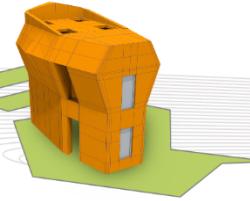


ACAPS
2021



Breathing-related stability among 10-meter air pistol shooters

S. Hybois, D. Chadefaux, L. Valdes-Tamayo, Y. Lespert, R. Moreno Flores, M. Coursimault, C. Sauret, V. Attali and P. Thoreux



Introduction



Céline Goberville, © Sébastien Botella / Maxppp

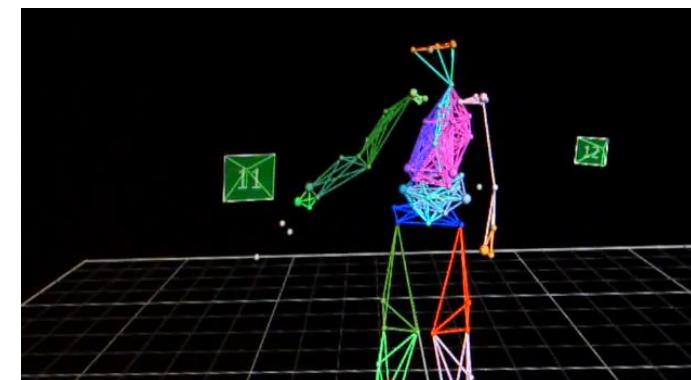
Pistol shooting: Olympic activity



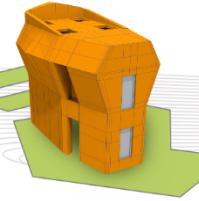
- Popular sport all over the world
- 25 m air pistol shooting (W/M « rapid fire »)
- 10 m air pistol shooting (W/M/mixed team)
qualifying: 75min – 60 shots
- standing position
- pistol: weight $\leq 1,5$ kg

For 10 m air pistol shooting, 2 distinct phases:

- « **distance-covering** » : raising the arm & pistol to an approximate position
- « **homing-in** » on target : adjusting sight and pistol alignment on target



Synchronisation

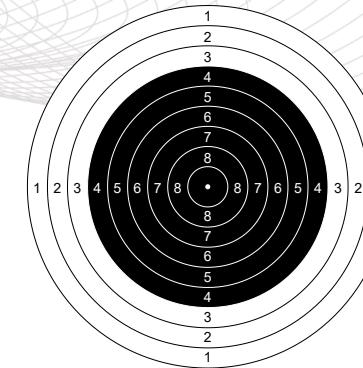


Introduction



Aiming phase – role of postural stability

- Maintaining a low displacement of the center of pressure (CoP) → performance [Ko et al., 2017]
- Stability strategies and shooter expertise : lowest CoP displacement during shooting for elite athletes vs. untrained controls [Chadefaux et al., 2020]



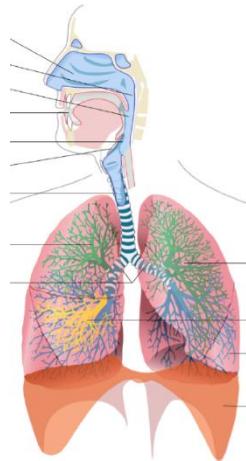
Postural stability and breathing strategy

- Coupling between locomotion, postural and breathing functions [Perry et al., 2006]
- Respiratory movements affect balance (diaphragm involvement, CoP oscillations) [Kantor et al., 2001]





Introduction



Apnea during aiming

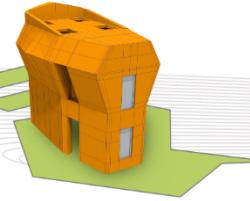


Breathing strategy

Stability

Aim: evaluate the breathing-related stability parameters for various athletes expertise

Hypothesis: elite shooters able to better synchronize breathing and posture



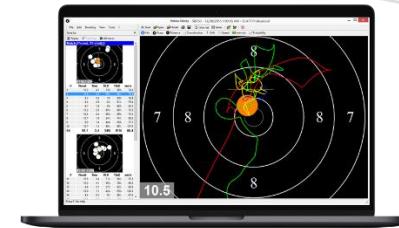
Materials and Methods



10 m pistol shooters
various levels

Biomechanical / Postural analysis
of shooting under various breathing conditions

Individual breathing/stability profile



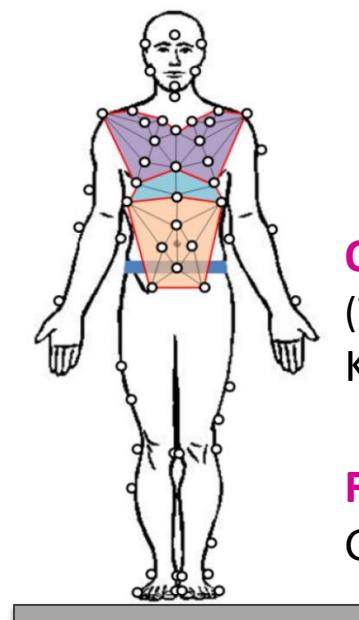
Population

20 participants

Elite	Intermediate	Novice
N = 4 (3H/1F)	N = 6 (4H/2F)	N = 10 (6H/4F)

Stabilometric trial

natural standing position during 1 minute, with eyes open and a natural breath



Optoelectronic cameras

(Vicon® System, ©Oxford Metrics Inc., UK, 100 Hz)

Kinematics

Forceplates (AMTI, USA, 1000 Hz)

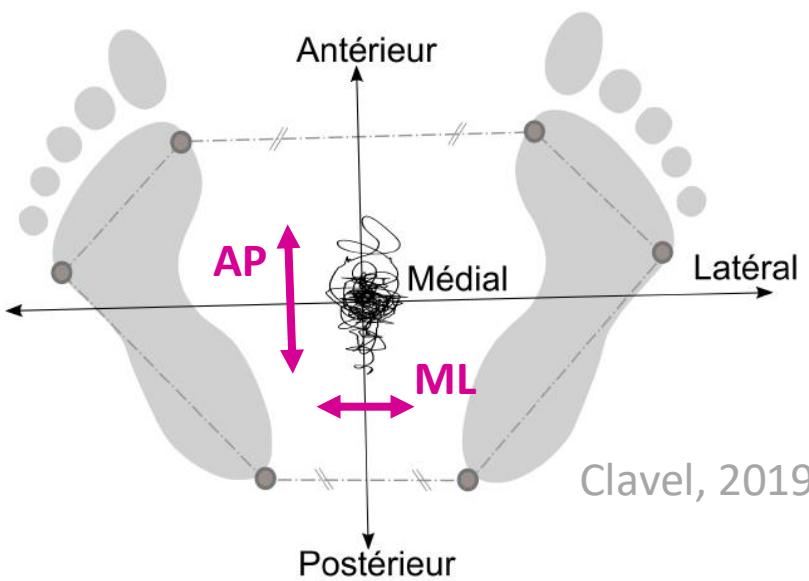
Ground Reaction Forces → CoP



Materials and Methods

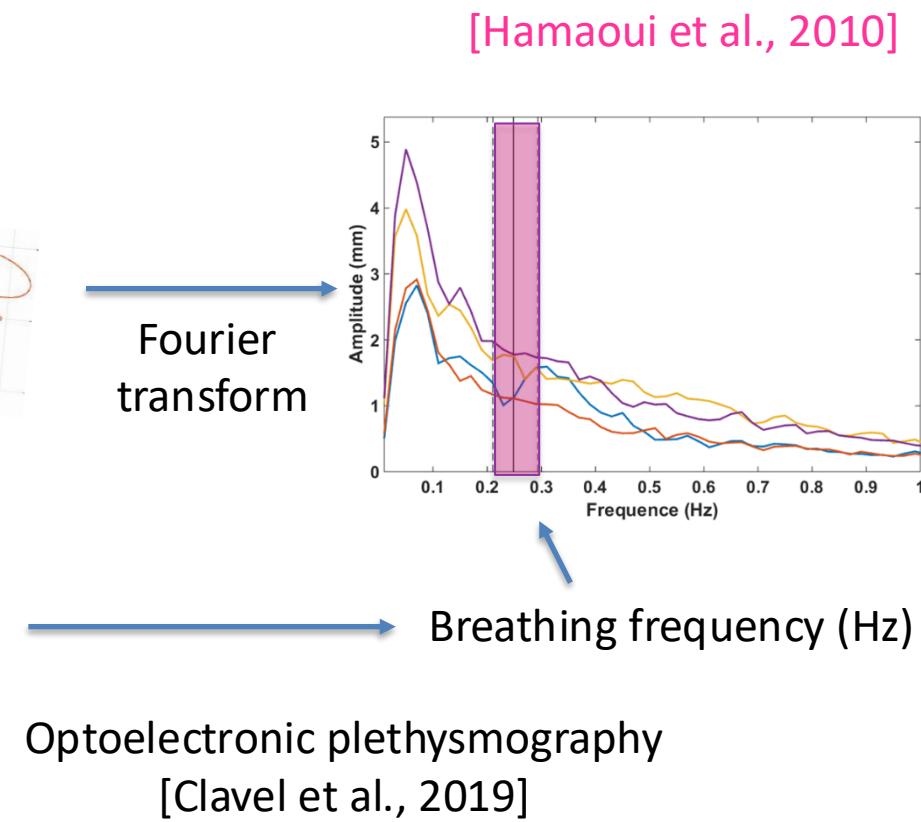
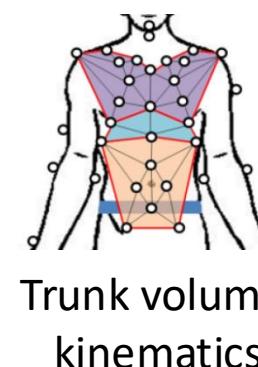
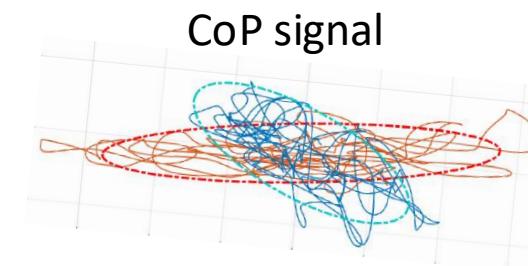


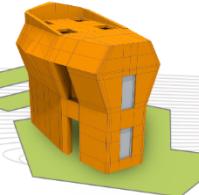
Stabilometric profile



CoP anterior-posterior (AP)
and mediolateral (ML) displacement

Respiratory emergence parameter (Rem) :
portion of the CoP displacement explained by ventilation





Results and Discussion



Fig 1. CoP displacement during natural breathing

Fig 1a. Mediolateral (ML) component

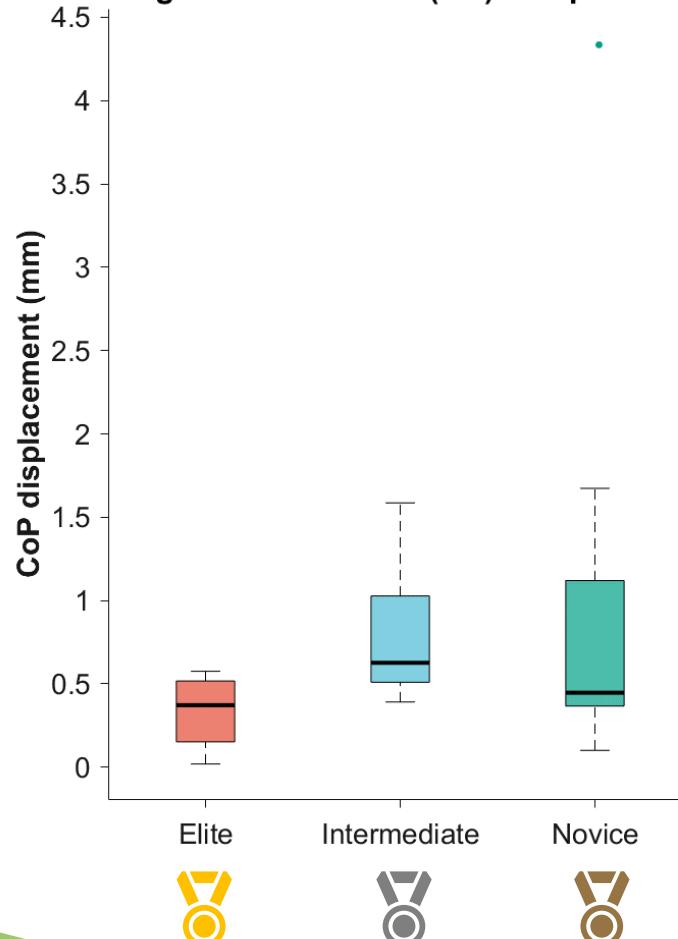
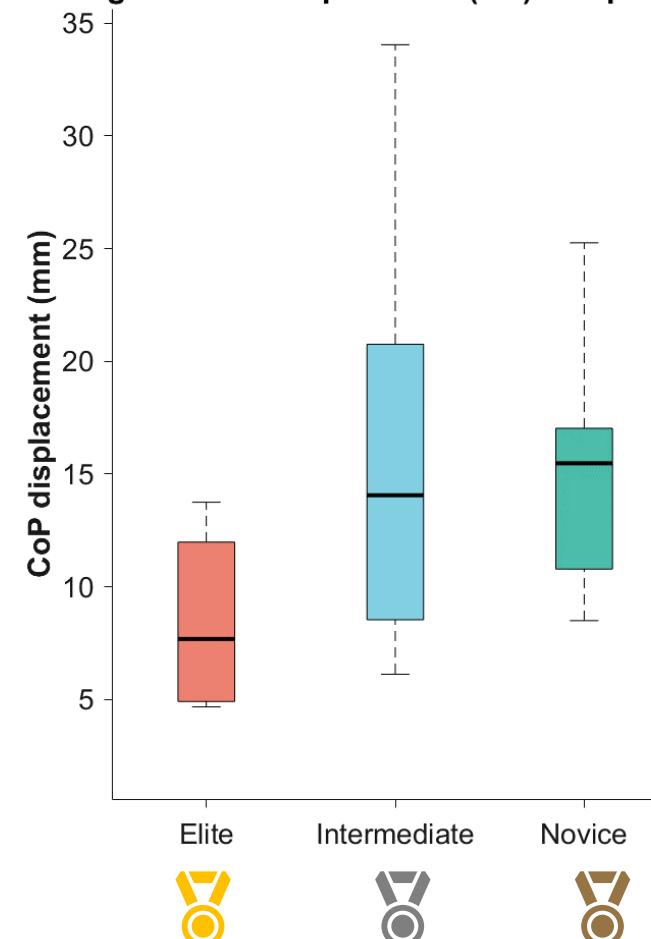
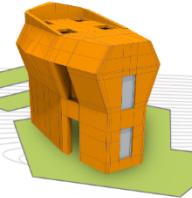


Fig 1b. Anterior-posterior (AP) component



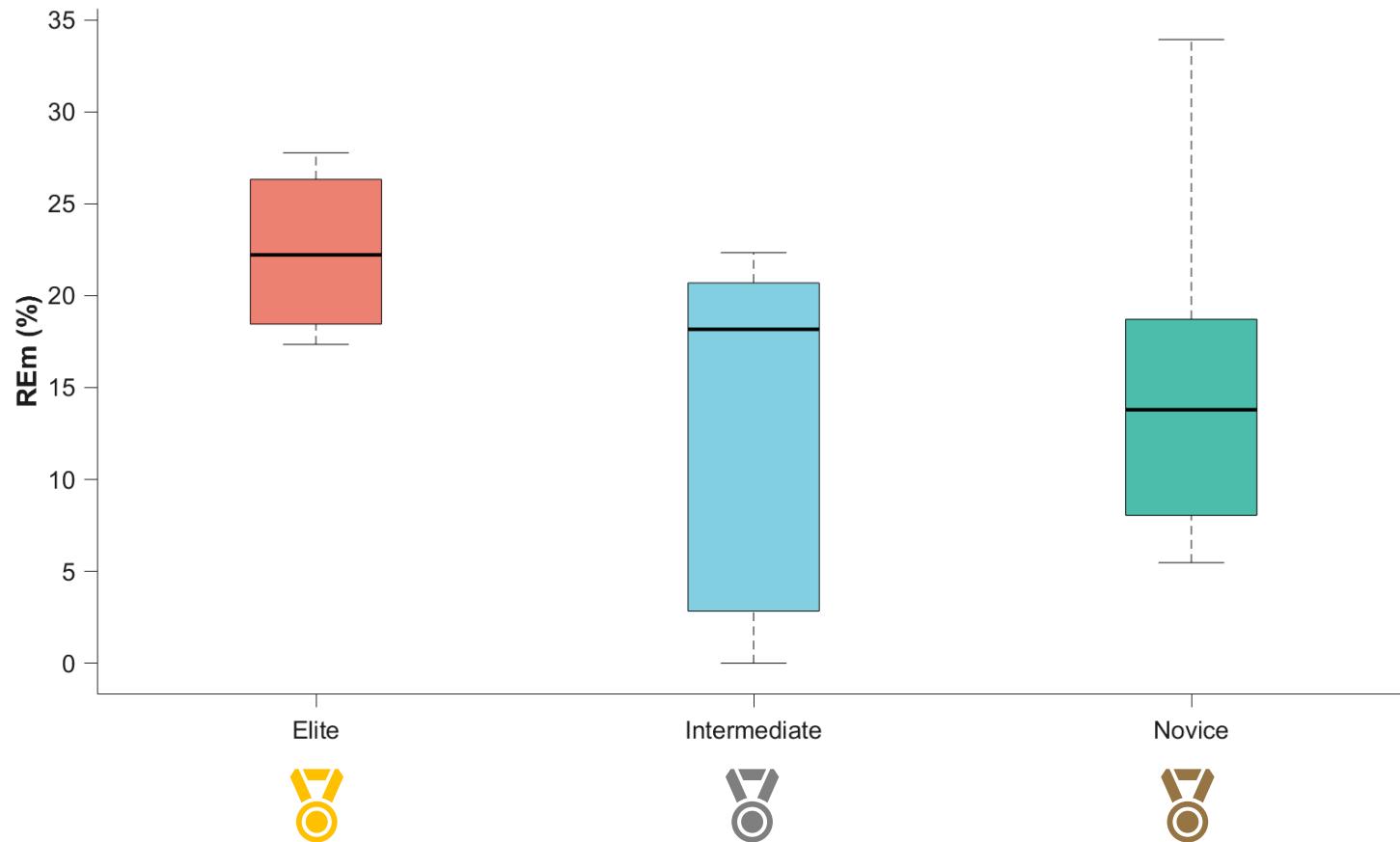
- Balance stability = higher among elite shooters (lowest CoP displacements)
- In line with previous studies on rifle shooters [Era et al., 1999]
- « Natural » stability: even for a non-shooting posture



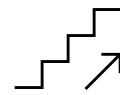
Results and Discussion

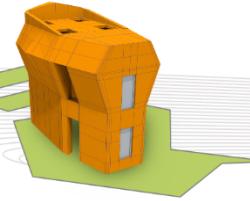


Fig 2. Respiratory emergence parameter for the AP component of the CoP



- Portion of CoP displacement explained by breathing = higher among Elite shooters
- Posture / Breathing synchro
- Similar to findings in the context of people practicing Tai Chi [Holmes et al., 2016]
- Benefit in 10 m pistol: reduce a larger portion of CoP displacement during apnea in aiming





Conclusion



Elite 10 m pistol athletes:

- increased **postural stability** in natural conditions ;
- increased **posturo-ventilatory synchronisation** ;
- advantage for the aiming phase in competition conditions

→ Suggests some **improvement tracks** for National level athletes who do not display the same trend



Limitations:



- Include more athletes (Covid-19 + Olympics preparation...) ;
- Individual strategies within groups ;
- Correlation but not causality ;

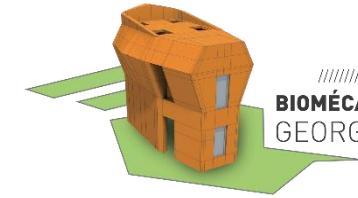
To go further:

- Whole-body coordination strategy and perturbation absorption
[Attali et al., in preparation]
- Effect of breathing conditions on shooting kinematics/performance : optimal pattern?
- Link between postural stability and target aiming stability

KEEP
CALM
AND
JUST
BREATHE



Thanks for your kind attention



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