

2. When there is a momentum that the muscles remain in the holding position of the object (for a little while) then releasing it and letting the object go like in Archery.

3. This is when striking the subject like in some of the ball games.

VII, a) Archery - throwing
3 general musts;

✓ 1. legs apart to make a big base of support to make the position more stable.

2. Body side ways - head facing the target. this is kept there by the action of the Sternocleidomastoidien and the trapeze, trapezius

✓ 3. left arm straightened horizontally, hand flexion of fingers on the bow. right arm is bent by the elbow pulled back in a horizontal position this is kept by the action of the pectoride mainly.

Right Hand must be under the chin.