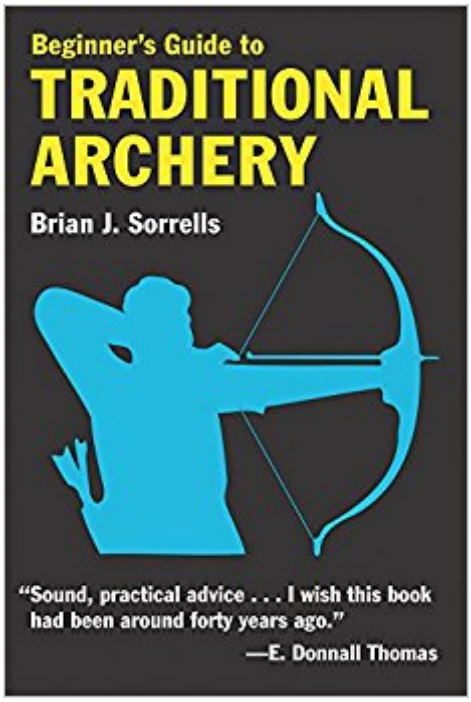
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Beginner's Guide To Traditional Archery



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Synopsis

Easy-to-understand instruction for traditional archery Covers both target shooting and bowhunting Includes the author’s exclusive tiered training program for instinctive shooting with in-depth advice on selecting bows, arrows, and accessories The popularity of traditional archery has exploded in recent years, and this handy, readable guide serves as the perfect introduction for anyone looking to break into the sport. From selecting arrow shafts to refining your form to entering your first tournament, it explains in straightforward, no-nonsense prose how to get started. Whether you’ve never shot an arrow or are making the move from compound bows, you’re certain to benefit from the author’s time-tested training program for instinctive shooting, which develops a foundation of shooting skill through repetition.

Book Information

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Customer Reviews

Brian Sorrells spent four years in the U.S. Army before beginning a career in law enforcement that has spanned twenty-five years. His love for hunting and the outdoors began at a young age. He has shot and hunted with the longbow for more than two decades. Sorrells is a masthead contributor for Traditional Bowhunter magazine and also writes regularly for many other archery and hunting magazines. He is the author of Beginner’s Guide to Traditional Archery and Traditional Bowhunting for Whitetails. He lives in Bedford, Indiana.

I thought this would be a book about general principles of archery, form, etc. I wanted an instructional quick start guide that started out with some basics.While it does contain some of that, it

also contains information early on that is not very useful to the beginner, such as an explanation of how one can customize their arrows, glue feathers on, whether the feathers came from the left or right wing of the bird, which colors are good for hunting animals, etc. That is something I really don't care about as a beginner wanting to do a little target practice.My general sense is that the author simply started out telling us all he knows about archery, without regard for whether a beginner needed or wished to know that information.I wouldn't call it a quick start guide by any means. It's not terrible, it's just not what I was looking for.I'll continue to look elsewhere.

Very good book. I have been shooting with recurves and compounds (for pretty much all my life) and just bought a longbow. This book is full of good tips and cover a lot. It does not fall like many books on archery that explain all the kinds of bows on the markets, or all the kinds of arrows and blades, and strings.... It goes through many many (I want to say all) sides of shooting (mindset, stands, experience, exercises, ...) with a traditional bow. It's exactly what I was looking for. A simple (but thorough) approach to traditional archery, Thanks!

I have shot a compound for a good many years but finally at age 60 decided I wanted to do something different and learn to shoot a traditional bow. Knowing that instinctive shooting would be like learning another language I wanted to read something about the subject before I ever took my first shot. Although I see this has received some negative feed back, I for one thought this was a great primer. Yes, I may never make and fletch my own arrows but I found the information very interesting. I'm a member of a Sportsman's Club and some of our member archers actually do their own.What I really found instructive were the chapters on bow tuning, stance work and the beginning and advanced shooting drills. Having run commercial martial arts schools for many years and having taught exercise physiology at the graduate school level I can appreciate the author's simple, graduated drills for developing good neuromuscular memory and eye/brain/hand coordination and I will start doing these to the letter. I am very happy to have read this cover to cover before drawing back my re-curve.

I've collected a growing shelf of books on traditional archery by G. Fred Asbell, Byron Ferguson and several others. I'm still looking for a real encyclopedic guide to traditional archery, but Sorrel's book is a good addition to the literature. This is a slim volume, but just about everything in it is useful. There's no padding with an author's biography, long winded onions, or cutting down the theories of other that you find in some traditional archery books. Sorrells tells you how to set up a bow, and

how to learn to shoot bare bow, and does a darn good job of it.This is not, however, a book for the absolute beginner. The section on buying a bow tells you to buy a good bow, but doesn't really tell you what makes a good bow. With the shortage of local archery shops that understand traditional archery, this is something that's really needed. A section explaining the differences between recurves and longbows, and how to judge a bow, would be a good addition to the next edition of this book. There's also some confusion in Sorrell's description of FOC (front of center) as it relates to arrow balance. An arrow that balances 15% of the arrow's length ahead of the midpoint of the arrow is said to be 15% FOC. Sorrells mistakenly describes 15% FOC as the arrow having 15% of its weight ahead of the midpoint. If that were the case, the balance point would be back towards the nock. I don't think this is what he meant to say, as I'm sure Sorrells understands FOC, but this is something else that should be fixed in future editions.Ignoring that, those, this is a good book for understanding how to set up a bare bow, and how to shoot without sights, and for that, I recommend it to all bare bow archers.

Be warned: this is NOT a beginner's guide. By "beginner's guide" you would assume that the very basics of archery would be covered, however, this author leaps right in, not bothering to explain terms that no beginner would comprehend. This IS a good book, however, it is definitely for the intermediate, so do NOT purchase it if you have little or no experience in archery.

If you have a dislike for the compound bow and would like a book covering all aspects of the traditional long bow this book was written for you! The author introduces you to the right equipment and how to make adjustments. This is followed by correct shooting form and accuracy exercises. The text is supported by high quality black and white pictures. The last topic, instinctive bow hunting, clearly shows the author in numerous body positions to use in hunting. One favorite picture shows a 3D target deer caught in some tangled brush. The hunting exercise leads one to develop instinctive shooting technique. The author discusses numerous opinions and offers his own after evaluating that of others. At the end there is an appendix on archery suppliers, bow makers, and other resources. I disliked the section of the book (a concentration exercise) dealing with shooting an arrow with one eyes closed. Overall the book exceeded my expectations; for that reason I am giving it a perfect score of five stars!

Good beginner info.

Like all how to books, you can’t just read and be able to do something. You have to practice a lot! I found it enjoyable and it had lots of good tips. The thing is, you can just get the same tips online for free. I feel the book could have taught different and original/challenging ways to learn to shoot bows.

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