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Archery Anatomy: An Introduction to Techniques for ...

Written by an acknowledged expert, this invaluable book is aimed at archers of all levels, from those starting out in the sport to those taking part in competitions at the highest level.

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An Introduction to Techniques for Improved Performance. From the Back Cover. 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.

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ARCHERY ANATOMY will therefore be an important and unique primer for coaches and performers alike. Detailed drawings combined with explanatory text explain how the skeleton and muscles should be used to improve performance in the most natural way, without artificial or strained movements.

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