

Archery book review number two.

Title: Archery: Steps to Success, third edition.

Authors: Kathleen Haywood and Catherine Lewis

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Publisher: Human Kinetics, Inc.

Availability: Purchased at Archery Headquarters,
\$16.95.

Reviewer: Richard Doria

This book is extremely well written. It is evident that authors have plenty of experience in teaching and coaching archery, as their explanations are simple, easy to understand – you feel as if they were personally speaking to you. There is hardly a wasted word or section in the book.

The book is 8 1/2 by 11 inches. The text is well illustrated with clear line drawings and diagrams. The authors present sections for both the recurve and the compound bow. The book also covers target and hunting archery. Book length is 195 pages. A great feature of the book is the four-page glossary. The glossary is the most extensive one I have read to date, and we all do need to speak the same language.

Book chapters include fitting equipment, shooting safely, shooting with good form, refining technique, sighting and aiming, anchoring, analyzing performance, upgrading – tuning and maintaining equipment, sharpening mental skills, competing in target archery, and bow hunting.

A couple of highlights of the book include the short “success check” tests at the end of the sections. These tests are neat and really force you to understand and apply the information in a practical way. At the end of the chapters is the answer key to the check tests. No peeking! As an example, on pages 22,23 there is a “Safety Test” of

18 questions. Safety is a key issue in archery. Do you really know the safety rules for archery? I thought I had, but I got a few questions wrong. A second highlight is the section for tournament preparation and the tips given for staying focused. The authors give several "misstep" events common to all archers and the corrections for them. For example: "You get so nervous shooting that your performance in competition is below that in practice." Correction: "Learn to expect that you will be nervous, but focus on the task at hand. Practice relaxation techniques and associate a cue with your relaxed state. Use the cue when you feel nervous, then focus on the task of shooting." (Page 143)

This book is designed for the beginner; the intermediate shooter, and could be useful to seasoned shooters. An intermediate shooter may arrive at the point where they decided to take up the sport more seriously, improve their equipment, and they will need to learn to fine tune, and properly select arrows and arrow rests, sights and everything else. This book will guide you through the process of archery shooting step by step with a sense of humor and with understanding. I would strongly recommend this book for anyone considering the level one or two instruction certification as the book is in perfect alignment with the NAA books provided in that class/training.

Reading level, high school and up. Those who have been long time shooters would probably not need this book, except to give them an updated review.