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Archery is a natural psychophysical motor skill that depends on efficient use of bones, joints, muscles and tendons. Archery Anatomy combines clear, accurate drawings and diagrams with explanatory text to provide a primer on the subject that is accessible even to those with no technological bias.

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Overview 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.

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Archery Anatomy: An Introduction to Techniques for Improved Performance Product Review. If you're serious about improving your archery skills and techniques, then this book will be a worthy read for you. The author, Ray Axford, debunks popular myths to do with archery, and sets the facts straight for you with science.

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The archer needs to stand naturally, and be relaxed, with their arms spread apart. The length of the arm span, from one middle finger to the other, with the arms out and palms facing down, should be measured. This figure should then be divided by 2.5. The final answer is the draw length (in inches) of the bow.

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Archery Anatomy looks at archery techniques from the point of view of the interrelationship between the anatomy of the human body and the anatomy of the bow. Written by an archery expert, it highlights the primary power sources involved in the performance of the sport and 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.

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Archery Anatomy An Introduction to Techniques for Improved Performance. By Ray Axford. SPORTS & RECREATION. 164 Pages, 7 1/2 x 10. Trade Paper, \$19.95 (CA \$23.95) (US \$19.95) Publication Date: July 1996. ISBN 9780285632653. Rights: US, CA, PH, FM & KR. Souvenir Press (Jul 1996)

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Hands down one of the very best books on archery anatomy I have ever read. It includes illustrations on the anatomy of both sexes and the impact of the different stages of the form on them. Also has many handy charts that aid in selecting the proper bow, etc. Truly a comprehensive and well structured book.

[Top 5 Archery Books - Rookie Road](#)

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