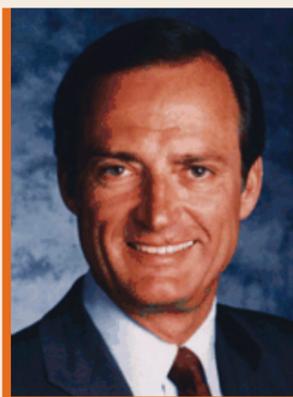


# Foreword

## ***Jim Easton,*** ***FITA President***



It is my pleasure to write a foreword to this book written by Mr. KiSik Lee, one of the most experienced and talented archery coaches in the world.

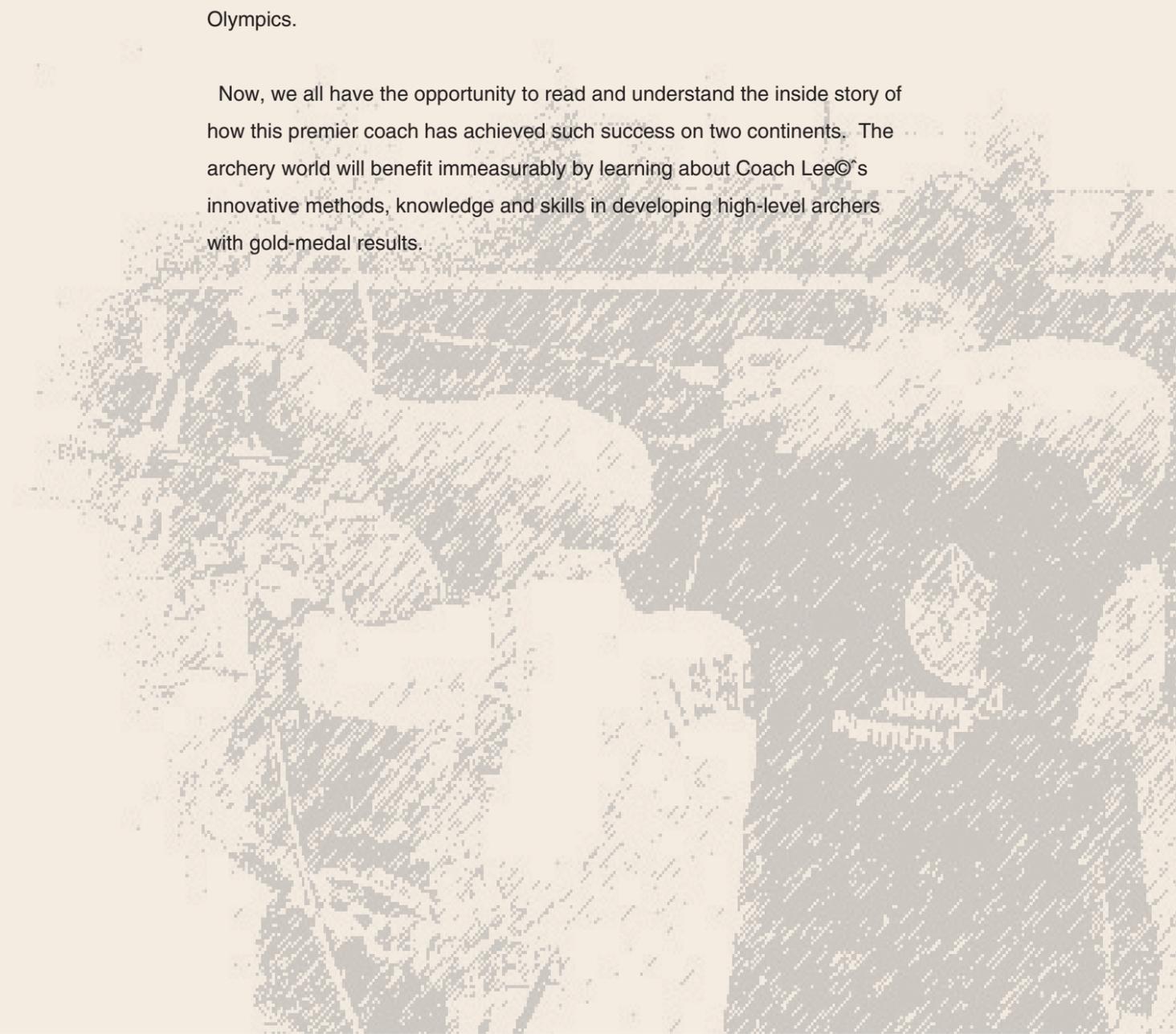
Throughout Olympic history, every sport has had innovators--individuals who were willing to look at problems a little differently, thereby creating opportunities and changes that helped future generations of athletes.

Mr. Lee's influence on archery, through his coaching skills, has been unparalleled.

Over the last 20 years, Mr. Lee has proven himself to be one of the most successful archery coaches in training Olympic and World Champions and medalists. His archers have won a total of 14 medals (seven Gold) in five Olympic Games, and 23 medals (11 Gold) in the FITA Outdoor Target Archery World Championships.

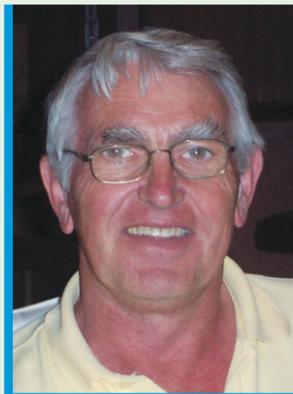
After years of unrivalled success in Korea, Mr. Lee brought his innovative coaching methods to Australia. With his positive impact, the Australian men won the Gold Medal in the 2000 Olympics and the Bronze Medal in the 2004 Olympics.

Now, we all have the opportunity to read and understand the inside story of how this premier coach has achieved such success on two continents. The archery world will benefit immeasurably by learning about Coach Lee's innovative methods, knowledge and skills in developing high-level archers with gold-medal results.



# Introduction

## Robert de Bondt



In most countries, archery is considered to be a social, recreational sport. The introduction is usually through holiday camps, Boy Scouts or Girl Guides, resorts or through a local archery club.

Korea is possibly the exception. Recreational or public archery clubs do not exist. In Korea, archery is taught, starting at primary school level in year 4, around the age of nine to ten. During the first three months, no bow is used. The students are taught correct form and skills through various exercises to promote the proper use of bone alignment, stance and muscle usage.

This strict Korean training regime, especially of the very young, is generally considered too stringent in western thinking.

The Koreans have accepted that a thorough methodical instruction in the basic

fundamentals of archery are the building blocks for future success, rather than having to correct major technical faults at a later date.

To change an incorrect sub-conscious movement can take between 300 to 500 hours of conscious effort to correct. Translated into a number of arrows this would equate to some 30,000 - 50,000 arrows. In itself, this may not be an absolute scientific fact, but coaches and sport scientists agree that it takes an enormous amount of time, effort and frustration to correct something, which should have been taught properly in the first place. In this area, the Koreans have definitely taken a jump on the rest of the archery world.

Since the appearance of the South Korean Archers at the Los Angeles Olympics, they have won twelve Gold, seven Silver and four Bronze medals, Athens 2004 included. In view of this incredible achievement many other countries have, over the years, studied their methods and incorporated many aspects into their training programs and techniques.

In late 1999, I met legendary Korean Coach, Kisik Lee, reverently referred to by his archers as Mr. Lee. I had just been appointed Head Coach for the Australian Paralympic Archery Team in preparation for the Sydney 2000 Paralympic Games and was working on a high performance training program leading up to the event. Over the next nine months, I received a great deal of help from Kisik who freely and unreservedly shared with me his training program leading up to the Sydney 2000 Olympics. During this period, we had the benefit of training with the Olympic Squad on many an occasion, including actual match plays. This not only provided an enormous confidence boost to my archers, but it presented me, as an archery coach of some 15 years, a once in a lifetime opportunity to broaden my coaching

# Introduction

knowledge and knowledge-share with one of the world's leading coaches.

In the 4 years since the 2000 Olympics Kisik has not only become my mentor, but more so my friend. Kisik has one of the most enviable coaching records in the world. Since the 1984 Olympics till Sydney 2000 Olympics he has played a hand in nine of the 18 Olympic gold medals.

Athens 2004 again proved his mastery when 17-year-old Australian Tim Cuddihy won the individual Bronze Medal under his guidance, equaling the 12 arrow Olympic Record of 115 and setting a new Olympic Record of 340 for the finals.

Over the years many people have pressed Kisik to write a book to share his experiences not only as a coach, but also as the talented archer he was, prior to taking up a National coaching assignment at the young age of 24 years. Even though Kisik has held numerous coaching seminars and archery clinics in Australia and all over the world, writing a book has always been on the back burner, due to both time and language constraints. However, some two years ago I was able to convince Kisik that we could write a book together, by combining our many and diverse skills and my available time. Using Kisik's coaching philosophies, knowledge, technical and mental expertise of coaching Olympic champions for the past 21 years and my 15 years of coaching, including many years as a competitive archer, enabled me to ask the appropriate questions. We started work.

This combination has worked extremely well. Utilizing video recordings from his seminars in Australia and overseas, attending five years of his coaching sessions, copious coaching notes, countless number of one on one interviews, and many,

many reviews and re-writes, we have seen this book materialize over the last two years.

I have to stress that irrespective of the Korean training regime, this book is not what some people might call the Korean way of archery. Archery, over the years, has evolved into a science. An enormous amount of research has been and continues to be conducted worldwide, through sports institutes, universities and various other sport related bodies. Kisik Lee utilizes and optimizes biomechanics rather than just an anatomical approach. The proper application of biomechanics will provide the fundamentals and foundation to develop consistent form.

This does not mean that this is the only way, as many successful archers on the current world scene have a variety of styles. Yet, they have one thing in common, which is consistency; consistency is so much easier to attain when the basic form is simple, easy to duplicate and biomechanically optimized every time we shoot.

I am extremely proud to have been instrumental in playing a major role in the production of this, most likely controversial book; it will challenge many currently held beliefs. However, as the saying goes, "The proof is in the pudding" and who can argue with 9 Gold, 5 Silver and 4 Bronze medals since the 1984 Olympics in Los Angeles!!!!

## About the Author

### ***Coach with the Golden Touch - L'entraîneur a la touche en or*** (Extract from "The Target" 2003, The International Archery Federation's main publication)



Korea's Kisik Lee has one of the proudest coaching records in archery history. He has led five teams to the Olympic Games and seen his athletes win a Gold medal every time. From 1981 to 1997, he was Head Coach of the mighty Koreans. Under his guidance, Korea won a combined total of eight gold medals at the 1984, 1988, 1992 and 1996 Olympics.

In late 1997, he moved to Australia, helping Simon Fairweather win the Men's individual Gold in front of his home fans at Sydney 2000 Olympics. That means that Lee has played a hand in nine of the 18 Olympic Gold medals won since 1984.

Now 46, Kisik Lee has been involved in the sport since his school years in Korea. He was an enthusiastic and talented archer, competing at national level. However, Korea did not send archers to major international competitions at the time so Kisik

Lee's athletic successes were enjoyed only within his country. Korea started a national archery program for women in 1977 and for men in 1978. When the men's program was created in 1981, officials asked Lee to be the coach. He was just 24 years old.

"Yes, I was only 24 when I took the job. Our Korean Archery Association was looking for a coach who had accomplished a National team level of archery and had done the proper study to develop the sport to Olympic level," he said. Lee was the coach when Korea sent its first archery team to an Olympics in Los Angeles in 1984. There, he watched Seo Hyang Soon win the women's gold medal, with Kim Jin Ho winning the bronze. It remains a very proud memory.

Another cherished day is when Australia's Fairweather won the men's gold medal at the Sydney Olympics. Lee had seen his athletes win gold medals in archery's three other Olympic events - men's and women's team, women's individual - but Fairweather was his first men's individual champion.

"Simon's win was special. I had never had an archer win the individual men's competition. I don't see it as my trophy, but it was meaningful for me," he said.

Moreover, he had proved to himself that he could coach archers other than Korean archers to achieve great things. He had altered his training program to suit the new culture he found in Australia.

Lee has always invested a lot of time in the scientific aspects of archery. He studies technique, body control, muscular requirements, mental concentration, and other elements, which he believes, are essential to becoming an elite competitor.

## About the Author

"I approach the sport in a very scientific way. Rather than just rely on my experience, I try to do more study than other coaches and other countries."

He said the best advice for new archers is to be very patient and work hard on learning the proper technical aspects of the sport.

"If you aim to reach Olympic level, you must learn well from the first day," he said.

"Most people instantly enjoy the thrill of hitting the target too much. That is not good for the long term. If you want to be a good archer, you must be patient and try to get more structure and technique first.

"For example, don't use the bow; just use an elastic band or rubber band to get the structure and technique. In Korea, beginners have to hold the bow and draw back the bow for at least three months before they can use targets."

Kisik Lee, who still lives and coaches in Australia, is now educating less-experienced coaches in methods of archery training. He is an active supporter of FITA's Development Technical Assistance Committee and recently lectured coaches from more than 30 countries at a conference in Madrid, Spain. He hopes the lessons he provides for his own archers will help other coaches and aspiring athletes.

"Archery is a very frustrating sport. You may shoot very well one day, then completely different the next. I try to help that kind of mentality of my archers. That is my main task - to give them motivation to keep shooting."

## Acknowledgements

First of all, I praise and glorify God who has with His grace led me through my life until now to this place and enabled this book to be written.

For the twenty four years of my life as an archery coach, my wife Ha Park(Joy) has supported me with patience and love, and I have accumulated an everlasting debt for the love, my children Hye ri (Grace), Kang In (Kenny) and my daughter in law Jean hie (Elizabeth) have shown me.

I also express my thanks to those staff and archers whom I have shared sorrow and joy, over my career as an archery coach in which I have enjoyed many glories in God's exceptional love. Without these people, this book may not have been finished.

I would like to thank the Korean Archery Association, Archery Australia and the AIS for appointing me as their National Head Coach and showing their endless support and encouragement and President Lee Bong Jae of Samick who made the publication of this book possible.

Lastly, I would like to thank Robert who has helped me to write, edit and compile this book over the last two years, and Christine for all her proof reading.

I also would like to thank everyone that I wasn't able to name here, for the prayers and the love that they have shown me.

I would like this book to become a joy to them and also a help to those archers around the globe, recreational and professional alike, who love and enjoy archery.

Kisik Lee