DAVID VIVO

BAREBOW · CAMPO Y 3D

ARCHER PROFILE · 2026

KSL CERTIFIED COACH · LEVEL 2

CATALONIA, SPAIN

PROFILE

Barebow archer specialising in Field and 3D. Over twenty years shooting, the last four focused on competition and coaching. In 2026 I won every regional title available in my disciplines in Catalonia and took four national podiums in Spain.

I also build and teach a structured training system for barebow archers. I work full time as a commercial director, which means I train on limited, planned hours rather than unlimited ones, and everything I do is built around that constraint: measure first, one objective per session, one change at a time.

COMPETITIVE RECORD · BAREBOW, MEN'S SENIOR

NATIONAL · SPAIN

2026	**1st**	Spanish Field Championship · Mixed Team
2026	**2nd**	Spanish Field Championship · Mixed Pairs
2026	**3rd**	Spanish Field Championship · Individual
2026	**3rd**	Spanish 3D Championship · Men's Team
2025	**3rd**	Spanish Indoor 3D Championship · Individual

REGIONAL · CATALONIA

2026	**Champion**	Catalan Field League
2026	**Champion**	Catalan 3D League
2026	**1st**	Catalan Field Championship
2026	**1st**	Catalan 3D Championship
2026	**1st**	Catalan Indoor 3D Championship
2025	**Champion**	Catalan 3D League
2025	**2nd**	Catalan Field League
2025	**3rd**	Catalan 3D Championship

● FIELD ● 3D ○ INDOOR

DISCIPLINES

Field · 3D · Indoor 3D

COACHING & CERTIFICATION

- KSL International Archery Certified Coach · Level 2, September 2026
- KSL International Archery Certified Coach · Level 1, November 2025
- Spanish Federation Technical Coach, Level 1 (TD1): didactics, sport psychology, training planning, equipment and safety
- Author of a documented 40-session training methodology, being prepared as a school programme (Focus Academy)

CURRENT PROJECT

Grupo Cero · a public 90-day experiment

Running 1 October to 29 December 2026. Two archers, one longbow and one traditional, train under my system at no cost, in exchange for full session logging and public publication of their results, including the weeks where the numbers go down.

Everything is documented: baselines, session data, mid-point and final results. Neither of them shoots barebow, on purpose: if the system works, it has to work with any bow.

TRAINING METHOD

The system I teach has four components, and nothing more: a repeatable baseline; one objective per session, written before leaving home; a sixty-second record at the end of every session (score, sensation and one raw comment); and the Threshold, a minimum number of arrows before any change can be judged, with one change at a time.

It is deliberately small. It is what took me from sixteen years of winning nothing to this season, training on limited hours alongside full-time work.

> **The bow doesn't fail.**
> **The day doesn't fail.**
> **What fails is the system you don't have.**

LANGUAGES

Spanish · Catalan · English

CONTACT

hola@davidvivo.com
@davidvivofocus · davidvivo.com