

Archery book review number one: *Archery Fundamentals, A Better Way to Learn the Basics*, by Douglas Engh, copyright 2005, by Human Kinetics Publishers, Inc. ISBN 0-7360-5501-0, \$15.00. Reviewed by Richard Doria.

Archery Fundamentals is part of the Sports Fundamentals Series. I received the book as a gift from my mother in April 2005. I have not seen this book in any bookstore. The book is easy to read. The reading level is junior high and up. Middle school children should do well with the ample photographs that make the text clearer. While reading the book the reader easily makes the connection with everything the Papago Archers instructors and coach have been telling us. We new archers have been told what to do, we have experienced what to do, and we have watched archers shoot, and we have been shooting; then we read this simple book and bingo: "Oh, so that's what they meant when they said to this or that!"

(An interesting side note, the bows one sees in the book are the same bows the Papago Archers use.)

The book takes the readers through the basics of the bows (including a large section on compound bows), arrows and arrow selection, shooting the recurve, shooting the compound, grips, anchors, releases (fingers and triggers), taking aim, the nine basic points of shooting, scoring performance, accessories, tuning up and basic repairs, and tips for competition. The book is 123 pages long.

I recommend this book to anyone considering archery as a sport, whether for occasional shooting, or for serious long-term competition. It is an excellent place to get the basics clear in your mind, and a good resource to refer back to whenever you feel your shooting is off and you need to get back to the Fundamentals.

