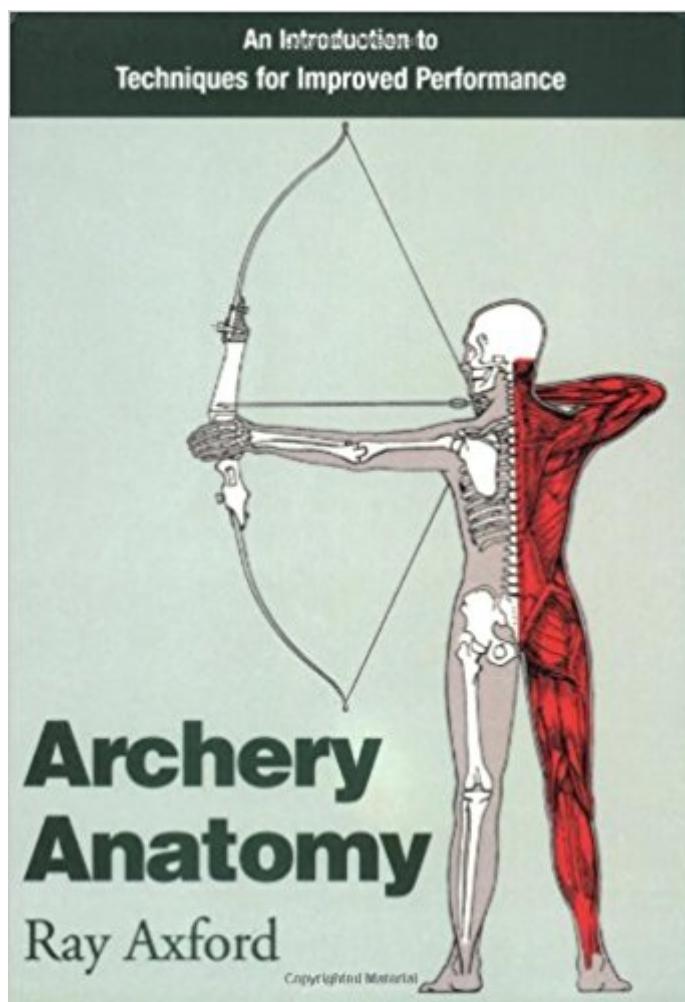


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# Archery Anatomy: An Introduction To Techniques For Improved Performance



## Synopsis

Knowledge of the interrelationship between the anatomy of the human body and the anatomy of the bow is fundamental in improving archery skill and technique. The detailed drawings and the clear, descriptive text in this book explain how the skeleton and muscles should be used to improve overall performance in a natural way without artificial or coached movements. A primer for coaches and performers as well as an analysis of the sport itself, this guide provides an understanding of the sport without emphasizing any national or international rules, making it useful to archers throughout the world.

## Book Information

Paperback: 164 pages

Publisher: Souvenir Press; First Edition edition (July 1, 1996)

Language: English

ISBN-10: 0285632655

ISBN-13: 978-0285632653

Product Dimensions: 7.5 x 0.6 x 10 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 30 customer reviews

Best Sellers Rank: #359,889 in Books (See Top 100 in Books) #48 in Books > Sports & Outdoors > Individual Sports > Archery #808 in Books > Engineering & Transportation > Engineering > Bioengineering #955 in Books > Medical Books > Basic Sciences > Physiology

## Customer Reviews

This unique book looks for the first time at archery techniques from the point of view of the interrelationship between the anatomy of the human body and the anatomy of the bow. By highlighting the primary power sources involved in the performance of the sport it enables coaches and archers alike to understand and perfect their skills in ways that use the natural movements of archer and bow in co-ordination. The book is not tied to any specific national or international rules; it can be used by archers throughout the world to gain an understanding of the biomechanics of the sport. Originating from the author's awareness that the basic problems of most archers stemmed from their ignorance of these aspects, it should make an invaluable contribution to the overall improvement of performance standards.

Ray Axford has been active in archery for 20 years. He has provided many illustrations for the

National Coaching Manual and has written and illustrated articles for archery magazines and other technical publications.

It's certainly an in-depth book on Anatomy and the physics of the Bow. Lots of drawings. However I found the book much to involved in technical information vs useful information. I finally put it down because the hours it would take to understand what is being said wouldn't improve my Archery skills as other books like the Archery (US Olympics) book. I imagine it may be a benefit to a certain archers, that's why I gave it 3 stars

I have incorporated a lot of things into my training. I like that he is a counterpoint to the Koreans.

Hands down one of the very best books on archery anatomy I have ever read. It includes illustrations on the anatomy of both sexes and the impact of the different stages of the form on them. Also has many handy charts that aid in selecting the proper bow, etc. Truly a comprehensive and well structured book.

This publication , is one of those books , for both : Amateurs and Pros . There are a lot publications , that sayand you get nothing in the end . For: Archers this is one to buy : 1 for Safety 2 understanding muscle and bone structure. Considering the popularity of Archery in the US , Australia and also fitness , understanding form plussafety ( Meaning tendons and joints ) , This book is a must ..

Very informative. Lots of diagrams. Very text bookish in nature. This book really looks at the balance between the archer and the bow. How muscle and skeletal structure come in to play, and the importance of proper form and technique and it's effect.

Perfect

Whether your interest is target, 3-D or hunting, and especially if you shoot a traditional bow, rather than a compound, this book will educate you in new ways. The excellent illustrations tell the story in themselves -- there are good ways and not-so-good ways of drawing a bow. You can improve your performance and help avoid injuries and nagging problems, by following the advice in this book. An excellent contribution to a little-understood and vital aspect of our sport. Highly recommended.

This book has Excellent graphics and Illustration .It gives you the anatomy of your body and body parts used for archery.It gives you also the dissect of bows and arrows and other archery equipment.All with pictures and illustration.

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