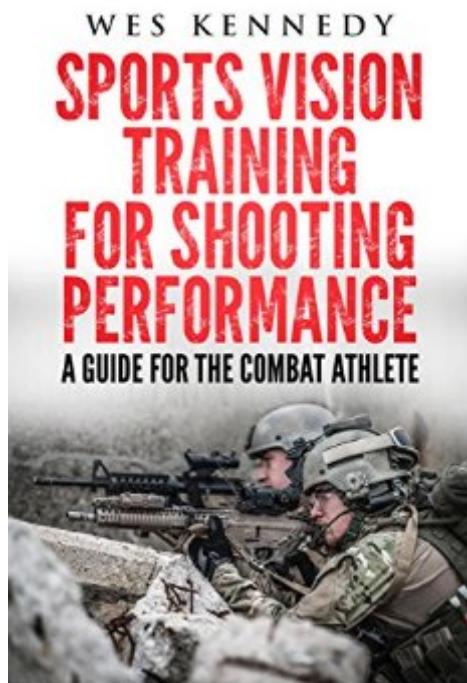


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# **Sports Vision Training For Shooting Performance: A Guide For The Combat Athlete**



## **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**

Resources like Green Eyes, Black Rifles have given you the drills to know how to operate your

weapon and lay rounds on target. But have you ever trained...To keep your eyes open while firing, so you maintain constant visual contact with your target?To improve your peripheral vision, so you can increase your situational awareness on the battlefield?To be able to maintain focus on a rapidly moving target, giving you more opportunities to engage that target?These are some of the more complex skills you'll learn to train in this book, but it's also an excellent resource for things like learning to shoot your rifle with both eyes open, or resolving a mixed hand/eye dominance (ie, you are right-hand dominant but left-eye dominant).Wes provides specific tools to be able to accomplish all of the above, making you more aware and more effective in a tactical environment. There is no other resource like this available today - an excellent way to take your basic marksmanship to the next level.

Hands-down the best resource out there for vision training applied to marksmanship. Clear, concise, and thorough (even gets into nutritional supplementation to improve visual acuity). Doesn't waste time with half-baked theories. Goes deep into the science behind the trainings, clearly explaining why given exercises are effective. Unlike a lot of vision training manuals I've seen which consist only of endless text, the trainings are accompanied by lots of clear and detailed illustrations. This is really helpful in making sure you're doing the exercises correctly. Overall, an excellent resource and an important purchase for those looking to seriously improve their shooting.

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.

Very informative read. I wish I had this information years ago. He gives you the information, where it is easy to understand and apply. Wes also gives you types nutrition that assist you with your vision. Amazing read.

Wes Kennedy not only shows an aptitude for applying common sense and intelligence towards the physical training field, and especially as it pertains to the tactical profession, but he also has the ability to take science and applied knowledge and merge the two together to make a usable and beneficial use for the user.Eyesight is probably one of the most oft overlooked area from the physical training field, yet in combat what you do not see can kill you. Which should make this one of the more important areas for a tactical athlete. This book spells out all of the primary issues for a

combat shooter, everything from eye domination, distance training, overcoming weaknesses and exercises on how to improve. It's a must read for anyone looking to familiarize themselves with this subject and I would suggest this book to anyone looking to increase their knowledge, skills and abilities. Get it before the price more accurately reflects the work!

With the surge in popularity of tactical training and everyone wanting to be "tacticool", Wes keeps things simple. Every book, magazine or show on firearm training is going to beat a dead horse on proper grip, sight alignment and trigger pull. They don't tell you that all of that is compromised if your eyes aren't working in at peak. Thanks to the vision tests, specifically the eye dominance, I learned that I was right eye dominant. A deficiency I didn't know I had can now be addressed to make myself a better shooter. But Wes goes beyond that providing clear strategies (and advice on supplements) to guide an athlete to their best performance. I have only recently started following Mr. Kennedy after hearing him on SOFREP Radio, but already I trust his advice and training philosophy.

Well executed source of testing and training information for anyone looking to improve their visual skills (simple and complex). The book is clear and concise which allows for easy reading. In addition the trainings include lots illustrations which really help me as a visual learner. Wes provides specific tools to enhance your vision in the effort of making you more aware and more effective in any environment. Overall, this book is an great resource and I look forward to applying the lessons and information into my training and that of my soldiers.

This is a great resource. I have been looking for a resource to train my vision as I have the distinct pleasure of being a cross dominant shooter (right handed, but left eye dominant). This is that resource. Everything I had seen before was oriented towards vision in a general scope, explaining how to calculate dominance or just explaining what eye dominance is. Wes Kennedy does that and much more. It shows that he has put a lot of time and effort into delivering a scientific approach to understand your vision and then training you can do in order to fix any problems or just to make your vision stronger. Your eyes are nothing more than muscles and this is a targeted workout to strengthen them. It reads a bit like an academic essay, is why I'm only giving 4-stars.

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