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# Archery Anatomy: An Introduction to Techniques for Improved Performance

*By Ray Axford*



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## Archery Anatomy: An Introduction to Techniques for Improved Performance By Ray Axford

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.



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### **Editorial Review**

#### **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. 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 Author**

**Ray 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.

### **Users Review**

#### **From reader reviews:**

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