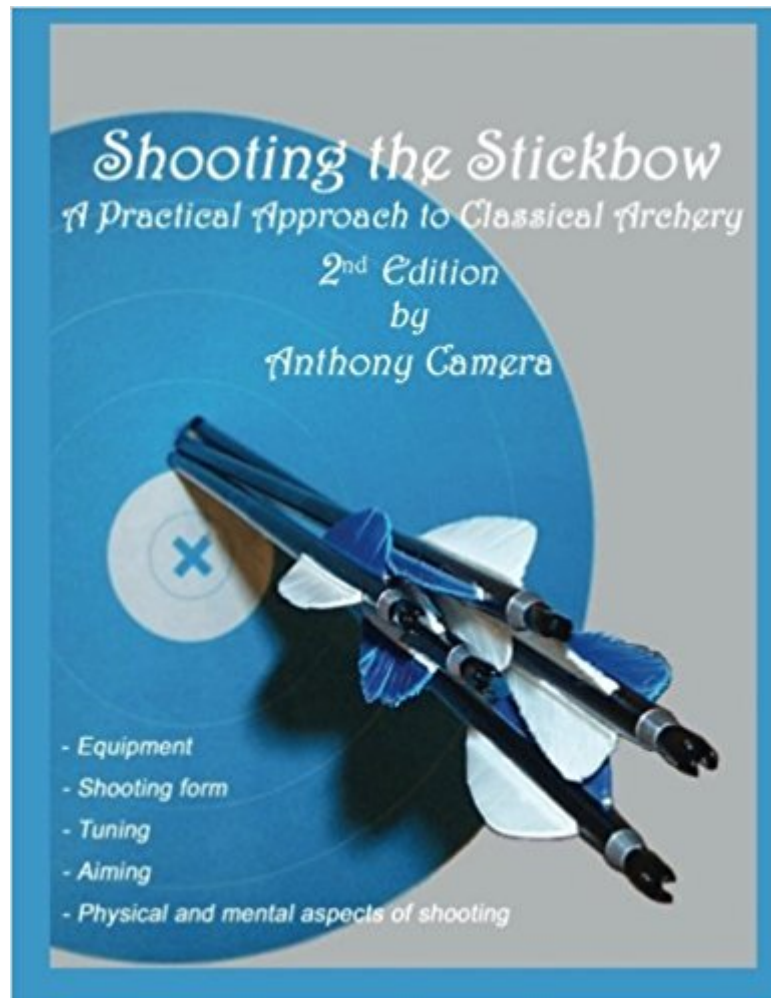




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# Shooting The Stickbow: A Practical Approach To Classical Archery



## Synopsis

“Shooting the Stickbow” 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). “Shooting the Stickbow” 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 are interested enough in recurve or longbow archery to spend hundreds of dollars on gear, it is wise to invest twenty dollars on this superb, easy-to-read, encyclopedic book to learn how to think and to train to use the gear. Mr. Camera's focus is on target shooting without a sight, but most of the text applies to sighted shooting and hunting as well. Shooting the Stickbow is to archery what Freedom of the Hills is to climbing or Total Immersion is to swimming: the definitive book that explains to the beginner and intermediate athlete, step-by-step, the basic principles of the sport. While there is no substitute for a coach or sensei, you can become a competent beginning archer using nothing more than a bow, arrows, a place and time to practice, and this book.

I have been learning/shooting traditional archery for about a year now. I have had this book recommended to me several times during the course of that year, but always held off as there is a wealth of information available online for free. I had some extra cash, so I finally gave in and ordered the book. Since receiving it 4 days ago, I have read through the entire book, cover to cover. I am going to start from the beginning and read through it again, because it is that helpful! There is SO much information to take in with this book. This book is a 400+ page manual to ALL things that any traditional archer should know, AND understand. I had a lot of things I didn't know or understand cleared up for me in this book, and the greatest thing about it is that it is very easy to read. This book does an amazing amount of stuff! It has information for choosing the correct/best bow for your needs along with all the accessories needed. It will teach you how to set brace height/nock height on your bow, and explain why it's important and everything it affects. It teaches you about the different types of arrows, explains arrow spine, length, and the pros and cons of different types of arrows. It teaches you how to make your own strings, arrows, or even bows! You will learn the different methods of aiming, and find which is best suited to you. You will learn about proper form and the exercises that will help you develop it. You'll learn training exercises to develop your skill, and competitions you can participate in when you're comfortable with your skill level. You will learn about arrow trajectory, and how weather, wind, angles or obstacles can affect it. It even goes into the mental battle that every archer faces when confidence drops or target panic happens. And so much more. I honestly wish I had bought this book a long time ago. I understand so much more about what's happening during my shot sequence, and when mistakes are made during a shot I now understand where that mistake originated from and how to correct it. I know when I need to open my stance, rotate my elbow, adjust my grip, or focus on my release. Seriously, if you are getting into traditional archery, or are already into it and are considering purchasing this book, DO IT!!! After spending almost \$900 in archery gear (bows, arrows, equipment, training videos, books, etc) I can easily say this book is the best investment I have made yet in archery, and will probably be the best investment I ever make in archery.

The author chooses to write as though he is having a personal conversation with you. This is in a very understandable format, no unnecessary formalities, no words we have never heard before, no assumptions that you should know much more than basic archery when you open the book. You will have gained quite a bit of knowledge by the time you've finished it. Yes, there is a lot of detailed information here, but your approach to it can be as a reference book where you go to a specific section when you need that. I read it all the way through first and now refer to areas of interest as

they arise. The section on Gap Shooting is perfect. This is not the simplest concept to explain, yet the author writes so well that I got it the first time. And the next day I practiced it to prove my understanding. I don't always use the gap shooting concept, but it has changed my approach and I'm wiser for it. I am impressed, thank you Mr. Camera.

If you're looking for a book that goes into depth about every part of recurve archery with a focus on Olympic style shooting, this is the book to get. It explains everything you can think of-buying equipment, tuning, form, sighting, and more. It's also highly useful if you shoot barebow or traditional, as the different methods of aiming and form are also discussed. Don't expect something fancy with color pictures and glossy paper, but do expect a comprehensive guide of how to shoot. Even if you are a complete beginner, this book will address every problem you will run into and give you the correct fix, in addition to outlining every step you need to take. Even seasoned archers will benefit from reading this book. It's quite thick, so don't expect to get through all of it quickly. Both an excellent reference and teaching manual, I recommend this book to every recurve archer out there. It's also worth it for longbow shooters, but stay away if you're looking for instruction in compounds. The book is also more oriented towards target shooting, not hunting, so keep that in mind if you were looking for a hunting manual. If you can buy one book on recurve archery, buy this!

A good introductory read, with good information. There are more recent spine ratings for arrows being used in the retail market, and I have the impression that aluminum arrows have largely been superseded by Carbon arrows. Nonetheless the information is highly educational and useful. I would recommend this book to any beginning archer who is starting from a base of no knowledge.

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