

Archery Mental Mastery

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BOOK DETAILS

- Author : Adam Cowming
- Pages : 86 Pages
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BOOK SYNOPSIS

Core Archery is a complete system of archery shooting form, presented here as the sequence of proper mental and physical actions required to launch an arrow to the target center. It consists of only the necessary and sufficient action needed, and it has been validated by numerous archers. This book gives you the insight into good archery shooting form that will allow you to find the form you've lost, or to gain it for the first time. Most important, when you learn Core Archery, you'll be able to repeat your form.

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