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# The Benefits of Playing Darts

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Unintentionally involving myself in several darts' tournaments organized by UiTM (2022-2023), let me share some of the benefits of playing the game. Playing darts is not only a fun game, but also an engaging activity that offers a variety of benefits beyond just entertainment.

*Here are some of the benefits of playing darts [1]*

## Improves hand-eye coordination

Darts requires a high level of hand-eye coordination and precision, which can improve with regular practice. This skill can also transfer to other activities that require coordination and accuracy, such as playing sports or performing manual tasks.



## Boosts mental math skills

Darts involves keeping track of scores and calculating the remaining points needed to win. This can help improve mental math skills and increase mental agility.

## Provides a social outlet

Playing darts can be a great way to socialize and connect with others. It can be played in a casual or competitive setting, and can be enjoyed by people of all ages and skill levels.

## Reduces stress

Playing darts can be a great way to unwind and reduce stress after a long day. It can also help improve focus and concentration, which can have a positive impact on overall mental health.

## Offers physical activity

While playing darts may not be a strenuous physical activity, it does require standing and walking, which can provide some level of exercise and movement.



*Next, here are the basic steps for beginners to start [2]*

**Step-1 Set up the dartboard:** Hang the dartboard on a wall or dartboard stand, making sure it is level and secure. Measure the distance from the front of the dartboard to the throwing line (also called the oche), which is 7 feet 9 1/4 inches for steel tip darts and 8 feet for soft tip darts.

**Step-2 Choose your darts:** Select a set of darts that feel comfortable in your hand and have a weight that suits your throwing style.

**Step-3 Stand at the oche:** Stand at the throwing line with your feet shoulder-width apart and your dominant foot slightly forward.

**Step-4 Aim at the dartboard:** Focus your eyes on the target you want to hit and aim your dart accordingly. The most common target is the center of the dartboard, which is worth 50 points.

**Step-5 Hold the dart:** Hold the dart with a relaxed grip, using your thumb and index finger to steady the dart and your other fingers to support it



**Step-6 Take your shot:** Pull your arm back and release the dart with a smooth, fluid motion. Follow through with your arm to ensure a consistent release.

**Step-7 Score your throw:** After your dart lands, calculate your score based on where it landed on the dartboard. The scoring areas on the dartboard are divided into numbered sections, with the outer ring worth double points and the inner ring worth triple points.

*Repeat steps 4-7: Take turns with your opponent(s) and continue playing until one player reaches the predetermined score to win the game (usually 1001, 501 or 301).*



**Gripping the dart too tightly:** Holding the dart too tightly can affect your aim and cause your throws to be inconsistent. Try to grip the dart lightly and use a relaxed throwing motion.

**Not standing in the correct position:** Your stance and position at the oche can affect your aim and throwing motion. Make sure you are standing with your feet shoulder-width apart, your dominant foot slightly forward, and your body perpendicular to the dartboard.

**Flicking the wrist:** Flicking your wrist at the end of your throwing motion can cause the dart to veer off course and miss the target. Instead, try to use a smooth, fluid throwing motion with a follow-through.

**Overcompensating for missed throws:** After missing a target, some players may overcompensate and throw the next dart too hard or too far in the opposite direction. Instead, try to focus on making small adjustments to your aim and throwing motion.

## *Here are some common errors that players make when playing darts [3]*

**Not aiming for the right target:** It's important to aim for the correct target on the dartboard to maximize your score. Make sure you are aiming for the right section of the dartboard and taking into account the scoring areas (double and triple rings).

**Not practicing regularly:** Like any skill, playing darts requires practice and repetition to improve. Not practicing regularly can lead to a lack of consistency and accuracy in your throws.

**Poor grip or balance:** If you have a poor grip or balance, it can affect your throwing motion and make it difficult to hit your targets. Make sure you are holding the dart correctly and standing in a stable position at the oche.

“Remember to always follow safety precautions when playing darts, such as ensuring that no one is standing in the line of fire and using appropriate safety measures for your particular type of dartboard (such as a protective backboard or darts with plastic tips for soft tip dartboards).”

By addressing these common errors and practicing regularly, we hope to improve our accuracy and consistency when playing darts. Overall, playing darts can offer a range of benefits for both physical and mental health, as well as social and cognitive development. It is an activity that can be enjoyed by individuals and groups alike, making it a versatile and engaging pastime.

### References:

- [1] ChatGPT. "Steps of Playing Darts." Chat conversation. OpenAI, 6 March 2023. <https://openai.com>. Accessed 6 March 2023.
- [2] ChatGPT. "The Benefits of Playing Darts." Chat conversation. OpenAI, 6 March 2023. <https://openai.com>. Accessed 6 March 2023.
- [3] ChatGPT. "The Common Errors of Playing Darts." Chat conversation. OpenAI, 6 March 2023. <https://openai.com>. Accessed 6 March 2023.