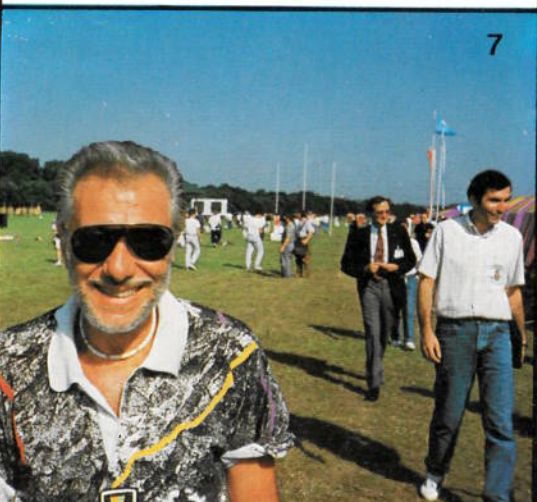




# OFFICIAL BULLETIN



**FITA**

Fédération  
Internationale  
de Tir à l'Arc

International  
Archery  
Federation

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RECEIVED MAR 10 1992



By JAY BARRS

# How To TUNE FOR TOP PERFORMANCE.

Olympic Gold Medalist Jay Barrs discusses his techniques for rough and fine tuning, along with his choice of arrow shafts.

## HOW ACCURATE IS THE BARE SHAFT TECHNIQUE?

Although tuning your bow with the bare shaft technique is satisfactory, I consider it only a rough tune. For the most forgiving tune, here's what I recommend.

At 18 meters, shoot three fletched arrows to get a grouping. Then shoot a bare shaft.

Without fletching, a bare shaft's impact, relative to the fletched arrows, will show exactly how the bow is affecting an arrow's flight.

If the bare shaft is below the group, lower the nocking point. If it's above, raise the nocking point until the bare shaft falls in the group.

Now let's adjust plunger spring tension. For right-handers:

If the bare shaft is to the left, weaken the plunger spring tension (photo). If the bare shaft is to the right, stiffen.

Typical bare shaft grouping.

(Left-handers reverse the process.)

## HOW ABOUT FINE TUNING?

Now move out to 70 or 90 meters and shoot six 6-arrow ends. Chart them on a small target face. Add one-half turn of tension to the plunger and shoot six more ends, charting them on a separate target.



Jay Barrs was the 1987 Pan-Am Champion, and the 1988 National Champion in Field, Target and Indoor.

Keep shooting and adding half-turns of tension. Stop when you notice the groups begin to spread out. Now return the spring tension to where you started (after the bare shaft tuning), and loosen the tension one-half turn at a time. Review all your charts. You'll find that one tension setting groups the best. That's where you set the plunger tension.

## SHOULD I RECHECK MY TUNE?

Yes, once your nocking point and plunger are set, go back to 18 meters and repeat the bare shaft test. Most archers

find the bare shaft will not be in the group any more. This is because your fine tuning has found a more forgiving setup. Notice where the bare shaft is in relation to the group. If you ever need to tune your bow quickly, adjust the nocking point and plunger tension so the bare shaft hits in the same location.

It's a long process, but unless you change your setup, you only have to do it once.

## WHAT SHAFTS DO YOU USE?

I shoot the new 470 G-Series Easton A/C/E, 29-7/8" from the throat of the nock to the end of the point. 90-grain points, Spin-Wing® vanes 1-3/4".

The A/C/E offers a cleaner aerodynamic profile. Nock and points are flush with the shaft so you get a more even airflow around the shaft. This makes the A/C/E the most forgiving, most stable, and most accurate arrow I have ever shot.

For a copy of our Target & Field Archery brochure, contact your Easton dealer, or send \$1 (\$2 U.S. currency if outside the USA) to: Easton, Dept. \_\_\_\_\_, 5040 West Harold Gatty Dr., Salt Lake City, Utah, 84116 USA.



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### FRONT COVER PHOTOS

1. Jim Easton, FITA President congratulates the Gold Medalist KIM Soo-Nyung (KOR)
2. Jim Easton, FITA President and Dr. Karol Hibner, President of the Polish A.A. awards the Gold Medal to Simon Fairweather (AUS).
3. Korean Women Team with the New World Record 1030 p. in the Final.
4. Zehra Oktem (TUR) Bronze Medal
5. Vadim Shikarev (URS) Silver Medal
6. Francesco Gnecci-Ruscone, FITA Honorary President and Katarzyna Wisniewska (Women Champion of the World 1955) awards the Bronze Medal to Zehra Oktem (TUR).
7. After big success of Turkish archers Mario Codispoti, the Turkish coach is happy together with Dr. Erdener Ugur, President of the Turkish A. A.
8. Awarding Ceremony for Men Teams:  
1. Korea, 2. Finland, 3. Australia

## EDITORIAL

by James L. Easton, President of the FITA

The 60th anniversary of FITA was celebrated in Krakow, Poland with a very well organized and managed 36th World Target Archery Championships.

The results are published elsewhere in this FITA Bulletin, but I want to congratulate our repeat Women's Champion from Korea, Miss Kim Soo-Nyung, and our new Men's Champion, Mr. Simon Fairweather of Australia. They both shot extremely well under great pressure. I would also like to extend congratulations to the other medal winners and all the 231 participants from the 43 countries that attended. This was the largest Championship in the history of FITA.

Dr. Karol Hibner, President of the Polish Archery Association, and the city of Krakow are to be congratulated for the outstanding Championship.

Following the Championships, FITA held our two day Congress. We were very pleased to have 61 countries represented in Congress. This shows the increasing level of interest and commitment that is being generated by our Member Associations. Congress approved the membership of seven new members, bringing our total to 79. We welcome Guam, Macau, Syria, Northern Mariana Islands, Papua New Guinea, Suriname and Paraguay. We will work with them to develop their archery programs so they can soon join us at the Olympic Games and FITA Championships.

The South African Archery Association has been accepted by the South African National Olympic Committee and will be able to compete in our future championships. We welcome the changes in their country that allows them to compete internationally again.

The Constitution and Rules book has been corrected for all errors and it has been reformat into two sections: Constitution and Competition Rules. All new motions will be incorporated in the new format and it will be sent to all Member Associations in a loose leaf notebook.

We are pleased to have a lot of interest in some of our championships. Congress awarded the following:

- a) 1993 II Junior World Target - France
- b) 1994 XIV World Field - France
- c) 1994 XIV European and Mediterranean Target Championships - Czechoslovakia
- d) 1995 XXVII World Target - Indonesia
- e) 1996 XV World Field and XV European and Mediterranean Target - (on consecutive weeks) Yugoslavia (Slovenia)

In addition, after Congress, a bid by France for the 1993 II World Indoor Championship was received and approved by the new Council in a meeting held after Congress.

FITA would like to receive bids from Member Associations for the following championships:

- a) 1992 VI Target Championships of Asia and Oceania
- b) 1994 XII Target Championships of the Americas
- c) 1994 VII Target Championships of Asia and Oceania
- d) 1994 III Junior World Target Championships
- e) 1995 III World Indoor Championships

FITA has received interest from Canada and Singapore for the 1997 World Target Archery Championships.

The Congress also covered 134 motions from our Member Associations, Committees and Council, plus our regular business. Some of the highlights of the motions passed are listed below. Most changes are effective January 1, 1992.

1. Archers will be able to win prizes (including cash) of any amount and remain eligible for FITA championships and the Olympics. The only restriction is that all prize money earned at one event over the 2,000 Swiss Franc level must be paid through the archer's national archery association or other national sports body.
2. FITA Council has extended the amnesty period to six months beyond the effective date of the rule (to June 30, 1992). Archers should apply to their national association and follow the FITA rules regarding prize money to be eligible for FITA Championships and the Olympics.
3. The Executive Committee will replace FITA Committee Members who are inactive for any six month period.
4. Advertising on FITA championship competition fields is now unrestricted to allow organizers to offer more advertising space to sponsors.
5. The advertising area on equipment and uniforms has been increased.
6. Compound bows have been added to FITA competitions so FITA Star pins and world records can be earned. Compounds will not be allowed yet in FITA Target Archery Championships. The Target Archery Committee will study the issue and prepare a motion for the 1993 Congress.
7. Registration fees for FITA Star Tournaments will be reduced and Member Associations will be charged for the FITA Star pins. (No new pins will be sent out until the charge can go into effect on January 1, 1992).
8. In FITA competitions and championships, practice will be allowed on the competition field on competition days up to 15 minutes before the first scoring end. There will be no more official sighter arrows.
9. Several new recreational rounds have been officially accepted by FITA:
  - a) Half FITA Round.
  - b) FITA 900 Round.
  - c) FITA Olympic Rounds (previously called New Olympic Round - NOR).
  - d) A new FITA Round was proposed by Sweden and it was accepted for testing purposes.



## FITA COUNCIL MEMBERS:

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**Nikola Skoric** (YUG)

### TARGET ARCHERY COMMITTEE (1989-1993)

Chairman: **Klaus Röttger** (GER)  
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Members: **Joseph Lin** (TAI)  
**Choe Ok Sun** (PRK)

### COMPETITORS' COMMITTEE (1991-1995)

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Telefax: (1-602) 892-0604

Members: **Pauline Edwards** (GBR)  
**Jacqueline Van Rosendaal** (NED)

It consists of 30 arrows at 40 meters on an 80 cm face and 30 arrows at 70 m on a 122 cm face.

The acceptance of the FITA Olympic Round was for use at Olympic competitions and will not be used for our World or Regional Championships at this time. It may be used at all other levels of FITA competition.

10. Many suggestions for changes of the outdoor and indoor target rules were referred to the Target Archery Committee for further review.

11. The inner 10 ring concept was accepted by Congress. The Target Archery Committee will fine tune the actual diameter to attempt to balance top compound and recurve scores in all outdoor and indoor target rounds. A slightly smaller 10 ring (approximately 70-75% the size of the current 10 ring) will be used for compound archers in FITA Star Tournaments and Indoor Championships.

12. Effective in 1993 for field, and 1994 for outdoor and indoor target, only FITA faces printed by licensed manufacturers will be allowed for FITA Star and championships tournaments.

13. To speed up shooting at FITA competitions and championships, three archers may shoot on the line at one time. They may shoot six arrows at the 90, 70 and 60 meter distance before scoring. Shooting time for six arrows will be reduced from five to four minutes. Time for three arrows will be two minutes.

14. In field archery, the following was passed:

a) Some of the longer barebow distances were shortened.

b) A recreational Animal Round was approved.

c) Binoculars can only be used after the first arrow has been shot.

d) Once an archer draws back an arrow in the unmarked round, he may not change his sight until that arrow is shot.

15. Rules for Ski-Arc were approved with the addition of another division that includes the skating technique and compound bows.

Congress awarded the Gold Plaque to Don Stamp for his many valuable years of service to FITA on Council, the Target Archery Committee, the New Olympic Round Task Force and the Constitution and Rules New Format Task Force. He will long be remembered for his ability to clearly and accurately correct and re-format the Constitution and Rules into a more useable document. Don has resigned all his posts in FITA because of ill health and we wish him well.

Congress also awarded the Gold Plaque to Knud Andresen, who passed away in 1990, for his long service to FITA in Council and the Judges Committee.

The Silver Plaque was awarded to Fred Garner for his years of archery service to the Zimbabwe Archery Association.

FITA elections were lively and the results gave FITA some new and talented Council and Committee Members:

**Council:** First Vice President - Don Lovo (re-elected), Vice President - Nikola Skoric (re-elected), Raoul Theeuwes and Steve Lieberman (both re-elected), Klaus-Dietrich Schulz (elected), Yu Hong Jong (elected) and Haposan Panggabean (elected for a two year term to replace Don Stamp)

**Board of Justice:** Francesco Gneccchi-Ruscione, Jean Lernout, Fred Gavin (re-elected), Willem Trienekens (re-elected) and Li Hye Kyong (re-elected).

### Committees:

**Constitution & Rules:** Steve Lieberman, Chairman (re-elected), Klaus-Dietrich Schulz, Giuseppe Cinnirella

**Field Archery:** Per Bolstad, Chairman, Nikola Skoric (re-elected), Robert Phillips

**Judges:** Don Lovo, Chairman (re-elected), Um Sung-Ho (re-elected), Morten Wilmann

**Competitors:** Rick McKinney, Chairman (re-elected), Jacqueline Van Rosendaal, Pauline Edwards.

Due to the resignation of Don Stamp, Chairman of the Target Archery Committee, Joe Lin was elected as the third Committee Member for a two year term and Klaus Röttger was appointed the new Chairman.

Ramon Lim, long time Council Member, retired and I want to thank him for his many years of service to Council and his long term efforts to develop archery in the Philippines. We give him our best wishes.

The Congress was a very busy one, but it was successful. The New Olympic Round was ratified by Congress and this will give us a great opportunity to present archery in the best possible format for television and live spectators at Barcelona.

FITA members need to continue to help develop new members so we can reach our goal of 100 members by the Atlanta Olympics in 1996. We need everyone's help to achieve this goal.

I have completed two busy years as your president, far busier than I thought, but the progress we are making to improve our sport and image are positive and rewarding. Thanks to the Council, Committee and Task Force members, Nikola Skoric for his great job on the FITA Bulletin and a special thanks to our First Vice President, Don Lovo, for his tireless efforts for FITA.

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*The Official Bulletin of the FITA is also published in French.*





## XXXVIth OUTDOOR TARGET ARCHERY WORLD CHAMPIONSHIPS

by Nikola Skoric, FITA Vice-President

Although archery didn't have its international federation, it was on the program of the first few Olympic Games: 1904 in Saint Louis (USA), 1908 in London (GBR), 1912 in Stockholm (SWE) and 1920 in Anvers (BEL). After the Olympics in 1920, archery was taken off the Olympic program. With big delay, comparing to other sport associations, FITA (International Archery Federation) was founded in 1931, in Lawow, at that time in Poland. At the same occasion the first World Championships was held.

The reason why archery was taken off the program was that at every Olympics the organizer chose another archery discipline to be shot; it was at that time CIO insisted on the special Olympic Round.

Inger K. Frith O.B.E., President of FITA, managed after long efforts to put archery back to the Olympic program in 1972. In 1992, at the following Olympic Games in Barcelona, with the help and longer effort of James L. Easton, President of FITA and Olympic Round Task Force working group, new FITA Olympic Round will be promoted.

Polish Archery Association, the founder of FITA, has a long and successful tradition and when the organization of 36th FITA World Championships was given to Poland it was clear to everyone that it will be a top event, both the Congress and the World Championships.

The Opening Ceremony was held at one of the most beautiful squares of old Krakow. Marching in and out, blessing and Opening Speech contributed to the solemnity of the occasion and all the people present there were proud of being at that beautiful jubilee.

### August 20, 1991 - First day - Qualifications - Long distances

Rain and pretty heavy wind from all directions spoiled the mood of some competitors while the others took it as a chance for their success. 97 women and 127 men came to this Championships with one common wish and that is to achieve their best result.

**At 70 m, women** today obtain as good results as men. The wind was a bit of problem here, but after the first distance the leaders were as at any other tournament: Lee Eun-Kyung (KOR) achieved 318 points, Cho Yoon-Jung (KOR) 315, Sjö wall Jenny (SWE) 315, Arzanikova Ludmila (URS) 311, Kim Soo-Nyung (KOR) 310, Lee Seon-Hee (KOR) 310, Kriz Claudia (GER) 310, Eichinger Heike (GER) 307, Williamson Alison (GBR) 306.

**At 90 m, men:** 1. Chung Jae-Hun (KOR) with 305 points, 2. Parenti Andrea (ITA) 304, 3. Matsushita Takayoshi (JPN) 302, 4. Toft Henrik (DEN) 299, 5. Priestman Richard (GER) 295, 6. Chiu Pin-Kun (TAI) 294, 7. Fu Sheng-Jun (CHN) 292, 8. Gammelgaard Ole (DEN) 292, 9. Van de Ven Rony (BEL) 292, 10. Gusak Jaroslaw (URS) 292.

During the afternoon the rain was not so strong, as well as the wind and the results became better.

**At 60 m, women:** 1. Lee Eun-Kyung (KOR) 337, 2. Kim Soo-Nyung (KOR) 334, 3. Parker Denise (USA) 333, 4. Valejeva Natalia (URS) 331, 5. Sjö wall Jenny (SWE) 330, 6. Cho Yoon-Jung (KOR) 326, 7. Arzanikova Ludmila (URS) 326, 8. Murzajeva Makhukhanua (URS) 326, 9. Oktem Zuhra (TUR) 325, 10. Backman Christa (SWE) 325.

**At 70 m, men:** 1. Yang Chang-Hoon (KOR) 332, 2. Chun In-Soo (KOR) 332, 3. Fairweather Simon (AUS) 329, 4. Yamamoto Hiroshi (JPN) 328, 5. Toft Henrik (DEN) 325, 6. Fu Sheng-Jun (CHN) 323, 7. Matsushita Takayoshi (JPN) 323, 8. Eliason Edwin (USA) 322, 9. Parenti Andrea (ITA) 322, 10. McKinney Rick (USA) 321.

Thus finished the first day of qualifications and everything was under the question who will enter the first 24 places - individual or which teams have real chances to enter the first 12.

### August 21, 1991 - Second day - Qualifications - Short distances

The weather was the same as the first day. The rain was not so strong but wind changed directions all the time. Some famous names were ranking around 24th place. It was clear to everyone that one bad arrow could spoil the success. Nervous were even those who never showed that before;

**KIM SOO-NYUNG (KOR)  
WOMEN CHAMPION  
OF THE WORLD  
TOWARDS A NEW GOAL**  
by Um Sung-Ho

After shooting the last 3 arrows in the Individual Grand Finals, Miss Kim Soo-Nyung was not sure of her victory. She had difficulty in competing with fellow archer, Lee Eun-Kyung, Lee Sun-Hee and Arzanikova in the previous Finals. She became the woman champion of the world by one point ahead Miss Lee Eun-Kyung who won the second place. Of course, she won the Team event on the following day too.

At last she won two consecutive FITA Championships of both Individual and Team Event, which was a great achievement in the history of FITA Championships.

In 1984 she participated in the national tournament for the first time while she was a middle school student. It was COQ FITA Tournament held in France in July, 1987 that she competed in international tournament as a member of Korean Junior team. At that time she established a world record by scoring 356 points at 30 meters. From then on she began to be recognized as a promising archer.

Next year, when she was only 17 years old, Kim won two gold medals in the Individual and Team Event at the Games of the 24th Olympiad. As a result she became a representative Korean archer together with Kim Jin-Ho, former world champion, and Seo Hyang-Soon gold medalist of the Los Angeles Olympics.

At the 35th World Championships held in Lausanne she demonstrated her ability to the full. By establishing several new world records in this Championships she became a record holder in every category of the women division. From then Kim was called "Archery Machine" or "Archery Genius".

She was unhappy during 1990. Though she could renew her world record in Beijing Asian Games, Kim only marked the 3rd





KIM Soo-Nyung (KOR)

place in the Individual Event. This was an unsatisfactory result for her and Korean archery fans.

Her coach, Mr. Lee Ki-Shik comments "She has a very accurate and stabilized holding technique. Therefore, her shooting is extremely consistent. Kim is of a small physique but she can use back tension and has superb stability in her lower limbs." She thinks positively when competing on the shooting line. This is what makes her a great archer.

The New Olympic Round at the Barcelona Olympics next year will give her a new challenge. In the Round she will compete with such top archers as Lee Eun-Kyung, Ericsson, Parker as well as with herself. If she wins another two goldmedals in this New Olympic Round, it will be a very significant achievement in the history of world archery. We may well hope that she will do it.

Bow: YAMAHA EX #38 66"  
Arrow: EASTON ACE 720  
Nocks: EASTON ACE  
Sight: YS-V  
Feathers: SPIN WING  
Stabilizer: YAMAHA URS  
Cushion plunger: BEITER (specially designed)

#### SIMON FAIRWEATHER (AUS) MEN CHAMPION OF THE WORLD

by Donald McLeish

Australian archery history was made when Simon Fairweather won the FITA Target Archery Championship of the World in Poland. Never before has an Australian archer achieved this honour.

Simon Fairweather lives in the small country town of Strathalbyn, approximately 30 km from Adelaide, South Australia, venue for WAC 1987. He commenced archery in 1984 shooting a compound bow, and in that same year won his first tournament. The following year, 1985 with some additional coaching, was runner up in the under eighteen compound state championship. His coach suggested the change to a recurve bow, as at that time, he showed enough promise to, perhaps one day, represent Australia. To continue with the compound bow at this time meant going no further than a state team.

Kate, his younger sister, is also an archer and competed in the 1st World Junior Championships in Sandefjord, Norway.

for some started a big hunt and for some a big runaway. It is well known that 50 m is discipline in which decisions are made because at 30 m nothing can be done. Competitors at first ten places are shooting well and making bigger difference.

**Women at 50 m:** Except for a few changes the top was the same: 1. Kim Soo-Nyung (KOR) 330, 2. Lee Eun-Kyung (KOR) 329, 3. Lee Seon-Hee (KOR) 326, 4. Cho Yoon-Jung (KOR) 325, 5. Eriksson Petra (SWE) 323, 6. Eichinger Heike (GER) 323, 7. Kim Jong-Hwa (PRK) 319, 8. Murzajeva Makhluhanua (URS) 316, 9. Parker Denise (USA) 314, 10. Kriz Claudia (GER) 314.

**Men at 50 m:** 1. Yang Chang-Hoon (KOR) 340, 2. Chung Jae-Hun (KOR) 333, 3. Chun In-Soo (KOR) 333, 4. Shikarev Vadim (URS) 332, 5. Esheev Vladimir (URS) 330, 6. Flute Sébastien (FRA) 330, 7. Lipponen Jari (FIN) 329, 8. Camps Berny (NED) 329, 9. Limba Ram (IND) 328, 10. Grov Martinus (NOR) 327.

First days of qualifications passed in heavy fighting for ranking among first 24 individual competitors and 12 teams but to get the list for the finals a shoot-off was needed. It took place between Gwang Sun (PRK) and Voulgaropoulou Joanne (GRE), and Joanne won it. In the men's shoot-off a real pleasure was a fight between Darrell Pace (USA) and Berny Camps (NED) and that attracted a lot of spectators. A great experience helped Darrell to win.

The following women teams placed for the finals: (KOR), (URS), (USA), (PRK), (TAI), (SWE), (NED), (TUR), (FRA), (GBR), (GER) and (POL).

The following men teams placed for the finals: (KOR), (FIN), (AUS), (USA), (JPN), (FRA), (URS), (POL), (NED), (ITA), (DEN) and (GBR).

#### FINALS

Although it was a working day, a lot of spectators showed a great interest for archery and proved popularity of this sport in Poland. Better weather conditions contributed to that too. Last few days were sunny with light wind and the day when team finals took place it was calm with a lot of sun.

#### August 22, 1991 - 1/8 and 1/4 - Finals for women and men

If we could say that the situation during the qualifications was very tense and interesting, this could be specially said for the finals, where each new arrow lowered or highered a competitor at the scoreboard.

**1/8 Finals, women:** Korean girls were shooting fantastically and they took first three places - Kim Soo-Nyung 346, Lee Eun-Kyung 342, Lee Seon-Hee 338. There was a fight at the bottom of the board. Four competitors were with same result - 319 points and only two places (17 and 18) were free. There was a shoot-off - over a thousand spectators were silent. Lai Fang-Mei (TAI) and Williamson Alison passed to 1/4 finals, Lin Yi-Yin (TAI) and Cavidan Bilgen (TUR) lost, as well as Van Rozendal Jacqueline (NED), Sjö wall Jenny (SWE), Kriz Claudia (GER) and Voulgaropoulou Joanna (GRE). Competitors from Great Britain were very happy because one of the girls entered the 1/4 finals.

**1/8 Finals, men:** Bjerendal Goeran (SWE), Limba Ram (IND), Van de Ven Rony (BEL), Matsushita Takayoshi (JPN), Toft Henrik (DEN) and Kwiecien Konrad (POL) lost and the best was Chung Jae-Hun (KOR) 340, Zabrodsky Stanislav (URS) with 338 points was second and Flute Sébastien (FRA) with 335 points was third.

**1/4 Finals, women:** Three Korean girls took the first three places again. Kim Soo-Nyung (KOR) 339, Lee Eun-Kyung (KOR) 339 and this time the third was Cho Yoon-Jung (KOR) with 337 points, 4. Parker Denise (USA) 334, 5. Lee Seon-Hee (KOR) 331, 6. Lai Fang-Mei (TAI) 330, 7. Arzanikova Ludmila (URS) 328 ...

Kim Ok Hui (PRK) 318, Tunianc Jana (URS) 316, Li Nyong Gum (PRK) 316, Valejeva Natalia (URS) 315, O'Donnell Jennifer (USA) 309 and Williamson Alison (GER) 302 didn't enter the semi-finals.

#### Finals of the Grand FITA Round

#### MEN

R	Competit.	Nat.	FITA	R.	1/8	R.	1/4	R.	1/2	R.	Grand	Total
1.	FAIRWEATHER S.	AUS	1265	19	322	14	329	3	328	7	334	1313
2.	SHIKAREV V.	URS	1287	8	329	7	326	6	336	2	328	1319
3.	CHUNG J.-H.	KOR	1315	2	340	1	338	1	336	1	328	1342
4.	YAMAMOTO H.	JPN	1282	11	321	16	321	11	331	6	327	1300
5.	ESHEEV V.	URS	1286	9	328	8	326	7	326	8	324	1304
6.	FLUTE S.	FRA	1278	13	335	3	326	5	332	5	321	1314
7.	ELIASON E.	USA	1291	5	328	10	322	10	332	4	319	1301
8.	McKINNEY R.	USA	1261	22	324	11	322	8	332	3	316	1294
9.	POIKOLAINEN T.	FIN	1276	14	331	6	326	4	325			
10.	YANG C.-H.	KOR	1316	1	333	5	337	2	324			
11.	CHUN I.-S.	KOR	1294	4	320	17	322	9	320			
12.	HALLARD S.	GBR	1275	16	334	4	320	12	319			
13.	GAMMELGAARD O.	DEN	1275	15	321	15	320					
14.	PARENTIA.	ITA	1296	3	323	13	317					
15.	ZABRODSKY S.	URS	1262	20	338	2	315					
16.	PACE D.	USA	1258	24	328	9	314					
17.	FU S.-J.	CHN	1289	7	319	18	314					
18.	LIPPONEN J.	FIN	1285	10	323	12	304					
19.	BJERENDAL G.	SWE	1274	17	318							
20.	LIMBA R.	IND	1272	18	314							
21.	VAN DE VEN R.	BEL	1262	21	314							
22.	MATSUSHITA T.	JPN	1279	12	312							
23.	TOFT H.	DEN	1290	6	307							
24.	KWIECIEN K.	POL	1259	23	305							



**1/4 Finals, men:** Again the best was Chung Jae-Hun (KOR) with 338 points, Yang Chang-Hoon (KOR) 337, Fairweather Simon (AUS) 329...

Gammelgaard Ole (DEN) 320, lost the shoot-off with Hallard Steven (GBR) 320, and Parenti Andrea (ITA) 317, Zabrodsky Stanislav (URS) 315, Pace Darrell (USA) 314, Fu Sheng-Jun (CHN) 314 and Lipponen Jari (FIN) 304 didn't enter the semi-finals.

Thus ended the first day of the finals. Archers like Valejeva, Zabrodsky, Gammelgaard, Parenti, Pace, Sjö wall, that were counted among favourites lost in the 1/4 finals.

#### August 23, 1991 - 1/2 Finals and Grand Finale

**1/2 Finals, women:** Ludmila Arzanikova (URS) with 338 points was first if we can say that, because Lee Seon-Hee (KOR) and Kim Soo-Nyung (KOR) had the same 338 points. 4. Lee Eun-Kyung (KOR) 337, 5. Parker Denise (USA) 329, 6. Ericsson Petra (SWE) 329, 7. Lai Fang-Mei (TAI) 328, 8. Oktem Zehra (TUR) 327. There was a lot of joy in the Turkish team.

**1/2 Finals men:** The Korean phalanx was broken. Poikolainen Tomi (FIN) 325, Yang Chang-Hoon (KOR) 324, Chun In-Soo (KOR) 320 and Hallard Steven (GBR) 319 lost.

The Grand Finale entered: Chung Jae-Hun (KOR) 336, Shikarev Vadim (URS) 336, McKinney Rick (USA) 332, Eliason Edwin (USA) 332, Yamamoto Hiroshi (JPN) 331, Fairweather Simon (AUS) 328 and Esheev Vladimir (URS) 326 points.

**GRAND FINAL WOMEN:** There were a lot of excitement and inspite of the ideal conditions and weather the results were poorer then in other finals. The world champion is Kim Soo-Nyung (KOR) with 333 points, the second is Lee Eun-Kyung (KOR) with 332 points, and the third is Oktem Zehra (TUR) with 329. The bronze medal for Turkey is a big success. Everyone wanted to congratulate Zehra, her coach Mario Codispoti and Dr. Uruk Erdener, president of the Turkish Archery Association.

**GRAND FINAL MEN:** The world champion is Fairweather Simon (AUS) with 334 points and there was a shoot-off for the second and third place between Chung Jae-Hun (KOR) 328 and Shikarev Vadim (URS) 328. Shikarev was better winning the silver medal and Chung got the bronze. We could see here, for the first time, that the Koreans got the nerve.

#### August 24, 1991 - 1/2 Finals and Team Finals

A record number of teams entered the qualifications and it was not a big sensation that some of very successful teams didn't enter the semi-finals, just to mention some: Italy, Finland, China, Mexico, Japan, Indonesia...

**1/2 Finals women teams:** 1. Korea 1025, 2. USA 976, 3. DPR Korea 972, 4. Chinese Taipei 972, 5. URS 965, 6. Sweden 961, 7. Turkey 951, 8. The Netherlands 948.

France with 945 points, United Kingdom with 939, Germany with 934 and Poland with 931 points didn't enter the Finals.

**1/2 Finals men teams:** Among 29 teams from the qualifications only 12 entered semi-finals. Some of them were aspirants for the medal as Sweden, Belgium, China, Germany...

1. URS 998, 2. KOR 982, 3. FIN 982, 4. FRA 979, 5. AUS 978, 6. USA 968, 7. JPN 960, 8. POL 959 NED, ITA, DEN and GBR didn't enter the Finals.

The afternoon was ideal for shooting and it was the time to fight for the medals. Spectators completely filled up all places behind both sides of the championship field. As every day the event started punctually except once when at men's side the signal board broke down. Only then the event started a little bit later. Although they had to changed scores manually it didn't spoil the competition.

**GRAND FINAL WOMEN TEAM:** The Korean girls set a new world record with 1030 points and won the gold medal, URS took the silver with 999 points and USA took the bronze with 995 points. By distances Korean girls shot the following points: 30 m 260 points, 50 m 254 points, 60 m 260 points and at 70 m 256 points out of possible 270 points.

**GRAND FINAL MEN TEAM:** Korea won the gold medal with 998 points. There was a shoot-off for silver and bronze because Finland and Australia had the same 989 points. The result was: Finland won silver medal and Australia the bronze. The Finlands were celebrating after a long time, but the Australians were a big surprise and they were very happy. > 9



FAIRWEATHER Simon (AUS)

In 1986, competed as a junior in his first open national archery championships placing 52nd out of 78 competitors. In January, 1987 was runner up at the Junior National Archery Championships in Sydney, New South Wales. In March of that same year, and only 30 months after converting to the recurve bow, Simon became the first junior ever to win the Australian open National Target Archery Championships. In so doing shot a national record for the double FITA. Unfortunately, shortly after these Nationals, Simon's coach Rosney Johns died of cancer. During 1987, his best FITA score in competition was 1262, but during training had shot 1309.

In 1988 Simon won the Australian Capital Territory Target Championship and was selected for the Australian Team to contest the Asia Oceania Target Archery Championships to be held in Perth, Western Australia. Subsequently placed third in that event being narrowly defeated by Yamamoto and Matsushita of Japan. In the same year Simon went on to win his second open National Championships conducted this time in Sydney. Also during this event he broke his double FITA record, and set a new single FITA record for the Championships, and was named all round best recurve archer for the week long tournament. Simon's shooting continued to improve and later that same year he shot 1334, his best ever FITA score in training. This gave him great encouragement, as at that time this was only 7 points under the world record. In May, he was named in the Australian Olympic Team to Seoul.

Simon attained the second highest score outright in the USA National Target Championships in July, 1988 also winning the visitors division. After a third place in the eighth finals of the Seoul Olympics, Simon dropped out of contention and finally placed 16th. He was the youngest ever Australian Olympic Archery Team member, and his placing was the best achieved by an Australian in this event.

Following the death of his coach, Simon continued training, virtually on his own until 1989 when he won a scholarship with the South Australian Sports Institute enabling him to train full time and did so under the guidance of noted South Australian coach, Gordon Pawson. He went on to win his third National Championships event in Brisbane, Queensland,

### Finals of the Grand FITA Round

### WOMEN

R.	Competit.	Nat.	FITA	R.	1/8	R.	1/4	R.	1/2	R.	Grand	Total
1.	KIM S.-N.	KOR	1330	2	346	1	339	1	338	3	333	1356
2.	LEE E.-K.	KOR	1337	1	342	2	339	2	337	4	332	1350
3.	OKTEM Z.	TUR	1272	15	324	14	319	12	327	8	329	1299
4.	LEE S.-H.	KOR	1311	4	338	3	331	5	338	2	328	1335
5.	ERICSSON P.	SWE	1296	5	328	9	326	8	329	6	323	1306
6.	PARKER D.	USA	1296	6	334	4	334	4	329	5	320	1317
7.	ARZANIKOVA L.	URS	1295	7	331	6	328	7	338	1	319	1316
8.	LAI F.-M.	TAI	1266	16	319	17	330	6	328	7	314	1291
9.	KIM JONG H.	PRK	1265	17	329	7	325	9	324			
10.	CHO Y.-J.	KOR	1317	3	329	8	337	3	323			
11.	EICHINGER H.	GER	1284	11	325	11	322	11	318			
12.	MURZAJEVA M.	URS	1284	10	324	13	323	10	317			
13.	KIM OK H.	PRK	1260	21	323	15	318					
14.	TUNIANC J.	URS	1256	22	325	10	316					
15.	LI NYONG G.	PRK	1272	14	322	16	316					
16.	VALEEVA N.	URS	1287	9	334	5	315					
17.	O'DONNELL J.	USA	1260	20	324	12	309					
18.	WILLIAMSON A.	GBR	1278	13	319	18	302					
19.	LIN Y.-Y.	KOR	1263	18	319							
20.	CAVIDAN B.	TUR	1254	23	319							
21.	VAN ROZENDAAL J.	NED	1262	19	317							
22.	SJO WALL J.	SWE	1294	8	312							
23.	KRIZ C.	GER	1284	12	308							
24.	VOULGARPOULOU J.	GRE	1248	24	306							



shooting a new national record FITA, scoring over 1300 points for the first time. This event earned him selection as a member of the team to compete in the FITA World Target Championships held in Switzerland.

After a bout of influenza just prior to the World Archery Championships in Switzerland Simon only managed to gain 19th place. In October following this event, he finished fourth in the Asia Cup in Beijing. In late 1989, Simon began to realise there was a chance at a world record when he shot 1342 in training one point over the FITA 30 metre world record at that time. His best FITA score was 1344, but in the period of seven months he shot nineteen 1300 plus scores.

In March, 1990 Simon won the Australian Nationals for the fourth consecutive time, and gained a place in the Australian Team to both the USA Nationals and the 1990 World Field Archery Championships in Norway. His eventual score in the USA Nationals was well below his normal standard and shot the tenth highest score of the tournament. He regained form in Norway and placed second behind Olympic gold medalist, Jay Barrs of the USA. After a two month lay off Simon shot 1343, increasing his Australian record by 25 points, and one point above the previous world record, just been broken and now stood at 1352.

In 1991, at the National Championships - Melbourne, Victoria, Simon continued his dominance of Australian archery by winning this event for the fifth time. He gained selection once again in the Australian Team to compete in Poland and the Asia Cup in the Philippines. At the "Salice Terme Tournament" in Italy, as a lead up to the FITA Championships, he shot 1336 gaining first place and breaking the tournament record.

The 36th FITA World Target Archery Championships in Krakow, Poland had come around. Simon, in his usual way, was feeling relaxed and confident about the tour generally, and looked forward to meeting up with friends made on the Championships line. The rest is not only Australian but world archery history, as Simon Fairweather went on to become the Target Archery Champion of the World at the 60th anniversary celebration of the founding of FITA.

A wonderful effort for one who only commenced the sport a mere seven years before, and who now at the still young age of 21 has the future before him. The question is for Simon Fairweather - how many more national championships, or dare we say, how many more world championships can he achieve?

Congratulations Simon!

Bow: HOYT TD 4  
Weight: 50 lbs  
Bow length: 68 inch  
Draw length: 28 inch  
Fleching: SPIN WING 1 9/16 inch  
Nock: EASTON .098  
Sight: SHIBUYA  
Stabilizer: EASTON ACE  
UHR System  
String: FAST FLITE 20 strands  
Rest: CAVALIER OLYMPIAN  
Button: BEITER

**NEXT FITA MEETING**  
January 29-30, 1992  
Las Vegas (USA)  
Council Meeting

## MEN

## Open Events for Qualification

## WOMEN

R.	Competit.	Nat.	FITA	90m	70m	50m	30m	R.	Competit.	Nat.	FITA	70m	60m	50m	30m
1.	YANG C-H	KOR	1316	290	332	340	354	1.	LEE E.-K.	KOR	1337	318	337	329	353
2.	CHUNG J.-H.	KOR	1315	305	321	333	356	2.	KIM S.-N.	KOR	1330	310	334	330	356
3.	PARENTI A.	ITA	1296	304	322	325	345	3.	CHO Y.-J.	KOR	1317	315	326	325	351
4.	CHUN I.-S.	KOR	1294	279	332	333	350	4.	LEE S.-H.	KOR	1311	310	323	326	352
5.	ELIASON E.	USA	1291	291	322	325	353	5.	ERICSSON P.	SWE	1296	306	315	323	352
6.	TOFT H.	DEN	1290	299	325	316	350	6.	PARKER D.	USA	1296	302	333	314	347
7.	SHIKAREV V.	URS	1287	286	316	332	353	7.	ARZANIKOVA L.	URS	1295	311	326	308	350
8.	ESHEJEV V.	URS	1286	280	320	330	356	8.	SJO WALL J.	SWE	1294	315	330	310	339
9.	ESHEJEV V.	URS	1286	280	320	330	356	9.	VALEJEVA N.	URS	1287	305	331	305	346
10.	LIPPONEN J.	FIN	1285	291	311	329	354	10.	MURZAJEVA M.	URS	1284	295	326	316	347
11.	YAMAMOTO H.	JPN	1282	284	328	317	353	11.	EICHINGER H.	GER	1284	307	316	323	338
12.	MATSUSHITA T.	JPN	1279	302	323	307	347	12.	KHIZ C.	GER	1284	310	318	314	342
13.	FLUTE S.	FRA	1278	291	315	330	342	13.	WILLIAMSON A.	GBR	1278	306	322	313	337
14.	POIKOLAINEN T.	FIN	1276	290	310	322	354	14.	LI N.-G.	PRK	1272	294	324	311	343
15.	GAMMELGAARD	DEN	1275	292	320	316	347	15.	OKTEM Z.	TUR	1272	300	325	309	338
16.	HALLARD S.	GBR	1275	287	319	320	349	16.	LAU F.-S.	TAI	1266	299	321	303	343
17.	BJERENDAL G.	SWE	1274	288	308	328	352	17.	KIM J.-H.	PRK	1265	295	309	319	342
18.	LIMS A.	IND	1272	278	318	328	348	18.	LIN Y.-Y.	TAI	1263	305	313	302	343
19.	FAIRWEATHER S.	AUS	1265	271	329	321	344	19.	VAN ROZENDAAL	NED	1262	294	313	308	347
20.	ZABRODSKY S.	URS	1262	266	318	326	352	20.	O'DONNELL J.	USA	1260	293	320	304	343
21.	VAN DE VEN R.	BEL	1262	292	310	315	345	21.	KIM O. H.	PRK	1260	286	320	310	344
22.	MC KINNEY R.	USA	1261	281	321	313	346	22.	TUNIANC J.	URS	1256	304	315	302	335
23.	KWIECIEC J.	POL	1259	281	315	326	337	23.	CAVIDAN B.	TUR	1254	302	315	301	336
24.	PAGE D.	USA	1258	288	319	306	345	24.	VOULGARPOPOLOU	GRE	1248	287	314	309	338
25.	CAMPS B. N.	NED	1258	288	301	329	340	25.	O GWANG S.	PRK	1248	290	306	311	341
26.	GROV M.	NOR	1256	285	311	327	353	26.	LIU P.-Y.	TAI	1247	299	307	300	341
27.	VAZQUEZ M.-A.	SPA	1255	285	310	318	342	27.	BRETTON G.-A.	MEX	1247	298	310	307	332
28.	PRIESTMAN R.	GBR	1255	295	302	318	340	28.	WANG H.	CHN	1246	291	316	299	340
29.	WHANG S.-W.	KOR	1255	267	317	323	348	29.	NADTOCHV I.	ISR	1245	281	314	310	340
30.	DI BUO I.	ITA	1254	280	321	306	347	30.	BACKMAN C.	SWE	1243	299	325	297	322
31.	GUSAK J.	URS	1252	292	305	307	348	31.	EDENS J.	GBR	1243	290	320	308	325
32.	ROJAS M.-R.	MEX	1249	289	307	320	353	32.	YANG H.-J.	TAI	1240	301	312	288	339
33.	GARNREITER A.	GER	1249	285	307	325	352	33.	CODISPOTTI L.	ITA	1240	290	301	311	338
34.	KALETA K.	POL	1247	288	316	322	341	34.	VERSTEGEN C.	NED	1239	294	315	294	336
35.	ERSU K.	TUR	1246	278	307	318	343	35.	IORIATTI C.	ITA	1239	291	320	304	324
36.	HUNTER R.-R.	AUS	1246	275	305	322	344	36.	JARALYN O.	MON	1238	277	308	312	341
37.	VERSTEGEN E.	NED	1246	277	312	314	343	37.	HIBON N.	FRA	1236	277	311	306	342
38.	FALCK I.	FIN	1246	276	303	318	349	38.	WANG Y.-S.	CHN	1236	281	310	309	336
39.	CHIU P.-K.	TAI	1244	294	312	297	341	39.	KOWALSKA K.	POL	1234	292	322	293	327
40.	VOGELS H.	NED	1244	274	316	308	346	40.	NOWICKA J.	POL	1233	287	314	292	340
41.	GILEWSKI J.	POL	1242	284	306	312	340	41.	DYKMAN J.	USA	1231	295	297	306	333
42.	RIVOLTA A.	ITA	1239	282	310	304	343	42.	JOHNSTONE F.	NZL	1229	279	293	314	343
43.	ALAHUHTA P.	FIN	1239	269	316	322	332	43.	GABILLARD C.	FRA	1226	301	290	295	340
44.	MOSKALEWICZ P.	POL	1237	273	312	305	347	44.	DIMITROVA S.	BUL	1225	297	293	299	336
45.	FELIPE B.	FRA	1236	289	294	312	341	45.	ELASVIRTA M.	FIN	1225	285	316	287	337
46.	BERGENHEIMER	USA	1236	271	307	312	346	46.	IKEGAKI R.	JPN	1222	299	308	271	344
47.	LARSSON M.	SWE	1236	269	306	318	343	47.	ADAMS J.	USA	1222	277	306	310	329
48.	HOLGADO R.-J.-C.	SPA	1235	274	314	307	340	48.	KOROTKIN E.	POL	1221	277	308	297	339
49.	PLOJ B.	YUG	1234	267	309	311	347	49.	PFONL C.	GER	1221	286	304	299	332
50.	ANCHONDO G.-A.	MEX	1234	274	313	300	347	50.	MAUPIN L.	FRA	1220	278	307	305	330
51.	BOSSI C.	ITA	1233	273	296	317	347	51.	GARCIA LLANAS A.	MEX	1218	276	307	306	329
52.	KOLESNIK V.	ISR	1233	251	311	321	350	52.	RIES I.	LUX	1217	280	305	292	340
53.	MOITZI H.	AUT	1233	263	322	296	352	53.	BEEDREN J.	LUX	1216	279	311	294	332
54.	DHULCHAND D.	IND	1232	273	313	309	337	54.	AALTONEN P.	FIN	1215	279	311	293	333
55.	ROULIARD O.	FRA	1232	278	300	308	348	55.	BONAL S.	FRA	1215	275	296	292	352
56.	CHANG F.-C.	TAI	1231	311	302	345		56.	EDWARDS P.	GBR	1213	283	304	288	338
57.	WU T.-Y.	TAI	1231	268	313	303	347	57.	TOIVAKKA S.	FIN	1212	293	302	279	338
58.	GREENHAM G.	AUS	1230	288	303	317	342	58.	OKI T.	JPN	1210	263	315	295	337
59.	GRUBE R.	AUT	1228	267	287	323	351	59.	ROBERTSON E.	ITA	1202	281	301	293	327
60.	KOONINGS G.	NED	1228	272	305	307	344	60.	OKRZESIK I.	POL	1202	277	300	289	336
61.	NISHITAKAWA S.	JPN	1227	262	298	320	347	61.	PANDIANGAN P.	INA	1201	266	307	292	336
62.	BJERENDAL G.	SWE	1226	271	298	314	343	62.	WAGNER M.	GER	1201	292	288	298	323
63.	SETIJAWAN H.	IND	1226	283	300	309	334	63.	HEINONEN M.	FIN	1200	276	287	299	338
64.	MENDEZ V.-A.	SPA	1226	274	303	309	340	64.	EVANS L.	GBR	1198	274	301	289	334
65.	HAKOR M.	TCH	1225	273	321	291	340	65.	VAN DIJCK S.	NED	1197	272	296	291	338
66.	MESSMACHNER H.	MEX	1224	267	301	310	346	66.	SZENDEY M.	HUN	1196	277	300	284	335
67.	JACOBSEN J.	DEN	1224	277	297	312	338	67.	EROGUL I.	TUR	1196	285	315	286	310
68.	VERMEIREN P.	BEL	1222	264	298	314	346	68.	TESTA R.	ITA	1190	258	294	294	344
69.	LALREMIANA H.	IND	1222	274	297	311	340	69.	VAN GOOL C.	NED	1190	267	312	285	330
70.	WEISS E.	TCH	1222	275	298	306	345	70.	JAWZAMAGAINA	MON	1186	260	293	295	340
71.	MEULEBROECKE	BEL	1219	268	296	312	343	71.	PELIKANOVA P.	TCH	1185	280	302	289	334
72.	MAWI S.	INA	1218	262	305	306	345	72.	SAIMAN N.	INA	1185	259	300	287	339
73.	HOFFBAUER U.	GER	1218	264	307	313	334	73.	OZBAS B.	TUR	1183	263	307	283	330
74.	OKSAS I.	TUR	1216	270	301	309	336	74.	DONOVAN T.	AUS	1181	271	293	280	337
75.	WEIS V.	FRA	1216	262	296	316	342	75.	VELIZ J. M.	MEX	1180	266	288	294	332
76.	RYTTER J.	DEN	1215	261	310	298	346	76.	TIRA S.	IND	1179	270	303	275	331
77.	MARTINEZ E.	SPA	1214	255	309	307	343	77.	GAUGHAN G.	IRL	1176	273	295	292	316
78.	ROBITAILLE J.	CAN	1213	262	305	317	329	78.	BARSY A.	HUN	1175	267	290	296	322
79.	LIPSCHITZ G.	ISR	1212	259	301	315	337	79.	PHIL K.	IRL	1173	275	295	290	313
80.	ARMSTRONG P.	GBR	1212	264	309	304	335	80.	CAI P.	CHN	1168	287	281	284	336
81.	CAI J.-B.	CHN	1211	262	305	299	345	81.	FERNANDEZ S. T.	SPA	1167	274	309	258	326
82.	MUSPRATT K.	GBR	1211	257	306	305	341	82.	THOMAS K.	AUS	1160	257	303	273	327
83.	BOE M.	NOR	1209	257	302	307	343	83.	RANDAYANI L.	INA	1160	254	304	284	318
84.	MILLAR D.	ZIM	1207	275	290	303	339	84.	CUSSON M.	CAN	1155	251	303	288	333
85.	JOTOW I.	BUL	1206	261	308	296	343	85.	KURIMORI M.	JPN	1150	245	298	285	322
86.	MUSTAM H.	INA	1206	259	299	307	341	86.	LEGRAND E.	HUN	1147	256	294	276	321
87.	CADIEUX S.	CAN</													





Women's teams' awarding ceremony: 1. KOR, 2. URS, 3. USA, 4. PRK, 5. TAI, 6. SWE, 7. NED, 8. TUR



Jim Easton, FITA President: "See you in Antalya 1993"!!!

The Closing Ceremony took place immediately after the competition and it was very nice. There were even parachuters and their jump was warmly welcomed. The medals were awarded by the most distinguished representatives of FITA and the Organizing Committee: FITA President Jim Easton, Francesco Gnegghi-Ruscone, Honorary FITA President, Krzysztof Bachminski, President of the Organizing Committee, Dr. Karol Hibner, President of the Polish Archery Association and two former world champions both from Poland Katarzyna Wisniowska (1955) and Maria Manczynska (1967).

At the end we have to say that this largest World Championships was perfectly organized and our warmest congratulations go to Jacenty Kowerski and his Organizing Committee and to everyone who worked at the field or around it. Our congratulations to all the medal winners and all the participants of this great championships. The FITA flag was taken off and Dr. Karol Hibner gave it to the FITA President Jim Easton who gave it to Dr. Ugur Erdener to be put up at the next World Championships in 1993, in Antalya (TUR).

## NEW WORLD RECORD

The FITA Executive Committee has ratified the following new world record for the Final Round:

**Women Team: KOREA (KIM Soo - Nyung, LEE Eun - Kyung, LEE Seon - Hee) 1030 points.**

What does 1030 mean? It means the average of 9.53 per arrow or 343.33 points per one archer. It is an extraordinary new world record. We also have to say that Korean girls broke the old world record in the semi-finals with 1025 points. Everyone thought then that nothing more could be expected, but in the Finals they proved they could do even better.

If women's world record in the final round is 346 points, achieved by Kim Soo-Nyung in 1990, it is obvious that at least one of them attained even better result. Since we register only team results we will never know who was the best among them.

This Championships in Krakow gave us only this new world record, but it is so valuable that this town will enter into the golden book of archery records.

Now we will show you how they achieved this famous result of 1030 points by distances: 260 points at 30 m, 254 points at 50 m, 260 points at 60 m and 256 points at 70 m. It is interesting that after the first distance they were at the third place. US team was the first with 264 points and URS was second with 263 points. They took the first place at all other distances and had a big advantage over the other teams. The maximum score per distance is 270 points so we can see that they lost 10 points at 30 and 60 meters, 16 points at 50 m and 14 points at 70 meters.

Characteristic of their shooting is speed! Their aiming is short and only after a few seconds the arrow is released. If they are not able to do that they put down a bow and take a short break for a second or two. They are aiming shortly again, releasing and then they hit 10 or 9 points. We can say that this time they had more 10 than 9 points.

Now it is obvious to everyone that they can do even better.

N. S.

### WOMEN'S TEAM

R.	Nat.	1/2	FINAL
1.	KOR	1025	1030
2.	URS	965	999
3.	USA	976	995
4.	PRK	972	990
5.	TAI	972	982
6.	SWE	961	981
7.	NED	948	968
8.	TUR	951	944
9.	FRA	945	
10.	GBR	939	
11.	GER	934	
12.	POL	931	

### MEN'S TEAM

R.	Nat.	1/2	FINAL
1.	KOR	982	998
2.	FIN	982	989
3.	AUS	978	989
4.	USA	968	978
5.	JPN	960	973
6.	FRA	979	972
7.	URS	998	963
8.	POL	959	958
9.	NED	958	
10.	ITA	952	
11.	DEN	948	
12.	GBR	945	

### XXXVth World Target Archery Championships 20th - 24th August, 1991 Krakow

Chairman:	Macide Erdener	(TUR)
Members:	Dionisio Flores	(PHI)
	Klaus Lindau	(GER)
	Ewa Karwatska	(POL)
	Jean F. Brossard	(FRA)
	François Wies	(LUX)
	Sergije Markic	(YUG)
	Jan Lernout	(BEL)



Don Lovo, FITA technical delegate with Macide Erdener, chairman and her team.



Korea won Men's and Women's Team Finals.



Maria Manczynska (1967 World Champion) and Jim Easton award medals to women.





## DENISE PARKER (USA) JUNIOR WOMEN CHAMPION OF THE WORLD

by Ray Gallop

Denise is aged 17 years and six months, is 5'5" (165 cm) tall and weighs about 120 lbs (54.5 kg) and she shoots a Hoyt GM bow 32 lb at 26 ins. She lives at home with her family in South Jordan, Utah. She has two older brothers who are justly proud of her. She is in the 12th grade at the Bingham High School, particularly keen on mathematics, and hopes to go to University next year to study Business. As for other sports, she plays soccer and baseball for her school, and enjoys bow-hunting as a hobby. She said that she "...enjoyed the tournament, which was well organized...", and the US Team was "...great..." and that she "...would like to come to Norway again...". The day after these Championships she was travelling back to the USA and going direct to the US National Championships, ... which she won last year!



## VICTOR WUNDERLE (USA) JUNIOR MEN CHAMPION OF THE WORLD

by Ray Gallop

Vic is 15 years and 4 months old, he is 5'11" (180 cm) tall and weighs about 140lbs (63.6 kg). He shoots with a Martin Bow 42lbs at 29.4 ins. He lives in Mason City, Illinois where he has two sisters. Vic is a sophomore at Illini Central High School where he is interested in science and environment. Outside school he is interested in wildlife, and he is a keen bow-hunter and bow-fisher. In any spare time, of which he has little, he works on a local farm. When asked for his reactions to now being the Junior World Champion he said that he was "... pretty excited about it all..." and that this was his "...first international event...!! Vic goes straight back from Norway to the US National Championships ... and I hope

# THE FIRST JUNIOR TARGET ARCHERY WORLD CHAMPIONSHIPS

by Ray Gallop, FITA International Judge

In the pre-event information sent out by the Organizing Committee for this event there was a warning, and I quote: "However, occasionally it is raining so you should bring along your raincoat."; as far as I can see that was the only **one** thing that they got wrong in the **whole** event; the weather was consistently dry, warm if not hot, and usually the sun shone from a bright blue sky. So our "raincoats" and other wet-weather clothing remained packed away in our suitcases for the whole time.

Sunny and warm was also the general attitude adopted in all the many aspects of the organization, to which I would add a high degree of efficiency without the usual accompanying atmosphere of restriction. Efficiency was the first thing I was greeted with when I arrived at Oslo airport. There was Anneken holding up a small target face and an event poster to identify herself as the welcoming committee; and she soon had me safely aboard the coach to Sandefjord along with two other judges and two teams. The 120 km trip to Sandefjord south down the Oslo fjord was pleasant, and the town itself equally so.

Up until about 25 years ago Sandefjord was the principal whaling centre in Norway, and although justly proud of the exploits of its seamen in those days, with the changing climate of opinion, the town has also changed to become a popular but high-class tourist centre with an emphasis on the sea and sailing. The bright, clean town reaches right down to the fjord with marinas and quays, and the wide parks and promenades allow extensive views. It is a quiet town, beautifully clean and lived in by friendly people; in my off-duty times I enjoyed strolling around its streets, through the market place, and along the quay from which a ferry plies to Stromstad in Sweden several times a day.

Since the entry for the event had been much greater than anyone could have expected the Hotell Granerod, located in the Bugårdsparken, could not quite cope with everyone, and so the judges and some of the officials had to be accommodated in the Rica Park Hotell in the centre of Sandefjord. This hotel was about 2 km away from the Bugårdsparken in which the tournament venue was located. Indeed forty-seven ladies and sixty-two men from 19 countries competed for the individual awards, (there were eleven ladies' teams and fourteen men's teams), and with judges from 5 different countries a total of 21 nations were represented. Unfortunately, the team from Hungary was unable to make it at the last moment, and early enquiries from Uganda came to nothing. The practice and competition fields were within the same park as the Hotell Granerod, so there were no transport problems, and the town centre was about twenty minutes walk away from the hotel. Since I was not staying at the Hotell Granerod it would be inappropriate for me to make any serious comment upon it, except that I was impressed by the lunches that I ate there - the cold table was one of the best I have ever seen. However, a comment from one of the Team Managers would be appropriate, and I quote: "It was a superb set-up with all the teams and their officials together so that there could be good socializing, the rooms were excellent with plenty of hot water for showers etc., the food was perfect and everyone enjoyed it immensely." The Organizing Committee had its offices within the hotel, where there was also an archery shop, and during part of each weekday afternoon there was a post office/bank in the foyer where stamps etc. could be bought and Traveller's Cheques could be changed; I don't think that the Committee had missed anything at all.

At the Team Captain's Meeting, on Wednesday evening it was explained that the unexpectedly large entry would mean that there would have to be four archers on each target, shooting two at a time with the normal rotation system, and further that on the second day the allocation of targets would be re-arranged so that the highest scoring archers would be shooting together on the innermost targets near to the DOS rostrum and the spectator stands. Details of how bouncers

> 12



1. Victor Wunderle (USA)  
2. Filippo Clini (ITA) 3. Martinus Grov (NOR)

1. Denise Parker (USA)  
2. N. Piskokha (URS) 3. O. Iakoucheva (URS)



# MEN FITA Sandefjord, Norway, July 25 - 27, 1991

# WOMEN

R.	Competit.	Nat.	90m	70m	50m	30m	FITA
1.	V. Wunderle	USA	279	318	327	348	1272
2.	F. Cini	ITA	296	305	323	345	1269
3.	M. Grov	NOR	268	318	328	346	1260
4.	M. Pukaluk	POL	290	301	322	343	1256
5.	J. Simila	FIN	288	310	311	344	1253
6.	F. Conti	ITA	280	307	323	341	1251
7.	F. Rey	FRA	286	307	306	340	1239
8.	E. Kichkin	URS	280	309	305	344	1238
9.	M. Hainline	USA	276	304	312	345	1237
10.	S. Ulrich	AUT	263	312	318	342	1235
11.	P.-J. Spang	SWE	281	301	312	340	1234
12.	S. Terry	GBR	284	306	300	343	1233
13.	M. Evans	GBR	263	317	320	329	1229
14.	J. Rytter	DEN	260	296	322	348	1226
15.	M. Dellenbach	FRA	271	294	312	348	1225
16.	V. Sevriukov	URS	279	290	308	345	1222
17.	S. Millet	FRA	246	303	320	347	1216
18.	I. Höller	GER	261	301	316	337	1215
19.	L. Torres	FRA	267	293	310	340	1210
20.	L. Liana	IND	250	300	318	340	1208
21.	L. Sanga	IND	265	292	317	334	1208
22.	M. Kohl	GER	265	297	305	340	1207
23.	O. Ediz	TUR	277	290	292	342	1201
24.	S. Silander	FIN	264	286	307	343	1200
25.	J. Shales	GBR	247	304	311	338	1200
26.	K. Van der Weyer	BEL	257	303	304	335	1199
27.	A. Leverth	GER	249	293	318	338	1198
28.	R. Guilya	IND	262	295	310	331	1198
29.	E. Mazzucco	ITA	271	294	298	333	1196
30.	P. Van Berkel	NED	260	285	307	340	1192
31.	H. Vangman	SWE	246	291	313	341	1191
32.	M. Pettersson	SWE	266	282	297	345	1190
33.	L. Delmotte	BEL	246	287	314	342	1189
34.	J. Wright	GBR	258	302	297	327	1184
35.	A. Karaali	TUR	223	309	314	332	1178
36.	N. Rusin	POL	255	289	312	341	1177
37.	B. Batobolotov	URS	252	294	299	331	1176
38.	T. Höhle	GER	249	285	301	339	1174
39.	A. Serafin	POL	249	299	288	337	1173
40.	L. Liz	POL	256	289	289	338	1172
41.	A. Hirao	JPN	261	289	294	327	1171
42.	T. Nurmi	FIN	249	297	281	341	1168
43.	F. Lorentz	DEN	251	281	298	338	1168
44.	D. O'Brien	IRL	269	284	282	331	1166
45.	C. Andriolo	ITA	261	291	285	329	1166
46.	Y. Atsuumi	JPN	240	292	303	330	1165
47.	T. Ueno	JPN	241	302	288	330	1161
48.	P. Naganen	FIN	252	269	301	338	1160
49.	N. Hendrickx	BEL	266	281	294	325	1156
50.	M. S. Sardar	IND	268	262	292	323	1145
51.	B. Ulutas	TUR	225	289	302	329	1145
52.	G. Fykse	NOR	265	262	302	315	1144
53.	L. May	AUS	254	273	298	317	1142
54.	K. Matsumura	JPN	237	280	286	328	1131
55.	B. Ronne	DEN	225	287	290	323	1125
56.	G. Bourne	AUS	230	270	293	312	1105
57.	D. Ugandor	TUR	191	274	308	329	1102
58.	H. Björkvald	SWE	235	265	279	316	1095
59.	S. Bultot	BEL	243	278	255	318	1094
60.	M.I. Smordal	NOR	215	268	264	318	1085
61.	J. Palm	DEN	181	273	296	316	1066
62.	S. Van der Laar	NED	184	274	268	326	1052

## WOMEN'S TEAM

R.	Nat.	Total
1.	URS	Piskokha N., Iakouchcheva O., Velikhodjaeva L. 3797
2.	GER	Kobler N., Dietrich E., Berdi J. 3650
3.	POL	Lesisz J., Bizon E., Wymlatil J. 3613
4.	JPN	Kobashigawa M., Tanioka K., Yoshida S. 3610
5.	FRA	Dodermont S., Jan N., Kerjean C. 3520
6.	SWE	Larsson K., Haggroth J., Fröding A. 3516
7.	TUR	Gunay D., Dal N., Dal E. 3512
8.	FIN	Aalto K.M., Kuula K., Kankaapaa P. 3441
9.	ITA	Venanzi F., Girotto C., Pozza A. 3411
10.	GBR	Goat G., Anderson T., Thomas N. 3342
11.	NOR	Hess W., Pedersen L., Christensen U. 3216

R.	Competit.	Nat.	70m	60m	50m	30m	FITA
1.	D. Parker	USA	328	339	323	346	1336
2.	N. Piskokha	URS	318	318	317	336	1289
3.	O. Iakouchcheva	URS	309	303	306	338	1256
4.	L. Valikhodjaeva	URS	295	316	307	334	1252
5.	K. Fairweather	AUS	307	296	313	335	1251
6.	N. Kobler	GER	300	315	301	331	1247
7.	N. Toma	URS	296	315	288	345	1244
8.	J. O'Donnel	USA	305	304	301	334	1244
9.	S. Dodermont	FRA	297	313	290	341	1241
10.	E. Dietrich	GER	302	296	308	335	1241
11.	J. Lesisz	POL	309	310	290	328	1237
12.	M. Van Dorst	NED	285	325	283	331	1224
13.	M. Kobashigawa	JPN	283	302	293	336	1214
14.	K. Tanioka	JPN	300	313	273	319	1205
15.	D. Gunay	TUR	300	298	270	331	1199
16.	E. Bizon	POL	296	297	279	324	1196
17.	N. Jan	FRA	283	295	292	322	1192
18.	S. Yoshida	JPN	283	290	294	324	1191
19.	G. Goat	GBR	298	285	277	325	1185
20.	M. Shimoda	JPN	249	295	306	334	1184
21.	K. Larsson	SWE	274	291	280	336	1181
22.	J. Wymlatil	POL	265	302	282	331	1180
23.	J. Haggroth	SWE	276	283	311	310	1180
24.	K.-M. Aalto	FIN	279	291	276	329	1175
25.	N. Dal	TUR	283	291	276	318	1168
26.	M. Matthews	AUS	278	287	283	319	1167
27.	J. Berdi	GER	275	291	287	309	1162
28.	M. De Greef	BEL	226	285	308	340	1159
29.	F. Venanzi	ITA	268	286	280	326	1158
30.	S. Kluge	GER	260	290	289	317	1156
31.	A. Fröding	SWE	255	283	287	330	1155
32.	K. Kuula	FIN	258	293	287	310	1146
33.	E. Dal	TUR	256	283	282	324	1145
34.	W. Hess	NOR	253	287	276	328	1144
35.	C. Girotto	ITA	244	284	287	327	1142
36.	P. Kankaapaa	FIN	267	272	258	323	1120
37.	A. Pozza	ITA	246	284	264	317	1111
38.	K. Kamienska	POL	271	264	258	317	1110
39.	E. Altinkaynek	TUR	259	272	260	315	1106
40.	N. Thomas	GBR	242	283	252	311	1088
41.	C. Kerjean	FRA	228	267	287	325	1087
42.	C. Gerdiss	FRA	218	245	301	322	1086
43.	T. Anderson	GBR	248	260	259	282	1069
44.	L. Pedersen	NOR	245	256	250	303	1054
45.	H. Palmer	GBR	195	272	252	313	1032
46.	P. Nilsson	SWE	201	279	248	299	1027
47.	U. Christensen	NOR	216	252	242	308	1018

## MEN'S TEAM

R.	Nat.	Total
1.	ITA	Clini F., Conti F., Mazzucco E. 3716
2.	FRA	Rey F., Dellenbach M., Millet S. 3680
3.	GBR	Terry S., Evans M., Shales J. 3662
4.	URS	Kichkin E., Sevriukov V., Batobolotov B. 3636
5.	FIN	Simila J., Silander S., Nurmi T. 3621
6.	GER	Höller J., Kohl M., Lewerth A. 3620
7.	SWE	Spang P.-J., Vangman H., Pettersson M. 3615
8.	IND	Sanga L., Liana L., Guilya R. 3614
9.	POL	Pukaluk M., Rusin N., Serafin A. 3606
10.	BEL	Van der Weyer K., Delmotte L., Hendrickx N. 3544
11.	TUR	Ediz O., Karaali A., Ulutas B. 3524
12.	DEN	Rytter J., Lorentz F., Ronne B. 3519
13.	JPN	Hirao A., Atsuumi Y., Ueno T. 3497
14.	NOR	Grov M., Fykse G., Smordal M.I. 3489

## 1st Junior Target World Championships 24th - 27th July, 1991, Sandefjord (Norway)

Chairman:	Robert Simon	(FRA)
Members:	Malgorzata Karwatska	(POL)
	Ray Gallop	(GBR)
	Candido Garcia Molino	(ESP)
	Paul Ney	(LUX)



## GIANCARLO FERRARI WITH HIS "RAGAZZI" - ITALIAN JUNIOR TEAM WORLD CHAMPIONS

by Nikola Skoric

Everyone knows Giancarlo Ferrari, the Italian most famous archer, but for those who are not familiar with him here are some basic data. Giancarlo practices archery for more than 25 years and over 20 years he has been a member of the Italian team. He participated in five (5) Olympic Games and twice he took the bronze medal (Montreal 76 and Moscow 80). Several times Ferrari was a world record holder and now it has been for two years since Giancarlo Ferrari became Italian junior coach preparing young archers for FITA championships and international events. As a coach he has a lot of success, specially at the Junior World Championships in Sandefjord (NOR) where his "ragazzi" won the gold medal and first place in the Team event, and second place and silver medal in the individuals.

Just after the 1st World Junior Championships in Norway I took the opportunity during the "8th Silver Arrow", tournament held in Salice Terme (ITA), to talk with him about the way he works with juniors.

"We work with a group of about 20 juniors (boys and girls), chosen for our team. It is a group work and we all together decide about everything. The group consists of a technical commissioner (Riccardo Cafagno), physical preparations (Marco Pedrazzi) and me as a coach. We all have our part of the assignment and success depends upon the work of each member of the group. After the Championships in Norway we included a psychologist, Daniel Pacchini Ripetti, hoping that the group is now completed and that we can work more intensively. Selecting the candidates we take into consideration his or hers qualities or defects; we want everyone to feel like a member of the group as well as responsibility to this group. It worked out and now it is very easy to practice with these girls and boys. It is important that they follow our instructions and carry out all set tasks. We don't ask impossible and always expect them to give the best in order to achieve highest results. We don't want them to be better from their opponents if this is above their possibilities.

When we select members of our team for FITA championships, as well as for international tournaments we take into consideration all moments important for the success. The result at that point doesn't play the most important role. We consider some other facts too, like for example, physical condition, sense of responsibility towards the team, positive effect at the others, discipline and continuity in practice as well as the stability of results or positive tendency in achieving results. This time when they won the gold medal this team achieved "their" results and the success was attained. During 1990, I even managed to have six juniors to shoot over 1275 points. It was a starting point for the success attained in 1991. Girls



Teams' Awarding Ceremonies:

- |        |        |        |
|--------|--------|--------|
| 1. URS | 2. FRA | 3. GBR |
| 2. GER | 3. POL |        |



are not yet at that point. They are working very hard and we all believe that they would reach some success. It should be clear to everyone that there are no miracles and only hard work brings good results. We teach them to take care of their results, to improve them and we give them all the help they can have."

At the end I asked Giancarlo: "What about your own activity in archery?"

"I am still shooting, trying to be among top archers in Italy."

After this conversation I spoke to junior world champions. I wanted to hear their story about how they became archers and how did they attain this title "The best".

#### CLINI FILIPPO (ITA)

Filippo was born in Voghera (Pavia) on January 2nd, 1975. He is a member of "Dopolavoro Ferroviario Voghera" club. His coach is Rolando Vapotto. Clini started to shoot two years ago.

"I started to shoot with a bow and arrow in order to try to practice a sport different than those practiced by my other friends. After a good FITA season, I was asked to take part in a competition as a trial and I shot at 90 m 269 points, at 70 m 326 points, at 50 m 323 points and at 30 m 350 points. At FITA I had a total score of 1269 points. I also took part in 15 international tournaments. I'm feeling very good in my group and appreciate my coach Giancarlo Ferrari very much. I want to acquire a world reputation and to take part at the Olympic games with good results. I am very happy with my silver medal won at this World Championships."

Bow: YAMAHA CARBON  
Weight: 39 lbs, Length: 68"  
Sight: YAMAHA ALFA 2  
Arrows: EASTON ACE 670, 28"

#### CONTI FABIO (ITA)

Fabio was born in Borgosasia (VC) on May 15th, 1975. He is a member of "Società Arcieri Valsesia" club. His coach is his father Giovanni Conti. He has been practicing archery since he was seven.

"I started to shoot with a bow just by chance. I entered the team attaining the qualification results and I am a part of it for two years. My records at the events are as following: 296, 323, 323, 354 (this is Italian record), and at FITA my record is 1261 points. I also took part in 15 international tournaments. My dream is to take part at the future Olympics and win one of the medals. My professional idol is our coach, Giancarlo Ferrari. I think that I really became a part of our national team, 6th in the world - I could do better."

Bow: HOYT  
Weight: 41 lbs, Length: 66"  
Sight: SHIBUYA  
Arrows: EASTON ACE 620, 29"

#### MAZZUCCO EFREM (ITA)

He was born in Belluno, on June 22nd, 1975. He is a member of "Società Arcieri Lebatini" club, Longarone. He shoots for seven years and his coach is Saccet Edd.

"I started to shoot with a bow in November 1984. I have a cousin who was shooting very good and who is now in the national team. So I said: 'Well, I'll try it myself'. I entered the team attaining the junior qualification results. I am in the group for two years. My records are: 90m 293; 70m 326; 50m 317 and 30m 347 points. FITA is 1268 points. I was very disappointed with my 29th place at the World Championship, specially with the result of just 1196 points. Fortunately, it was enough for us to win the first place in the team event. I also took part in 10 international tournaments. I want to acquire a world reputation and to take part at more than one Olympic games and win as much medals as possible. My idol is Giancarlo Ferrari, our present national coach, especially because he managed to stay at the top for such a long time (5 Olympic Games - 2 medals). I feel pretty close to the team, specially to this one, which won the World Championship. I enjoy being in this group together with the others."

Bow: HOYT  
Weight: 43 lbs, Length: 70"  
Sight: SHIBUYA  
Arrows: EASTON ACE 470, 31.5"

and equipment failures would be dealt with were explained (this was in fact unnecessary since there were no such occurrences) and the archers were asked to give their scores in English since not all the scorers were expected to be fluent in French. The Meeting was a very friendly affair and there were no problems.

no official practice was allowed on the Sandefjord Archery Club ground, still within the boundaries of the Bugårdsparken, on Monday and Tuesday, and on a larger Championship Training Field on Wednesday. Official Training was on the Championship Field itself on Thursday during and after the Equipment Inspection. The ages of all the competitors were checked by the Judges during Equipment Inspection by reference to their passports or other official documents, none of the competitors were found to be over age, or were unable to provide suitable documentation. The Judges found very little to comment upon during the inspection and, apart from some poor marking of the arrows with the archers names, everything was in order. The Opening Ceremony in the early evening sun was very well organized and, even with the marching in and out, all the speeches, anthems etc. took only about thirty minutes. The Ceremony was admirably arranged to suit the dignity of the occasion and the youthfulness of the competitors.

On Friday morning shooting at the longest distances started at 09.30 in a light breeze and with the warm sun breaking through the morning clouds. We were once again impressed by another demonstration of Organizing Committee's efficiency when the large digital scoreboard which was visible to everyone on the field updated the scores after every six arrows. This equipment allowed everyone to follow the progress of the top eight ladies and men throughout the event very easily. Initially differing names appeared in the lead, but soon it became evident that two names were to dominate the longest distances shooting; those of Denise Parker (USA) and Filippo Clini (ITA). Denise finished the 70m distance with a score of 328, ten points ahead of Natalie Piskokha (URS) and nineteen ahead of Olga Iakouchcheva (URS), while on the men's line Filippo came to the lead after 24 arrows by displacing both Frédéric Rey (FRA) and Martin Evans (GBR) who had lead earlier. Filippo finished the 90m distance with 296 points with Maciej Pukaluk (POL) - 290, and Jouni Simila (FIN) - 288 in second and third places. Shooting these distances was completed by 11.42, and packed lunches were distributed to be eaten on the field thereby saving time and the bother of walking back to the hotel.

The 70m and 60m distances were started at 13.00 h and by this time it had become quite hot in the sun with a stiff wind blowing from the South-West. Denise underlined her lead by scoring a perfect 60 for her first end and stayed in the lead throughout. Filippo continued to lead the men though his score for the distance (305) was only eleventh while Victor Wunderle (USA) and Martinus Grov (NOR) were equally first for the distance with 318 points. At the end of the first day Denise was in first place with 667, 31 points ahead of Natalie - 636, and with Joanna Lesisz (POL) in third place with 619, but there were a further eight ladies less than ten points behind her. Among the men the contest was much closer at the top; Filippo's score of 601 was only three points better than Jouni, with Victor just one point further behind. The afternoon's shooting lasted just under one and three-quarters hours under a hot sun and with a strong wind blowing.

After dinner we all went to the Hotell Granerod for the 'Karaoke Evening', most of us did not know what this was all about, but we soon found out that it was a form of self-entertainment with aspiring pop-stars from the audience singing to taped music. The stars of the evening were doubtless the Italian girls, the Netherlands Team's Officials who 'Rocked around the Clock', and the Norwegian President who 'Did it his way' very effectively and to the great enjoyment of us all.

Saturday and the shorter distances started warm but cloudy with a slight wind, but the sun soon broke through the clouds and by lunch time it was again quite hot with the sun shining down from an almost cloudless sky. Denise held the lead throughout the 50m distance finishing six points ahead of Natalie for the distance (323 v 317), and at 990 points the American girl's lead had now increased to 37 points over the Russian girl (953) and there were two more Russian girls, Olga Iakouchcheva and Lola Valikhodjaeva lying equal third with 918 points. On the men's line things were becoming very interesting; at the end of the distance Victor had overtaken Jouni



Electronic scoreboard worked perfectly.  
Congratulations to the organizers.



Arsen Balov (URS) FITA Council Member  
awards medals to men juniors winners.



and now equalled Filippo's overall score of 924 points by scoring 327 for the distance against Filippo's 323; Martinus was now in third position overall (914) by winning the distance with 328 points, but he was only one point ahead of Maciej Pukaluk (POL).

At the 30m distance Denise still lead throughout and made the best distance score with 346 points to realize a magnificent final total of 1336 points, this was 47 points ahead of Natalie (1289) with Olga in third position with 1256. Victor maintained equality of score with Filippo for the first six arrows at 30m but then slipped behind for the next twelve arrows only to come back after 24 arrows to be one point ahead, then two points ahead after thirty, and finally Victor was three points ahead of Filippo after the final arrow. Martinus maintained his third place overall with a final score of 1260, nine points behind Filippo (1269) and twelve points less than Victor's 1272.

In the Ladies' Team Event the Soviet Union Team held first place throughout the competition with the teams from Germany, Poland, and Japan disputing the silver and bronze positions at every distance. Finally the Soviet Union Team came first with 3797 points, Germany second with 3650, and the Polish Team (3613) just beat the Japanese Team (3610) for the Bronze Medals. There was a similar pattern for the Men's Team Event. The Italian Team held first place throughout with the teams of France, Great Britain, and the Soviet Union battled for second and third places. The final positions were Gold - Italy - 3716, Silver - France - 3680, Bronze - Great Britain - 3662, and the Soviet Union in fourth place with 3636 points.

The Medal and Closing Ceremonies were, like the Opening Ceremony, very well arranged; coping with the solemnity of the occasion, the proper adulation of the winners, the expression of the gratitude of everyone towards the organisers etc., whilst recognizing that the archers would be tired after two days shooting and should not be kept standing in the hot sun too long. Impromptu light relief was provided by a toddler who decided that the winner's podia would make for excellent climbing exercise, so the archers and spectators were entertained for several minutes by the child's antics, the TV cameraman's efforts to record it all on film, and the attempts of the parents to remove their wandering offspring who was obviously enjoying being the centre of attention.

The Banquet was held in the Hotell Granerod and all of us enjoyed it immensely. Everyone was surprised and delighted to receive a commemorative mug with not only the badge of the event on it but also our individual names. Prizes were awarded to the first fifteen archers in each class, and there were many expressions of gratitude from the Teams to the Organizers etc., which was not at all surprising since they had done a really first-class job. After the Banquet there was a Disco, which I was told went on to two o'clock in the morning, but many of us did not stay to the end since coaches had to be caught early on Sunday morning to the airport.

It would be quite inappropriate not to mention the contribution made by the local Sandefjord Archery Club, and its chairman, Terje Boe, towards the success of the event. The Club together with archers from other local clubs provided all the work-parties who were responsible for the efficient implementation of the detailed plan, and the sheer hard work which must have gone into making the whole Championships so very successful and enjoyable for everyone of us who were fortunate enough to attend must have been prodigious. There were no problems, at least that were visible to us participants and this lack was a reflection of the care and foresight which went into the plan and of the enthusiasm with which it was carried out.

CONGRATULATIONS to everyone. CONGRATULATIONS to the winners for their magnificent shooting; CONGRATULATIONS to those who did not win for their sportsmanship; CONGRATULATIONS to the work-parties under their leaders who laboured so hard for our enjoyment; CONGRATULATIONS to my fellow judges, though we had so little to do really because of the good planning and the co-operation of the archers and their officials; and CONGRATULATIONS to the spectators who supported the event.

The THANKS of everyone must go to them all; but our congratulations and thanks go particularly to Kjell Boe, the Chairman of the Organizing Committee; to Morten Wilmann, the General Secretary, and to Paul Paulsen, the President of NORGES BUESKYTTERFORBUND !!!



**FITARCO  
TO FITA**

Re.: **International Symposium,  
Salice Terme, Italy.**

The first Archery Symposium was held during the "Silver Arrow" Grand FITA Round at Salice Terme, Italy.

The speakers were:

**Paulos Sfiktos** - from the Greek Archery Federation.

**Guo Bei** - Coach for the Shanghai National Team.

**Kaicai Xu** - Head Coach for the Chinese National Team.

**Hyung-Tac Kim** - Head Coach for the Archery Association of Chinese Taipei.

**Nicos Visvardis** - from the Greek Archery Federation.

**Keith Gaisford** - Head Coach for the Australian National Team.

FITA Vice President, Mr. **Nikola Skoric** was also present.

Various subjects were presented and discussed, including:

- **Does fitness count in our sport?**

- **A successful example illustrating how precise mental training works in archery.**

- **An enquiry concerning the standardization of archery postures.**

- **The correlation between archery competitions and the mental state.**

- **Feeling shooting.**

The technical presentations are best illustrated by the video taken during the Symposium. However, it is worth mentioning the fact that several **high level technicians** from Australia, China, Greece, England, New Zealand, Poland, San Marino, Taiwan, Yugoslavia and Italy met to discuss common problems and some of them presented the results of their scientific research and experiences, to the benefit of all participants.

It is only fair to thank, not only the speakers and the participants, but also the Società Arcieri Iriensi, the **promoters** of the Symposium, supported by FITARCO.

The **Symposium** illustrated the progress that has been made in the full technical sector of world archery, yet this progress needs to be followed up and consolidated. We therefore propose that another **Symposium** is to be held in 1992, possibly after the Olympics.

**Alvaro Carboni**  
The Federal Secretary



*The Italians are celebrating the victory and the flag is running around the field.*

*"Do you have any medal for me?"*



## EDWIN ELIASON SHARPENS ARROWS FOR RUN AT THE XXVth OLYMPIAD IN BARCELONA

It has taken him 31 years, but finally he did it. At the age of 53 Ed Eliason hit the bull's-eye of successes. After years of following in the shadows of U.S. Olympic archers Darrell Pace and Jay Barrs and three-time world champion Rick McKinney, Eliason turned the tables, defeating the three younger contenders to capture the 1989, 1990 and 1991 U.S. Outdoor National Championships titles.

Since 1989, when Eliason placed second at the Championships he has been aiming to win the nation's most prestigious competition, but for 10 years he narrowly missed a first-place finish, placing second several times. When most men his age are finding the "comfort zone" of life, 53-year-old Ed Eliason is better than ever.

"The time is right in my life," Eliason said, "I have stayed within myself shooting; it's only between me and the target, not me against someone else. I try to stay in the present and not think about the future or the past. You would think, after all these years, I would be tired of it, but I have a better outlook, and I'm having fun. I try to keep a positive attitude."

Evidently Eliason's philosophy is working, in addition to winning three last outdoor Championships, Eliason was also right on the target in the 1989 and 1990 U.S. Indoor Championships and the U.S. Olympic Festivals '89 and '90, capturing gold medals in all competitions.

At '91 World Championship in Krakow Ed Eliason was the best U.S. archer with 7th post. He defeated Rick McKinney (8th) by 3 points in Grand Final. As a patriarch of the U.S. team, Eliason has become an inspiration to other team members, like Denise Parker, a former pupil and the 1989 female athlete of the year, whose own records reflect Eliason's adages to "do your best at all times" and "the future is now"

Eliason says: "I enjoy learning. The challenge, I'm still a student. Another key is having a wonderful and supportive wife, who knows I'm not getting rich of this sport". From age 12, when he carved his first bow and arrows out of cedar tree on his father's farm in Port Gamble, Washington, to the present, where he serves as Product Manager - Hoyt/Easton, Eliason has been "fascinated with the flying of arrows" and the technique involved to hit a bull's-eye every time. At Easton, a Salt Lake City-based company that arguably makes the world's best arrows, Eliason is able to engulf himself in his passion and at the same time improve his equipment.

"I'm fanatical about my arrows. It's hard to get good ones" he says, "I trust them like my babies and even name them. A little known secret is that I only work with 12 to 14. I document them all."

The culmination of a world record means great mental, physical and equipment preparation. Eliason has worked on all three for over 30 years. The new world record is a new goal for Ed, he's shooting to break Soviet Vladimir Esheev's world record of 1352 points.

"I'm having fun. I'm looking at the '92 Olympics, but taking things one arrow at a time," he says.

"It took Ed a while, but he won a national championships at age of 53", the 38-year old McKinney notes. "That means I have 15 years left. He's been my biggest inspiration and should be for all archers and athletes."

Bow: HOYT GOLD MEDALIST  
Weight: 48 lbs Length: 70 inch  
Limbs: HOYT CARBON FOAM PLUS  
Arrows: EASTON ACE - 470 G  
Draw length: 30 inch  
Fleching: SPIN WINGS - 1 3/4 inch  
Nock: EASTON ACE .088 "G"  
Sight: ACCRA 300  
Stabilizer: EASTON 30 inch + 2 x 8 inch  
String: FAST FLUTE 18 strands  
Arrowrest: FLIPPER I by NEWARC

## XIth PAN - AMERICAN GAMES

by Donald M. Lovo, FITA 1st Vice-President, Games Technical Delegate

Was it a good game? Yes. Was it hot? Yes! Unbearable. Were there problems? Yes, a few! Any of you who read my article on the 1987 Pan Am Games in Indianapolis may recall that I was most upset with the Technical Delegates' decision that allowed the organizing committee to limit the number of archers per Country who may proceed in the finals' event. All those qualified in the Open Round (24 men, 24 women) would proceed to the 1/8 finals, then only three from any Member Association could proceed to the 1/4 finals and only two from a Member Association could proceed to the semi and final events.

I believe this to be a totally unfair ruling. The Olympic Games and the regional Asian and Pan Am Games are supposed to be competitions between individual athletes, not Countries. The media has made a big deal about the competition for medals between countries. That however, was not the original plan of Pierre de Coubertin, father of the modern Olympics.

The reason, (excuse) why this rule was introduced in 1987, was to give Member Association other than the USA a chance at a medal. The word "give" is the action word here. Target assignments for the Individual finals round reflected the forced withdrawal of 50% of the US team and another 3 or 4 from Mexico and Cuba. Archers such as Jay Barrs, Eric Brumlow, Kitty Fraiser, Janet Dykman all potential gold medal winners and justifiably angry at having travelled thousands of miles and shooting for several days in 100° plus heat only to be removed from competitions less than 1/2 way through the Grand FITA finals just because of their Country of birth.

Pan Am Sports are technically controlled by the International Federations, (FITA in the case of Archery). FITA makes only one mention of limitation by Country and that's the 4 men, 4 women maximum team regulations. Some of the other Americas' team tried to enforce this rule in the last Championships of the Americas, but it was stopped by Francesco Gnechchi. Another attempt of enforcing was made at the Central American and Caribbean Games in Mexico City late in 1990 and I as Technical Delegate refused to allow it to be implemented on that occasion.

**The Bad news** was that the Cuban Organizing Committee simply copied the Indianapolis technical package. The original text in Spanish mentioned this rule in full detail, the English translation left most of it out. What did that mean? Well it meant that all of the archers who advanced to finals events really should have been about four places lower which could have seen some of them eliminated before they were. Yes, that did give them a stronger chance for a medal, but is that the way to win by eliminating the competition? I think not!

**The Good news** is that sufficient pressure was brought to bear at the Pan American Archery Confederates Meeting to have this two game ruling revoked.

Santiago de Cuba is about 1000 km south of Havana and averaged 37° to 40° centigrade for all the competition. Some times it was so hot that many of us Northerners could hardly breath.

The training and competition fields were both technically excellent, as was the control by the Director of shooting and his assistants.

As was expected the US team dominated the Leader board through most of the competition, however, Mexico and Cuba were constantly in medal potential position and often pushing for the Gold.

Every distance and total score record was broken and most of them by Denise Parker of USA. The Team round proved exciting; a poor 30 meters for one of the US male archer gave Mexico the lead and it was not until 90 meters that the US Men's team moved to the top of the board. I believe this to be the first time that the US has not dominated the men's or women's team leader board.

The quality of competitors coming from Mexico, Cuba and Brazil has increased dramatically over the last few years when the reverse seem to be so from Canada. They did not have a Women's team and the Men's team started and finished a dismal last place. 10 years ago it was always assumed they would take a medal, if not Silver certainly a Bronze.



Teams' Awarding Ceremonies:

1. USA  
2. MEX 3. CUB  
2. MEX 3. CUB

### WOMEN GRAND FITA ROUND - Santiago de Cuba, Aug. 7-11, '91 MEN

R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total	R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total
1.	Parker D.	USA	1298	328	340	330	330	1328	1.	Pace D.	USA	1259	324	335	329	327	1315
2.	O'Donnel J.	USA	1248	334	322	313	327	1296	2.	Eliason E.	USA	1271	330	326	325	326	1307
3.	Breton A.	MEX	1219	310	321	309	318	1258	3.	Pojas R.	MEX	1252	322	324	324	313	1283
4.	Veliz M.	MEX	1207	304	301	304	300	1209	4.	Emilio R.	BRA	1165	303	315	304	309	1231
5.	Fiffe J.	CUB	1187	319	295	318	297	1229	5.	Messmacher E.	MEX	1222	321	315	314	309	1259
6.	Cusson M.	CAN	1147	308	308	307	296	1219	6.	Leon M.	CUB	1236	306	304	317	305	1232
7.	Rosa G.	PUR	1162	315	285	300	290	1190	7.	Cadieux S.	CAN	1191	310	300	307	301	1218
8.	Perez S.	C H I	1142	293	299	301	288	1181	8.	Suarez W.	CUB	1194	301	301	312	284	1198
9.	Brandao K.	BRA	1129	305	309	290			9.	Pinto O.	BRA	1123	282	301	302		
10.	Pacheco L.	BRA	1119	276	281	287			10.	Quinones L.	PUR	1108	291	302	299		
11.	Bueno E.	CUB	1087	301	328	287			11.	Rousseau C.	CAN	1173	313	292	292		
12.	Gonzales R.	PUR	1150	304	297	286			12.	Pedraza M.	PUR	1165	297	308	286		
13.	Dykman J.	USA	1246	319	314				13.	Barrs J.	USA	1255	331	325			
14.	Garcia A.	MEX	1178	288	300				14.	Anchondo A.	MEX	1238	318	313			
15.	Gonzales Y.	CUB	1133	304	285				15.	Krieger V.	BRA	1194	309	298			
16.	Kempner A.	BRA	1064	290	275				16.	Morales F.	PUR	1193	308	295			
17.	Samula A.	C H I	1028	284	267				17.	Chao R.	C H I	1193	287	290			
18.	Torres K.	PUR	984	274	259				18.	Donate A.	CUB	1189	301	289			
19.	Frazier K.	USA	1287	317					19.	Brumlow E.	USA	1277	311				
20.	Ronquillo A.	CUB	1077	280					20.	Veliz J.	MEX	1217	308				
21.	Armenta E.	MEX	1086	288					21.	Garcia J.	CUB	1126	296				
22.	Brown E.	CAN	1107	255					22.	Canuel D.	CAN	1170	282				
23.	Ferreira V.	BRA	1048	239					23.	Lopes F.	BRA	1048	265				

#### WOMEN'S TEAM

1. USA 970  
2. MEX 933  
3. CUB 896  
4. BRA 862  
5. PUR 771

#### MEN'S TEAM

1. USA 965  
2. MEX 947  
3. CUB 910  
4. BRA 885  
5. PUR 878  
6. CAN 866



# UNION GRAND PRIX 91, Nymburk (TCH)

On this brilliant Tournament, 18 nations took part and the attained results are at the highest places of the FITA Ranking List (see page 17). According to excellent results that have been achieved on this Star Tournament there is a hope that the '94 European Championships is going to be a great archery event.

What is to be said about the tournament at which women reached 4 results that are over 1300 points and men reached more than 10 results. Fantastic!! M. Wagner (GER) shot 1325 in qualifications and 1319 in the finals!!! Valeeva shot 1313 points in the finals and with only 327 points she took the first place because in the women's finals the participants were very nervous. That's why J. Tunians (URS) in qualifications shot 1312 points and in the finals she took just the sixth place with poor 310 points.

Men were fighting for each and every point. The winner of the Tournament, A. Rivolta (ITA), was in the qualifications excellent with 1324 points, but in the finals was even better with 1335 points. He won the GRAND FITA Finals with 340. S. Flute (FRA) in the qualifications took the second place (1321), he was second in the finals with 1324 points and in GRAND Finals he was with 336 points second too. P. Vermeiren (BEL) was the ninth in qualifications with 1306, but in the finals he shot 1321 points and in GRAND Finals 331 points and thus took the bronze medal.

I. Du Buo (ITA) won 1321 points in the qualifications, but failed in the finals and he took just the seventh place. J. Gousak (URS) also shot 1321, but he was eliminated in the semi-finals. Gammelgaard Ole (DEN) shot 1320 points, 1314 in the finals and with 330 he lost the fourth place and bronze just by one point. H. Voegel (NED) achieved 1318 in qualifications and he was eliminated in the semi-finals. V. Esheev (URS) shot 1314 in qualifications and the finals he took just the eighth place. The younger V. Shikarev (URS) also shot badly in qualifications, but in the finals he achieved 1322 points. Even greater success was B. Felipe (FRA) who entered the finals as nineteenth, shot 1317 and with 323 points in GRAND Finals finished as sixth!

On this Tournament 23 women and 37 men achieved results over 1250 points!!

We have to pay a full tribute to the Czechoslovakian Archery Association and its President Dr. Pavel Jurak, the organizers of the Tournament. Congratulations!!!



1. N. Valeeva (URS)  
2. M. Wagner (GER)  
3. C. Kriz (GER)

## WOMEN Finals of the Grand FITA Round, June 21-23, '91 MEN

R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total	R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total
1.	Valeeva N.	URS	1296	322	329	335	327	1313	1.	Rivolta A.	ITA	1324	339	326	330	340	1335
2.	Wagner M.	GER	1325	336	323	334	326	1319	2.	Flute S.	FRA	1321	330	323	335	336	1324
3.	Kriz C.	GER	1282	317	324	321	326	1288	3.	Vermeiren P.	BEL	1306	325	334	331	331	1321
4.	Georgen J.	LUX	1266	327	318	319	322	1286	4.	Gammelgaard	DEN	1320	331	325	328	330	1314
5.	Mensing B.	GER	1252	323	322	316	313	1274	5.	Shikarev V.	URS	1295	330	334	333	325	1322
6.	Tunian J.	URS	1312	325	330	330	310	1295	6.	Felipe B.	FRA	1285	327	326	341	323	1317
7.	Kistler I.	FRA	1255	313	320	317	306	1256	7.	Di Buo I.	ITA	1321	321	320	330	323	1294
8.	Sousa A.	POR	1275	323	320	316	305	1264	8.	Esheev V.	URS	1314	328	319	327	321	1295
9.	Versteegen Ch.	NED	1287	317	331	315			9.	Gousak J.	URS	1321	336	328	326		
10.	Maupin L.	FRA	1260	313	324	312			10.	Vogels H.	NED	1318	329	325	326		
11.	Voulgaropoulos	GRC	1276	328	317	307			11.	Kaletka K.	POL	1296	335	325	326		
12.	Korotkin E.	URS	1292	320	324	305			12.	Parenti A.	ITA	1287	324	329	323		
13.	Van Rozendaal	NED	1283	327	317				13.	Van de Ven R.	BEL	1288	322	318			
14.	Murzajeva M.	URS	1292	327	315				14.	Gilewski J.	POL	1312	324	317			
15.	Dziedzic M.	POL	1269	319	313				15.	Medved S.	YUG	1295	322	315			
16.	Eroglu I.	TUR	1275	320	311				16.	Menendez V.	ESP	1293	332	315			
17.	Gabillard Ch.	FRA	1272	319	303				17.	Holgado R.	ESP	1284	327	309			
18.	Pfohl C.	GER	1281	324	296				18.	Reniers T.	NED	1299	328	303			
19.	Bilgen C.	TUR	1263	313					19.	Hoffbauer U.	GER	1280	320				
20.	Okreslik I.	POL	1267	313					20.	Grov M.	NOR	1289	319				
21.	Iorlatti C.	ITA	1259	308					21.	Moskalewicz P.	POL	1284	316				
22.	Pelikanova P.	TCH	1248	307					22.	Kwiecien K.	POL	1278	315				
23.	Robertson E.	ITA	1285	307					23.	Vessteegen E.	NED	1281	314				
24.	Testa M. R.	ITA	1266	305					24.	Meulebroecke.	BEL	1290	308				

### WOMEN'S TEAM

1.	URS	983
2.	GER	962
3.	ITA	953
4.	POL	942
5.	FRA	938
6.	TUR	938
7.	NED	935
8.	LUX	912

### MEN'S TEAM

1.	ITA	1002
2.	POL	990
3.	URS	990
4.	BEL	979
5.	FRA	977
6.	NED	955
7.	GER	944
8.	TUR	933



1. A. Rivolta (ITA)  
2. S. Flute (FRA)  
3. P. Vermeiren (BEL)

## VIIIth SILVER ARROW, Salice Terme (ITA)

Being a part of tradition this tournament was extraordinarily organized by Elisio De Paoli, Renato Doni and their numerous collaborators. Five beautiful and sunny days contributed the participants to reach excellent results, inspite of the fact that the best Italian national archery team members were absent.

The Tournament in Salice Terme, it is for sure, was among the best in 1991. As the last few years it was held according to the GRAND FITA system, but the organizer announced that next year he will introduce Olympic Round into the program. Thus it is going to be a very interesting Tournament although it will be held after the Olympics in Barcelona.

The organizer sent invitations to many overseas countries, so that they could make use of the tournament as to acclimatize themselves to the European climate. This opportunity took only Australia and Taiwan. According to the Australian big success at the World Championships in Krakow that "acclimatization" was really profitable.

Women attained two results over 1300 points: Yang Hui-Yu (TAI) with 1308 points in qualifications and Lai Fang-Mei (TAI) with 1301 points in the Finals.

Men passed four times results over 1300 points: Jacek Gilewski (POL) with 1320 points, Grant Greenham (AUS) with 1317 points and Simon Fairweather (AUS) in the qualifications. Fairweather shot excellent 1336 points in the finals and 341 points in GRAND Finals. The second was Gilewski with 324 points, and the third was Greenham who shot 323 points. Moskalewicz won the fourth place with 322 points. It was a battle to the last arrow!!

Women from Taipei won first four places. The first was Lai Fang-Mei with 325 points, second Liu Pi-Yu with 322, the third was Lyn Wu-Yin with 314 and Yang Wui-Yu shot only one point less - 313.

There was no special surprises in the teams' event in the GRAND Finals:

Women: 1. Taiwan, 980 points; 2. Italy, 946 point; 3. Australia, 925 points...

Men: 1. Australia, 963 points; 2. Poland, 961 points; 3. Italy, 947 points...

I was impressed with Simon Fairweather's ease, by which he shot this 1336 points and I foresaw that he was going to be the Champion of the World. He achieved that in Krakow and I congratulated him with all my heart.



Elisio De Paoli, Organizer with Keith Gaisfort, Coach and Australian Man Team

## WOMEN Finals of the Grand FITA Round, Aug. 7-11, '91 MEN

R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total	R.	Competit.	Nat.	FITA	1/8	1/4	1/2	Final	Total
1.	LAI F.-M.	TAI	1277	322	330	324	325	1301	1.	FAIRWEATHER	AUS	1300	332	336	327	341	1336
2.	LIU P.-Y.	TAI	1287	323	325	323	322	1293	2.	GILEWSKI J.	POL	1320	328	325	312	324	1289
3.	LYN H.-Y.	TAI	1281	322	328	322	314	1286	3.	GREENHAM G.	AUS	1317	308	325	320	323	1276
4.	YANG H.-Y.	TAI	1308	320	326	333	313	1292	4.	MOSKALEWICZ	POL	1293	318	316	331	322	1287
5.	WILLIAMSON A.	GBR	1290	308	315	320	306	1249	5.	COCCHI R.	ITA	1286	319	316	311	320	1266
6.	DONOVAN T.	AUS	1207	322	315	310	303	1250	6.	KWIECIEN C.	POL	1274	334	327	320	315	1296
7.	DZIEDZIC M.	POL	1232	304	316	320	303	1243	7.	BAUDONE E.	ITA	1248	308	314	313	310	1245
8.	CONTI E.	ITA	1243	296	309	310	302	1225	8.	NAPLOSZEK S.	POL	1270	318	319	310	306	1253
9.	SEPE M.R.	ITA	1210	311	310	310			9.	WU T.-Y.	TAI	1264	320	320	305		
10.	BIZON E.	POL	1197	295	309	306			10.	BERTOLINI A.	ITA	1246	312	309	305		
11.	LANZETTA M.	ITA	1213	309	315	305			11.	MONTI P.	ITA	1282	308	312	302		
12.	PAGNONI P.	ITA	1236	309	311	295			12.	WALASZEK Y.	POL	1239	309	310	301		
13.	MENTO S.	ITA	1246	308	306				13.	MAZZUCCO E.	ITA	1229	307	309			
14.	MANODORI A.	ITA	1229	304	306				14.	FLOJ B.	YUG	1268	311	306			
15.	WILLSON S.	GBR	1225	310	304				15.	HUNTER R. S.	AUS	1238	319	302			
16.	BERTOLINI M.	ITA	1262	317	299				16.	CLINI F.	ITA	1258	323	300			
17.	FANTATO P.	ITA	1224	299	293				17.	SCOPIGNO M.	ITA	1231	310	299			
18.	ULMER E.	SUI	1225	307	289				18.	CONTI F.	ITA	1245	314	278			
19.	TOMAS K.	AUS	1193	290					19.	LOTTICI A.	ITA	1254	305				
20.	FERRETTI P.	ITA	1213	288					20.	LILLIANO M.	ITA	1241	302				
21.	ROBUSTO A.	ITA	1187	283					21.	CHANG F.-C.	TAI	1242	302				
22.	HARRIS S.	GBR	1189	282					22.	PANICO F.	ITA	1250	302				
23.	FORTE E.	ITA	1187	281					23.	MICHEL A.	ITA	1226	298				
24.	TOPPI F.	ITA	1218	280					24.	YOSSANI A.	ITA	1230	296				

### WOMEN'S TEAM

1.	TAI	980
2.	ITA	946
3.	AUS	925
4.	ITA	903
5.	POL	881
6.	HUN	875
7.	GBR	867
8.	ITA	852

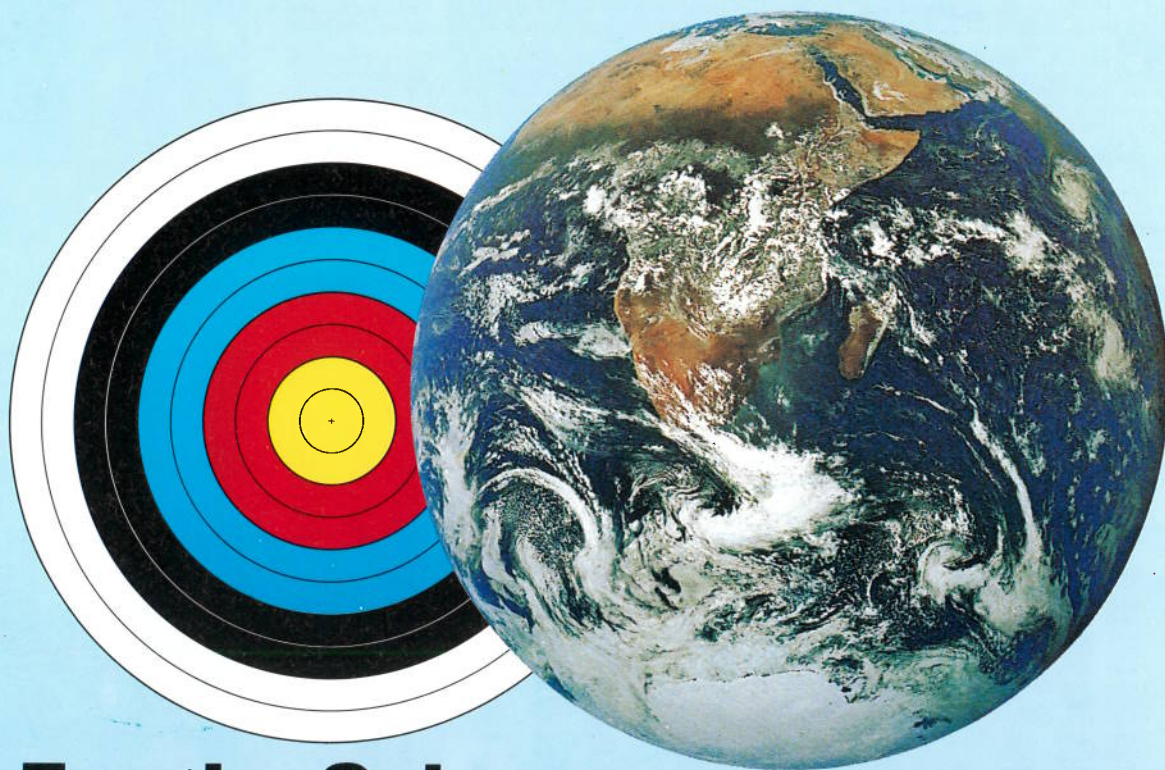
### MEN'S TEAM

1.	AUS	976
2.	POL	973
3.	ITA	938
4.	TAI	932
5.	ITA	915
6.	YUG	908
7.	LOM	875
8.	PIE	852



Ginno Mattielli, President of the Italian A.A. awarded Medals to Men Teams.





## For the Sake of **ENVIRONMENT**

79 Nations are now united in F.I.T.A.

FITA, La Federation Internationale de Tir l'Arc, was founded 1931 in Poland in connection with the first World Championships in Target Archery. Archers from 4 Nations: Poland, Czechoslovakia, France and Sweden, participated at that time. At the Grand FITA World Championships 1991 in Krakow, Poland, Archers from 45 Nations attended. **Tough-Target®** Faces, printed on **chlorine-free paper** were used in Krakow. Paper bleached without chlorine means less pollution; and

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# FITA Ranking List

by Leif Janson, FITA Council Member,

Chairman FITA Ad Hoc Committee for Marketing and Communication

## MEN

## FITA STAR TOURNAMENTS

## WOMEN

Competit.	Nat.	FITA	Dat.	Tourn.	Competit.	Nat.	FITA	Dat.	Tourn.
1. FAIRWEATHER S.	AUS	1348	911015	Manila	1. KIM S.-N.	KOR	1356	910817/25	Krakow
2. CHUNG J.-H.	KOR	1342	910817/25	Krakow	2. LEE E.-K.	KOR	1350	910817/25	Krakow
3. GAMMELGAARD O.	DEN	1338	911027	Antalya	3. PARKER D.	USA	1346	910721	Los Angeles
4. ESHEEV V.	URS	1336	911027	Antalya	4. LEE S.-H.	KOR	1335	910817/25	Krakow
5. RIVOLTA A.	ITA	1335	910622	Nymburk	5. WAGNER M.	GER	1325	910622	Nymburk
6. ELIASON E.	USA	1334	910802	Oxford	6. SJÖWALL J.	SWE	1320	910425/28	Arizona
7. SHIM Y.S.	KOR	1329	911015	Manila	7. LEE J.-M.	KOR	1319	911015	Manila
8. FLUTE S.	FRA	1324	910622	Nymburk	8. CHO Y.-J.	KOR	1317	910817/25	Krakow
9. BARRS J.	USA	1323	910721	Los Angeles	9. ARZANIKOVA L.	URS	1316	910817/25	Krakow
10. SHIKAREV V.	URS	1322	910622	Nymburk	10. VALEEVA N.	URS	1313	910622	Nymburk
11. VERMEIREN P.	BEL	1321	910622	Nymburk	11. TUNIANC J.	URS	1313	910729/31	Denmark
12. GOUSSAK J.	URS	1321	910622	Nymburk	12. ERISSON P.	SWE	1308	910525/26	Göteborg
13. DI BUO I.	ITA	1321	910622	Nymburk	13. YANG H.-Y.	T A I	1308	910806/11	Salice T.
14. LIPPONEN J.	FIN	1321	910729/31	Denmark	14. LAI F.-M.	T A I	1301	910806/11	Salice T.
15. GILEWSKI J.	POL	1320	910806/11	Salice T.	15. PANDIANGAN	I N A	1300	911205	Manila
16. VOGELS H.	NED	1318	910622	Nymburk	16. OKTEM Z.	TUR	1299	910817/25	Krakow
17. PARENTI A.	ITA	1318	910719	Roma	17. KASARIDZE N.	URS	1299	911027	Antalya
18. FELIPE B.	FRA	1317	910622	Nymburk	18. KVRIVISHVILI M.	URS	1299	911027	Antalya
19. GREENHAM G.	AUS	1317	910806/11	Salice T.	19. DYKMAN J.	USA	1298	910802	Oxford
20. LIPOLD A.	GER	1317	910927/28	Milano	20. WILLIAMSON A.	GBR	1297	910708/07	Chester
21. YANG C.-H.	KOR	1316	910817/25	Krakow	21. HIBON N.	FRA	1296	910729/31	Denmark
22. PACE D.	USA	1315	910807/08	Havana	22. O'DONNELL J.	USA	1296	910807/08	Havana
23. HAN S.-H.	KOR	1314	911015	Manila	23. XU J.	CHN	1294	911015	Manila
24. VAN DE VEN R.	BEL	1310	910526	Brugge	24. BADMAZIRENOVAN.	URS	1294	911027	Antalya
25. McKINNEY R.	USA	1308	910425/28	Arizona	25. GELANTEH R.	I N A	1294	911205	Manila
26. WUNDERLE V.	USA	1308	910915	Portland	26. LIU P.-Y.	T A I	1293	910806/11	Salice T.
27. PARK J.-P.	KOR	1308	911015	Manila	27. PISKOKHA N.	URS	1293	911027	Antalya
28. BJERENDAL Go.	SWE	1306	910729/31	Denmark	28. KOROTKIN E.	POL	1292	910622	Nymburk
29. PYLYPCHUK J.	USA	1304	910802	Oxford	29. MURZAJEVA M.	URS	1292	910622	Nymburk
30. RABSKA D.	USA	1303	910922	Sacramento	30. NOWICKA J.	POL	1292	911027	Antalya
31. OKU N.	JPN	1302	911002	Nagaoi	31. MOON Y.-H.	KOR	1291	911015	Manila
32. MOITZI H.	AUT	1301	910901	Graz	32. SAIMAN N.	I N A	1290	911205	Manila
33. YAMAMOTO H.	JPN	1301	911015	Manila	33. KRIZ C.	GER	1288	910622	Nymburk
34. ROJAS M. R.	MEX	1300	910805/09	Mexico	34. VERSTEGEN C.	NED	1287	910622	Nymburk
35. MARZUCH F.	GER	1300	910714	Welzheim	35. GEORGEN J.	LUX	1286	910622	Nymburk
36. RASOR A.	USA	1300	911020	Tempe	36. LYN M.Y.	T A I	1286	910806/11	Salice T.
37. RENIERS T.	NED	1299	910622	Nymburk	37. NAKAGOMI K.	JPN	1286	911002	Nagaoi
38. DAMAN Pa.	BEL	1299	910630	Herseaux	38. EDENS J.	GBR	1285	910730	Denmark
39. PRIESTMAN R.	GBR	1299	910803	Warrington	39. EICHINGER H.	GER	1284	910817/25	Krakow
40. MEULEBROECKE R.	BEL	1298	910630	Herseaux	40. VAN ROZENHAL J.	NED	1283	910622	Nymburk
41. POIKOLAINEN T.	FIN	1297	910425/28	Arizona	41. FRAZIER K.	USA	1283	910802	Oxford
42. BAERT I.	BEL	1297	910727	Waterloo	42. PFOHL C.	GER	1281	910622	Nymburk
43. KALETA K.	POL	1296	910622	Nymburk	43. EDWARDS P.	GBR	1281	910803	Warrington
44. KWIECEN K.	POL	1296	910806/11	Salice T.	44. PRELIPCEAN M.	BEL	1281	910825	Antoing
45. HALLARD S.	GBR	1296	910803	Warrington	45. HANH.-J.	KOR	1281	911015	Manila
46. MEDVED S.	YUG	1295	910622	Nymburk	46. JONES S.	AUS	1279	911110	Adelaide
47. CHUN I.-S.	KOR	1294	910817/25	Krakow	47. KOBLER N.	GER	1278	910804	Tacherting
48. MENENDEZ V.	ESP	1293	910622	Nymburk	48. VOULGARPOULOU	GRE	1276	910622	Nymburk
49. NOOTENBOOM F.	BEL	1293	910630	Herseaux	49. IORIATTI C.	I T A	1276	910729/31	Denmark
50. DAMAN Pa.	BEL	1293	910727	Waterloo	50. HELANA M.	POR	1276	911027	Antalya
51. MOSKALEWICZ H.	POL	1293	910806/11	Salice T.	51. EROGLU I.	TUR	1275	910622	Nymburk
52. GARNREITER A.	GER	1292	910714	Welzheim	52. SOUSA A.	POR	1275	910622	Nymburk
53. ANCHONDO G. A.	MEX	1291	910605/09	Mexico	53. ADAMS J.	USA	1275	911020	Tempe
54. GRUBE R.	AUT	1291	910927/28	Milano	54. MENSING B.	GER	1274	910622	Nymburk
55. KAHLERT D.	GER	1290	910714	Welzheim	55. VAN STEVENS Mc.	BEL	1274	910907	Mechelen
56. TOFT M.	DEN	1290	910729/31	Denmark	56. CALANTEH R.	I N A	1274	911015	Manila
57. GROV M.	NOR	1289	910621/23	Nymburk	57. YUKIKO I.	JPN	1274	911015	Manila
58. WITTIG H.	GER	1289	910721	Germering	58. GABILLARD C.	FRA	1272	910622	Nymburk
59. FU S.-J.	CHN	1289	910817/25	Krakow	59. LI N.G.	PRK	1272	910817/25	Krakow
60. KIM K.-H.	KOR	1288	911015	Manila	60. BRETON A.	MEX	1271	910524/28	Mexico
61. EVANS M.	GBR	1287	910803	Warrington	61. MEUNIER F.	BEL	1271	910907	Mechelen
62. BAERT Y.	BEL	1286	910802	Mol	62. ELLINGS E.-A.	GER	1270	910809	Dortmund
63. VERSTEGEN E.	NED	1286	910729/31	Denmark	63. DZIOZDZIC M.	POL	1269	910622	Nymburk
64. COCCHI R.	ITA	1286	910806/11	Salice T.	64. KOWALSKA K.	POL	1269	910729/31	Denmark
65. CAMPS B.	NED	1285	910729/31	Denmark	65. BKNAL S.	FRA	1269	910729/31	Denmark
66. ALAHUHTA P.	FIN	1285	910729/31	Denmark	66. EKS Y.	TUR	1269	911027	Antalya
67. HOLGADO R.	ESP	1284	910622	Nymburk	67. OKRZESIK I.	POL	1267	910622	Nymburk
68. WEINPERL B.	USA	1284	910721	Los Angeles	68. WANG Y.	CHN	1267	911015	Manila
69. CONNOR C.	USA	1284	910802	Oxford	69. WANG H.	CHN	1267	911015	Manila
70. MATSUSHITA I.	JPN	1283	910616	Tsumagoi	70. TESTA R.	I T A	1266	910622	Nymburk
71. VINEY D.	CAN	1282	910525/26	Nashville	71. ROBERTSON E.	I T A	1265	910622	Nymburk
72. BRUMLOW E.	USA	1282	910802	Oxford	72. BACKMAN C.	SWE	1265	910729/31	Denmark
73. MONTI P.	ITA	1282	910806/11	Salice T.	73. HWA K.-J.	PRK	1265	910817/25	Krakow
74. SIZOV D.	URS	1282	911027	Antalya	74. KIM S.-S.	KOR	1265	911015	Manila
75. PIEPER J.	GER	1281	910714	Welzheim	75. VELIZ J. M.	MEX	1264	910605/09	Mexico
76. ROUSSEAU C.	CAN	1281	910908	Charlesbourg	76. NICOLAESCU D.	BEL	1263	910509	Evere
77. CONDOTTI E.	ITA	1281	911027	Antalya	77. CAVIDAN B.	TUR	1263	910622	Nymburk
78. HOFFBAUER U.	GER	1280	910622	Nymburk	78. LIN Y.Y.	T A I	1263	910817/25	Krakow
79. ROBITAILLE J.	CAN	1280	910625	Montreal	79. DE DECKER C.	BEL	1262	910509	Evere
80. ROSICKE M.	GER	1280	910714	Welzheim	80. BERTOLINI M.	I T A	1262	910806/11	Salice T.
81. TOMAN J.	TCH	1278	910831	Praha	81. FAIRWEATHER K.	AUS	1262	911007	Sidney
82. ERSU K.	TUR	1278	911027	Antalya	82. MAUPIN L.	FRA	1260	910622	Nymburk
83. VASKEZ M. A.	ESP	1278	910622	Nymburk	83. KIM O.H.	PRK	1260	910817/25	Krakow
84. LIMBA R.	I N D	1278	911015	Manila	84. LÖSCHER I.	GER	1258	910831	Fellbach
85. ERBAY V.	TUR	1277	910622	Nymburk	85. OKI T.	JPN	1257	910512	Tsumagoi
86. TERRY S.	GBR	1277	910706/07	Banstead	86. SCHAFFER J.	USA	1257	910802	Oxford
87. FRAI C.	ROM	1277	910709/10	Bucharest	87. KISTLER I.	GER	1256	910622	Nymburk
88. CADIEUX S.	CAN	1276	910623	Charlesbourg	88. GLASER J.	USA	1256	910721	Los Angeles
89. WEIS V.	FRA	1276	910729/31	Denmark	89. ISKOUJEVA O.	URS	1256	910726/27	Sandefjord
90. BERTHE L.	FRA	1275	910622	Nymburk	90. IKEGAKI R.	JPN	1255	910512	Tsumagoi
91. SEVRIUKOV V.	URS	1274	910927/28	Milano	91. FIFFE F.	CUB	1255	910704	Havana
92. JIMENEZ C.	ESP	1273	910622	Nymburk	92. BLOCK S.	USA	1255	910721	Los Angeles
93. PREIBER J.	GER	1272	910609	Dortmund	93. MATHYSEN F.	BEL	1254	910507	Hombeek
94. LIMBA R.	I N D	1272	910817/25	Krakow	94. FANTATO P.	I T A	1254	910927/28	Milano
95. RYTTER J.	DEN	1272	911027	Antalya	95. CODISPOTI I.	I T A	1253	910729/31	Denmark
96. MESSMACHER E. H.	MEX	1271	910605/09	Mexico	96. JOHNSTONE F.	NZL	1253	911015	Manila
97. FALCK I.	FIN	1271	910729/31	Denmark	97. DOVAPPE I.	FRA	1253	911027	Antalya
98. STANESCU V.	ROM	1271	910820/21	Satu-Mare	98. VALIKHODJAEVA L.	URS	1252	910726/27	Sandefjord
99. LESENCO V.	URS	1271	911027	Antalya	99. MASKREY K.	USA	1251	911002	Nagaoi
100. MAWI S.	I N A	1271	911205	Manila	100. ÖCKL C.	GER	1250	910809	Dortmund

# FITA WORLD RECORDS

## WOMEN / Individual

Competit.	Nat.	RECORD
FITA Round (144 arrows)		
LEE Eun-Kyung	KOR	1370 1990
70 m (36 arrows)		
KIM Soo-Nyung	KOR	336 1989
60 m (36 arrows)		
KIM Soo-Nyung	KOR	347 1989
50 m (36 arrows)		
LEE Eun-Kyung	KOR	337 1990
30 m (36 arrows)		
EDENS Joanne	GBR	346 1990
Final Round		
KIM Soo-Nyung	KOR	346 1990

## WOMEN / Team

FITA Round		
KIM Soo-Nyung	KOR	4025 1989
WANG Hee-Kyung		
LEE Seon-Hee		
Final Round		
KIM Soo-Nyung	KOR	1030 1991
LEE Eun-Kyung		
LEE Seon-Hee		

## MEN / Individual

FITA Round (144 arrows)		
ESHEEV Vladimir	URS	1352 1990
90 m (36 arrows)		
ESHEEV Vladimir	URS	330 1990
70 m (36 arrows)		
YAMAMOTO Hiroshi	JPN	344 1990
50 m (36 arrows)		
McKINNEY Richard	USA	345 1982
30 m (36 arrows)		
MATSUSHITA Takayoshi	JPN	357 1986
Final Round		
ESHEEV Vladimir	URS	345 1990

## MEN / Team

FITA Round		
SHIKAREV Vadim	URS	3963 1989
ESHEEV Vladimir		
ZABRODSKY Stanislav		
Final Round		
KIM Sun-Bin	KOR	1005 1990
YANG Chang-Hoon		
PARK Jae-Pyo		

XXVth OLYMPIC GAMES,  
BARCELONA 1992  
July 31st - August 4th, 1992

Chairman:  
Klaus-Dietrich Schulz (GER)

Members:  
Guo Bei (CHN)  
Sergio Font (CUB)  
Paul Ney (LUX)  
Paul Paulsen (NOR)  
Robert Phillips (USA)  
Sung-Ho Um (KOR)  
Candido Garcia Molina (ESP)

1st Alternate:  
Malgorzata Karwacka (POL)  
2nd Alternate:  
Jacques Daunan (FRA)



# A SUCCESSFUL EXAMPLE SHOWING HOW EXACT MENTAL TRAINING WORKS IN ARCHERY

by Guo Bei (CHN), FITA International Judge,

Vice-Chief of the Coach Committee of the Chinese Archery Association

## 1. The effect on archers of the Grand FITA Round.

FITA has adopted the Grand FITA Round since 1987. This method of competition has reduced the disparity between teams and archers. The Grand FITA Round makes for more competitiveness and more challenge than the single FITA Round and double FITA Round. The change of competition has drawn a bigger audience and TV-camera men, photographers and journalists but this has also brought more psychological stress to archers. It brings about changes of sensation and consciousness, it also brings about the change of basic position therefore prevents the archer from bringing the peak performance into full play. Following the change of Rules, the new style Round demands that archers have more competitiveness and a greater ability of concentration, to overcome the disturbance caused by competition and to increase the ability of self-control and self-adjustment.

In order to attain the peak performance, to exert the best level of archery, it becomes a very important task for every coach to use effective mental training to reinforce and recreate the optimal posture and at the same time consolidate it and help achieve an automatic movement. Simultaneously, to overcome the stress which comes from competition and to keep calm, especially during shoot-off, to control the archer's emotion and ensure getting the best results.

**2. The mental training content** should be selected according to the character of archers. Archery demands a very high level on archer's psychological character: steadiness of emotion, suitable arousal level including both psychological and physiological, focus of attention, distribution of attention, sharpness of perceptiveness (including sense of vision, perception, kinesthesia, harmony and so on) and self-confidence. Mental training in archery should be built around the above elements.

There are many methods of mental training. The individual differences of archers are very great. The key for whether the mental training is successful or not is decided by which practice method is chosen and what training schedule is made.

Mental training should follow the principles which are listed below:

- (1). The step by step principle: from easy to difficult, from simple to complex.
- (2). The principle of constancy: a long time is needed to practice, and
- (3). The principle of technique and physical and mental training development at the same time. If only using mental training without technique or physical training, good results will not be attained. According to the character of Chinese archers, the main content of training listed below has been used:

**a. Breath control.** It is very important for archery. If a person feels distress, signs of unnatural breathing are shown. There is a Chinese saying: practising physique and skin externally, practising breath internally movement may not become fluent if the breathing is not fluent. In other words, if breathing is not controlled, the position is not perfect. After grasping breath, emotion is steady and harmonizes with muscles. During practice, archers are requested to breathe as slowly as possible, as deeply as possible and keep breathing as smoothly as possible.

It is of great importance to keep the stress level of the archer within a limited range by the methods of breathing and auto-suggestion.

**b. Relaxation training.** This includes both emotional and body (muscular system) training. In most cases emotional stress is accompanied by muscular tension, and sharpness of perceptiveness will be affected. So properly relaxed muscles, especially *musculus biceps brachii* of the draw-arm, *musculus supraspinatus* and so on, are very useful for smooth, stable and harmonious shooting. To ensure the quality of practice, heart rate (HR), electromyogram (EMG) and skin temperature are monitored throughout and control relaxation training.

**c. Imagination** (image rehearsal technique). It is divided into two kinds: one is to help archers to command motor technique perfectly and to shape motor skills, for example, to imagine one's movement-procedure and time-rhythm, from stance, set up, drawing, anchoring, aiming, holding, release, follow through and the arrow striking 10 points. The other is to overcome the pressure caused by competition and get in good form by visualising for instance, competition field, weather, opponent, audience, the display of oneself during competition and so on.

**d. Concentration and attention distribution.** I think, concentration is the key for mental training of archery. An archer's ability to overcome disturbance and focus attention during competition can effect his/her form, emotion and results directly. The attention distribution is important too. As Rick McKinney said: "You should develop peripheral concentration, the ability to concentrate on release, wind conditions and the target all at the same time." Moreover, the signal lights and the coordination of every part of the body all need attention distribution.

**e. Increase self-confidence.** In other words, awareness training, self-confidence is one of the foundation for winning a victory. If an archer always worries about techniques, ability and equipment he/she will be absent-minded and this will bring about emotional instability and distraction. As a result, attention is not focussed on the competition and victory in the competition. Coaches should lead archers to think in a positive way instead of negatively, to set up a fit goal, to say to

him/herself with really active words such as: "I like myself." "I have practiced better than before." "The wind is really strong but I often train in the wind, so, I know how I can adjust the equipment and myself." "My equipment has been tuned carefully, my bow and arrows are all right."

## 3. A successful example.

We have established a systematic mental training program for archers with the help of psychological experts, and got good results. A successful example is shown as follows:

The subject for this case study was a 23 years old nationally-ranked female archer. She has been shooting for 7 years. She used to receive mental training off and on, and had learned some methods, but she had not had systematic mental training. The archer's archery technique had reached a high level but her posture was irregular and always changing, her kinesthetic perception of herself was not good enough. Sometimes she had too little self-confidence. In the course of winter practice, we practiced both technique and physical training as well as mental training. The concrete methods are as follows:

**a.** Two weeks were spent learning the theory of mental training and the correct way of breathing. In normal conditions, the subject's frequency of breathing is about 12-14 times in one minute, we requested that she breathes as slowly as she could. During training, she gradually reached a breathing rate of 2-3 times in one minute.

**b.** Two weeks were spent learning progressive muscular relaxation, using both tapes and language to guide the archer who sat down or lay down to do relaxation training. At first, comparing tensed with relaxed muscles then beginning to progressive relaxation training. The skin temperature and HR were monitored to evaluate the effects of relaxation. Normally, after the training the skin temperature will raise by 1-3°C. After a stage of training, the archer can relax in a short time, then we use EMG to monitor some antagonistic muscles, such as *musculus biceps brachii*, *musculi flexor antecubitali*, to help archer's relaxation.

**c.** Three weeks were spent practicing both intensive concentration and distribution of attention. Before this practice, there was five minutes' relaxation training, then practice to focus attention, control the focus of attention within a small range. Sometimes we used methods of traditional Chinese Qigong. The other methods are: staring at a thing in a remote place, staring at the target center (gold), gazing at the second hand of the watch, etc.

Distribution of attention training, for instance: The even numbers were called out and the odd numbers written down.

**d.** When technique training began for shooting for all long distances and short distances, for three weeks we worked on image rehearsal technique. Everyday, before technique training and before going to bed, the archer relaxed and then imagined. In this stage, the main purposes of imagery were to let archer imagine her form perfectly. From stance and setting up, drawing until hitting 10 points. She imagined the smooth coordination of her movement, imagined the steadying of herself, imagined every arrow striking gold. After this stage of training, the archer's ability to keep recurrent optimal posture in mind had been increased, the accurateness of posture had been advanced too.

**e.** At last, just two weeks before a major national tournament, we began training to increase self-confidence. The coach talked with the archer to help her appreciate the strong points of herself, and arranged tests to let the archer know her actual skill and did exercises imagery, to "see" her posture perfectly in her mind, "see" that even during strong wind or heavy rain, she herself can shoot steadily and always hit 10 points. Imagining past victory experiences won by herself. Firmly believing that she herself is an elite archer and she can win as long as she did the movements correctly.

After three months' of systematic technique, physical and mental training, the archer took part in a major national tournament and improved her results greatly. She won the individual Grand FITA Round, Single FITA Round and Double FITA Round three championships together, the results of her Single FITA Round rose from 1270 (the best results before the systematic mental training) to 1319 points (after the systematic mental training); Double FITA Round from 2520 points to 2622 points; Grand FITA Round from 320 points to 332 points; breaking national record (60 m with 343 points, the original record was 338 points and that time, the world record was 345 points).

The example of the above has indicated the following points:

1. The mental training of archery has the following functions:  
reinforcing and recreating optimal posture, adjusting emotion and increasing self-confidence.
2. Mental training is a long process: the attitude of the archer to mental training has very important effects.
3. Doing mental training systematically before a major tournament can supply archers with a good mental condition for participating in competition.
4. Coaches should reinforce the awareness of training for archers to think about positive ways, so as to set up a fit goal in line with archers' present training condition.



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