

Implementation (Putting It All Together From My Viewpoint)

My Shooting background and the Relationships of:

- Back Tension
- The Dreaded “TP”
 - (Target Panic vs Perceived Target Panic and Learning to DEAL with it)
- Aiming vs Focal Point Execution
 - Let the Picture Control the Release
 - The Role of the Left Hand/Arm
- Shooting Routines
 - Pre-Shot
 - Shot Execution
 - Post-Shot

Implementation (Putting It All Together From My Viewpoint)

- **My Shooting Background:**
 - Trap
 - Skeet
 - Sporting Clays

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- Back Tension
 - Is not a Release Method, without it the Bow will not remain at full draw
- Finger Shooters, Release Shooters, Bare Bow Shooters; all archers must have back tension to hold the bow at Maximum Draw.

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- The Dreaded “TP”
 - What are you REALLY AFRAID of ???
 - X Ring
 - 10 Ring
 - 9 Ring
 - Etc.

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- **Aiming vs Focal Point Execution**
 - The Role of the Left Hand/Arm
 - The conscious mind causes doubt:
 - If you hold too long the conscious mind takes control of the shot and tries to improve it.
 - **(Let the Picture Control the Release)**

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- **Trust Your Equipment and Shoot Your Picture**
 - Set a Goal and start at 20 yards
 - If you miss at 30 go back to 20 and start again
 - If you miss at 40 go back to 20 and start again

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- In Shooting the conscious mind can not stay 100% focused for more than 10 seconds
- Shooting Routines
 - Pre-Shot
 - Shot Execution
 - Post-Shot
 - Positive Re-enforcement
 - RELAX, RELAX, RELAX

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- Scoring
 - When you step on the course you **ALREADY** have a 900 (or 600). Shoot 100% positive to keep the best score.
 - If you shoot 9s in a 900 round, probability says you will get 10s and Xs. At 50% do the math
 - Example:
 - 6 arrows X 5 ends @ 60 yards = 15 (3 x 5=15)
 - 6 arrows X 5 ends @ 50 yards = 15 (3 x 5=15)
 - 6 arrows x 5 ends @ 40 yards = 10 (2 x 5=10)
 - Final score 860