



Archery Anatomy: An Introduction to Techniques for Improved Performance

Ray Axford

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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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