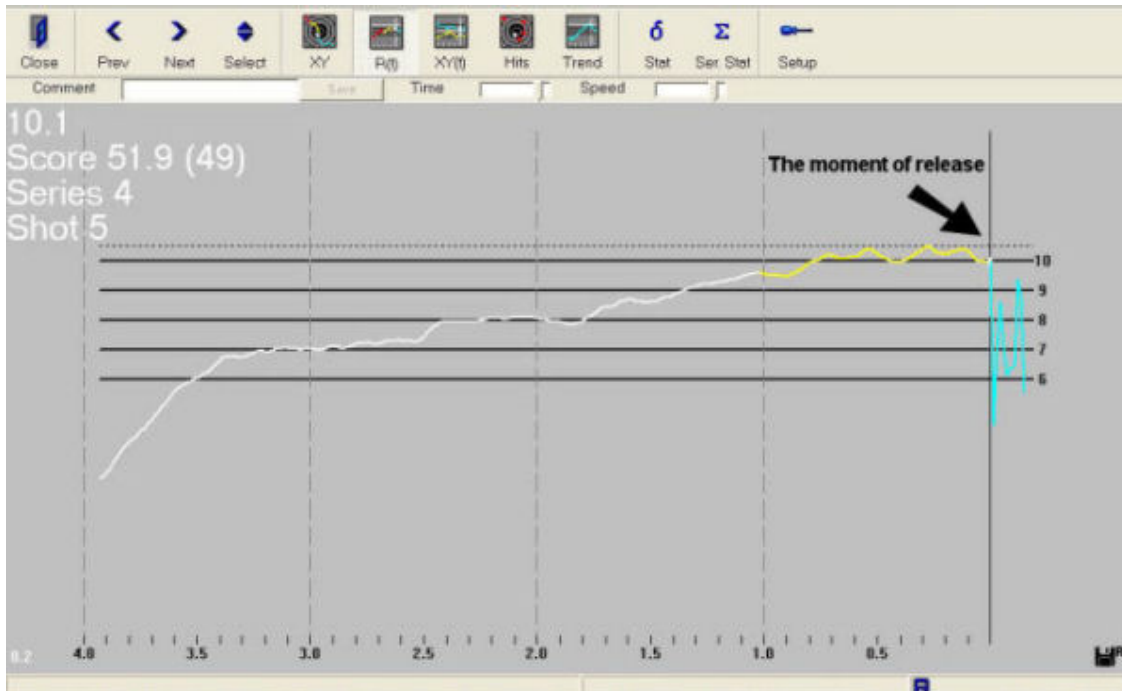


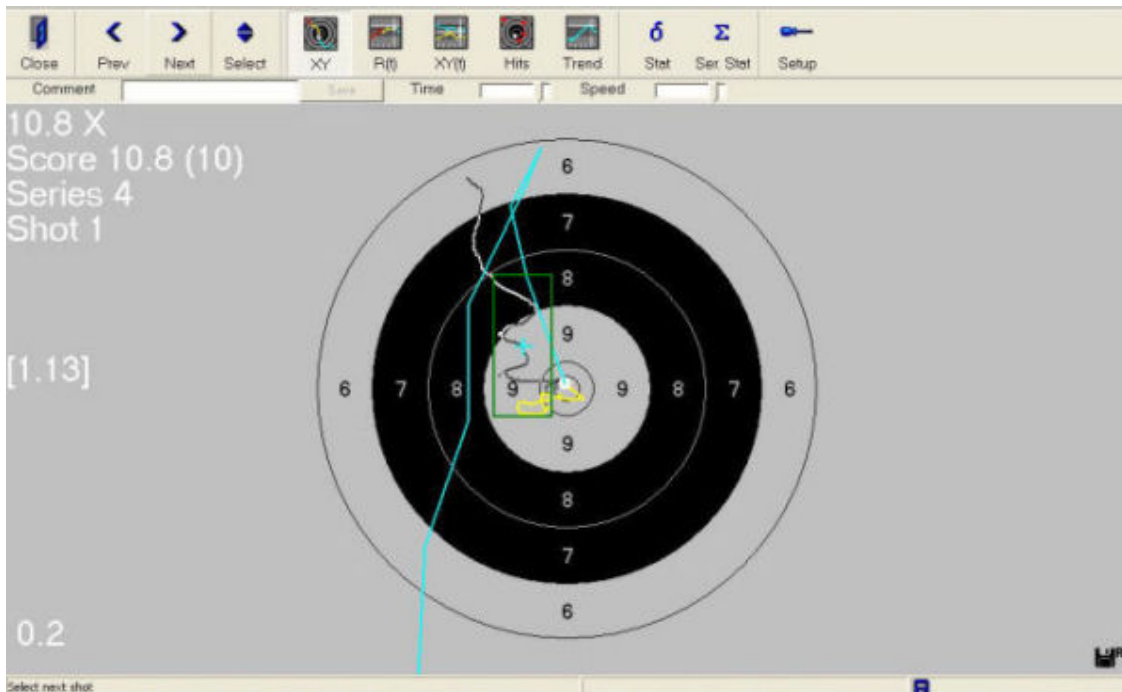
## Optical training has clear benefits for archery

Basically, the archer has to be able to keep the bow in balance during the hold and aim stages, and also during release, when the arrow is still in contact with the bow string. The tension and muscle movement between the archer and the bow are transferred to the arrow, and this has a high impact on the result. The goal is to keep the bow as motionless as possible until the arrow has left the bow string completely. The moment of release can be seen clearly in the analysis (below picture).



The moment of release on a time axis

Another key factor affecting the result is obviously the aiming itself. The system shows the point of aiming on the target in real time, and also the centre point of the aim, including the holding area, in a replay, providing information on stability and symmetry (picture below).



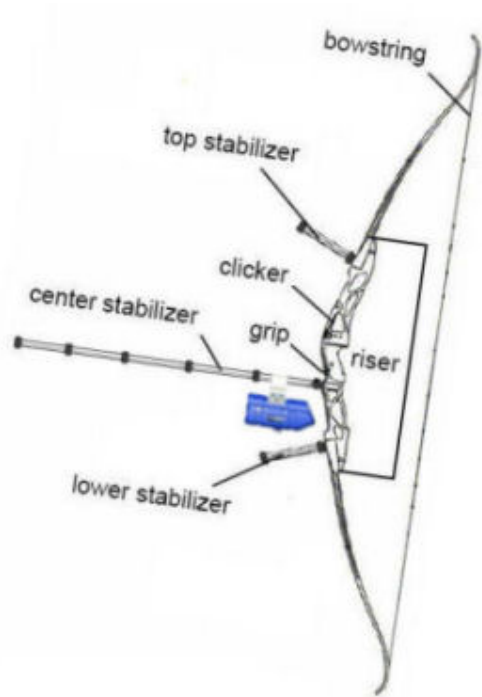
The point of aim and stability & symmetry

### Young archers in focus

Optical training is especially efficient when working with young archers, as it helps them to understand their own performance and the advice they are given, thanks to the graphical replay and analysis system. In addition, beginners can be observed more closely in order to avoid repeating bad techniques which cannot necessarily be detected with the naked eye before they become habitual and are more difficult to rectify.

### ST-2000 Sport II attached to a recurve bow

The Optical Unit can be attached with the universal attachment to one of the stabilizers or other available brackets or rails which can be set to point at the target. Some archers have even attached a simple laser pointer to the optical unit, at least temporarily, in order to help in positioning the required reflector above the target. Note that the reflector is not in the middle of the target, as the arrows would harm its surface, and that the centre stabilizer is typically pointing slightly upwards. Basically, the optical unit just needs to "see" the reflector during aiming and its exact position is only a matter of zeroing the optical unit pointing at it (picture below).



ST-2000 Sport II attached to recurve bow (Olympic) and the reflector above the target