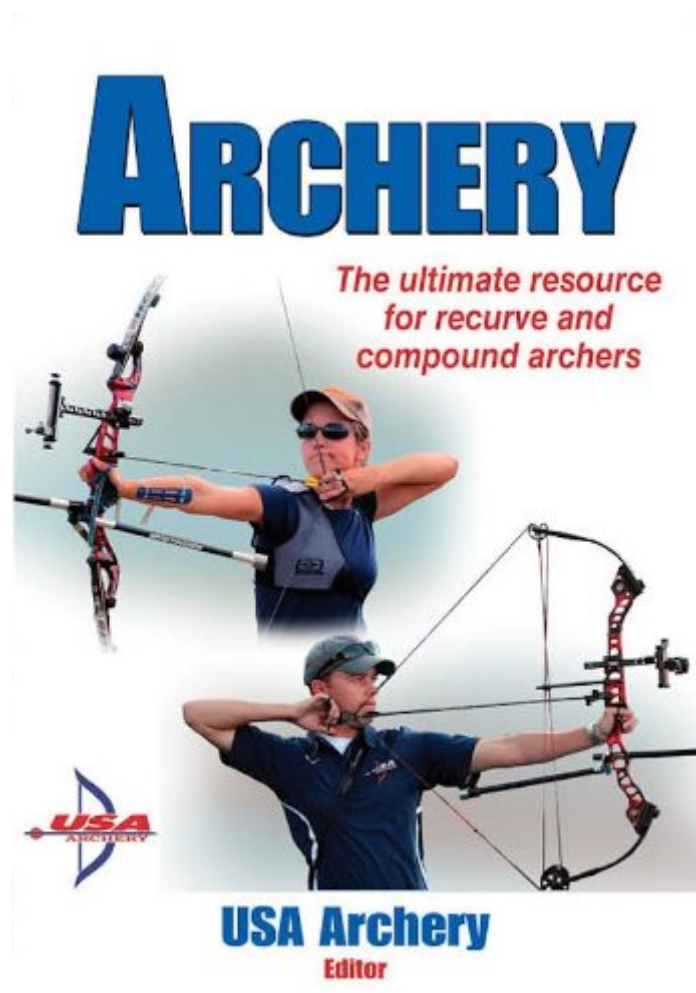


The book was found

Archery



Synopsis

Edited and endorsed by USA Archery, Archery is a comprehensive guide for intermediate to advanced archers and coaches. Contributions from the sport's elite, including KiSik Lee and Butch Johnson, cover topics such as equipment, techniques for recurve and compound bows, mental and physical training, preparation for tournaments, and competitive strategies.

Book Information

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Customer Reviews

I've been a believer in the Kisik Lee method since before he arrived in America, and have attended more than one seminar or certification course at a USOC OTC every year since 2006 (sometimes 3 or 4). There has never been a more lucid, thorough written explanation of the method, which is currently referred to as the "National Training System". Many will know it as the "B.E.S.T." (Biomechanically Efficient Shooting Technique). I say this having listened to Coach Lee time and again, and feeling at times that his use of English as a second language was sometimes an impediment to understanding the "true meaning" of the KSL Shot Cycle. Guy Krueger (a fellow Texan whom I know as well) provides extremely clear information on training and the fundamentals of Olympic Archery. This book is worth the cost for the chapters on the NTS method, alone! If you are an archer, or a coach, and wish to be able to perform your role with maximum effectiveness, you

should seek exposure in a live setting such as a USAA certification course, and then use this book's content to buttress, to greatly expand, your comprehension of the topic. In the past and after two other books on the NTS/BEST method, I have dealt with many archers and coaches who have tried to "get" the KSL shot cycle and shooting methodology from just the books but mis-interpreted the data, their understanding was usually not clear at all - I generally feel it is virtually impossible to grasp fully the power of the NTS/BEST method by reading a book alone. BUT with a firm initial grounding/exposure you will be able to achieve far more effectiveness and power by using what Guy Krueger and Kisik Lee write in their chapters on the NTS. Kisik is sharing his knowledge with the world, not just the U.S.

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