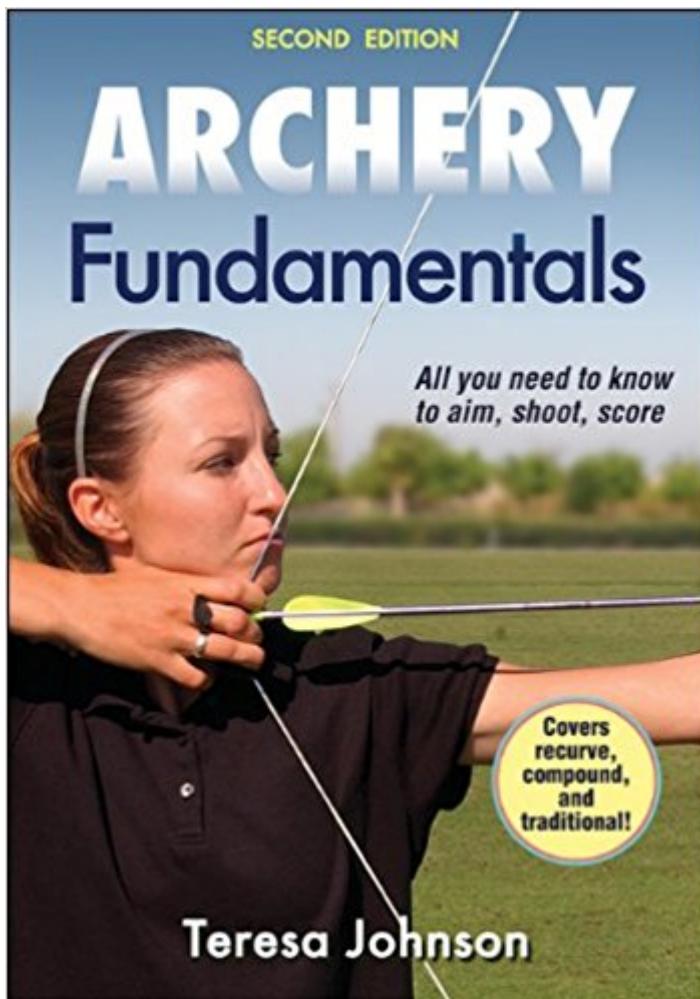


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# Archery Fundamentals-2nd Edition



## Synopsis

Archery is one of the hottest sports out there, and there's no better introduction to the sport than *Archery Fundamentals, Second Edition*. Inside are all of the essentials you need to succeed and get on target. From stringing your bow to learning basic shooting technique, instructions and accompanying photographs will guide you through every step of the shot. You'll also find insider tips for choosing, adjusting, and maintaining archery equipment as well as recommendations for using accessories to improve your accuracy. You'll discover how to correct errors and fine-tune your approach. And, if you want to compete, you'll appreciate our how-tos for trying archery tournaments. *Archery Fundamentals* is a better, faster, and safer way to learn the basics. With this book, you'll have as much fun learning the art of shooting as you'll have hitting your target!

## Book Information

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## Customer Reviews

“A comprehensive overview, *Archery Fundamentals* is perfect for those new to the sport.” Denise Parker-- Three-time Olympian (1988, 1992, 2000) and Bronze Medalist (1988)

Teresa Johnson received USA Archery's 2010 Developmental Coach of the Year Award and has coached recreational and competitive youth and adult archers since 2007. She is a level 4 National Training System (NTS)-certified archery coach and level 3 NTS coach trainer. Johnson has shot compound and recurve bows for over 10 years. Johnson specializes in public relations. Combining her love of archery with her passion for communications in her daily work, she served as

the press attachÃ© for the U.S. archery team at the London 2012 Olympic Games. She also was project coordinator for Archery (Human Kinetics, 2013), edited by USA Archery. Johnson resides in Connecticut with her husband, Butch, a five-time Olympian and Olympic gold medalist in archery.

I just started with archery. This is a great book for beginners that cover all the basics. It is written in terms you can understand.

I used this book for my archery class and it taught me basically all I needed to know about archery fundamentals.

Very informative manual on archery, thanks, Robert

As a new student of archery, I was looking for an introductory book that provided a thorough grounding in the fundamentals of the sport from equipment to technique. This book provides that and more. I recommend it for any beginner or intermediate archer.

Great fundamental book - perfect for a beginner

Great book for the beginner

OKAY

Human Kinetics' Archery Fundamentals, 2nd Ed, is a broad, non-threatening overview of archery. It briefly covers a wide range of topics, from archery range layout and equipment selection through how to shoot recurve, compound and traditional bows. It also includes additional pro tips and details on scoring and competition. This is a completely new edition by a new author, competitive archer and high level coach Teresa Johnson, and it is a major improvement over the old version by Doug Engh. Johnson has filled the book with top notch advice and updated it to be consistent with the latest, somewhat complicated National Training System archery techniques developed by USA Archery, the organization in charge of US Olympic archery. Ok, that being said, I have mixed feelings about this book. There are a lot of good things in it, including Teresa Johnson's expert advice. It's a big improvement over the last version. The new photos of archery technique all model excellent form - something you'd think all archery books would have, but don't. I think lots of people

are going to love this book. On the other hand, it is a very broad book, one that tries to cover a lot of ground in a short amount of space without being too technical. It is mostly text and has a relatively minimal number of photos. If you are a visual learner, it may be too text based for you. Additionally, in its attempt to be brief, there are a number of basics that are oddly omitted or glossed over. To a large degree, Archery Fundamentals is not really "by" either Johnson (this 2nd edition) or Engh (the 1st edition); rather, it's by the publisher, Human Kinetics. Human Kinetics comes up with the books first then hires contract authors to write them to order with the Human Kinetics development team. So the broad, vague, non-threatening, mostly text-based format is a deliberate choice by Human Kinetics, one that makes for a good general audience book, suitable for public libraries - there's enough detail to give you good information on a broad range of archery topics, but not so much that you won't be able to return it by the end of the check out period. And it's also good for general purpose bookstore sales. But it may or may not be good for your needs, depending on what you are looking for. I mention the fact that Archery Fundamentals 2nd Ed. is created Human Kinetics because it explains why the book is sometimes oddly vague, even as the advice, when it gives it, is sound. I credit the expert advice to Johnson, and the weird vagueness to Human Kinetics, since the vagueness is a hallmark of both editions rather than specific to either author. Let's take a look at a just a few examples of oddness in the book: Measuring Draw Length There is a chapter on choosing arrows. In order to buy arrows of the right length you first need to accurately measure your draw length. How do you do that? Archery Fundamentals refuses to say. Instead, it says to go talk to your retailer or archery coach. That is good advice, and advice I frequently give to new archers, but this is an archery book, not a "go talk to somebody else" book. The whole point of this book is to teach you the basics of archery, not just tell you to go ask somebody else. The book should tell you how to measure draw length so you can know how it works, something you'll want to know even if you do seek out help from an archery shop or coach. You'll also need to know how to measure draw length yourself if there are no archery retailers or coaches near you - one of the reasons people buy books on archery in the first place. To put this gaffe into perspective, measuring draw length is one of the first things any archer needs to do when getting into archery. It's pretty simple, but it is also easy to get wrong so it really helps to have an expert show you how it's done. But that is true for **\*\*all\*\*** of the archery techniques in this book. If this book can't teach you something as simple as how to measure draw length then it has no business trying to teach you how to actually shoot a bow, and certainly not how to shoot using a version of the rather complicated USAA NTS system. The omission of how to measure draw length is really bizarre and a disservice to anyone who buys this book expecting to find all of the basic information they need to get started in archery. Arrow

WrapsArrow wraps are colorful plastic stickers you can wrap around the shafts of your arrows to personalize them. They are purely cosmetic and they go \*under\* the fletching (the feathers or plastic vanes), so to use them you have to assemble your own arrows, gluing the fletching on over the wraps with the aid of a fletching jig. Archery Fundamentals has a whole little section telling you how to peel and apply arrow wraps, ending in "Once you've done that, it's time to fletch your personalized arrows!" And how do you do fletch arrows? The book doesn't say. There is no information on how to fletch arrows. And arrow fletching is way more useful and fundamental to know than how to put on cosmetic stickers. It's ok for a basic archery book to skip instruction on how to fletch arrows - most archers buy their arrows pre-fletched. However, it makes \*zero\* sense to give detailed instructions on how to apply arrow wraps except as part of a complete section on how to build and fletch arrows. Conclusion Archery Fundamentals, 2nd Ed., has lots of great advice by Teresa Johnson. Its coverage of target, field and 3D archery makes for a very good general archery book for a wide range of people. However, a number of odd editorial choices and omissions leave room for improvement. If you are looking for the opposite of the sometimes vague advice in Archery Fundamentals, check out *Shooting the Stickbow: A Practical Approach to Classical Archery* by Anthony Carrera. It is a self-published book that concentrates on recurve target archery. At times it is a bit rough around the edges, but it is filled with details that Archery Fundamentals omits, such as specific arrow selection suggestions rather than the vague "ask your retailer" advice found in Archery Fundamentals. Another book with more detail, and better and more comprehensive illustrations, is Human Kinetics' *Archery-4th Edition: Steps to Success (Steps to Success Sports)*. It's written for the educational market - it's a textbook and has the plethora of photos, illustrations, tables and details that Archery Fundamentals lacks, demonstrating that Human Kinetics knows how to create better illustrated books when it wants to, and showing that the sparse format of Archery Fundamentals is a deliberate editorial choice. Archery: Steps to Success also gives specific advice on arrow selection rather than just "ask you retailer." However, it is written by educators rather than a top archery coach, so some of the advice (and the archery form examples) is not at the same level as that in Archery Fundamentals. Nor is the shot cycle necessarily consistent with the USA Archery National Training System, if that is what you are looking for. On the other hand, the USAA NTS is a bit overly complex, and there are good reasons for schools (and archers) to use simpler systems that are reliable and easier to get right. A book related to Archery Fundamentals, 2nd Edition, is Human Kinetics' *Archery by USA Archery*. Archery by USA Archery is a book for intermediate and advanced competitive archers who shoot the complicated USA Archery National Training System shot cycle. It also features articles for those who support

and coach them. Archery Fundamentals teaches a version of the system that is covered in detail in Archery by USA Archery.  
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