



## **BALANCE TRAINING WITH THE T-BOW APPLIED TO DIFFERENT SPORTS SKILLS**

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### **Introduction**

The T-Bow is a multifunctional bow for movement education, training and therapy. It is a very manageable (70x50x15 cm) and strong bow, it has a non-slip cover and is useable on both sides, having very narrow flat edges on its concave surface. Such characteristics allow balance moves with segmentary independence of each foot support and very reactive actions that have special application of static and dynamic balance training to different sports skills.

### **Objective**

The aim of this work is to propose a methodology of training with the T-Bow for the improvement of static and dynamic balance of different sports skills.

### **Methodology of training**

We focus on alternatives that do extraordinarily exceptional the T-Bow: their potential for training situations of static and dynamic balance when used on its concave surface (rocking position). Balance moves (frontal-longitudinal and lateral-cross) seated and with individual support of feet or hands and balance moves in simultaneous support of feet and hands are performed on the T-Bow with your own body or adding passes, bouncing, throw and catching actions.

We define two basic criteria to design the exercises:

a) Postural attitude (static balance) emphasizing the relationships between the center of gravity and the support base.

b) Dynamic coordination (dynamic balance) emphasizing the control, the space implementation and the temporal adaptation of the movement.

In both cases, the relaxation brings a precise optimization by means of static-dynamic perception and tone control training at segmentary and global level.

### **Discussion**

Based on practical experiences developed in Switzerland since 1994, and in other European countries since 2006, we can conclude that training the postural attitude and dynamic coordination with the T-Bow under special conditions is a very effective way to improve the static and dynamic balance of different sports skills.

### **References**

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