Settle briefly on aim, then expand gently through the shot.

Stay within your familiar rhythm. If expansion is lost, let down under control.

Archery Training Workbook

Calm · Awareness · Continuous Expansion

5 November 2026 · R7 · EN



For experienced archers · Working edition

AI-generated cover artwork · Artistic interpretation, not a teaching illustration

Settle calmly. Shoot mindfully.

Who is this book for?

This training workbook is intended for experienced archers who handle their equipment safely and have basic shooting experience. It supports work on a familiar shot sequence, relaxation and awareness of the tension you need to stay steady and keep expanding.

The eight-week plan helps archers who already have a reliable shot routine prepare for competition. It is not a beginner's course or a promise of competition readiness in eight weeks. Beginners may find useful ideas, but it does not replace supervised basic instruction.

The main focus is recurve and barebow with a finger release. Other techniques require their own adaptations. Advice for the bow hand and drawing hand applies in mirror image to right- and left-handed archers. A separate appendix addresses competitive archers pursuing higher performance.

The thread running through the book

Safety → stance → preparation → draw → anchor → aiming and continuous expansion → release → follow-through → feedback.

I practise a repeatable sequence. A hit is feedback, not a judgement of me.

My workbook

Name: _____

Bow type / draw weight: _____

My goal / next competition: _____

Key terms in this edition

“Line tension” means the sustaining tension along the push-pull connection. “Continuous expansion” translates our cue Langspannung: gently continuing that connection through the release and follow-through. “Let down” means returning from the draw under control without releasing an arrow. An “end” is a group of arrows shot before scoring or retrieval.

Contents

Book, worksheets and app: a coordinated working edition.

Page	Section
1	Cover
2	Introduction and intended readers
4	Safety, stance and the complete shot sequence
8	Technique: consistent aiming time
9	Focused technique practice
10	Mental training and movement learning
16	My morning and evening routine
18	Supporting practices and joint review
19	Strength and stability
20	Physical conditioning and strength
21	Expand gently. Learn to flow.
22	Leisure practice, weekly planning and competition preparation
24	From the evening before to the review afterwards
25	My training diary
26	Performance appendix
29	Developing the next edition
30	Focus, awareness and relaxation
37	Art and mindful training
43	Guided training block: sequence and spoken instructions
48	Spoken instructions and controls
49	Music, voice and screen
50	Guided shot sequence without release
51	Interval timers for push-pull work and awareness
52	Choosing exercises and recording training
53	The final days before competition
54	Morning routine and guided breathing
60	The pause between ends
61	Breathing during the shot - without straining

Numbers refer to the pages of this complete PDF. App guidance describes the current functions. We will review the working edition together before sharing it with others. The app currently uses German interface labels and German speech; this English book translates the instructions and identifies the relevant controls.

1 · A safe start

Before the first arrow

• Shoot only on an authorised range with a safe backstop and a clear danger area. Follow commands and supervision; stop immediately if anything is unclear.

• Check the bow, string, nocks and arrows for damage. Remove damaged arrows from use. Keep clothing and hair clear of the string path; use suitable arm and finger protection.

• Never release a bowstring without an arrow. Keep the bow pointed only towards the safe target area, including while drawing; do not draw above the target.

• Retrieve arrows only when permission has been given. Approach arrows from the side; keep everyone clear behind an arrow while pulling it. Make sure shooting has stopped before anyone goes behind the targets to look for arrows.

Draw weight and readiness today

You must be able to draw, anchor and let down under control. A raised shoulder, pronounced shaking, compensatory movement or pain indicates that the current load is unsuitable. A lighter training bow is often a better learning aid.

Before training, briefly check sleep, energy, how your shoulders feel and concentration. If markedly tired, do fewer technique drills. Stop for pain, numbness or dizziness; have recurring symptoms assessed.

A clear starting cue

Put the equipment down. Take a moment to settle. Feel your feet, breathe out calmly and choose one task for today, such as “a quiet bow hand”. The first ends are for settling in, not judging performance.

2 · Warm-up and stance

Prepare for 8-12 minutes

Duration	Sequence
2-3 minutes	Walk or move gently on the spot. Gradually move a little faster.
2-3 minutes	Move shoulders, elbows and wrists slowly; gently rotate the upper back.
2-3 minutes	Light band rows and controlled shot simulation without a bow. Grip the band securely; do not let it snap free.
2-3 minutes	Easy warm-up ends at a familiar short distance. Check movement quality.

A supportive stance

Feet about hip- to shoulder-width apart, weight comfortably shared between both feet. Do not lock the knees. Keep pelvis and ribcage aligned, head upright. A square or slightly open stance may suit you; repeatability and freedom of movement matter most.

Keep shoulders naturally low without forcing them down. Abdomen and back provide quiet stability. Stay upright without becoming rigid.

Exercise: settling on the shooting line

Without a bow, take up your stance afresh three times. Take three calm breaths each time. Feel how your weight is shared between your feet. Notice the position of your knees, hips, shoulders and head. Repeat the same preparation before each end.

Competition thought: I stand securely. Excitement is allowed. My task is the next calm sequence.

3 · From grip to anchor

Prepare the bow hand and drawing hand

Place the grip in the bow hand in the same way each time. Keep your hand and fingers relaxed and let the pressure stay on the same point of the grip. A correctly adjusted sling helps prevent reflexive grabbing. Do not deliberately throw the bow away.

With a finger release, set the hook deliberately and repeatably. Finger placement depends on bow type, tab and technique. Avoid unnecessary tension in forearm and wrist. A particular “deep hook” is not a universal requirement.

Raise and draw under control

Raise the bow within the safe target area. Draw smoothly using the muscles around your shoulders. Do not let the bow-side shoulder rise towards the ear. Keep the head still rather than leaning forwards to find the string.

Support the bow arm without forcibly locking the elbow. Keep the string path clear. If the string repeatedly strikes the arm, review grip, elbow alignment and stance with a coach.

Anchor and reference points

Find a clear anchor suited to your bow type, with repeatable contact points. Keep string picture, head position and draw length as consistent as possible. Resolve an uncertain anchor by letting down, rather than searching at full draw for a long time.

Barebow considerations

Use stringwalking only with suitable equipment and where the rules allow it. Record tab position, crawl and anchor carefully. When changing distance, first check crawl and alignment; do not change several equipment settings at once.

Settle on aim. Continue the line.

A calm aiming position and a brief hold

I arrive on aim with sustaining tension and remain there for a short, controlled holding phase. The arrow point may move within the aiming area. Settling on aim does not mean making the point perfectly still. The hold belongs to my familiar sequence; I neither shorten it through impatience nor extend it in search of a perfect sight picture.

The line, line tension and continuous expansion

The line describes the push-pull connection between bow hand and drawing side. Line tension is the sustaining tension along that connection. Continuous expansion emphasises gently lengthening and continuing the same connection. These terms belong together; they are not three separate forceful actions. Keep the bow arm steady towards the target as the drawing elbow continues to move gently. No jerky pulling apart or extra overdraw.

Breathing, release and follow-through

Breathe calmly before drawing. A brief natural breathing pause may occur on aim; do not force or extend it. If short of breath, unsettled or stuck in the sequence, let down under control.

For a finger release, free the string by reducing the fingers' holding tension. The drawing hand follows the existing direction of pull; do not snatch it sideways. Gaze, posture and direction initially remain intact. Do not drop the bow arm early. Follow-through develops from the continuing sequence, without freezing into a pose. Then relax fully and resume breathing. Compound release-aid technique requires separate instruction.

One flowing shot sequence

Flowing sequence: settle calmly on aim, maintain the target reference and let attention move gently towards continuous expansion. Release unnecessary gripping; the sustaining push-pull connection continues through follow-through. One continuous movement without a switching pause.

“I sustain the tension and let the movement keep flowing.”

If anchor, breathing or the line is not right: let down under control, pause and start again. Respect the time limit. In competition, one short familiar cue is enough.

4 · Technique and consistent aiming time

Practice suggestion: settle briefly on aim and keep the expansion gentle. Aiming time should remain as consistent as possible within your personally established rhythm. Judge the quality of the shot as well as the time you spend aiming.

Define the measurement clearly: start when the familiar anchor is reached with the bow aligned; finish at release. Record let-down attempts separately. Measure afterwards using video or an observer; do not count during the shot.

First observe a few normal shots and note the stable range. Then shoot a short end in your familiar rhythm. Do not impose a universal number of seconds or introduce an artificial holding pause.

Flowing sequence: maintain the target reference, let attention move gently towards continuous expansion and lengthen. Relaxed tension means necessary tension supports while unnecessary gripping eases. Allow small aiming movements; let down if the aim drifts clearly away or the line is lost. No burst of force or deliberate opening of the fingers.

If continuous expansion or control is lost, let down early under control. Never release on a time signal. Holding exercises without a shot and complete shots remain separate tasks.

Record each attempt: aiming time in seconds / continuous expansion maintained? / flowing? / follow-through? / let down? Afterwards: which time range went with the good sequences? This is an observation exercise, not an established promise of effectiveness.

My observation / adjustment

_____

_____

5 · Focused technique practice

Exercise	Method and purpose
Short-distance sequence	On an authorised range, use a large target face or blank boss. 4 × 3 arrows, eyes open. Focus on one point only, such as follow-through.
Learning to let down	3-5 controlled draws with a suitably light bow and a nocked arrow towards a safe target. Deliberately let down each time without releasing. Take breaks.
Rhythm	4 × 3 arrows: the same preparation and a flowing sequence. Do not force an artificially identical number of seconds.
Observe follow-through	A partner in a safe position to the side observes 6 shots. Do gaze and bow arm remain part of the sequence after release? Give only one piece of feedback.
Grouping	3 ends of 6 arrows at the same distance. Note group spread and outliers. Do not diagnose technique from impact position alone.

Observe before correcting too quickly

Spread can result from technique, equipment, wind or fatigue. First check stance, anchor, sequence and conditions. Then change exactly one thing and observe several comparable ends.

Record video only with consent. Position the camera to the side, outside the shooting area and string path. Observe shoulder height, head movement, anchor and follow-through. One recording does not establish a lasting pattern.

Quality limit: if several shots become clearly untidy, pause, reduce distance or draw weight, or end the session. Do not shoot with eyes closed during ordinary unsupervised practice.

6 · Mentally calm and ready to act

3-5 minutes each day

Sit upright and comfortably. Notice natural breathing. One possible thought: “I breathe in calm with a smile. As I breathe out, I let go.” Notice thoughts and kindly return to breathing. Do not force the breathing rhythm.

Imagine your own sequence

Before a session, mentally rehearse two or three successful sequences: firm ground, relaxed hand, clear anchor, continued expansion and calm follow-through. Imagine letting down and restarting too. The aim is familiar action, not guaranteed success.

Handling competition nerves

• Name the excitement: “I feel keyed up, and I can still go through my usual shot routine.” Do not wait for complete calm.

• Before the end, breathe out once, slowly and comfortably, feel your feet and recall your chosen cue.

• At full draw, use only the rehearsed sequence cue. Technical analysis belongs in the break.

• After a poor arrow: finish safely, breathe out, assess it matter-of-factly and return to the next start. No punishment arrows.

Process goals instead of outcome pressure

Choose two observable goals: “I let down if my anchor is uncertain” and “I follow through on every shot”. Score may matter, but it cannot be forced directly.

If the release gets stuck

For recurring holding on, premature release or avoidance of the aiming area, do not add pressure. Choose a lighter, brief task with a coach. Pronounced target panic needs individual support.

Mental training · Finding direction

Motivation and personal goals

Archery can combine enjoyment of movement, concentration, meeting people and sporting development. Record in your own words why you shoot and what matters to you. A performance goal may be demanding; achieving it requires steps suited to experience, everyday life and recovery.

From intention to action

Distinguish an outcome goal, such as competition performance, from a task you can influence: finding a clear anchor, letting down in time or carrying the sequence through follow-through. Choose one focus per session. Decide beforehand how you will recognise progress.

Learning develops in stages

Compare several similar sessions. Individual scores do not show lasting development on their own. Fewer forced arrows, clearer decisions and a dependable rhythm are also progress. Notice successes deliberately; after difficulties, choose one concrete learning task.

Personal notes

What inspires me? _____

My next development goal: _____

I will recognise progress by: _____

Attention and action cues

Focus follows the sequence

During preparation, attention can include the whole body: stance, balance and readiness. As you build the shot, briefly notice your chosen technical reference. A few familiar cues help during the shot phase. Detailed corrections belong in the review afterwards.

Personal example · Barebow

Flowing sequence: relaxed bow hand, supportive bow arm and maintained target reference. Attention moves gently towards continuous expansion; the connection continues through follow-through. Relaxed tension means necessary tension supports while unnecessary gripping eases. No switching pause or new burst of force.

Find your own key words

This sequence example is a personal aid, not a compulsory technique for every bow class. With your coach, choose short words suited to your learned sequence. They should provide direction rather than a new checklist at full draw.

Exercise without shooting load

First run through the familiar sequence in imagination only. Experience a flowing transition between phases. Later, during safe shooting, check whether the words help. If the build-up does not fit, let down under control and begin again.

Experience your shot from within

Imagery from your own perspective

Experience a technically sound sequence as you perceive it yourself: ground under the feet, grip contact, draw, anchor, push-pull connection and follow-through. Draw on your own successful shots. The image need not be photographically sharp; movement sensation and rhythm may be more prominent.

A short practical session

Stand or sit comfortably and alertly. Notice a few natural breaths. Experience two or three complete sequences internally at your familiar tempo, with a short pause between them. Also imagine a controlled stop followed by a fresh start. Then note which part was clear and which remained vague.

Compare imagery and execution

A rough timing comparison can reveal whether you skip parts or slow them considerably in your imagination. Exactly matching seconds are neither required nor proof of training quality. Video and qualified feedback help check whether the imagined technique matches actual execution.

Respect the limits

Mental repetitions complement physical technique practice. They replace neither safe instruction nor practice with appropriate equipment. If uncertain, clarify the technique first so that an unsuitable movement image does not become established.

Nerves and returning to the sequence

Recognise your own state

Do you need more calm or greater alertness? When rushed, a brief pause with comfortable exhalation and noticing how your feet feel on the ground may help. When tired, walking and gentle re-warming may suit your preparation. Try these options in training first.

Excitement is allowed

You do not have to become perfectly calm before you can shoot well. Choose a brief reset routine: put the bow down safely, breathe out, find your stance afresh and prepare the next familiar sequence. Do not force breathing pauses.

Prepare for difficult situations

Imagine waiting, noise or a weaker arrow, and mentally practise your response. Keep room for decisions: let down if the shot is no longer following your usual rhythm; stop safely for suspected equipment trouble and follow the applicable procedures.

Helpful self-talk

State specifically what you want to do: for example “find my stance” or “continue the line”. Notice distracting thoughts and return to the task. Thoughts do not have to disappear completely. A poor arrow is an observation, not a judgement of your worth.

Confidence and review

Confidence from experience

Regularly note successful sequences and your strengths. Describe as precisely as possible what you did and felt. This creates a personal collection to draw on before demanding tasks.

A brief thought record

After a selected end, note: what did I think before, during and after the shot? What supported the sequence and what distracted me? Use your own words. This does not create an extra writing or analysis task during the shot.

Use video with one question

Choose a specific question before recording, such as follow-through or the transition between phases. Position the camera safely and obtain consent. Record your own feeling first, then watch the video. Select one observation and check it afterwards.

After competition

Give yourself time to recover before you review the competition. Later, consider result, sequence and conditions separately. What worked? What helped after a disruption? What single next step follows? Enjoyment of sport and a fulfilling everyday life support long-term development.

My morning and evening routine

A personal foundation for calm, awareness and suppleness. I shape the routine to fit everyday life. Caring for and loosening my feet and hands are integral: my feet support my stance; my hands accompany my shot.

Morning · Notice and mobilise

I settle calmly and feel my feet touching the ground. I move feet and toes gently. I care for my hands and keep the skin supple. I loosen and shake out my hands, gently straighten, spread and stretch the fingers. A short hand massage complements the sequence. Everything stays comfortable and unforced.

Evening · Care and release

I take time for careful foot care: clean, dry thoroughly and care appropriately for dry skin. I gently massage soles and toes, then notice the sensations. My hands are also cared for, gently massaged, loosened and shaken out. I straighten and stretch the fingers carefully, letting unnecessary tension go.

The connection to archery

Feet and hands are my key tools for stance and shot feeling. Caring for my feet and hands helps me notice how I stand and how freely my fingers move during release. The fingers are not deliberately opened wide during the shot; continuous expansion carries through follow-through.

My own implementation

I choose a short, dependable morning and evening sequence. Before shooting, hands are clean and secure on the equipment; let care products absorb fully. My routine complements the sporting warm-up. Review: how do my feet feel? Are hands and fingers free and supple?

Breaks without guilt

A missed training day is not failure. I may pause without guilt and return calmly.

Even one or two days without training are allowed. My routine is an invitation, not a compulsory test. I do not have to catch up or compensate with double the load. I restart in a way that suits me today.

My personal routine draft

My morning routine

When do I begin? _____

1. _____

2. _____

3. _____

My short version: _____

My evening routine

When do I begin? _____

1. _____

2. _____

3. _____

My short version: _____

My review

Tried from _____ to _____

This helps me: _____

I will adapt: _____

Breaks without guilt

A missed training day is not failure. I may pause without guilt and return calmly.

Even one or two days without training are allowed. My routine is an invitation, not a compulsory test. I do not have to catch up or compensate with double the load. I restart in a way that suits me today.

Supporting practices and joint review · Proposal

Preparation: warm up, gently shake out the hands for about two minutes, notice the sensations and perform a body check without draw load. Notice feet and legs, buttocks, shoulders, hands and jaw. Necessary postural tension remains.

Awareness and imagery: find the stance, imagine the sequence and practise push-pull connection, expansion and follow-through with a suitable light band. Return ordinary bands under control; release only with a purpose-designed shot trainer according to its instructions. Rest about 20 seconds between light band sequences, longer if needed.

Morning and evening: calm focus for up to three minutes; care for feet and hands and move them gently. Let care products absorb before shooting. Mobility and easy recovery days complement the plan; do not compulsively catch up after missed training.

All additions are our own editorial proposals for personal trial. We assess familiar training methods for suitability and describe appropriate exercises in our own words for our concept.

Before sharing, review together: order, duplication, time requirements, dosage, clear spoken instructions and technique. Children retain a separately supervised sequence with shorter, playful units; do not transfer adult dosages unchanged.

Feedback: what helped? What was too much? What will we change? Approval for sharing with others: pending. Working date: 3 November 2026.

My observation / adjustment

_____

_____

7 · Strength and stability

A proposal for healthy adults able to tolerate the load: twice weekly for 20-30 minutes, with at least one easy or rest day between sessions. Start lightly; every repetition controlled and pain-free. Breathe out during effort; do not strain or hold your breath.

Exercise	starting sets, repetitions and technique
Band row	2 × 10-12. Secure the band; guide elbows backwards without raising the shoulders.
Band external rotation	2 × 10 each side. Elbow by the torso, small controlled range, very light resistance.
Wall push-up	2 × 8-12. Keep the trunk straight and elbows comfortably aligned; move slowly towards and away from the wall.
Sit-to-stand	2 × 8-12. Stable chair, secure feet; stand and sit under control.
Opposite arm/leg reach on all fours	2 × 6 each side. Extend opposite arm and leg slowly; keep the back quiet.
Single-leg balance	2 × 20-30 seconds each side, with support within reach. Breathe normally.

Rest 60-90 seconds between sets. At the end of a set, around 2-3 good repetitions should still be possible. Increase repetitions first, then resistance slightly; not both together.

Mobility and recovery

On non-training days, 5-10 minutes of gentle shoulder, thoracic-spine and hip movements. Stretch comfortably after training without painful pulling. Walks or easy cycling complement the work. Avoid heavy shoulder training before an important shooting session.

Addition: controlled shot sequence with a training band in four exercise steps - see page 21.

Physical conditioning and strength · Proposal

Adjust the exercises to the workload you can already handle comfortably. The starting point is the book's existing suggestion: twice weekly for 20-30 minutes, with at least one easy or rest day between sessions. The block replaces comparable work rather than automatically adding to it.

After warming up: band rows 2 × 10-12, light external rotation 2 × 10 each side and wall push-ups 2 × 8-12. Do not raise the shoulders; move under control and keep breathing.

For stance and trunk: sit-to-stand from a stable chair 2 × 8-12, opposite arm/leg reaches on all fours 2 × 6 each side, single-leg balance 2 × 20-30 seconds each side with support within reach.

Rest 60-90 seconds between sets. Leave about 2-3 good repetitions in reserve. Adjust repetitions first, resistance later. Do not progress if quality deteriorates or pain occurs.

Push-pull strength endurance remains a separate component without a shot. Avoid fatiguing the shoulders before important shooting sessions. Record exercise, sets, repetitions, resistance, effort and response the following day.

My observation / adjustment

_____

_____

Expand gently. Learn to flow.

Aim: calmly continue the sustaining push-pull connection without stopping, suddenly pulling again or exaggerating the draw. A brief stable aiming phase remains possible; stability does not mean freezing the work.

1 · Relax and choose resistance

After warming up, without draw load, notice feet, legs, buttocks, shoulders, hands and jaw. Release unnecessary holding while retaining supportive posture. Choose a light band with which you can control the sequence without shaking or compensatory movements. Grip it securely and check for damage.

2 · Sustain an uninterrupted connection

Draw the light band smoothly and settle on an imagined target. Stay stable for about two to three seconds while subtly continuing the push-pull work. Do not hold rigidly and then pull afresh. With “gently expand”, continue smoothly without needing to become faster or stronger. Maintain anchor contact and shoulder position. Then return the band under control; do not let go.

Three repetitions, about 20 seconds' rest each, longer if needed. Relax afresh before each repetition. If movement stalls, return and restart with less resistance. Stop for pain. Keep holds comfortably below your limit and stop before exhaustion.

3 · Think less; repeat the same sequence

After a brief pause, three more repetitions. Before building the shot, think once: “Settle cleanly - gently expand.” Do not work through an extra checklist during movement. Evaluate only afterwards: flowing / stalled / compensatory movement. An observer or side-view video may additionally identify visible stopping or renewed pulling; body sensation remains separate feedback.

4 · Transfer to the shot and check again later

On an authorised range, eyes open, with a suitable arrow and safe backstop, shoot two ends of three arrows at a familiar short distance. Keep the usual sequence; do not shoot artificially slowly. Think the short cue once before drawing. Let down under control if the line is lost. The band block replaces part of the session.

Next session, after the usual warm-up, first observe one end without repeating detailed instructions. Does the sequence keep flowing? Only then repeat the band exercise if needed. This checks retention and transfer; it does not guarantee automatic subconscious learning.

Shooting cue: “Settle cleanly - gently expand.”

Exercise image: “I sustain the tension and let the movement keep flowing.”

Date: _____ Band / resistance: _____

Still flowing? _____ Unnecessary tension where? _____

8 · Leisure practice with a good rhythm

Sample week with two shooting days

Day	Content
Monday	20-25 minutes of strength and stability.
Tuesday	45-60 minutes of technique, around 30-48 arrows. One focus.
Wednesday	A walk, 5 minutes of mobility, or rest.
Thursday	20-25 minutes of strength, if well recovered.
Friday	Rest or 3-5 minutes of mental imagery.
Saturday	60-75 minutes of relaxed shooting, around 36-60 arrows; a short game or scoring task.
Sunday	Recovery and a short weekly review.

Arrow counts are examples, not obligations. Beginners should start with shorter sessions and fewer arrows. If shooting only once a week, combine one technique task with relaxed shooting. Drop a session when everyday demands are high.

A 60-minute session

0-10: settle, safety check and warm up.

10-20: easy warm-up ends.

20-40: one technique exercise with breaks.

40-53: free application or a small scoring task.

53-60: gentle movement, equipment check, two notes.

Combine enjoyment and progress

Choose varied, safe tasks: a larger target zone, consistent groups or a partner task. Progress also appears as fewer forced shots, clearer let-down decisions and greater composure.

9 · Eight weeks of focused competition preparation

Phase	Priorities and implementation
Weeks 8-7	Foundation: two technique sessions, optionally one easy session. Check stance, anchor and follow-through. Two light strength sessions. Record baseline observations.
Weeks 6-5	Stabilise: one technique session, one distance session and optionally one application session. First short scored series in competition format. Practise under light pressure.
Weeks 4-3	Approach competition: one technique and one competition session, optionally relaxed shooting. One realistic simulation with timing, ends and breaks. Finalise equipment.
Week 2	Consolidate: familiar exercises, one shortened simulation. Reduce volume if tired. No fundamental technique or equipment changes.
Competition week	Freshness: reduce total volume by around one third to one half compared with the most recent well-tolerated level. Short, familiar sessions; no heavy strength work close to the start.

Example with three shooting sessions

A: 45-60 minutes of technique with 30-48 arrows.

B: 60-75 minutes at competition distance with 42-60 arrows.

C: 30-45 minutes easy, or a planned simulation.

A substantial simulation replaces a session; it is not additional. Follow a very demanding competition test with an easy day. If technique becomes unstable or symptoms remain into the next session, first reduce volume and investigate the cause.

For experienced archers with safe handling and an established routine. The plan builds on existing skills; it does not teach the basics. Two good sessions are the starting point; the third is optional. Choose volume according to previous tolerance.

Not a route from first arrow to competition readiness in eight weeks. Beginners need supervised basic training and an individual time frame.

10 · From the evening before to afterwards

Competition week and the evening before

Check the event notice: bow class, distance, face, arrow count, time rules, practice arrows, equipment inspection and registration. Requirements vary by organisation and organiser. Plan travel and breaks. Prioritise familiar meals and enough sleep.

Packing list: bow and checked arrows, spare nocks and suitable small parts, tab or release aid, arm/chest guard, sling, tools, registration documents, weather-appropriate clothing, food and drink. Use only familiar, tested spare parts.

On competition day

Arrive with time to spare, register and complete equipment inspection. Warm up generally, then shoot practice arrows. After long waits, re-warm gently. Use practice to establish a suitable basic setup rather than adjusting after every arrow.

Before each end: feel the stance → breathe out → choose the sequence cue.

Between arrows: briefly relax and begin again.

Between ends: drink, relax the shoulders and watch for the next signal. For scoring questions, call the official; touch arrows only after scoring is complete.

A difficult moment

A poor arrow does not change the task. Finish the safety sequence, breathe out once and restart. If equipment trouble is suspected, follow the applicable rules; do not continue with an unsafe bow.

Review afterwards

Recover first, review later: what stayed stable? When did I lose the sequence? What brought me back? Set one focus for the next week. After a demanding competition, start with easy movement and resume loading according to recovery.

11 · My training diary

Date: _____ Location / distance: _____

Bow / setup: _____

Sleep / energy (1-5): _____ Symptoms: _____

Before: one clear task

Today's process goal: _____

Afterwards: observe objectively

Duration: _____ minutes · Arrows / ends: _____ · Effort (0-10): _____

Sound sequence in approximately: _____ of _____ observed arrows

Score / group spread, only under comparable conditions: _____

This worked: _____

This interfered: _____

My next small step: _____

Weekly review

Sessions / recovery: _____

A recurring pattern: _____

Next week: maintain / simplify / progress cautiously

Appendix · For performance-focused archers

Develop performance systematically

This appendix is for experienced competitive archers with consistent technique and access to help planning their training. It complements the main book. Higher volume is not an end in itself; capacity, discipline, season and everyday life determine the plan.

An individual performance profile

Area	What is observed?
Outcome	Score and spread over several comparable sessions; record weather, distance and format.
Process	Proportion of previously defined quality shots, let-down decisions, rhythm and follow-through. Agree a clear definition with a coach.
Load	Arrow count, shooting duration, draw weight, strength training and perceived effort; consider these separately.
Recovery	Sleep, energy, shoulder/elbow sensations and quality in the following session.
Competition	Differences between practice and competition, response to errors and deterioration over the day.

Review with a clear question

Example: “Does my follow-through stay stable under time pressure?” First observe several ends without added pressure, then a timed series at the same distance. Change only one condition where possible. Repeat the test before drawing a conclusion.

Test equipment in separate sessions. Use comparable arrows, distances and conditions, record changes and repeat uncertain findings. Settle on proven settings before the main competition.

Performance planning and load

Eight-week focus block for experienced competitive archers.

Period	Goal and load rationale
Weeks 8-6	Technical foundation and individual strength base. One or two measurable priorities; mainly controlled quality. Increase volume only with good recovery.
Weeks 5-3	Competition specificity: full distance, actual timing format and planned pressure tasks. Maintain technique work. Simulations replace other high loads.
Week 2	Stabilise quality and address one individual weakness. No major equipment search or new strength stimulus.
Week 1	Reduce volume individually while retaining short, precise stimuli. Arrive recovered; schedule the last demanding simulation sufficiently early.

Sample week for archers used to a heavier training load

Monday: recovery and 5 minutes of imagery.

Tuesday: technique and separate strength training, spaced apart.

Wednesday: competition distance, rhythm and a fixed process goal.

Thursday: easy day, mobility; optionally brief technique work.

Friday: technique under moderate pressure, light strength if appropriate.

Saturday: planned competition simulation or main specific load.

Sunday: recovery or a short easy session depending on readiness.

Four or five shooting sessions here are an example for archers already trained to that level, not a starting scheme. Derive actual arrow numbers from the last well-tolerated weeks. No universal weekly target and no catching up on missed arrows.

Competition sharpness and precision

Add pressure gradually

• Make a simulation as realistic as possible: equipment inspection, warm-up, practice arrows, timing, scoring and waiting periods. Afterwards review process and outcome separately.

• Create pressure through small scoring goals or observed ends. No punishments, exhausting extra series or deliberate undermining of confidence.

• Practise restarting: after a weaker arrow, use the same short reset routine. Stop pressure tasks if the sequence continues to fall apart.

Specific holding and strength work

Develop longer holds only with a coach and a suitably reduced draw weight. An initial example is 3-4 controlled repetitions of 5-8 seconds with generous rest; let down earlier if you start to shake or change your posture to manage the load. This is a cautious starting suggestion, not a performance test.

With a bow, work only towards a safe target and with a nocked arrow; never dry-fire. Both holding drills and let-down drills count towards your total workload even without shooting an arrow. Do not train to muscular failure.

Coach observation and decisions

Agree three points for a block: what exactly should improve? How will we recognise it? When will we simplify or stop? Video from consistent angles and comparable scored series support feedback.

Movement quality and recovery must be appropriate before progressing. If quality repeatedly drops, fatigue persists or pain occurs, reduce load and seek qualified assessment. One poor day does not justify a fundamental technique change.

My personal performance task

Main competition / date: _____

Process goal: _____

Measurement / baseline: _____

Next review with coach: _____

Developing the next edition

How to use this working edition

This book is a general training aid with our own suggestions for gradually introducing exercises and example plans. It replaces neither practical safety instruction nor individual technique and load planning. The weekly plans are not copied federation plans.

For a specific competition, the current event notice and applicable rules govern.

For the next personal edition

Enter bow type, training level, available weekdays, current well-tolerated volume and competition date. The examples can then become a personal plan with suitable additional worksheets.

Cue for the next arrow:

Stand securely. Prepare with ease. Continue expansion. Follow through.

Eyes towards the target. Focus on line tension.

Clarification of the personal shot sequence · 28 October 2026.

1 · Settle calmly on aim

Build the familiar shot, anchor and arrive calmly on aim. Keep the bow hand relaxed.

2 · Move attention gently

The target reference is maintained. Attention moves gently towards continuous expansion. Keep the tension you need to stay steady and ease any extra grip pressure. The sequence remains one connected movement.

3 · Continue the expansion

Feel line tension, expand and continue gently. Release from that flow and follow through calmly. Allow small aiming movements. If the aim drifts clearly away or the line is lost, let down under control.

Personal observation

Conscious corrections on aim create extra muscular tension, reactions or snatched shots for me. Therefore maintain the target reference and gently guide attention towards the line; evaluate only after the shot.

Cue

Stay on aim. Supported with ease. Expand gently, release, follow through.

Feedback after the end

Was the transition flowing with the target reference maintained? _____

Continued without deliberate extra aiming corrections? _____

Line maintained through release and follow-through? _____

Perception / next focus: _____

For shots with eyes open. During band or strength exercises without a shot, perceive the line and return under control; the existing exercise rules still apply.

Feel the tension. Choose to let down.

Addition to barebow training · 29 October 2026.

My guiding statement: necessary tension supports me. I recognise unnecessary tension, let down under control and start again.

What I am learning to distinguish

Flowing sequence: maintain the target reference and gently guide attention towards continuous expansion. A supportive stance, stable shoulder girdle and continuing push-pull connection are needed. Relaxed does not mean limp. Recognise unnecessary tension: a clenched jaw, cramped bow-hand fingers or raised shoulders. Review individual signs with a coach; a body sensation alone does not prove correct technique. Do not deliberately tense up under draw load.

The exercise without a shot

Decide before drawing: this repetition ends with a let-down, even if the sequence feels right. The main goal is to notice the tension and decide when to let down. The drill also works the muscles you use to hold the draw. When continuous expansion feels appropriate: “The shot could happen now.” Do not keep waiting for perfection or add holding time. As agreed beforehand, let down under control, without a shot or an artificial follow-through.

My signal to let down

If unnecessary tension appears, movement stalls or the line is lost, let down early as well. Unload first, breathe calmly and name one observation. Do not attempt muscle-by-muscle corrections at full draw.

Safe and appropriately dosed

After warming up, explore first with a very light band. With a bow, use only an authorised range, eyes open, towards a safe backstop, with a suitable nocked arrow. Never dry-fire; return the band under control. A cautious start: 3 good repetitions, each with 30-60 seconds' rest, longer if needed. Adapt load and draw weight; no maximum holds or muscular failure. Stop for pain or an unsafe let-down. This exercise replaces part of the session.

Awareness and transfer

This is not a perfection test: a familiar, supportive feeling is enough. A slightly moving aiming picture is not automatically an error. Letting down is a deliberate training decision.

Transition to the complete shot

Transfer remains important: in a separate short block, decide “shot allowed” before each draw. With the familiar sequence, continue the line through release and follow-through. Letting down remains possible at any time; avoid constant internal checking during the shot.

My feedback sheet

Date / draw weight: _____

Everyday stress before training (0-10): _____ Freshness (0-10): _____

Rep.	Necessary tension / line	Additional tension	Reason for letting down
1			
2			
3			

The appropriate continuous expansion felt like this:

_____

I will attend to one point in the next build-up:

_____

Greater strength-endurance reserves require appropriately dosed loading, rest and recovery. This exercise alone does not guarantee a calm release.

The brief dosage is a cautious exercise suggestion, not an individual performance plan.

Settle on aim. Sustain tension. Expand gently.

Personal shot sequence · Clarification 2 November 2026.

1 · Arrive calmly on aim

I build my familiar shot. My left bow hand stays relaxed; my stance supports me. I reach the aiming position with the appropriate tension already present. My arrow point may move within the aiming area; I do not have to hold it motionless.

2 · Allow the brief holding phase

I stay on aim briefly under control and perceive the sustaining push-pull connection. This holding phase belongs to my shot. I give myself time to settle and move on while the shot still feels fluid. I add no extra aiming corrections and do not prepare the release with my fingers.

3 · Expand gently and continue

From the sustaining tension, I expand with fine control. The drawing elbow leads without a burst of force or forced extra draw. Line tension and continuous expansion describe the same connected push-pull work with different emphasis. Familiar release and follow-through remain connected to the movement.

Short cue for shooting

“Settle cleanly - gently expand.”

“Settle cleanly” recalls calm arrival and a brief controlled settling on aim. “Gently expand” carries the connection through the familiar release into follow-through. Think this cue once before drawing, then let the sequence happen.

An image for the exercise

“I sustain the tension and let the movement keep flowing.”

Patience with a clear limit

I stay within my familiar rhythm. If I cannot feel the connection between my bow hand and drawing elbow, the sequence stalls or I lose the line, I let down under control. I do not extend holding time to force a particular feeling.

Exercise without a shot

Decide before drawing: this repetition ends with a let-down. Arrive on aim, settle briefly under control, notice tension, expand gently and return under control. Afterwards allow complete shots in a separate block. Existing safety and rest rules remain valid.

Feedback after the end: brief hold allowed? Moving aiming picture accepted? Continuous expansion flowing? Release and follow-through connected?

Relaxation · Sense what is happening within

Integral to every training session · Clarification 31 October 2026.

Sense within. Let unnecessary tension go. Necessary tension supports me.

Mental and physical ease are the foundation. I settle, let thoughts pass and do not have to force a hit. I use only the muscular tension needed for a secure stance and the exercise concerned.

Before every exercise: sense from the ground upwards

Without draw load, briefly notice feet and legs - buttocks and pelvis - abdomen and back - shoulders and neck - hands and jaw. Where am I holding unnecessarily? I gently release that tension. My stance remains stable; necessary holding and push-pull tension remain.

Notice again and again

Before each repetition and during breaks, I briefly check the sensations. Even standing quietly, I notice unnecessary holding in legs, buttocks or shoulders. I release excess tension without giving up supportive posture. Relaxation becomes more familiar with each conscious repetition.

During the shot: continuous expansion leads

The sequence keeps flowing. The target reference stays while attention moves gently towards continuous expansion. Keep the tension you need to stay steady and ease any extra grip pressure. Lengthen gently and continue through follow-through. No long body checklist at full draw. If I tense up or the sequence stalls, I let down under control. Only once unloaded do I relax and restart.

Feedback after the end

Did I sense within? _____

Unnecessary tension noticed in: _____

What could I release? _____

Necessary tension maintained? _____

Relaxation is a lifelong practice. I practise it in everyday life, before training and between ends. I do not have to force a perfectly relaxed state.

Calm focus · 3 minutes

Morning and evening routine. Practise without a bow, band or arrow. Stay awake and attentive without forcing anything.

Minute 1 · Settle

Sit comfortably or stand securely. Feel the feet and contact with the ground. Let the hands rest. Relax jaw and shoulders. Breathe naturally. I do not have to achieve anything now.

Minute 2 · Calm attention

Let your gaze rest softly on one point. Keep the gaze soft. Remain aware of feet and hands. Thoughts may pass. If attention wanders, kindly return to the calm gaze.

Minute 3 · Keep an open awareness

Keep the gaze soft and attention clear. Release unnecessary tension. I am alert and composed. In the morning, I take this calm into the day; in the evening, I let the day settle. Finish by loosening the hands and noticing the sensations.

My cue

I am attentive. I remain composed. I do not have to force anything.

Transfer and feedback

During the shot, the target reference stays while attention moves gently towards continuous expansion. This focus exercise takes place without drawing.

Completed morning / evening: _____

Where could I release unnecessary tension? _____

How does my focus feel afterwards? _____

Loosening before archery practice

Before stance analysis and band work, gently shake out the hands for about two minutes without a bow or band. Stand comfortably with soft knees and arms hanging loosely; gently shake fingers and wrists. Keep elbows mobile, shoulders down, jaw and neck relaxed. Keep breathing calmly; do not shake the head or back vigorously. Shorten or stop if uncomfortable.

Then become still briefly and notice hands, arms, shoulders and neck; follow with a body check from feet and legs through buttocks to shoulders and jaw. Retain only the tension needed for posture.

Sequence: shake out hands (about 2 minutes) / notice sensations and check the body / stance analysis / imagery and band work / continuous expansion and push-pull / follow-through / complete shots at the end. In a fixed 15-minute block, loosening is included in the total time.

Spoken instruction: “Let your arms hang loosely. Gently shake out hands and fingers. Keep the shoulders down. Breathe calmly. Let the movement become smaller. Become still and notice the sensations.”

The aim is to notice and release unnecessary tension. Specific relaxation of the spine through shaking the hands is not claimed as an established effect.

Worksheet index: this loosening page supplements the existing training book; no new separate file.

Your own practice. Your own expression.

Art, awareness and a record of your practice.

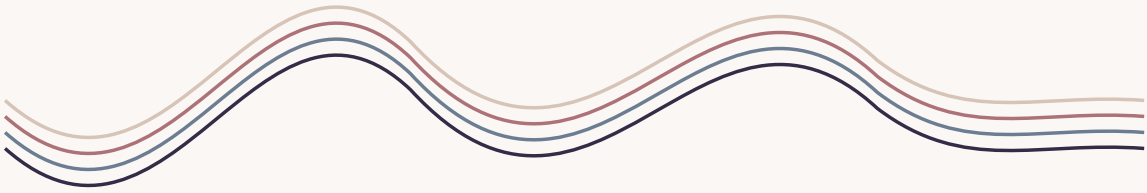
Addition for experienced archers · Working edition, 2 November 2026.

SETTLE · NOTICE · CONTINUOUS EXPANSION · AFTERGLOW

Space for your own line

Look calmly. Notice something. Record a thought or a line. Then return to the familiar sequence.

No third-party illustrations. No performance promises. The design follows its own colour sequence and remains understandable without colour recognition.



Art, awareness and continuous expansion

Colour	Reference
Aubergine	#342C46
Slate blue	#6C7D91
Dusty rose	#AD7278
Sand	#D7C4B7
Light background	#FAF7F5

Our design approach

Art belongs to our personal understanding of meditative practice. A line, a colour combination or a quiet space may invite mindful looking. This design expresses our training approach; it is not evidence of a therapeutic or sporting effect.

Settle · Notice · Continuous expansion · Afterglow

Slate blue accompanies settling, dusty rose awareness, aubergine sustaining expansion and sand a calm conclusion. Words and symbols always accompany colour. The colours judge neither the person nor their performance.

My movement image

Before training, without bow or arrow, draw a free line: how do I imagine a calm sequence? After training, add a second line and one word of your own. The drawing is neither graded nor treated as a technical diagnosis.

Transfer to the shot

The image stays outside full draw. During the shot, use the familiar short sequence cue. Writing instead, or leaving the page blank, is an equally valid way of reflecting on sensations.

Observe first. Decide afterwards.

Choose one task

Before a session, define a specific observation question, such as: does my follow-through remain after release? Choose one focus only. Briefly note readiness today and the starting situation.

Separate sensation from observation

After an end, record: what did I feel? What was visible externally or on video? Where do the impressions agree, and where are questions unresolved? One recording does not explain a cause.

Check one change

Choose one small change you can record and test with qualified support. Create comparable conditions and keep other settings unchanged. Do not decide from a single hit. If uncertain, return to the documented baseline.

My notes

Date / readiness today: _____

My question: _____

Felt: _____

Observed: _____

Keep or check again: _____

Video as calm feedback

Before recording

Film with the consent of those recorded. Set up a tripod in a safe position to the side, outside the shooting lane, string path and walkways. Arrange the camera before the end.

One question rather than many faults

Record a short sequence and first watch at normal speed. Add slow motion only for focused examination. Viewpoint, lighting, frame rate and possible distortion limit what can be concluded. Do not infer force or muscular activity from images alone.

Feel first, then watch

Record your own impression first, then view the recording. Name one visible observation and distinguish it from an assumption. Use at most one agreed cue on the next attempt.

Finish calmly

Do not turn video into a new compulsion to check every repetition. After reviewing, return to the familiar sequence. A smartphone on a safely positioned tripod is enough to start.

Document equipment clearly

Record the baseline

Document bow, limbs, string, arrows and actual draw weight at your own draw length. State the reference points for every measurement. Brace height and nocking-point height cannot be compared unambiguously without measurement references.

Consider barebow separately

For stringwalking, also record tab, anchor, crawl and distance. A setting that works for one crawl must be observed again at other distances. Recurve figures from other people's tables are not personal prescriptions.

Manufacturer limits first

Change settings only within the specifications for the components used. If limits are unclear, consult manufacturer documentation or qualified help. Do not adopt universal tiller, brace-height, finger-loading or nocking-point figures from club guides.

Record the change and the way back

Starting setting / measurement reference: _____

One change: _____

Distance / crawl / conditions: _____

Observation over several ends: _____

Keep / reset / unresolved: _____

Our concept and its further development

Our own wording

We assess familiar training methods for suitability and describe appropriate exercises in our own words for our concept. The material was developed collaboratively with AI assistance.

Personal trial

The priorities are ease, a repeatable shot routine and gentle expansion through the release. We adapt volume and load to personal experience and readiness today. We record observations after the exercise.

Before sharing

We review the working edition together: are order, time requirements, dosage and spoken instructions clear and appropriate? Which exercises help and which need revision? Final approval remains pending.

Images and approval

The existing cover artwork is AI-generated and labelled accordingly. It is an artistic motif, not a technical teaching illustration. Our own photographs, videos and future AI images receive appropriate origin labels. “Reviewed and approved” will be used only after a documented final review.

The guided training block

Complete written version of the app block.

After warming up: first shake out the hands for two minutes, then follow five progressive sections. Basic duration is 15 minutes, extendable in five-minute steps to 55 minutes. More time means more calm repetitions and breaks, not longer holds.

Open the app

https://kunst-der-leichtigkeit-larion.acerconcept-emv.chatgpt.site

In the app, open the archery area and select the guided training block (“Geführter Trainingsblock”). The link opens the app; select the block there.

Time allocation

Shake out your hands for two minutes. The remaining basic duration is divided equally between the following five sections. At 15 minutes, each lasts 2 minutes 36 seconds. The optional blank-boss extension adds 5 minutes. Section times include explanations, repetitions and recovery.

Before each exercise · Check for unnecessary tension

Settle mentally and breathe calmly. With no tension on the bow or band, start by feeling your feet on the ground. Move your attention up through your legs, hips, abdomen and back, then to your shoulders, neck, hands and jaw. Where am I holding unnecessarily? Gently release that tension.

Use only the muscles needed for a secure stance and the movement involved. Necessary holding and push-pull tension remain. Briefly notice sensations before each repetition and during breaks. During the shot, focus on gentle expansion. If you tense up, let down under control. Relax once the tension is off the bow, then start again.

Sense within. Let unnecessary tension go. Necessary tension supports me.

Preparation and practice

1 · Gently shake out the hands

Stand comfortably without a bow or band. Keep knees soft. Let arms hang loosely. Gently shake out hands and fingers. Keep elbows soft and shoulders down. Do not shake head or back vigorously. Breathe calmly. Shorten or stop if uncomfortable. Towards the end, make the movement smaller, become still and notice sensations in hands, shoulders and neck.

Section time in the 15-minute basic block: 2 minutes.

2 · Stance analysis · Eyes closed

Begin without a bow. Mental and physical ease come first. Breathe out naturally. Force nothing. Close the eyes. Feel feet, weight distribution and upright posture. Notice legs, buttocks, back, shoulders, hands and jaw. Release unnecessary tension while retaining necessary postural tension. Open the eyes before changing position.

Section time in the 15-minute basic block: 2 minutes 36 seconds.

Loosening counts towards the total time.

Preparation and practice

3 · Imagery and shot simulation with a band

First picture your familiar shot from your own point of view. Then reproduce it with eyes closed using a light elastic band. Build calmly. Flowing sequence: stay on the imagined target, release unnecessary gripping and lengthen gently. With a shot trainer designed for release, release and follow through. Then relax for twenty seconds.

Section time in the 15-minute basic block: 2 minutes 36 seconds.

4 · Stance and continuous expansion

Find the stance. With eyes closed, settle calmly on an imagined target using a light band. Flowing sequence: stay on the imagined target and guide attention gently towards continuous expansion. Keep the tension you need to stay steady and ease any extra grip pressure. Lengthen gently. Then lower under control and relax for twenty seconds.

Section time in the 15-minute basic block: 2 minutes 36 seconds.

Preparation and practice

5 · Feel push and pull

With eyes closed and a light band, notice the connection between bow hand and drawing elbow. Necessary push-pull tension supports while unnecessary gripping eases. Stay on the imagined target and lengthen smoothly without a burst of force. Then relax the band under control and rest for twenty seconds.

Section time in the 15-minute basic block: 2 minutes 36 seconds.

6 · Complete band sequence · Release and follow-through

Practise the whole sequence with the light band: find the stance, imagine the shot, settle calmly and continue the expansion smoothly. Stay on the imagined target, release unnecessary gripping, lengthen gently, release with the trainer and follow through calmly. Let the movement finish naturally. With eyes closed, use only a shot trainer designed for this purpose. Then lower safely and rest for twenty seconds.

Section time in the 15-minute basic block: 2 minutes 36 seconds.

Transfer to the target

7 · Transfer · Blank boss · Optional +5 minutes

Open the eyes. On an authorised range, with a suitable arrow and safe backstop, practise the entire sequence at a blank boss. Stance. Settle calmly. Feel tension. Expand. Let the shot happen and follow through. Close your eyes only if a qualified coach is right beside you and can check your alignment and keep the shooting area safe. Without supervision, eyes stay open.

Confirmation in the app

Select the extension explicitly. Before starting, confirm a safe range and backstop. Eyes closed with a bow only under immediate qualified supervision; otherwise keep them open.

Repetitions and recovery

Band: complete simulated shot with release and follow-through, then 20 seconds' rest. Bow: 30 seconds' rest. Strength blocks retain their own recovery times. Use the pause control only after follow-through and safely lowering.

At your own rhythm

The timer is not a command to release. Between sections, first lower and listen. Do not keep drawing or holding continuously. Pause sooner if tired. Release a band only with a purpose-designed shot trainer following its instructions; do not let ordinary open bands fly free unsecured. Never dry-fire a bow.

Spoken instructions and controls

Instruction before each section

Section [number]. Sense within. Notice legs, buttocks, back, shoulders, hands and jaw. Release unnecessary tension. Use only the muscular tension needed for posture and the exercise. The section title and instructions follow. Repeat at your own rhythm. Stay under tension only briefly. Settling on aim and expanding gently form one flowing movement. Maintain the target reference and guide attention gently towards continuous expansion. Keep the tension you need to stay steady and ease any extra grip pressure.

Recovery and conclusion

During hand shaking: move gently and comfortably, then notice sensations. During stance analysis: briefly relax between repetitions. With the band: rest 20 seconds after each repetition. At the boss: rest 30 seconds after each shot. Closing cue: calm in mind, free in body. Keep the feeling of steady, gentle expansion. The timer is not a command to release.

Start, interrupt, continue

In duration, speech and music settings (“Dauer, Ansagen & Musik einstellen”), select 15-55 minutes in five-minute steps. Optionally add five minutes at the boss. Start training (“Training starten”) or continue (“Fortsetzen”) allows two seconds to settle. Pause/lower (“Pause · senken”) interrupts. Restart (“Neu beginnen”) resets the whole block. Listen to instructions (“Anleitung anhören”) reads the current section while the timer is stopped.

Repetition completed

After lowering safely, tap repetition completed (“Wiederholung beendet”): 20 seconds' recovery in band sections, 30 seconds in the boss section. Then: briefly sense within, release unnecessary tension and build the next sequence calmly. A recovery pause begun at a section's end may extend the block, so displayed total time is an estimate.

Notice the sensations at the end

Training block finished. Were you mentally and physically relaxed? What helped? Relax and notice the sensations. The following pages explain music, voice, screen, the separate model sequence, interval timers and training records.

Music, voice and screen

Music as you prefer

In duration, speech and music settings, enable music and use test music (“Musik testen”) for an eight-second preview. Options: introduction and ending; before, during band practice and afterwards; before only; or afterwards only. Introduction and ending each last 30 seconds, one minute or two minutes. These times are additional to the selected training duration. Music loops; it is muted during actual shooting at the boss.

Volume and spoken instructions

Music volume is adjustable and reduced during speech. Spoken instructions can be switched off independently of music. For playback problems, check media volume and restart the preview. Training without music remains possible.

Choose a German voice

Under voice and clarity settings (“Stimme und Verständlichkeit einstellen”), select an available German voice and speech rate, and listen to a preview. Where identifiable and available, a female voice is automatically preferred. Choice depends on the device. Music and voice settings are stored on that device. This English edition does not change the app's current German voice or interface.

Display and interruptions

While a timer runs, the app requests that the screen stay on, if device and browser support this. Leaving or locking the screen pauses the training block. Let down safely before continuing. The guided block resumes its remaining time; the model sequence restarts. The interval timer restarts the current repetition.

Guided shot sequence without release

One repetition: 30 seconds plus a two-second start delay

This model sequence is a separate awareness exercise. Thirty seconds covers the entire sequence, including preparation and relaxation, not time held at full draw. Take 30-60 seconds of rest after each repetition. The timer is not a release command.

Timings in the preset model

Time	Instruction
0 s	Take your stance; feel your feet.
4 s	Release unnecessary tension; keep the bow hand soft.
8 s	Breathe in calmly.
11 s	Raise, draw and breathe out gently.
15 s	Anchor and settle on aim.
17 s	Natural breathing pause, only while comfortable.
19 s	Feel continuous expansion; no release today.
21 s	Let down under control.
25 s	Resume breathing; loosen hands.
30 s	Repetition finished.

Set your own let-down point

The let-down time control (“Absetzen nach Ablaufsekunden”) allows 17-21 seconds; the default is 21 seconds. This is the start of the spoken instruction measured from sequence start, not time on aim. Cues at or after the selected point are omitted in favour of letting down. Choose a let-down time well before you would normally feel ready to release. You may always let down earlier.

Perform safely

Do not force a breathing pause. If the urge to release comes earlier, movement stalls or the line is lost, let down immediately under control, then operate the timer. With a bow: eyes open, suitable nocked arrow and safe backstop on an authorised range. Never release without an arrow. To become familiar, return a light band under control.

Interval timers for push-pull work and awareness

Two separate tasks

The push-pull interval timer accompanies strength endurance without a shot. The tension-awareness/let-down timer (“Spannungsgefühl & Absetzen”) accompanies awareness followed by a controlled let-down. Clearly distinguish holds without a shot from complete shots before drawing.

Presets are adjustable examples

Push-pull: three sets of five repetitions, five seconds of tension, 15 seconds of relaxation and 90 seconds between sets; default draw weight 34 lb. Awareness: one set of three repetitions, up to three seconds to notice the tension and 45 seconds of relaxation; a light band is selected by default. A two-second start delay is followed by five seconds to build calmly before each repetition. These are control presets, not a general loading recommendation.

Rest according to the exercise

The 20-second band rest and 30-second bow rest apply to the guided training block. Strength endurance and awareness exercises retain the recovery times in their own plans. Before starting, set fields for sets, repetitions, tension time, relaxation and between-set rest appropriately. With the bow, let down earlier whenever needed; do not remain under draw load to operate controls.

Feedback and recording

Already let down/start rest (“Bereits abgesetzt · Pause starten”) ends the awareness repetition after safely letting down. Transfer completed intervals to strength log (“Abgeschlossene Intervalle ins Kraftprotokoll übernehmen”) transfers counted intervals. Check and correct this number if needed: an elapsed timer does not confirm a technically sound repetition. Use 40 or 42 lb only within a personal progression plan.

Choose exercises and record training

A manageable programme for today

Under exercises and knowledge (“Übungen & Wissen”), choose a whole session or individual components. Physical conditioning and strength, consistent aiming time and supporting practices are included as proposals for trial. Do not complete every component in one day; if you add an exercise block, use it in place of a similar one already in your plan.

Practise step by step

The app shows individual steps for the chosen topic. Spoken instructions and timers support the sequence. One observation question per session is enough. The familiar short cue guides the shot; review follows the repetition or end. If the line is lost, let down under control.

Document feedback

Record exercise, duration, distance, arrow count, sets, repetitions and resistance, together with sensations and observations. For aiming time, start at the familiar anchor with the bow aligned and finish at release; record let-down attempts separately. Measure afterwards using video or an observer.

Draft and saved training day

Entries are initially saved as a draft. Save as completed (“Als erledigt speichern”) transfers them to the training day. Saved days can be reopened in the calendar. Do not compulsively catch up after breaks. Before sharing with others, we review book, worksheets and app together.

The final days before competition

Arrive fresh. Trust the familiar sequence and checked equipment.

Two days before: consolidate the sequence

A personal starting option is the final short shooting session about two days before competition. Around 20-30 minutes with, for example, 20-30 mindful arrows, provided this is clearly below normal training volume. Time and arrow count are adjustable guides, not fixed requirements.

Stand with ease. Settle calmly on aim with the right tension. Maintain the target reference and let attention move smoothly towards continuous expansion. Keep the tension you need to stay steady and ease any extra grip pressure. Lengthen gently and follow through. No score pressure or new technique experiments. No fatiguing strength blocks or long holds. Do not force a good finish with extra series.

The day before: a light reminder or recovery

Optionally 5-10 minutes: gently shake out hands, feel the stance and perform a few light sequences with the familiar band. Rest about 20 seconds between repetitions. Stay under tension only briefly. A suitable shot trainer may be released according to its instructions; do not let ordinary open bands fly free unsecured.

Rest completely if tired or the shoulders feel heavy. Brief imagery of the familiar sequence is enough. If you cannot feel the usual tension, stop and rest. On competition day, warm up as usual and use practice arrows to settle.

Finalise equipment in good time

Check several days beforehand to allow repairs and test shooting. Proven settings should be established before the final shooting session. That session confirms function; pack everything afterwards.

Checklist: bow and limb seating; screws and weights; string and centre serving; nocking points and nock fit; brace height; pressure button and arrow rest; arrow damage, nocks and fletching; tab, finger sling and quiver; tested spare equipment and suitable tools.

On the evening before, only check completeness against the packing list. Do not change tested settings through nervousness. Fix actual defects and check function again.

My cue

Consolidate two days before. A light reminder the day before. Arrive fresh for competition.

My equipment is checked. My preparation is complete. I trust my sequence.

The times and arrow counts are suggestions. Adapt volume and recovery to your own tolerance.

Morning routine

My meditation thought

I breathe in calm with a smile on my face. As I breathe out, I let go. Thoughts can come and go. During the movement ritual, I move softly, in waves like Qigong.

A pause is welcome

It is fine to take a day or two off. Begin again at a pace that suits today.

Relaxed focus · 3 minutes

Minute 1: Sit comfortably or stand securely. Feel your feet, let your hands rest, and relax your jaw and shoulders.

Minute 2: Rest your gaze on a steady point. Keep your gaze soft and return to it gently if your thoughts wander.

Minute 3: Stay alert and relaxed, letting go of unnecessary tension. Loosen your hands and notice how you feel.

A gentle start

Feet and hands

Set your feet down and feel the floor. Move your feet and toes gently. Care for your hands and massage your palms and fingers. Shake out your hands and gently stretch and spread your fingers. Let any skin care product absorb fully before shooting.

A gentle start · about 5 minutes

Settle in a seated position or a stable stance. Slowly circle your shoulders and let your arms swing loosely for about a minute. Roll through your feet and alternate heel raises, using a sturdy chair for support if needed. Walk in place for one or two minutes. Finish with a few quiet breaths.

Weekly rhythm

Practise strength work on at least two days and train balance regularly. Include your archery strength work in that total.

Guided breathing

Gentle rhythm · 5 minutes

Take 30 seconds to settle. Sit comfortably, feel your feet on the floor and relax your shoulders and jaw. Follow the cues for 90 seconds: inhale gently for four seconds, exhale for six seconds, and repeat for nine cycles without a hold. Spend the final three minutes in silence and breathe naturally.

4–7–8 · 5 minutes

Take 30 seconds to settle. Then follow three guided cycles: inhale for four seconds, hold gently for seven, and exhale slowly for eight. From 1:27, breathe naturally until the end signal. If the rhythm feels uncomfortable or you feel dizzy, stop the exercise and return to natural breathing.

Silence · adjustable timer

For quiet breathing, choose the adjustable timer and set it to five minutes or another duration.

Practise with the app

Open the morning routine and choose a mode under “Atemtrainer”. Tap “Atemzeit starten”. The guided modes each last five minutes. Turn up the media volume and keep the app visible. The timer pauses when you leave the app or lock the screen. A tone marks the end. The interface and cues are in German.

Morning log

Date _____ Duration _____ min Calm afterward _____ / 5

Mode and observation _____

_____

Open the app

The pause between ends

Attention at the bow

Before I lift the bow, I feel my feet on the ground and my hand on the grip. Drawing takes strength. I can also notice whether I am clenching my jaw or gripping more tightly than I need to. There is something meditative about paying attention this way. When I catch myself thinking about where the arrow will land, I bring my attention back to what I’m doing.

My sequence on aim stays familiar. I settle on aim and give myself time to feel the tension. Then I feel the connection from my bow hand to my drawing elbow and expand gently. If I catch myself trying to force the shot, I let down.

After the last arrow, I follow through and lower the bow. I breathe out comfortably and briefly notice where I am still holding tension. For me, that closes the end.

How it carries into daily life

At the bow, I deliberately make time to practise attention and ease. In daily life, it happens in small steps. After a demanding call with a customer, I might stay seated for a moment before moving on to the next job. Sometimes halfway through my first bite, I notice I am already thinking about work again. Then I can take a little more time over the next bite.

If I skip meditation for a day, that is fine. I can pick it up again when it suits me. Over time I notice how my daily rhythm changes. One day in the middle of a rush I might catch myself clenching my jaw. I can relax it and get back to work.

I want to improve as an archer and do good work in my job. When several things need my attention at once, I want to give the task my full attention and still notice when I start to tense up.

In the app

Open “Übungen & Wissen” and choose “Die Pause zwischen den Passen”. Tap “Pausenhinweis anhören” for the optional spoken cue in German.

Training programmes A to E

In the app, go to Bogentraining → Trainieren. Tap one of the five visible programme buttons to load the session and its timer.

• A · Technique and awareness · 55 min

• B · Strength and mental training · 50 min

• C · Expansion and short strength block · 55 min

• D · Practice at 25 m · 55 min

• E · Mental and meditative practice · 25 min

Choose a ready-made programme, individual exercises from the Basisbausteinkasten, or a combination. After you tap Programm starten, you have two seconds to get ready. The app announces each section and gives an additional cue for push–pull, bow practice and target panic. Tap Aktuelle Ansage anhören to repeat the current cue. Section time includes practice and rest.

Push and pull into expansion

Open Druck–Zug im Fluss · Langspannung in the app’s Basisbausteinkasten. Begin with a very light band. The interval timer offers spoken cues.

• Settle on aim

• Keep push and pull connected

• Expand evenly · let down deliberately

Keep the bow shoulder aligned and allow subtle movement of the drawing-side shoulder blade. Let down if the bow shoulder rises, the torso turns or the line breaks. At the bow, decide in advance to let down. Keep your eyes open and use a suitable nocked arrow and a safe backstop.

Target panic · repeat the sequence

In the app, open Stopp · Goldfieber trainieren. The interval timer starts with three repetitions. After each rest, the next round begins automatically.

• Build the shot calmly

• Feel the expansion

• Let down deliberately, relax and start again

Let down as soon as the expansion feels steady or the movement breaks down. The time limit is adjustable. If you let down early, start the rest once the bow is down. The default rest is 30 seconds and can be adjusted.

Breathing during the shot - without straining

Our practical routine for a familiar shot sequence. This is an individual training suggestion, not a universal Korean federation rule. Breathing supports movement; it does not command the release or prescribe a holding time.

Prepare and build the shot

Breathe calmly before drawing. Inhale comfortably while raising the bow and building the shot, without filling the lungs to maximum or raising the shoulders.

Let some air out softly

Towards the end of the draw and on settling at anchor, let some air flow out slowly and gently. Do not empty the lungs or try to achieve a percentage. Maintain the supporting push-pull connection.

Allow a brief comfortable breathing pause

After the gentle exhale, allow a short comfortable pause. Do not force a breath hold, bear down or deliberately brace the abdomen with pressure. Settle on aim, allow a brief controlled hold and expand gently. Breathing must not block the sequence.

Stay connected through release and follow-through

Let the familiar release emerge from continuing expansion. Do not trigger it with a puff of air. Resume natural breathing during or immediately after follow-through. If you need air, feel pressure, become unsettled or lose the line, let down under control, breathe freely and begin again.

Learn without shooting first

Practise without equipment or with a light band returned under control. Never dry-fire a bow. Use one familiar cue when transferring to shooting. Do not apply a counted 4-7-8 routine at full draw or hold for a time target.

Cue and reflection

Calm inhale. Soft partial exhale. Comfortable pause. Settle - expand gently. Breathe naturally again.

Was breathing comfortable? Was there no abdominal straining? Did expansion continue? Did I let down in time when I needed air?