

# KiSik Lee International Seminar

Sydney, Australia 16<sup>th</sup> – 19<sup>th</sup> December 2014



***Come and hear from the World's leading archery coach. Learn how to shoot better. Learn how to coach better.***

Even if you have been in archery only a short time you will most probably have heard the name KiSik Lee. He is the coach who led Australia out of the archery wilderness to achieve our only 2 Olympic medals. He has also coached Brady Ellison from being a compounder to become arguably the best recurve archer of all time. No other coach in the world comes close to KiSik's record, 15 Olympic medals (7 gold) and 24 World Championship medals. At a seminar held in July this year, Japan (the world's second biggest recurve archery nation) has decided to change to Mr Lee's techniques after using traditional archery and Korean techniques for over 30 years. Through his International Seminars and KLICC accreditation Mr Lee has already certified 13 Level 2 Coaches and 36 Level 1 Instructors throughout the world. If you are an archer, learn how to shoot smarter and stronger and learn how to avoid injury. If you have target panic, this can be easily cured. Learn how to deal with matchplay at major events. If you are looking to become a coach, get a proper accreditation that can be recognised throughout the world and start your students on a path to success while reducing risks of injury through correct biomechanics.



Don't miss this opportunity as attendance numbers are limited to ensure a quality experience. At the European Seminar held in Brussels this month (October 2014) 94% of attendees gave it the highest satisfaction rating.

For further details and registration please go to [www.kisiklee.com](http://www.kisiklee.com)

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*This event is sponsored by organisations committed to advancing archery in Australia. **World Archery Australia, AIMS (Archery Information Management System) and Sydney Olympic Park Archers (SOPA Inc.)***



# Kisik Lee Sydney Seminar 2014

## Level 1, 2 and 3 Coaching Course

**Location:** Conference Room at Sydney Olympic Park Archery Centre, Bennelong Parkway, Sydney Olympic Park. **NB:** Location may change depending on number of attendees however it will still be held within Sydney Olympic Park.

1. **Level 1 Training** (3 days) is available to all attendees. Benefit to archers, coaches and prospective coaches.
2. **Level 2 Training** (4 days) is only available to those who have previously achieved Level 1 or have previously attended a Level 1 Course. Those sitting Level 2 must sit Level 1 again to refresh.
3. **Level 2 Testing** is only available to those who have already achieved Level 1 prior to the start of the course.
4. **Level 3 Training** is only available to those who have been Level 2 qualified and training students in Mr Lee's methods for over 12 months.

### Tuesday 16<sup>th</sup> December 2014

08:00 - 09:45	KSL Level 1
09:45 - 10:00	Morning Tea
10:00 - 12 Noon	KSL Level 1
12:00 - 13:00	Lunch
13:00 - 14:45	KSL Level 1
14:45 - 15:00	Afternoon Tea
15:00 - 16:00	KSL Level 1
16:00 - 18:00	Level 2 and 3 Training

### Wednesday 17<sup>th</sup> December 2014

08:00 - 09:45	KSL Level 1
09:45 - 10:00	Morning Tea
10:00 - 12 Noon	KSL Level 1
12:00 - 13:00	Lunch
13:00 - 14:45	KSL Level 1
14:45 - 15:00	Afternoon Tea
15:00 - 16:00	KSL Level 1
16:00 - 18:00	Level 2 and 3 Training

### Thursday 18<sup>th</sup> December 2014

8:00 - 09:45	KSL Level 1
09:45 - 10:00	Morning Tea
10:00 - 12 Noon	KSL Level 1
12:00 - 13:00	Lunch
13:00 - 14:45	KSL Level 1 Test
14:45 - 15:00	Afternoon Tea
15:00 - 16:00	Level 1 Presentations
16:00 - 18:00	Level 2 and 3 Training

### Friday 19<sup>th</sup> December 2014

Level 2 and 3 Practical Tests. These are individual tests with Mr Lee. Level 2 must demonstrate ability to coach an archer using Mr Lee's methods. Level 3 must demonstrate ability to coach the coach using Mr Lee's methods.

**Saturday 20<sup>th</sup> December 2014** – Private one-on-one coaching with Mr Lee by appointment only.

#### Cost:

Level 1 (3 days): \$400 Includes morning and afternoon tea. NB: Does not include lunch.

Level 2 (4 days): \$500 Includes morning and afternoon tea. NB: Does not include lunch.

Level 3 (4 days): Free. Level 2 coaches are also requested to attend and refresh accreditation.

Account Name: SOPA

BSB: 032102

Account #: 646028

NB: Please enter 'KSL' and your name in the details area so we can identify the payment.