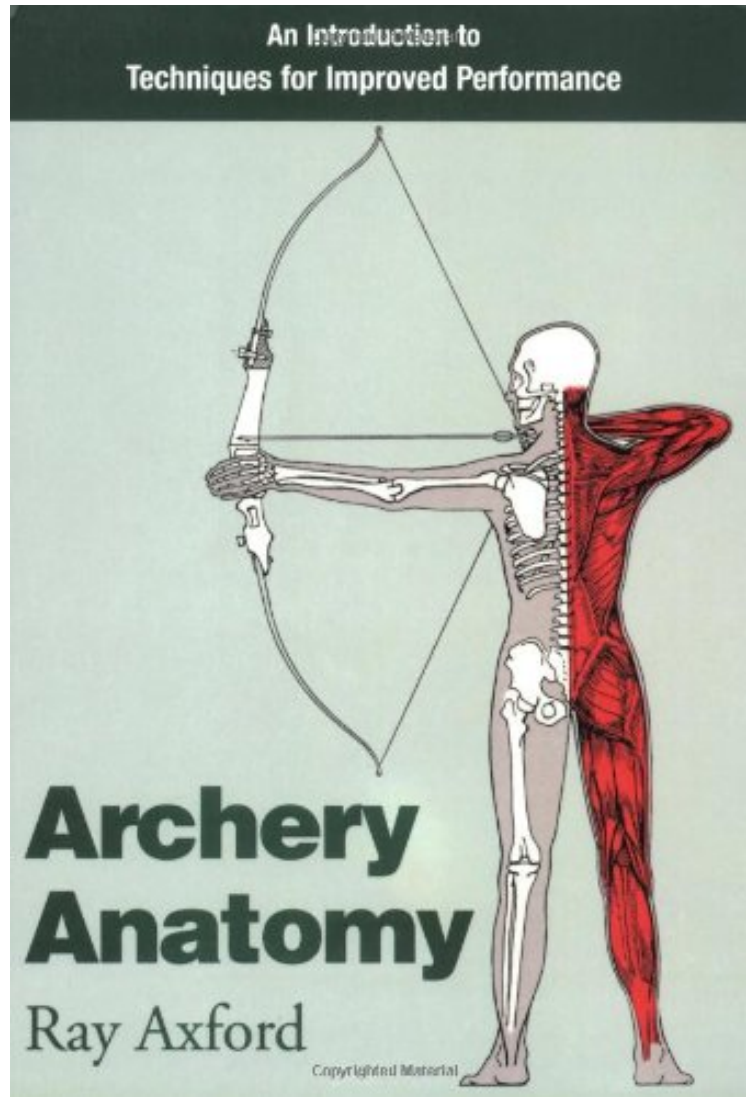


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# Archery Anatomy: An Introduction to Techniques for Improved Performance

*Ray Axford*

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**Ray Axford : Archery Anatomy: An Introduction to Techniques for Improved Performance** before purchasing it in order to gage whether or not it would be worth my time, and all praised Archery Anatomy: An Introduction to Techniques for Improved Performance:

1 of 1 people found the following review helpful. In-Depth book on Anatomy and Bow PhysicsBy DavidIt'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 stars0 of 0 people found the following review helpful. I like that he is a counterpoint to the KoreansBy stumpygregI have incorporated a lot of things into my training. I like that he is a counterpoint to the Koreans.0 of 0 people found the following review helpful. No archery library should be without this book.By CustomerHands 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.

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.

From the Back CoverThis 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.About the AuthorRay 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.