



2015 World Archery Coaching Seminar

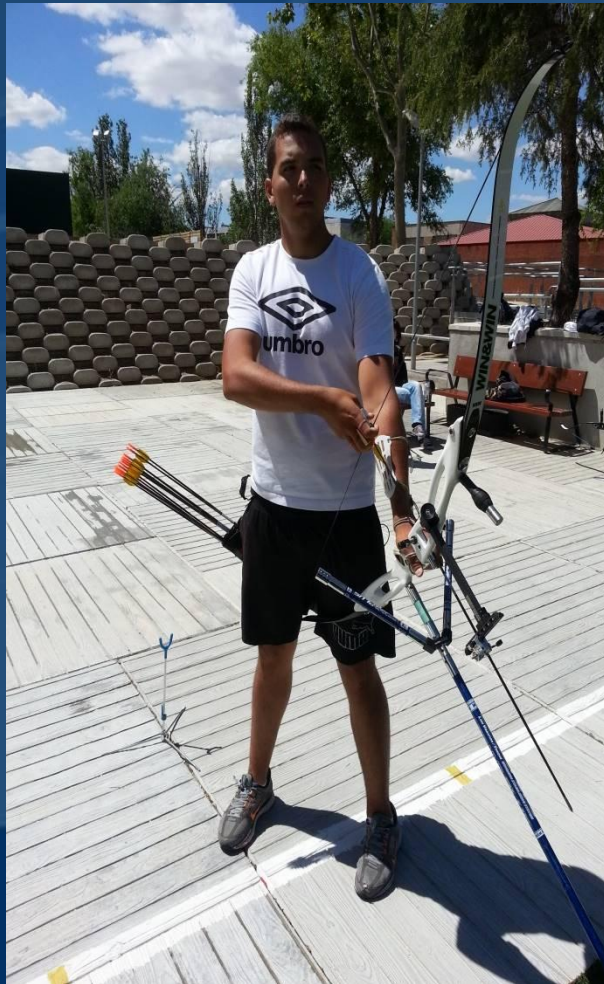
Fuengirola, Spain

30 September – 4 October 2015



BREATHING IN ARCHERY





1. In archery, breathing should be through the mouth. Always in a natural way, without stress

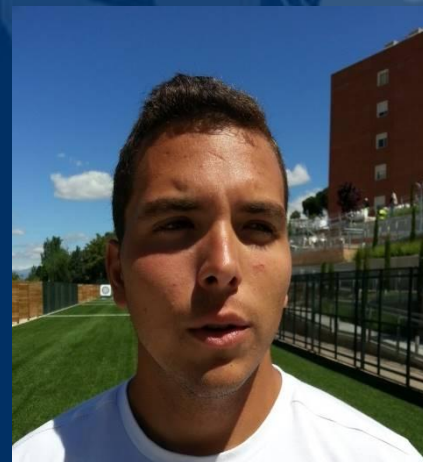
2. During the preparation you have to expel all the air



RISING THE BOW



Inspire to fully fill the lungs with air until the end of the movement.



SET-UP



Expel the air during set up.

It's important to push the stomach out and get the chest down to take the center of gravity to a lower position.



BOW OPENING AND ANCHOR



- 1. Inspire 20/30% of lung capacity while opening**
- 2. Mouth must be slightly opened.**
- 3. Keep inspiring during the whole movement until the anchor.**
- 4. Push the stomach out a little more.**

ANCHOR AND MOVING



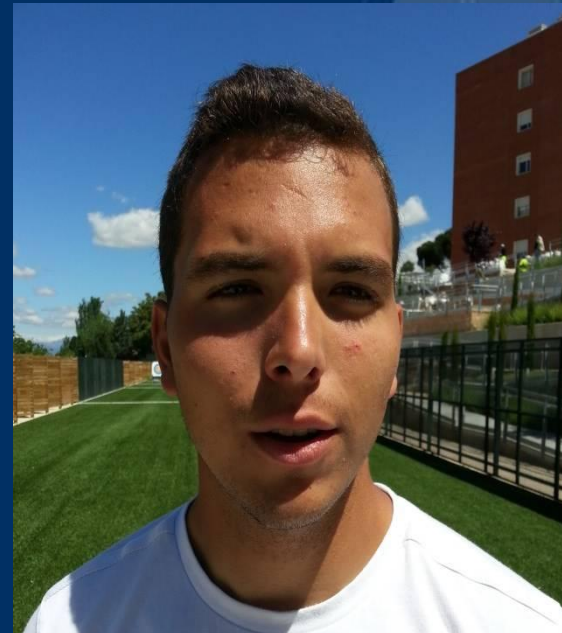
It's very important not to breath from anchoring to shooting.



SHOOTING



**Smoothly exhale,
when shooting**





Thank you!!
Ready to answer your questions!

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