



Total Archery: Inside the Archer

By KiSik Lee, Tyler Benner

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KiSik Lee has again revolutionized the archery world with his second installment of the Total Archery series. *Inside the Archer* provides a unique perspective into the highly detailed world of Olympic archery through 28 carefully written chapters. Each chapter focuses on a new technique element, beautifully laid out with large, full-color photos and diagrams that supplement the words of the text in graphical form.

Inside the Archer is written as a collaboration between the teacher, Lee, and the student, Benner. The co-authorship creates an intriguing blend of impacting lessons from Lee and curious inquisitiveness from Benner. Never before has archery taken on such a lively form as Lee and Benner speak about archery with such passion and enthusiasm it pours out of the pages.

Inside the Archer speaks with a warmth that will remind any archer, past or present, why he loves this age old sport.

Reviews:

"If you are either an elite Olympic-style archer or elite Olympic-style coach or one of those desiring to become such, here is my recommendation: Absolutely Must Read Again and Again."

~ Steve Ruis *Archery Focus Magazine* - July '09 issue

"Inside the Archer provides more information than any of us knew existed about the most minute details of our beloved sport."

"If there was ever any doubt regarding any detail of [Coach Lee's teachings], the answer must surely be in the pages of *Inside the Archer*. Never before has there been such a comprehensively detailed guide to shooting your best. And as the archer begins to read and absorb some of the ideas, the idea of the shot cycle comes together in a surprisingly simple, graceful way."

~ Lindsey Carmichael *2008 Paralympic Bronze Medalist*

"Inside the Archer has a better layout and description of the shot cycle than any archery book I have ever seen."

~ Alexander Meyer *USA Jr Dream Team Coach*

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