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BOOK REVIEW

Title: COMPETITIVE PISTOL SHOOTING
Author: Dr. Laslo Antal (British National Coach)
Publisher: EP Publishing Limited, UK, 1983, ISBN 0 7158 0787 0
 Price: £6.95 176 pages

Laslo Antal's earlier book, *Know the Game* (EP Publishing Limited) introduced the tyro to the basic techniques used in small bore pistol and air pistol shooting.

The present book covers the ground from these basics up to the advanced techniques used in international competition.

The book is in five parts. Part 1 covers all the basic principles and equipment. It starts appropriately with a chapter on safety, a theme that is emphasised throughout the book. Part 2 covers the various types of competitive shooting in the UIT disciplines, namely Free Pistol, Rapid Fire Pistol, Centre Fire and Ladies' Match, Standard Pistol and Air Pistol. Throughout these chapters and indeed throughout the book there is much emphasis made on the importance of training as an aid to eliminate errors in basic technique. Furthermore the analysis and correction of errors is admirably dealt with.

In Part 3 the author introduces the reader to other types of pistol shooting that are less well known such as Practical Pistol, Long Range Pistol, Muzzle Loading and Percussion Pistol. This section ends with a chapter on Hand Loading of centre fire pistol cartridges, an important aspect of this form of shooting due to the high cost nowadays of factory ammunition.

Part 4 deals with the Anatomy, Physiology and Psychology of shooting in language and diagrams that are easily understood by the layman. All technical and medical terms are defined in a comprehensive glossary at the end of the book.

Finally, in Part 5, the mental and physical aspects of training are covered in great detail.

Dr. Antal is to be congratulated on writing a most comprehensive book that is a model of clarity and accuracy. It is profusely illustrated on high quality paper with excellent photographs and line diagrams and deserves to become the standard reference work in its field.

B. C. Lewis