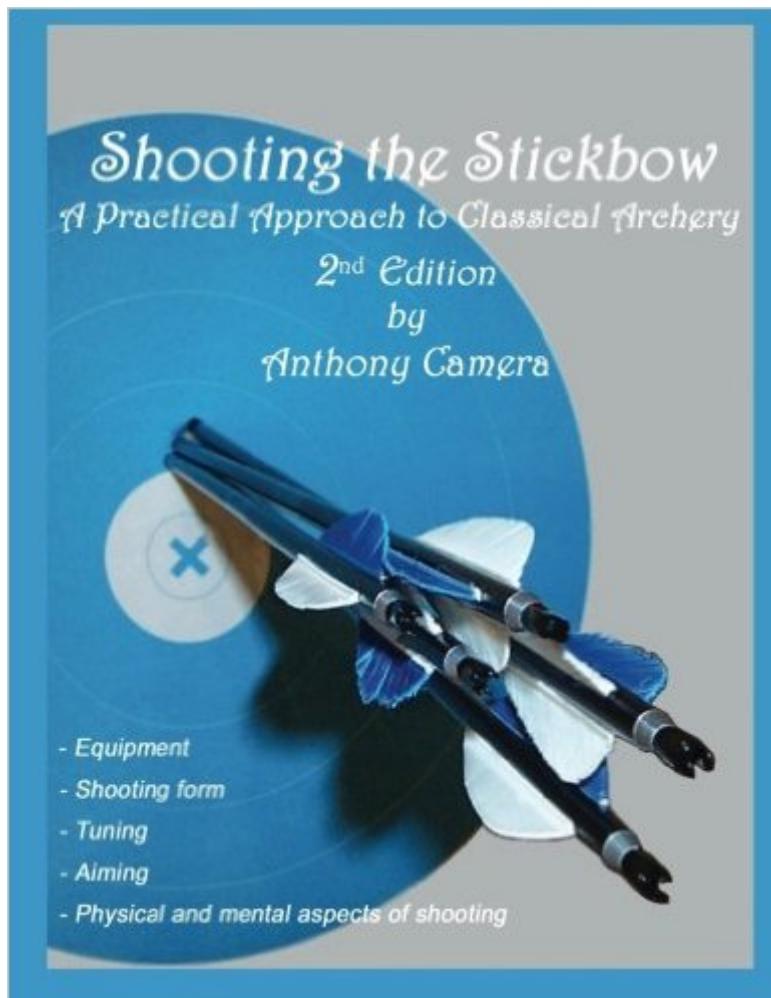


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# Shooting The Stickbow: A Practical Approach To Classical Archery



## Synopsis

âœShooting the Stickbowâ • is the first comprehensive treatise on shooting modern recurves and longbow! Topics include equipment choices (bow, arrows, strings, shooting gloves and tabs, arm guards, arrow rests and sights), shooting form (proper anchoring, shoulder alignment, back tension, breathing and more), tuning (four methods are described and compared), aiming (five aiming methods are fully explained and contrasted), physical and mental aspects of becoming a proficient archer (functional anatomy for the archer and how it relates to shooting and the mental game of winning are discussed in detail and exercises are provided to enhance both physical and mental performance). âœShooting the Stickbowâ • answers the questions most often asked by new archers and delves into topics not often considered, but critical to accurate shooting for experienced archers.

## Book Information

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## Customer Reviews

I have been learning/shooting traditional archery for about a year now. I have had this book recommended to me several times during the course of that year, but always held off as there is a wealth of information available online for free. I had some extra cash, so I finally gave in and ordered the book. Since receiving it 4 days ago, I have read through the entire book, cover to cover. I am going to start from the beginning and read through it again, because it is that helpful! There is SO much information to take in with this book. This book is a 400+ page manual to ALL things that any traditional archer should know, AND understand. I had a lot of things I didn't know or understand cleared up for me in this book, and the greatest thing about it is that it is very easy to read. This book does an amazing amount of stuff! It has information for choosing the correct/best bow for your

needs along with all the accessories needed. It will teach you how to set brace height/nock height on your bow, and explain why its important and everything it effects. It teaches you about the different types of arrows, explains arrow spine, length, and the pros and cons different types of arrows. It teaches you how to make your own strings, arrows, or even bows! You will learn the different methods of aiming, and find which is best suited to you. You will learn about proper form and the exercises that will help you develop it. You'll learn training exercises to develop your skill, and competitions you can participate in when your comfortable with your skill level. You will learn about arrow trajectory, and how weather, wind, angles or obstacles can affect it. It even goes into the mental battle that every archer faces when confidence drops or target panic happens. And so much more.

This is, bar none, the single most complete, in-depth book available for traditional archery. The main focus is on target archery, but the bulk of the information is of tremendous use for bowhunters, primitive archers, and even compound bow shooters. Author Camera starts with the absolute basics, and takes the reader through electing a bow, arrows, tuning the bow and the arrows, stance, different systems of aiming, physical training, string making, arrow building, the mental aspect- everything you need, or want, to know. Whether you're shooting a modern ILF target bow, a hunting recurve, longbow, or a self-bow with arrows made from river cane, you need this book. However... while I am absolutely gushing with praise over the contents of this book, I am not as pleased with the layout and design. The page size is 8.5x11", but the margins are huge- 1.5" all around- which makes this book far larger than it needs to be. If I were editing it I'd either shrink the format or enlarge the type, which leads to my second criticism: The entire book is set in a sans-serif typeface that is a good deal harder to read than if it had been done in a modern face like Times or Century Schoolbook or Garamond. Last, the illustrations are too low in contrast, and don't reproduce as well as they should. I suspect the author composed the entire book himself using desktop publishing software. And as good as this book is, it really need a better production. There are a few technical issues I'd take issue with as well. The discussion of stacking- the way draw weight abruptly increases at maximum draw- is mainly attributed to characteristics of the limb materials, when it's really a matter of geometry and string angle. And I think wood arrows and self bows deserve a bit more discussion.

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