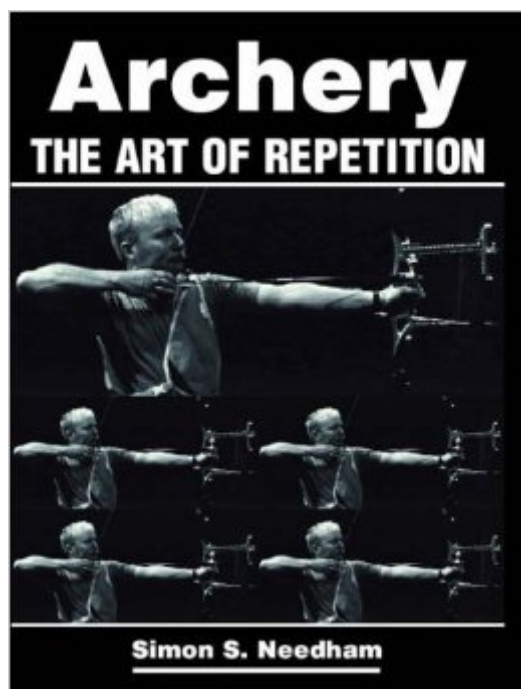


The book was found

# Archery: The Art Of Repetition



## Synopsis

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 levels. The author analyzes shooting techniques and tuning, and also emphasizes the development of mental toughness; he argues that this goes hand in hand with the mastery of the physical aspects of the sport. This comprehensive guide to shooting covers: how to get started in archery, the costs involved, choosing and using equipment, and the basics of shooting; setting up your equipment and initial tuning; the biomechanics of shooting; the tactics and preparation work involved in archery competitions; physical fitness, nutrition, and psychology; arrow selection and preparation; making bowstrings; and shooting techniques, improving performance, and the fine-tuning of equipment.

## Book Information

Paperback: 160 pages

Publisher: Crowood Press (October 1, 2006)

Language: English

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Product Dimensions: 7.5 x 0.5 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,350,014 in Books (See Top 100 in Books) #201 in [Books > Sports & Outdoors > Individual Sports > Archery](#) #5171 in [Books > Sports & Outdoors > Hunting & Fishing](#)

## Customer Reviews

I buy every book I can find on archery and I have learned something new from each one. I especially love the detailed guidance in this book on fine tuning a bow. the author is also British and his perspective and terminology is just a little bit different from that used by authors from the USA. a different perspective equates to a fresh approach. I think the title says it all but the author painstakingly explores all the variables that can impact your shot. don't miss this one

Mr. Needham does an excellent job of introducing the technology, equipment, setup and basic techniques needed to get anyone started with Olympic Archery. He even goes so far as to describe the methods necessary to create one's own bow string (something I've not really considered before now). The chapters on setup and tuning are extremely useful as some of the material available

online can be confusing to the novice. Overall I would rate this book a must buy for anyone looking to take up the sport or has already had a basic introduction at a club and is now looking to purchase their first bow and advance to a more competent level.

The book goes through wide range of topics from mental trending to bow tuning. Of course with all things in the middle like shooting sequence. I do enjoyed reading it and I'll use for reference in the future. Do recommend.

Best book I have ever read on archery with an eye for every detail (if you're shooting recurve). Lots of illustrations.

Very informative book, with a clear and concise text

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