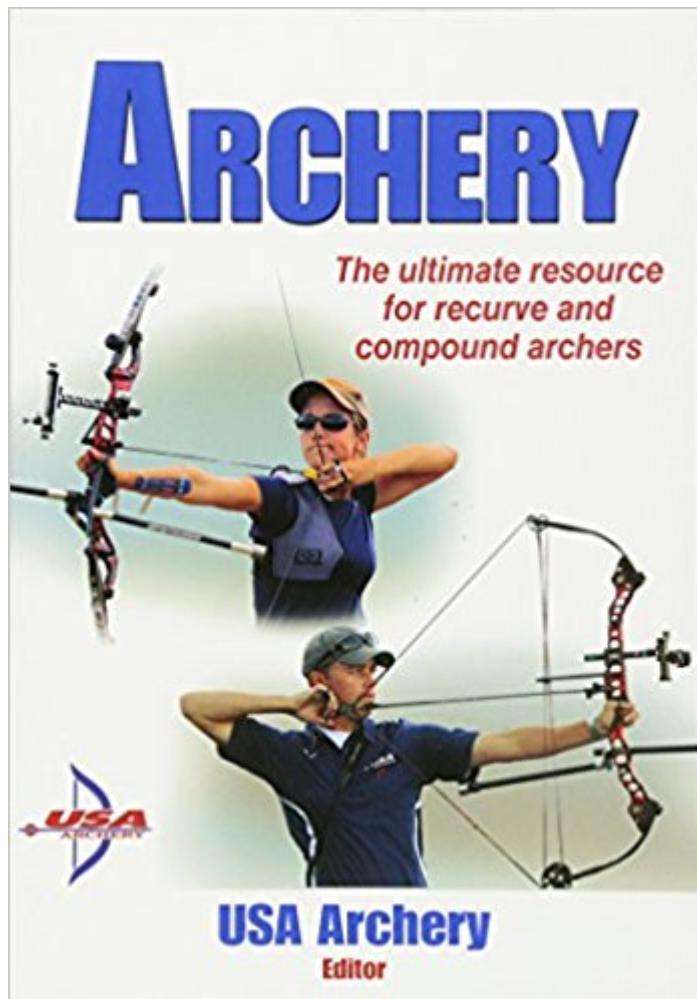


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# Archery



## Synopsis

If you're serious about improving accuracy, increasing consistency, and achieving competitive success, Archery is your guide. Featuring the in-depth instruction, insight, and advice from the world's top coaches and archers, Archery sets a new standard in resources for those who compete with the recurve or compound bow. Archery includes a wealth of information on perfecting stance, body alignment, muscle recruitment, and shot sequence. You'll master the skills and techniques taught at the U.S. Olympic Training Center by legendary coach KiSik Lee. Then you'll prepare for competition: • Select and properly tune equipment. • Develop a winning shot sequence. • Set up, draw, and complete the shot. • Maximize practice time. • Train physically and mentally for competition. • Develop a successful tournament strategy. Developed by USA Archery, Archery is an invaluable resource you'll refer to again and again.

## Book Information

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## Customer Reviews

USA Archery (USAA) is the national governing body for the sport of archery in the United States. It is also a member association of World Archery, the international governing body for archery as recognized by the International Olympic Committee. The mission of USA Archery is to provide the necessary resources for fostering athletes' participation, competition, and training in the sport. USAA facilitates target archery competition in the United States, sanctioning hundreds of local, state, regional, and national events each year. The organization also facilitates Junior Olympic archery development and other grassroots archery programs across the United States. USA Archery oversees the selection and training of archers for international events such as the Archery World Cup; World Archery Championships; World Archery Para Championships; and the Pan Am,

Parapan Am, Paralympic, and Olympic Games. USA Archery is headquartered in Colorado Springs, Colorado.

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., and therefore this book is of solid value to \*any\* archer and \*every\* coach, far more than the actual cost of the book. I can recommend this book based solely on these chapters, never mind the chapters written by others dealing with nutrition, compound bows, and others. (There is some value there as well, but the NTS information is awesome. And even without a "live" learning session you will be able to extract value from the book.

This book is cool facts if you want to perform archery in a tournament style or career aspect but for the average person who wants to get better at hunting or backyard archery I'm not sure if I would recommend has alot of things like how to pick the right coach etc. Couldn't get into it.

I bought Archery first on Kindle because the paperback was not available. I liked it so much that I then purchased 3 paperbacks, one for myself and two as presents. Written for both recurve and

compound by some of the leading coaches and archers today, I think this is a wonderful reference. Although things are improving, it is often hard to find specific information about improving your archery skills. What exactly ARE SPT drills? How do you develop physical and mental training programs? How do you make your practice more effective? How do you peak for competition? ARCHERY covers those and many more topics. It is an informative yet easy read.

The Junior Olympic Archery Development (JOAD) Program is the premier instruction organization in the U.S. Hundreds of schools, equipment suppliers, and training schools follow the JOAD Program. This book details this method of learning archery. My granddaughter attends archery classes. I try to "audit" the class. There is much to learn. It's easy to miss or forget a detail. This book goes through the instructions, step-by-step. Each chapter is FILLED with most useful information. I think this book is great for archers (novice to advanced), parents of archers, and anyone wanting to learn archery or improve archery skills.

It's a very good book for anyone interested in archery. I've been away from the sport due to an injury for about 10 years after winning three state championships shooting a compound. I have purchased a new recurve and am starting lessons with a level 4 certified instructor who suggested this book. I'm amazed at how much has changed, and how much has been learned in the time I've been away. The only downside to the book, is that it's written by several different experts and lacks some cohesiveness. Other than that, it's highly recommended!

Highly recommended. Not just for the competitively inclined, but contains tips for all shooters.

This is THE go-to book on archery once past being a beginner. Great. Highly recommended.

This book has a lot of information to help you out. The only downside to this book is that it is paperback (I don't do well with paperback) and it's more for if you want to be a professional archer. It has a section to tell you how to shoot a long bow and a compound, and just about anything you can think of. I work at Bass Pro Shops, so I come by a lot of pro-archers. When I asked them how they got into it, one guy told me "Just show up, pay the fee and shoot." So I feel like this book is more for like, people who don't know how to shoot, and/or people who want to make a career out of it. But overall, great book. :)

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The Witchery of Archery: A Complete Manual of Archery (1878) Archery Mental Mastery: Archery Mental Mastery is a program designed to help you harness your own inner potential to allow archers to develop a winning mind-set. Training for Archery: A comprehensive archery training guide with Olympian Jake Kaminski Archery for Beginners: Master the Archery Bow Technique for Hunting and Target Practice Turkish Archery and the Composite Bow: A Review of an Old Chapter in the Chronicles of Archery and a Modern Interpretation Archery and Crossbow Guilds in Medieval Flanders, 1300-1500 A Bow Maker's Notebook: Sharing The Bow Making Experience of John J Riggs Archery Sin and the Spirituality of Archery Zen in the Art of Archery Archery Fundamentals-2nd Edition Bow Hunting: The Ultimate Guide to Mastering Bow hunting for Life! (deer hunting, bow hunter, bowhunting, bow hunting for beginners, archery, bow hunting tips, bow & arrow) Archery Anatomy: An Introduction to Techniques for Improved Performance Beginner's Guide to Traditional Archery Shooting the Stickbow: A Practical Approach to Classical Archery Archery Fitness: Physical Training for The Modern Archer Traditional Archery Traditional archery hunting: stories and advice about traditional bowhunting Core Archery: Shooting With Proper Back Tension The Impossible Bow: Building Archery Bows With PVC Pipe

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