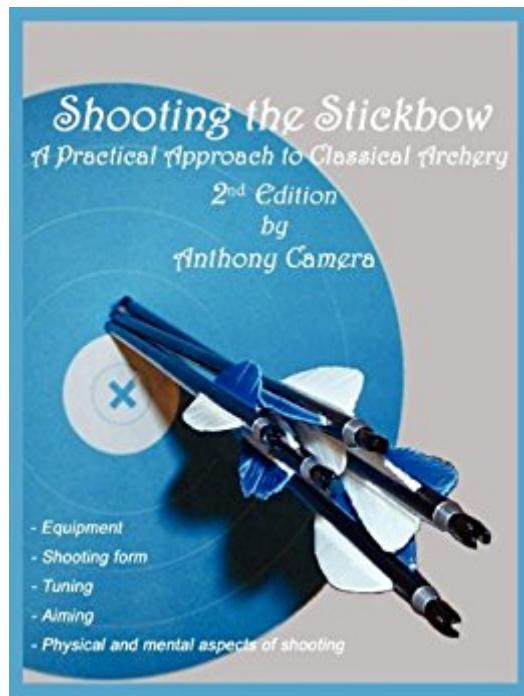


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# Shooting The Stickbow



## 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

If you're looking for some light bed-time reading, this isn't your book. It is, the most descriptive book I've read on the subject of shooting the recurve bow. It deals primarily with modern recurves, such as those made by Hoyt, which have adjustable tiller, are drilled and tapped for rests and sights, etc.

However, the approach to form, tips on releasing the string from a deep hook, adjusting brace height, finding an anchor point, etc. etc., can all be readily transferred to any form of traditional archery you practice. I've been shooting recurves off an on since childhood, but have recently begun competing in 3-D with my little Grizzly. I've noticed a marked improvement in my shooting after putting the techniques and ideas in this book to practice. Anthony Camera is also present on many of the shooting forums, and has personally answered more than a couple of my own questions. It's a good, solid investment. Anyone will benefit from this book who is not at the top of their game. It's not just for beginners.

A fantastic starting resource for the aspiring archer. Readers shouldn't be put off by the title Stickbow as the author talks about all forms of traditional archery including longbow, modern longbow, recurves, flatbows and the likes. The chapters are logically laid out and the reading is very easy with great hints and tips along the way. There are very few books out there that cover the breadth of material in this book in such an easy to read way. The author is eminently unbiased in his writing of all types of archery, never eschewing discussion of a "style" or type of equipment because it is not the traditional means of shooting.

This has become the bible for longbow and recurve shooters (Oly style, 3D, bowhunters and simple recreational shooters). The methods, techniques, tips and general knowledge compiled in this literary gem exist nowhere else in a single volume, that I know. The layout is methodical and logical, with great illustrations and examples. Novices and experts alike continue to go back and reference Camera's work, to help themselves become better archers and sportsmen & sportswomen. If you are one of the proud relics shooting compounds with fingers, this book is a gift from Apollo.

This book is most comprehensive I've found on shooting the stick bow. If I could give it constructive criticism it would be to improve image quality (which I know is expensive in print). A great resource to get you slinging arrows safely and help you prevent some of the many form issues we can develop as shooters.

Great book for anyone interested in traditional archery or recurve competition. Takes you from your first experience holding and shooting an old school recurve or long bow to picking equipment and fine tuning your bow and arrows for performance and consistency. If you are the competitive type, there is plenty of discussion on advanced equipment and techniques, and how to become a

competitive target shooter

I was expecting a short book focussed just on traditional archery. This book covers so much more, with application to all types of recurve and long bows. Excellent discussions on technique, equipment, arrows, etc. The author has clearly been involved for decades and attacks the subject matter from so many different points of view.

This Book helped me with my recurve 30#. I started with a "Deal \$\$ Bow" at 75# and almost left the sport, but after recommendation from a fellow at the range I got the book and I started making progress and by following a normal progression I can use the recurve 30# and the stick 75# with fair accuracy. added bonus I stopped loosing money in the way of lost arrows.

I don't have access to a coach and shoot a recurve bow. This book is an excellent resource. It covers a comprehensive range of topics from bows to strings. Items such as arrows, strings, stabilizers and sights are discussed in depth. The text provides a good discussion of technique and analysing errors. Fletching is also covered. In all, I've found this to be an excellent reference. Highly recommended.

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