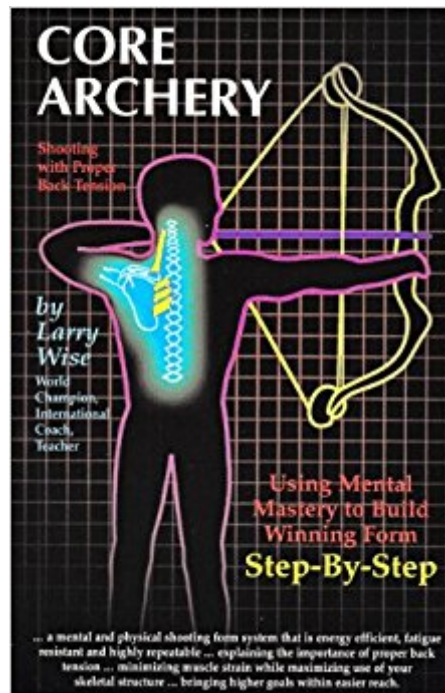




The book was found

Core Archery: Shooting With Proper Back Tension



Synopsis

A systematic set of archery shooting form steps built around the proper use of your skeleton. Learn to maximize skeleton and minimize muscle. in step one you learn to shoot a ten and in step two you learn to repeat step one.K1-22290

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Customer Reviews

A systematic set of archery shooting form steps built around the proper use of your skeleton. Learn to maximize skeleton and minimize muscle. in step one you learn to shoot a ten and in step two you learn to repeat step one.K1-22290

This book is amazing. I learned so much more than I ever thought I would. The pictures are dead on for how you should be practicing. If you're interested in taking your shooting skills to the next level this book is it. It really teaches you about Back Tension and how to improve your form and make it repeatable. It makes it much easier to correct some basic problems as well. It can be somewhat technical at times especially when it comes to body mechanics but it does a good job explaining it. I think what I learned that was the most helpful is to relax during the shot.

Good book for the target archer trying to perfect their form and understanding kinesiology with regards to shooting and using a back tension release . If you are a bow hunter hunting from a tree stand or shooting from awkward positions , this book won't help you much .

I really liked this book. The book is geared toward compound shooters but the principles of the

establishment of regimented routine form integrated with mental concentration are invaluable to all archers. The book's main information is about developing regimented routine of reproducing physical mechanics of setting up and shooting a successful shot over and over. I found the final 2 chapters about Aiming and the Mental Game of Archery very helpful. The mental game chapter was great and I would recommend the book based on that chapter alone. I would highly recommend this book to anyone interested in archery and improving skills and consistency.

Although I am not a competitive archer and shoot a hunting bow without the type of release mentioned in the book, I found the basic principles used create a good foundation for any type of shooting, regardless of release type or bow. I was very impressed with how the author, though having a strong target bias, included information valuable for any shooter. It has helped me at the local 3D range and shooting at all ranges at static targets. I didn't hunt this year, but I suspect those skills related to shooting would have improved as well. For several of the suggestions in the book, it was worth the price. I review it often as a refresher and seem to find something new each time, to me a hallmark of any good instruction book.

I have been wanting to improve my shooting form, to improve my archery skills, so I purchased this book a while back. I read it at the time, but didn't really apply what I had read, and I have continued to only be a so-so shot with my bow. I recently decided to get serious about learning the back tension method, and purchased a new back tension release and have re-read this book. Wow. I can tell a difference already, although it will take a lot more practice for it to become second nature to me. This book is very well written, with clear simple steps, and detailed explanations of the human anatomy and the optimal stance and form for achieving repeatable and highly accurate shots with your bow. I think this is a great read for any archer, whether you're strictly competition target shooter or a bow-hunter or do a little of both.

I picked up the compound bow within the last year and I found this book very useful. Larry goes through great detail on the shot setup which is applicable to all forms of archery. I have already noticed tighter groupings using several of the techniques recommended in the book. I heard Tim Ferriss mention this book on his podcast.

I have suffered through target panic for years and this book is the single best resource I have found to beat it and become a better archer. It also boosted my confidence because I now know what

proper shooting form is and I am shooting a bow the right way for the first time in my life. This is a must read for anyone who wants to improve their archery skills.

I shoot primarily outdoors and in hunting scenarios. I wanted to get away from "punching" the trigger, and wanted to develop a more fluid back tension style release. This book provided a solid blueprint in which to work on developing the back tension release. Will help with target panic, and although the book is short, it is written in a direct manner that is easily understood.

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