

Book review number 3

Title: Precision Archery: target shooting, field competition, bow hunting.

Authors: Steve Ruis, and Claudia Stevenson, editors

Publisher and date published: Human Kinetics, 2004

Where purchased: Archery Headquarters, \$19.95

Reviewer: Richard Doria

The back cover of this book says it best. “Written by top coaches and competitors, this instructive resource covers all archery disciplines, including recurve, compound and barebow archery. Whether you’re a target archer, field archer, or bow hunter, you’ll find in-depth instruction to perfect your stance, body alignment, muscle use and shot sequence. You’ll find cutting-edge advice . . . . Go beyond the basis of shooting and develop pinpoint accuracy. Precision Archery will put you on target to perform your best.”

This instruction book is a series of essays submitted by famous and highly ranked coaches and athletes. When I first went through this book I found much of it over my head. I comprehended the words, but I did not understand the meaning behind the words. This book is much like a “How to Fix your Ford Automobile.” A person who has rarely gone beyond changing the oil and tires may find the book useful for the things they can do, but when it comes to tearing down the engine and body work, or rebuilding the brake cylinders, they are lost. Archery has a very strong emphasis on the basics. Simply put, shoot a great shot and keep doing the same thing. But when you find yourself shooting poorly, and cannot understand what you may be doing wrong, this book may help. When you reach the higher levels of competition, then the concern for super micro-tuning comes into play. Once you get all the mechanical problems solved or nearly so, then the biggest problem is most likely in your head. And there is a section for that problem too.

This book is for those well versed in the sport. Again, like the mechanic who works on cars all day, the auto book can help them because they will know what they are reading and find the thing they need and understand it. The “Introduction” states: “If you are just beginning in archery, we recommend you start with Archery: Steps to Success by Haywood and Lewis. If you have been an archer for a while but feel that you could be shooting much better than you are – this book is for you.”

The book is well illustrated with line drawings and black and white photographs. There are fourteen chapters, and the book has a total of 201 pages. The book has a section on weight training called, “Achieving a

Physical Edge.” I particularly enjoyed the sections or chapters on “Coaching and Being Coached,” “Dealing with Difficulties” (remember, we do shoot in the rain, so be prepared for it), “Perfect Practice” (very good section), and “Testing New Equipment.”

If you’ve been a shooter for three or four years, this book would be recommendable. I think it is highly technical and most shooters would prefer the book, Archery, Steps to Success.