

TASUM-R MODEL: BASIC TECHNIQUES OF RECURVE ARCHERY SPORTS

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<https://doi.org/10.37602/IJREHC.2023.4403>

ABSTRACT

Archery requires a high concentration of learning and practicing the right techniques. The technique in archery sports requires the same repetition each time to get the same result. The analysis of the results of the MSSPK Recurve Archery Championship 2022 Circuit 2 recorded that only 30% of participants scored more than half for each end i.e. 180 out of 360 scores. This data shows that most participants are unable to consistently release arrows and are accurate on the target board. Consistency and accuracy are important factors in archery. Both of these factors can be enhanced through effective techniques as well as high concentration. Therefore, the TASUM-R model will be developed as a guideline for coaches and archer athletes to enhance the effectiveness of both factors, thus enabling participants to score more than 180, and even achieve 300 points for

6 ends in 3 months of training alone compared to 6 months or more previously. This study used the DDR design to produce the TASUM-R model, which is the Basic Technique of Recurve Archery Sports. This innovation collaborates with an industry partner, Team Freedah Archerz for the purpose of exposure to archery sports enthusiasts from childhood to adulthood as well as the corporatization of a complete module based on the TASUM-R Model.

Keywords: Archery techniques, archery models, elite sports.

1.0 INTRODUCTION AND BACKGROUND

The technique is very important in any sport including archery sports. Archery requires a high concentration of learning and practicing the right techniques. Apart from physical factors such as muscle strength, muscle endurance, balance, body coordination, flexibility, and so on. The technique in archery sports requires the same replay each time to get the same result "if you repeat the same thing, your arrow will go to the same place". Therefore, at the initial stage of the sport, the mastery of basic techniques in this sport is a priority for every athlete apart from the physical and psychological aspects. However, not all athletes are the same style of humor. They build the same basic techniques, but the application and suitability of a technique is up to the athlete himself. With good basic techniques, it will be able to help them to improve skills to a higher level over time (the existence of an advanced tolerance element in the mastery of a skill and technique). Next, they will get better results and results. In this phase it may take a

long time (three to six months) however, it will be well mastered if there is patience and seriousness in learning something new.

2.0 STATEMENT OF PROBLEM

At the Perak School Sports Council (MSSPK) Recurve Archery Championship 2022, only 30% of the participants scored more than half for each end i.e. 180 out of 360 scores. Thus, the TASUM-R Model was built as a preliminary step to ensure that the recurve archer can master the shot perfectly, not only earning a score of more than 180, but also reaching 300 points for 6 ends.

The data showed that most participants were unable to consistently release the arrows on the target board. Both of these factors can be enhanced through effective techniques as well as high concentration. Therefore, the TASUM-R model will be developed as a guideline for archer coaches and athletes to enhance effectiveness.

2.1 Objective

The objective of this study is to:

- Improving archery skills to a higher level through training guided by the TASUM-R Model.
- Produce digital-printed combination modules for the use of trainers and archers.

3.0 THE IMPORTANCE OF THE STUDY TO STUDENTS

3.1 Improving the Skills and Qualities of Archers

Through the TASUM-R Model, it can help athletes to improve skills to a higher level by consistently and accurately releasing arrows on the target board; mastering archery skills well. Participants who applied this model were expected to score more than 180, and even achieved 300 points for 6 ends in just 3 months of training compared to 6 months or more previously. Here, it saves a lot of time for participants who want to hone their archery skills at an instant pace.

3.2 Guide to Coaches and Archers

The TASUM-R model is suitable as a basic guide for recurve archery sports for all trainers and archers in order to simulate the sport more easily. Nothing is easy in this world without continuous effort and learning so in order to achieve better results and results in archery, participants need to score more than 180 marks per end. The main purpose of the production of this module is none other than to produce a simple and compact module for the reference of trainers and archers. The main target of use is to coaches, archers as well as parents as well as the community who want to engage in archery not only as a hobby but also as a recreational activity in their free time.

4.0 METHODOLOGY

Basically, this study is descriptive using the survey method (survey research). This design is used to see and evaluate the level of mastery of the archer when it comes to the type of archery sport which is recurve. According to Mohd Majid Konting (1998), the survey method is suitable for research aimed at explaining a phenomenon that is happening.

In the meantime, observation methods are also used to support the findings from the simulation of this model. This study uses the method of systematic literature studies by obtaining information based on the findings of previous studies to strengthen the latest model. TASUM-R Model Innovation, Recurve Archery Sports Basic Techniques is built using DDR design. The study was conducted through observation and analysis of scoring data from participants participating in the MSSPK Recurve Archery Championship 2022 Circuit 2.

5.0 FINDINGS

In 3 months period, participants can score over 180 per end. The TASUM-R model has 5 sections which are preparation, handling, and structure of training classes, TASUM-R training, empowerment, and evaluation and delivery of tools. This model is especially important for archers to master the skills of archery consistently and accurately. From this model is produced one module.

The results can be seen in the following Model:

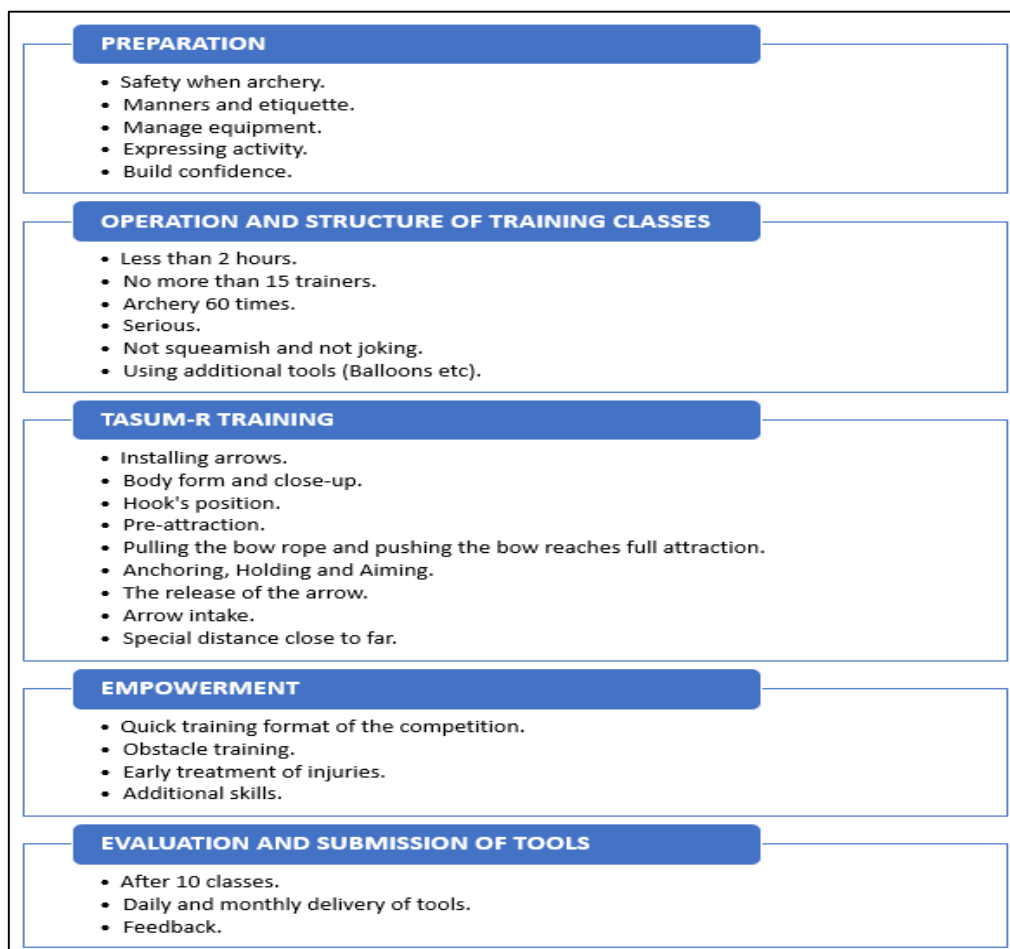


Figure 1: TASUM-R Model

First of all, participants need to do a thorough preparation. This takes into account safety when archery by choosing a safe area and no one in the target field. The manners and ethics are also emphasized to apply the value of discipline when playing sports. Each participant also needs to take care of the equipment in a thorough and orderly manner to ensure that the equipment is not damaged. In the meantime, participants need to identify and state what kind of rules the sport will play and build self-confidence in order to be well archery.

Second, the control and structure of exercise classes. Each training session should be conducted in less than 2 hours and no more than 15 trainers. Each session is also limited to 60 archery sessions and participants need to take it seriously at each archery. During the session, the participant's patience will be tested by seeing and judging the participants neither leefully nor jokingly throughout the exercise, it also shows the participants' willingness to learn. The use of additional tools such as balloons and bottles can add more challenges to the archer and create a more intense and creative atmosphere.

Third, exercise using the TASUM-R technique. It starts by placing an arrow on the arrow rest. Ensure an upright posture that is a 'T-shape' posture to help archers master better archery techniques while reducing the risk of injury. Then the position of the Hook is the finger that pulls the bowstring. While in the pre-pull phase, the archer needs to be in a state of readiness with the position of the body poster, head looking towards the target, hook and grip correctly. The next step is to continue pulling the bowstring and pushing the bow until it reaches full pull. Then anchoring, holding and aiming right towards the target. Tips during a good dart release have balanced characteristics, balanced speed, equal distance and same release direction and consistent hence it will produce good archery. After that, during dart picking, participants should walk calmly and do not run occasionally and a little safety measure is that each arrow drawn must follow the direction of the race and not go against the direction because it can cause the arrow to be easily damaged or bent. This training also needs to follow step by step, that is, starting from a simple level, which is a short distance, to a higher level, which is far away.

Fourth, empowerment. Participants can undergo training and be tested according to competition format training or obstacle training that provides a better experience. The model also requires participants to know the initial procedure and treatment in case of any injury and other additional skills.

Fifth, evaluation and submission of tools. Assessments can be made after the participants have undergone 10 classes and the coach should always seek feedback from the participants for added value and improvement in the future. Delivery of tools must also be made on a daily and monthly basis.

6.0 CONCLUSION

Overall, the author has explained the basic techniques of recurve archery through several steps starting from the correct posture position to follow through. In addition, the author has shared some tips that can be practiced during the process of mastering the basic techniques of archery. Hopefully it will be able to help archers to understand more deeply and be able to do it easily, especially among young athletes or those who are new to this sport. To get good and consistent

technique, quality training factors (apart from quantity) also play an important role to get good and optimal archery performance.

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