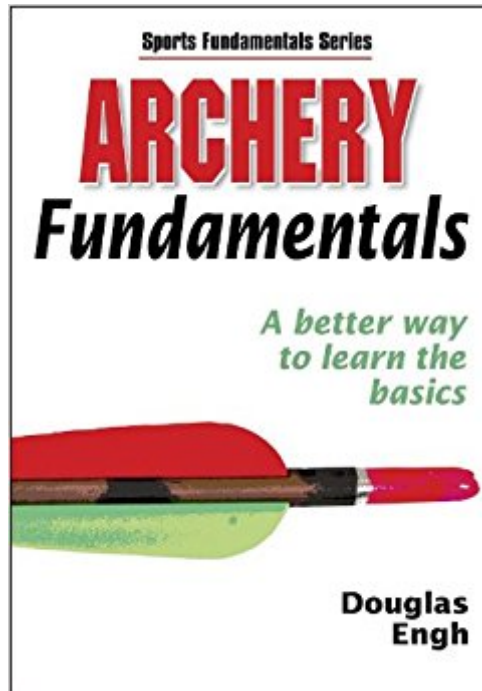




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# Archery Fundamentals (Sports Fundamentals Series)



## Synopsis

Head to the range with the skills to hit the bull's-eye. Archery Fundamentals will have you shooting on target in no time. Instruction in all the essentials--from stringing the bow through the anchor to learning aim, grip, and release--will put your technique right on the mark. Sequential instructions and accompanying photographs will guide your execution through every phase of the shot. In addition, you'll find inside tips for choosing and maintaining equipment as well as using accessories to improve your accuracy with both recurve and compound bows. You'll also discover how to use arrow patterns to correct errors. And, if you want to compete, you'll appreciate the recommendations for entering and participating in archery tournaments. Archery Fundamentals is a better, faster way to learn the basics. With this book, you'll have as much fun learning the art of shooting as you'll have hitting your mark consistently. See all the titles in the Sports Fundamentals Series.

## Book Information

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## Customer Reviews

This product was authored by Human Kinetics based on the contributions of: Doug Engh is a level 3 archery coach for the National Archery Association and is president and CEO of the National Alliance for the Development of Archery (NADA). NADA is the official publisher of level 1 basic and level 2 intermediate archery instructor training materials for both the National Archery Association and the National Field Archery Association. The organization provides materials and logistical support in the training of more than 3,500 new instructors each year. Engh has conducted

instructor training courses nationwide and assists in the creation of new archery programs for schools, camps, recreation departments, outdoor conservation organizations, and government agencies. Through NADA, he also assists other certified archery instructors and coaches in developing local archery programs. Engh is a member of the National Archery Association, National Field Archery Association, National Recreation and Parks Association, National Intramural and Recreational Sports Association, National Archery in the Schools Program, American Camping Association, National 4-H Shooting Sports Committee, and Arrowsport Foundation. He is a Boy Scouts of America committee member at large. He also writes a column titled "Coaching Archery" in Archery Focus magazine. Engh and his wife, Kristan, live in Newberry, Florida.

This book provides many basic facts and information about getting started in archery. It addresses both traditional (mainly recurve) and compound shooting, with an emphasis on target/competitive shooting. Two weak points for some are that it assumes you already have a bow, as it does not explore variables in purchasing archery equipment. The other minimally discussed topic is arrow spine. The book does discuss arrows, nodes, and archer's paradox, but does not thoroughly discuss how to change the spine of an arrow using different weighted tips, or how to really match arrow to bow. Personally, I'm wanting to understand spine better, and this book does not provide the information I want. Also, the section on string grip explains some of the factors in choosing three fingers under, split, and under chin, but explains it in a way that is hard to follow, and doesn't clearly identify pros and cons for each string grip style. Overall, I recommend buying this book along with others, and allow each book to fill in the gaps from other books.

For what it covers the book is done well but it's almost too basic on the items it covers. Some reviews have complained the photos are black & white but they are clear and detail what is being explained or demonstrated very well. Color photos would have kicked up the price of the book a lot and I don't think color was needed. The author clearly knows his subject and writes in an easy to understand manner, even if you have zero background in archery. I think to have covered the topics in detail the book would have needed to be about 4 times larger, at least. But for a quick "skim" of the topics it is well done. However, if you really want to understand the fundamentals and techniques a more detailed book would be needed.

No matter where we are in developing a skill set, it never really hurts to go back from time to time to review the basics. As it is, the world of archery is constantly evolving and changing despite the fact

that the bow is an ancient weapon. While obviously there is no substitute for experience, for someone getting started in archery this book provides a solid place to start. This book really covers all the aspects of the sport, and does it in a way that is easy to follow, nor is it overwhelming. The book starts off with how to setup a range and warm-up exercises. Next is bow nomenclature and selection, followed by a good discussion about arrow selection and even advice on how to cut and build your own. It then goes into shooting the various different type of bows, be it compound or recurve, stances, grips etc. Following that it does get into the basics on how to tune a bow, basic maintenance, and covers all the available gadgets. Finally it gets into topics about how to find a coach, and shooting in competition. Verdict: For the beginning to intermediate archer, this book is a definite keeper. Even for someone more advanced, I can still see this book as having a lot of value for reference and as a training aid. Highly recommended.

This book is a nice complement to my beginner archery classes - the form and techniques it teaches are in line with what my instructors teach (current and former, at two different schools), and with what I've read elsewhere. It's working well for me using this book to reinforce what I'm being taught between classes and get ahead of the class a bit on perfecting things while also having more context for when new techniques are introduced by the instructor. Well presented and easy to read, with nice detailed pictures in the Kindle edition.

This is an excellent beginners book. Very clearly goes through different types of bows and how to string them. It also covers basic information on archery. I found it very helpful as i had little personal information and wanted to introduce my granddaughter to the sport. I had gotten a bow for her for Christmas then bought the book and after reading it I realized I had bought a bow that was too large for her so I returned it. I would highly recommend this book filled with excellent information

This was a disappointing purchase. While it's not devoid of useful information, it is not nearly informative enough. A lot of the information seemed to be vague - quite a bit of "what you need to do is...well then, isn't that easy" type explanations. I wouldn't tell someone not to buy this book, but I certainly wouldn't recommend it.

Very good overview of archery covers the basics. For those that want to begin with archery is a great book to start. Does give you where you can research the subject more. Recommend to all first time shooters and those of intermediate skills can gain from reading this book.

Got this title for the kindle and it's still very solid! Lots and lots of good text and photographic examples. I'm just getting into archery with my daughter and without a very local pro/coach this book is great for learning some fundamentals of equipment as well as skills. Highly recommended.

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