

## Amendments to Second Edition of Total Archery

1. Page 57, Photo no.34, replace with this photo which shows Lan2 spot.



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2. Currently in TA page 60, 3<sup>rd</sup> paragraph

*“During the expansion, the tension increases in the scapulas – the movement is very small, basically a micro movement. Meanwhile, the bow arm continues to reach out towards the target, assisting the bow arm scapula to stay down. This movement of the scapulas towards the spine, while relaxing and flattening the chest, coupled with continued reaching out towards the target, will allow for sufficient expansion for the arrow to move smoothly through the clicker”.*

Delete and replace with:

***“During the expansion the draw elbow is brought behind in conjunction with the draw arm scapula being squeezed towards the spine, whilst the bow arm scapula is not squeezed towards the spine, but maintains its position as low as possible. This low position is achieved through continued tension in the bow arm triceps. As the main focus is now gone to the back muscles controlling the movement, it is important to ensure that the connection between the draw hand and draw scapula will not be lost. To prevent this happening the archer must focus on a spot, which is called Lan2, see photo no. 34, page 57, and push this spot behind, which at the same time will bring the draw elbow behind the line of force and the draw scapula towards the spine. This angular movement will open up the chest creating a linear movement, sufficient for the arrow point to travel the last few millimetres through the clicker.”***

3. Currently in TA page 61, Step 10, 11<sup>th</sup> line in paragraph

*“ It is an internal movement of “opening” the chest and “snapping” the scapulas together. This happens in the final moments of relaxation of the drawing hand, when you sense the clicker going off”.*

Delete these two sentences and replace with:

***“ It is an internal movement of the draw scapula towards the spine, which expands the chest, angular movement, which causes the linear movement to come through the clicker. This happens in the final moments of relaxation of the drawing hand, when you sense the clicker going off”.***