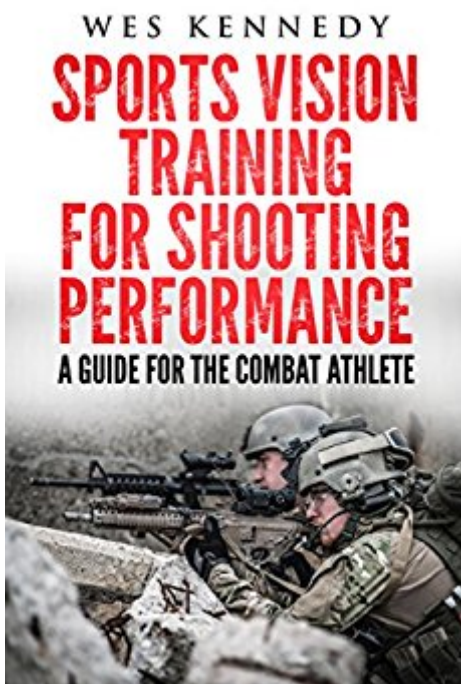


The book was found

Sports Vision Training For Shooting Performance: A Guide For The Combat Athlete



Synopsis

If you're the first to see, you're the first to shoot. Nobody knows this better than Wes Kennedy, a former Special Forces Operator who served in the Canadian Special Operations Regiment. As a qualified Sniper, Wes is intimately familiar with the scientifically-proven best practices for improving your vision to optimize shooting performance. Unlike most other vision training manuals out there, this guide applies decades of research specifically to combat athletes. Inside, you'll find information on:
• Improving your binocular vision
• Correcting eye dominance
• Stabilizing your gaze
• Expanding your peripheral vision
• Speeding up target acquisition
• Enhancing vision with nutritional supplements . . . and much more, all applied to marksmanship. Wes has seen the tangible results this kind of training can bring, both in his clients and in his own experience. If you want to condition your nervous system to improve your vision to its fullest potential, you've come to the right place.

Book Information

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Customer Reviews

As an optometrist of 36 years who has been working in the area of Sports Vision Training for nearly ten years, I knew I had to get a copy of this immediately upon seeing it. When it arrived, the first thing I noted was that it's not a very long book; but it touches on some of the key areas that will affect shooters (dominant eye, fixation, coordination) as well as giving some good, basic examples of exercises to train these areas. The book is succinct, without delving deeply into theory and background (it's been my experience that military personnel excel at communicating efficiently), and for those that are looking for some good ways of tuning up their visual systems for shooting will find some good, concrete information. One caveat: during the book, the author mentions videos that demonstrate the exercises; but the links to the videos aren't given in the hardcopy edition. I contacted the author directly, and he said that hyperlinks are given in the electronic version. And while I haven't researched this yet, it could be fairly easy to find the videos on his site. Perhaps a subsequent volume of the printed version will include the links. If possible, the lack of links might have cost half a star, but the rest of the book is definitely worth the five stars! Overall, a great introduction to the benefits of Sports Vision Training and how it can help shooters of all disciplines.

Excellent source of testing and training information not only for the combat athlete but for competitive shooters as well. Competitive tactical shooters and shotgun sports shooter will benefit from Wes's advice and training regimen.

Excellent resource for any shooter serious about improving their performance

A quick, but very informative read. Wes's attention to detail is rivaled by none. His ability to shed light on a topic that is not very well known makes this a must for any one who is just learning to shoot all the way to the more advanced operator.

I liked this book because it explains the difference between vision and eyesight and because it is understandable. Some very inexpensive training methods are clearly presented.

A book that all military and first responders will benefit from. First class work on the subject. The exercises alone are worth the price of the book.

super good!

Good!

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