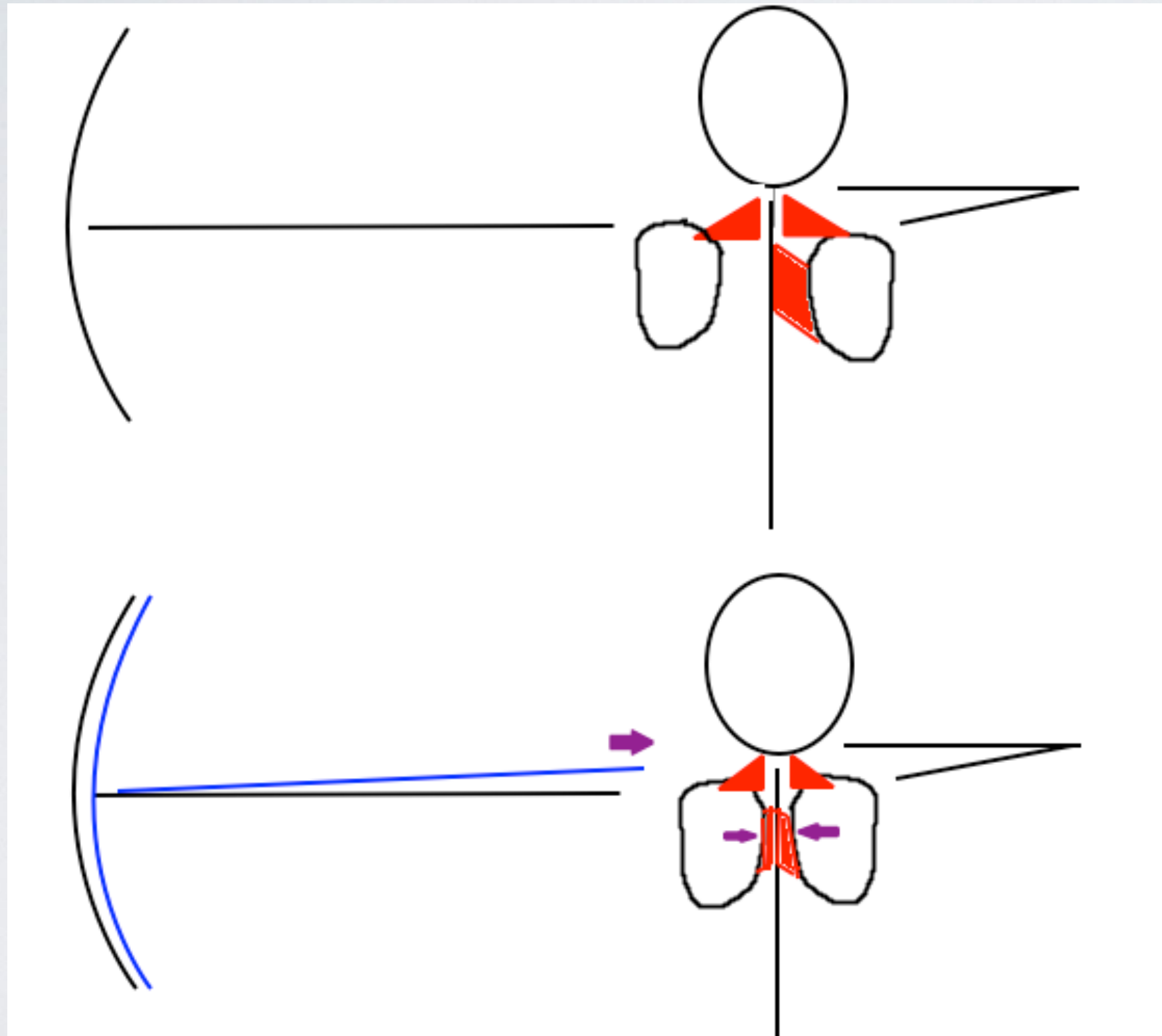








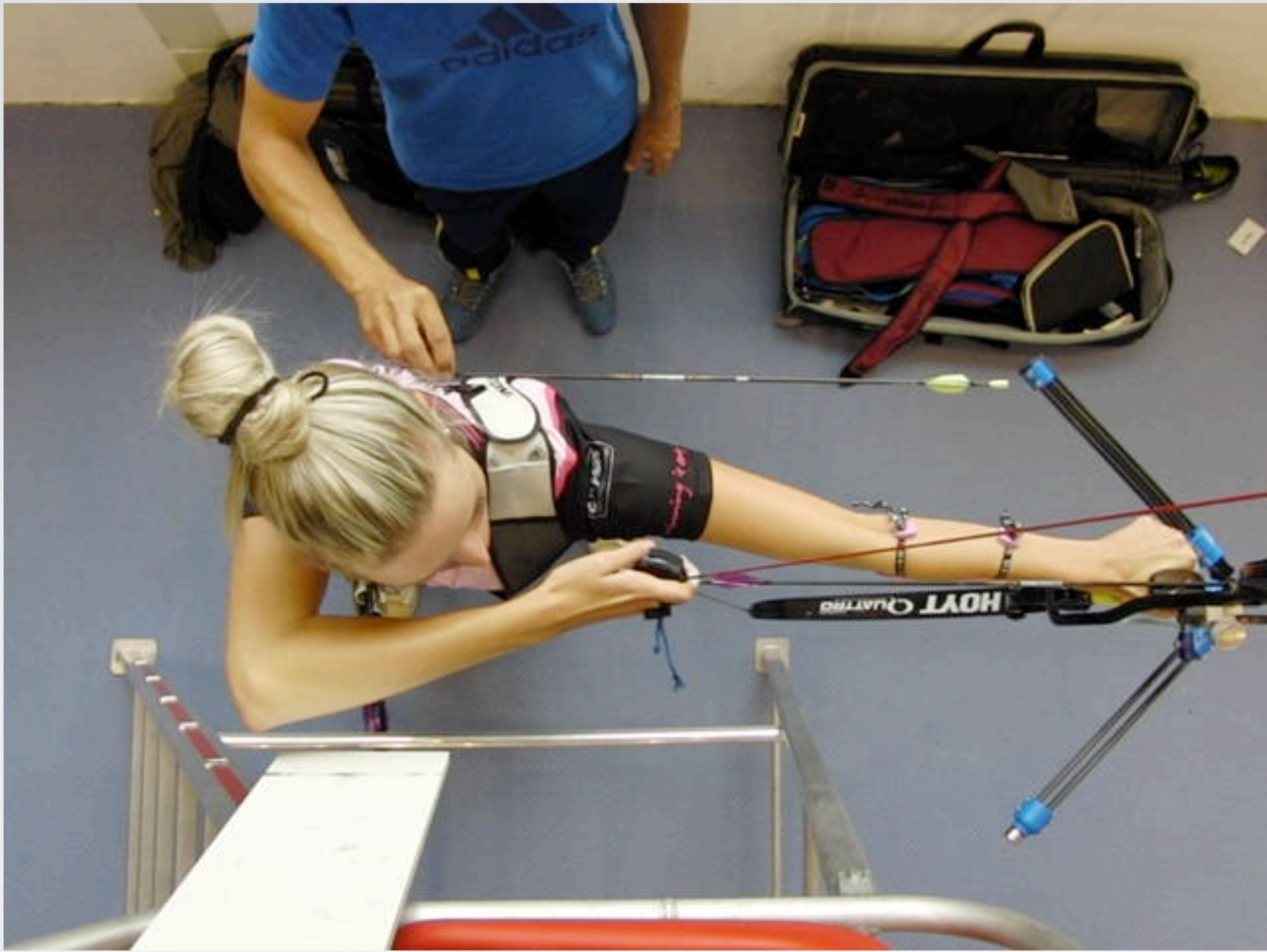
# Closed position of scapula

















Direction

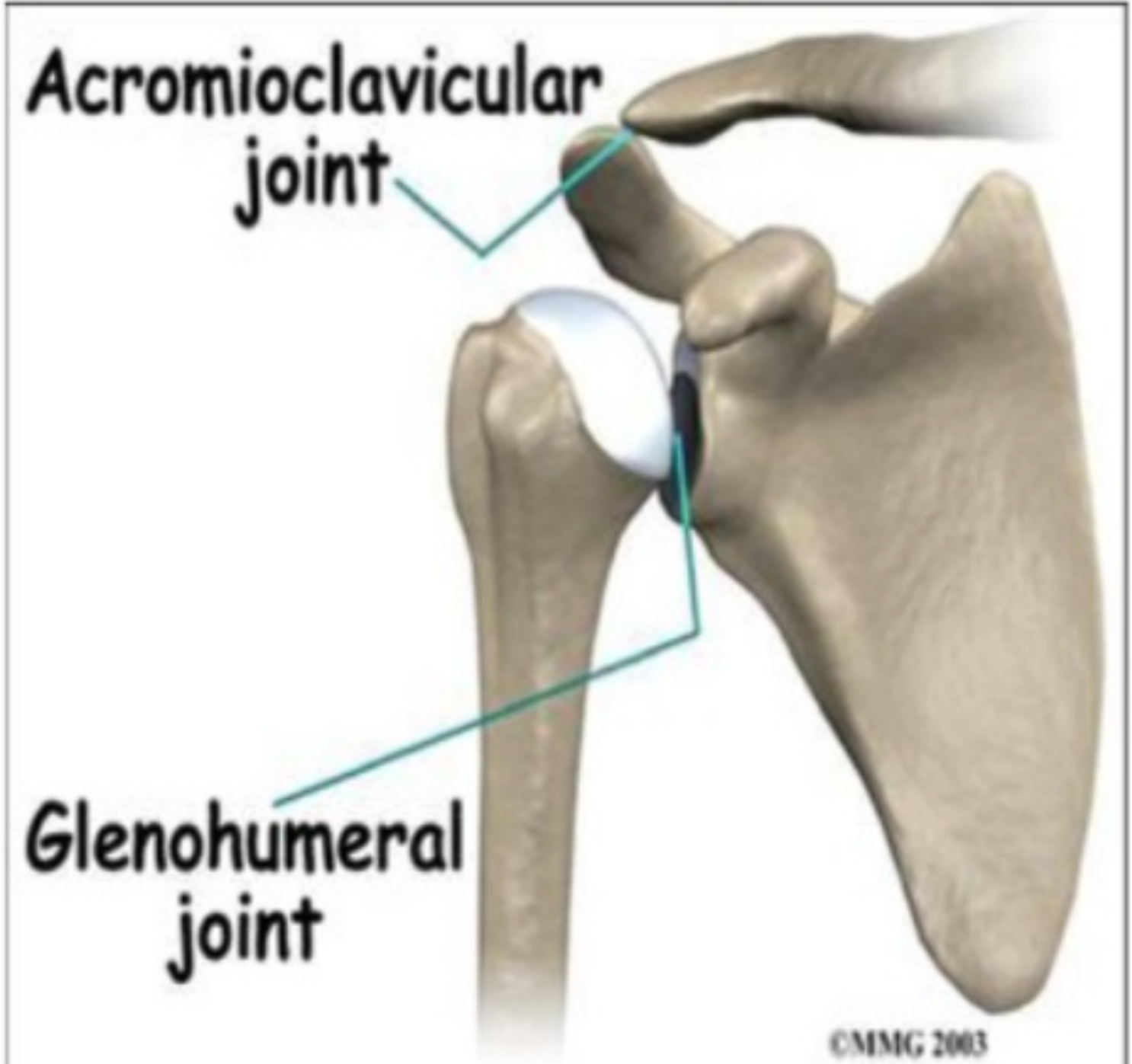
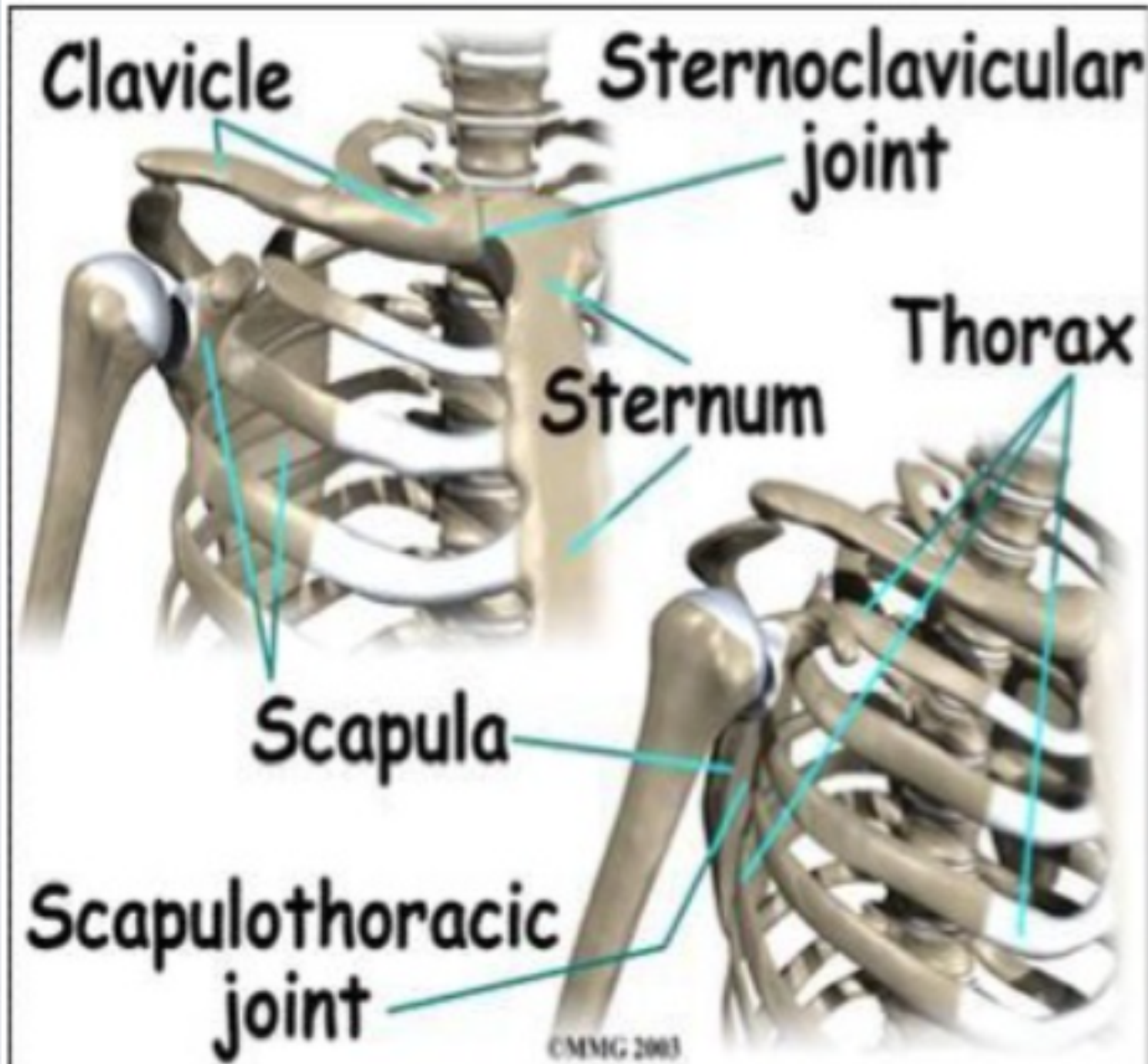
Balance

Precision

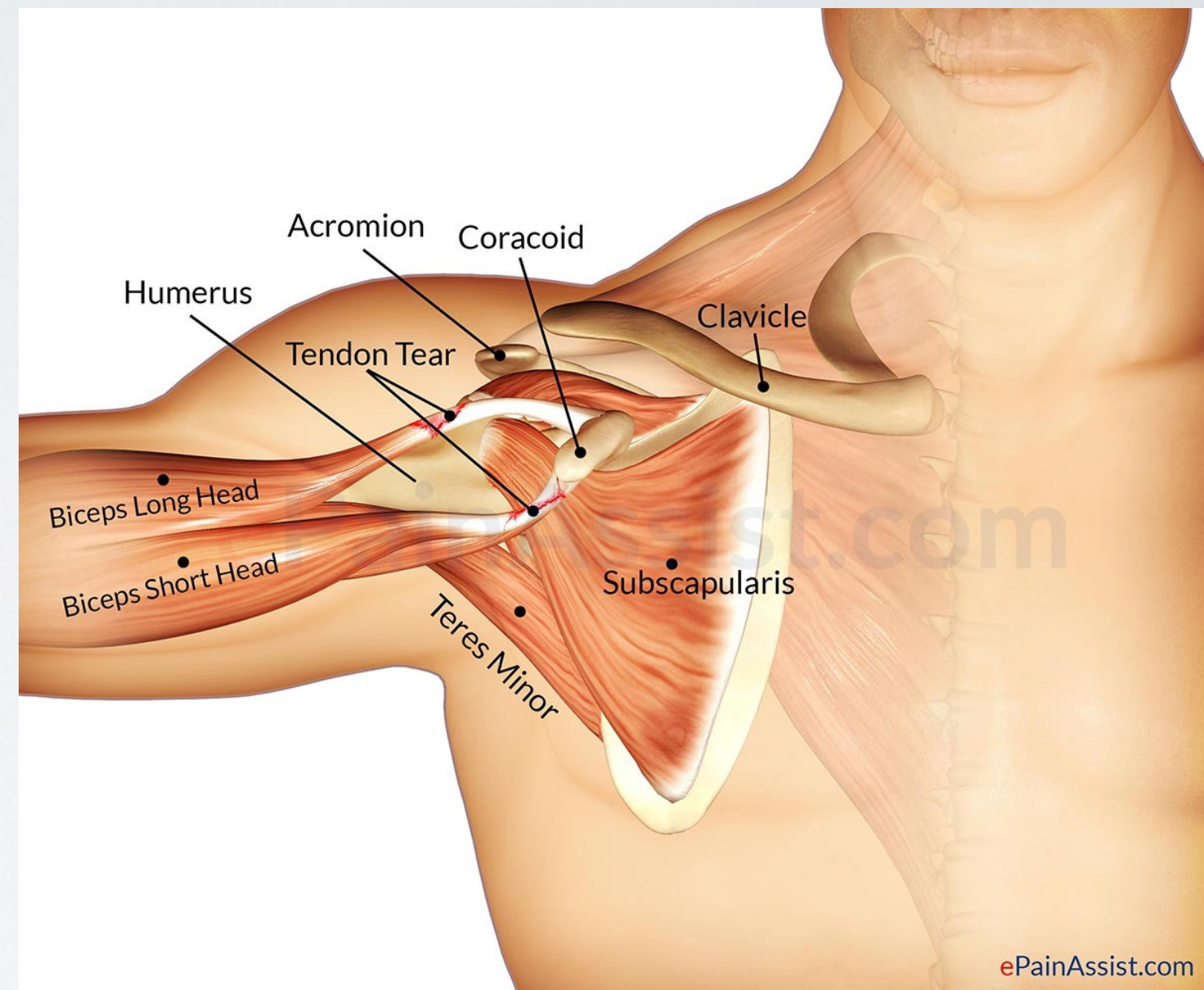
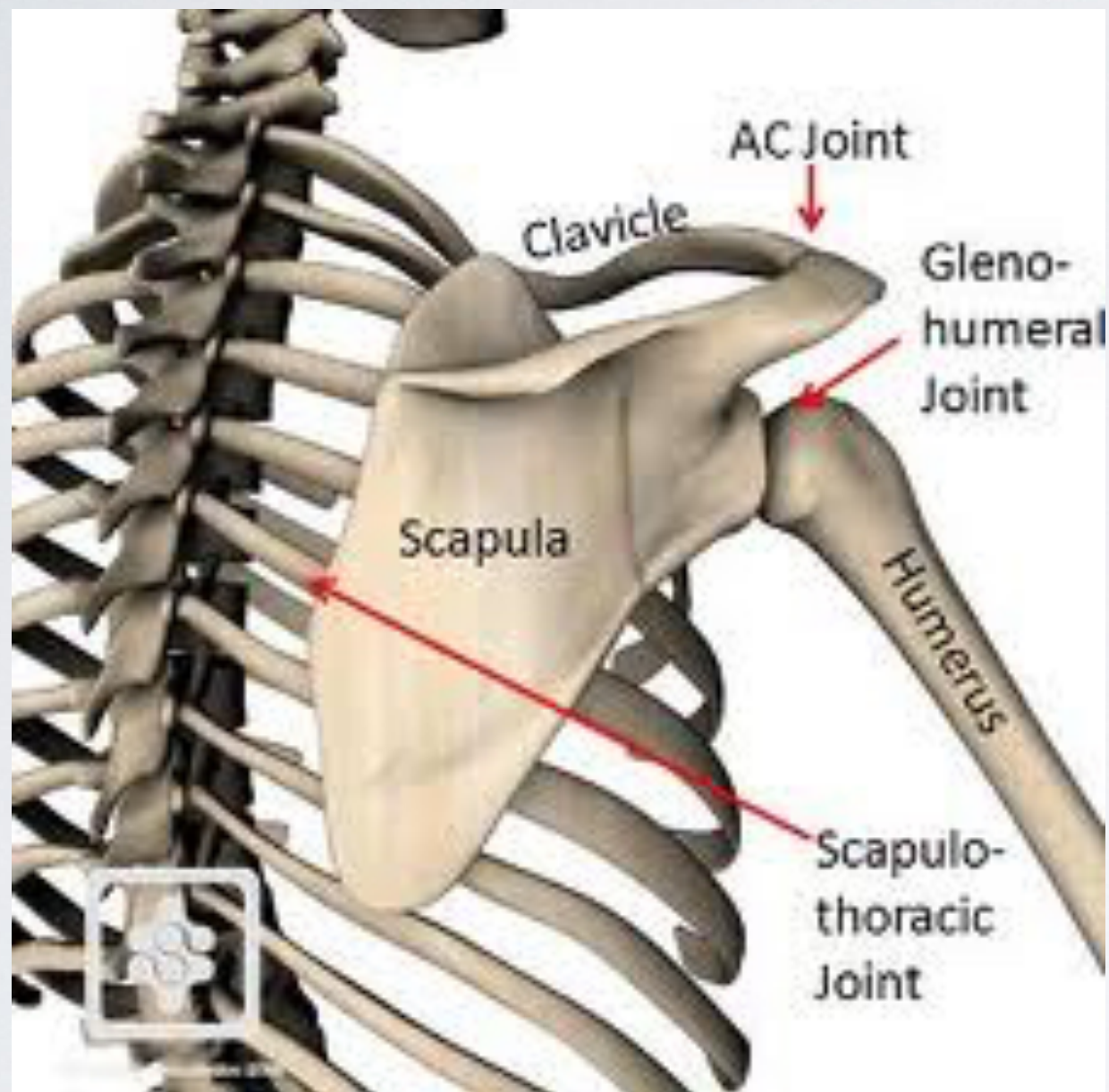
\*Antagonism of muscles



# Anatomy of Scapula & Clavicle (Bone)









# The muscles & dominated nerve that causes the movement of the scapula and shoulder

## - Types of scapular movement

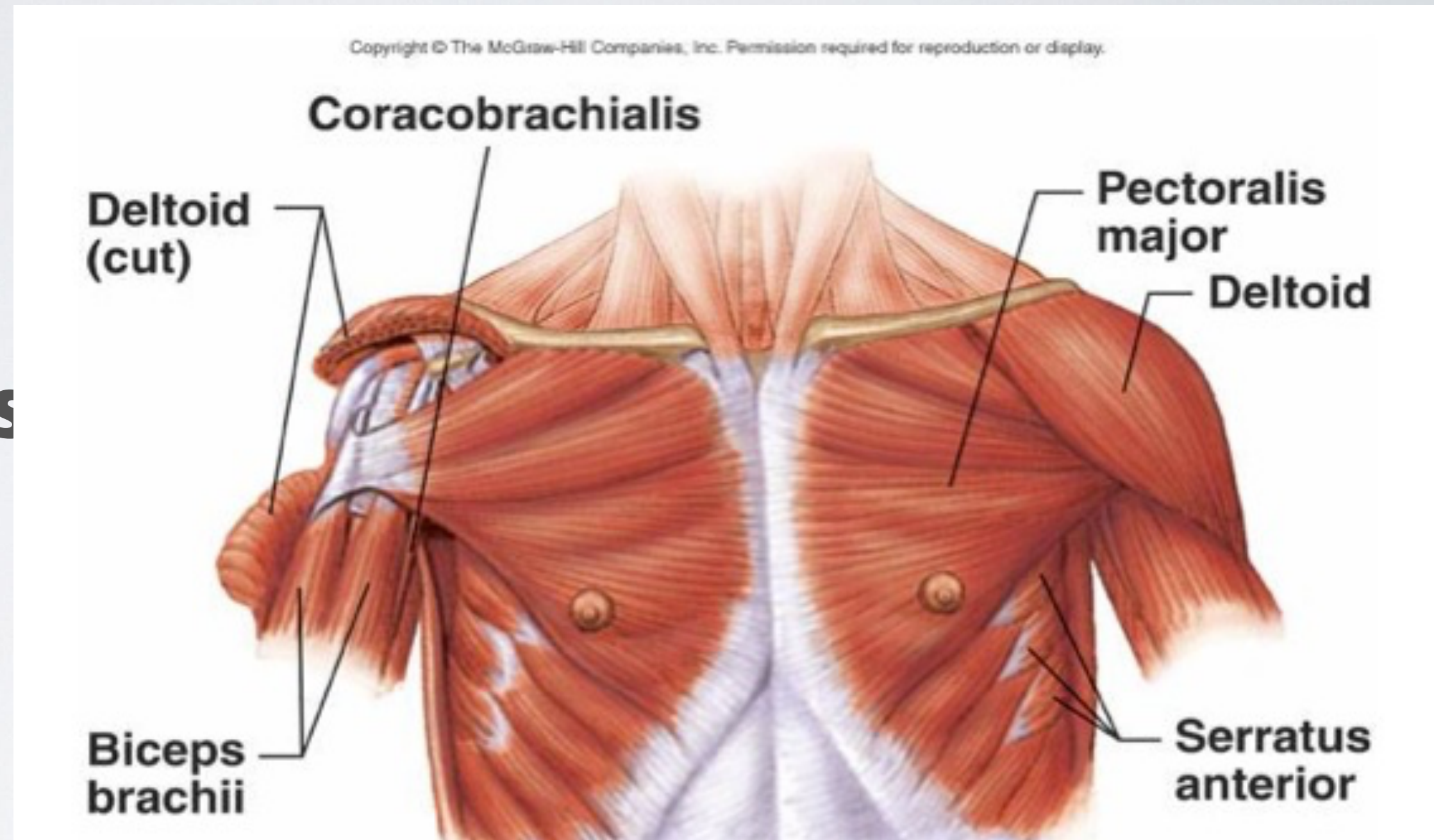
- a. **Elevation** : levator scapular, trapezius upper part
- b. **Depression** : trapezius lower part
- c. **Protraction (abduction)** : serratus anterior
- d. **Retraction (adduction)** : rhomboidus major, minor
- e. **Upward rotation** : serratus anterior, pectoralis muscle
- f. **Downward rotation** : trapezius lower part

## - Types of shoulder movement

- a. **flexion** : coracobrachialis, deltoid anterior fiber
- b. **extension** : latissimus dorsi, deltoid posterior fiber, teres major
- c. **abduction** : deltoid middle fiber, supraspinatus
- d. **adduction** : latissimus dorsi, pectoralis major
- e. **internal rotation** : latissimus dorsi, teres major
- f. **external rotation** : teres minor, infraspinatus
- g. **horizontal abduction** : deltoid posterior fiber
- h. **horizontal adduction** : pectoralis major, minor



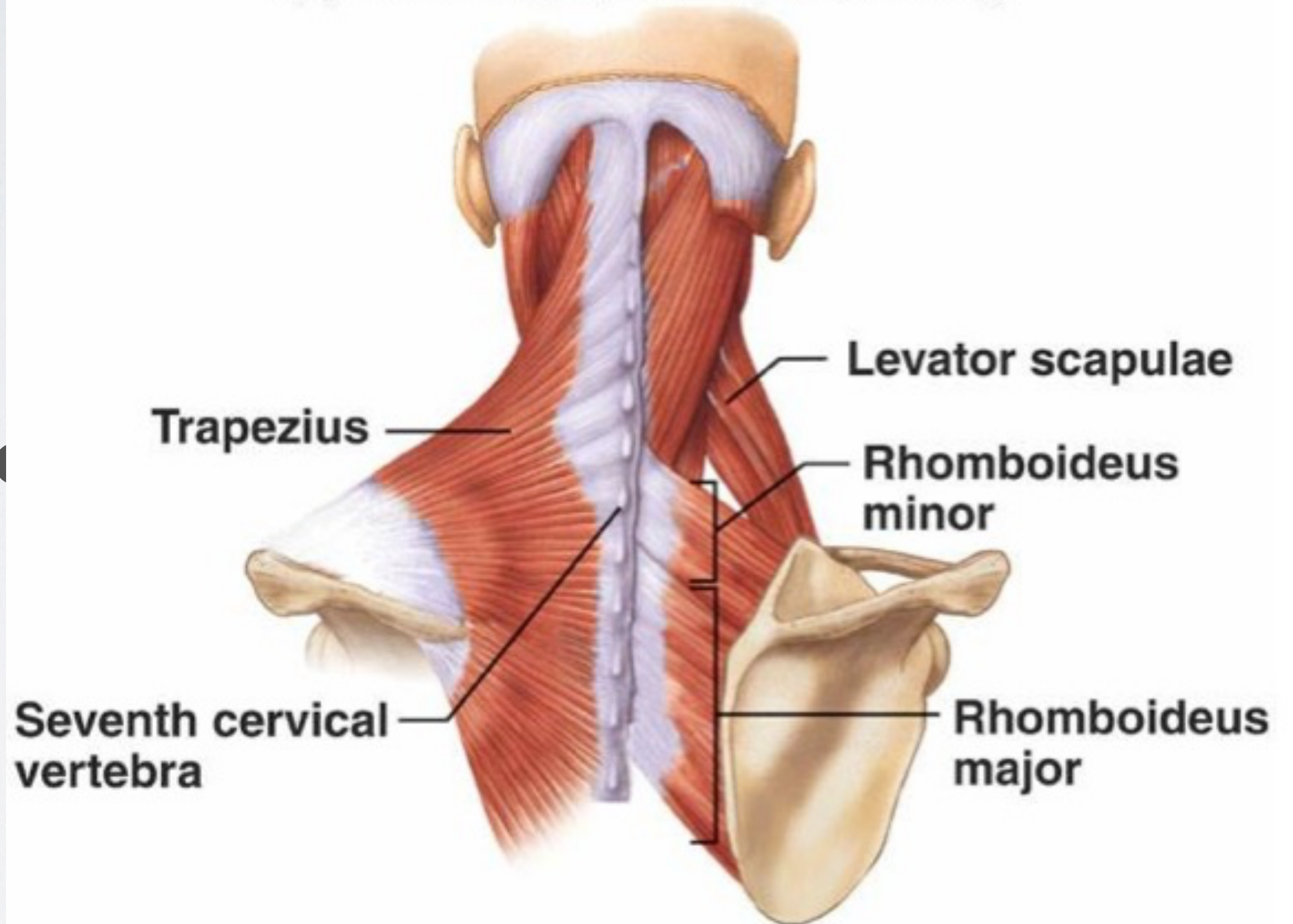
# Front Muscles





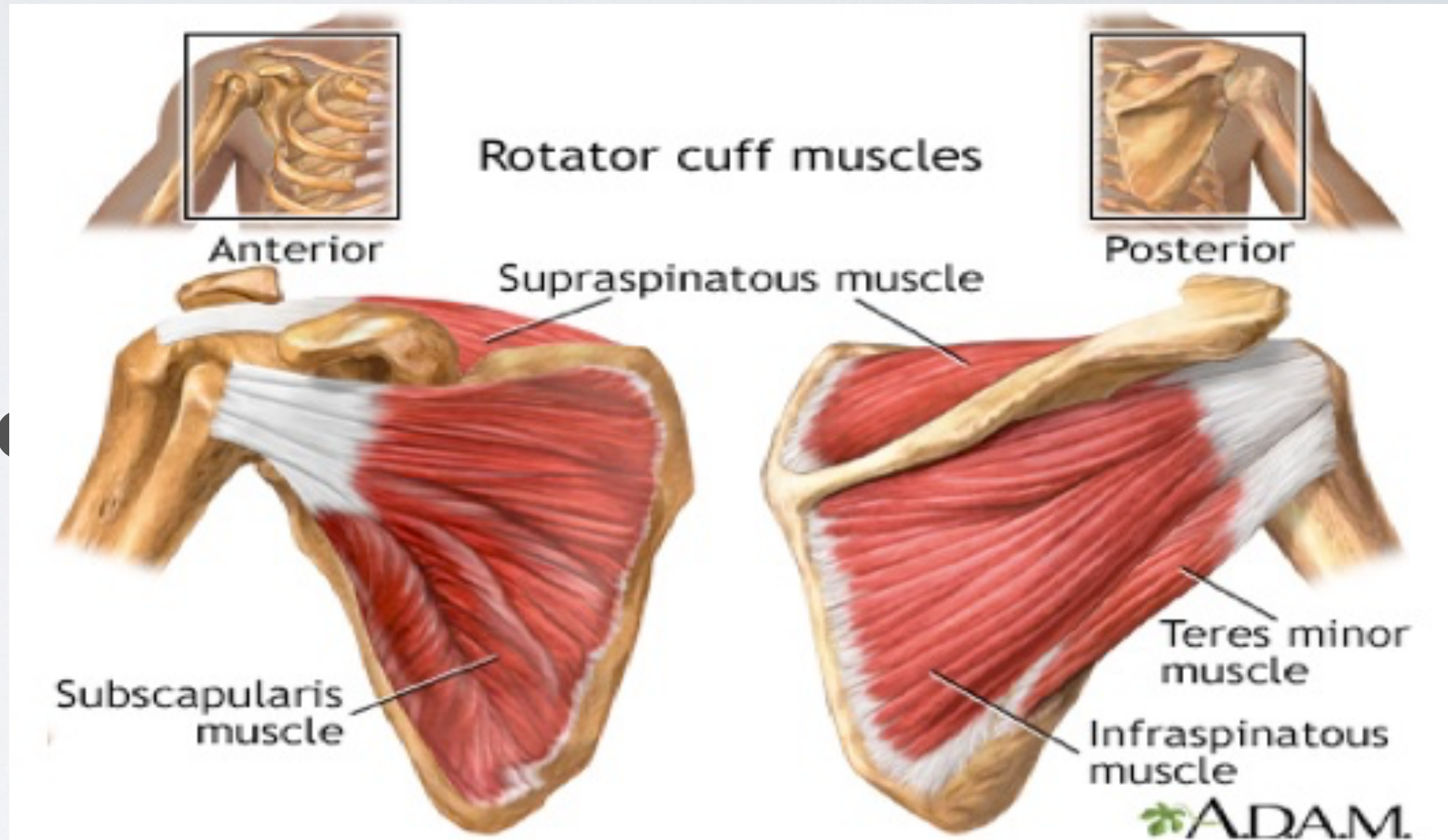
# Back Muscle

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# Scapula Muscles





**Always  
Do Your Best!**



# HOW TO BE SUCCESS

**Strong Motivation**

**Enough Volume of Training**

**Perfect Basic Skill**

**Patience - Never Give up**

**High Level of Coaching**

**Good Support - Team**

**Concentration**