



Archery in Action: Bow Set-Up, Tuning and Shooting



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Simon Needham

Archery in Action: Bow Set-Up, Tuning and Shooting Simon Needham

Successful archery depends on repeating a shot time after time: to do this, the bow must be set up correctly, and then tuned to the archer. This technical film explains a twelve-point process of setting up the bow. Simon puts a bow together, analysing each aspect that can affect the archer's accuracy. He then explains how to tune the bow to achieve the optimum match between the bow, the arrow and the archer, before advising on how to improve your shooting.

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Synopsis

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