

# **TARGET PANIC**

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**#1 Reason why people leave the sport of  
Archery!**

**What is it ??**

# Symptoms

**Punching the Release**

**Freezing Off the Target**

**Freezing on Target &**

**Can't Release**

**Freezing on the Clicker**

**Flinching**

**Snap Shooting**

**Shaking**

**“Drive By” Shooting**

**Buck Fever**

## Def nition

**The Conscious over-ride of  
a Subconscious Muscle  
Memory function resulting in  
the breakdown of the shot  
process.**

**i.e., a conscious  
apprehension or anxiety that  
disrupts the shot process.**

# Our Two Minds

## Conscious Mind

1. Source of your thoughts and mental pictures.
2. Controls all the senses.
3. It is what you picture or think about.
4. Can only do one thing at a time.
5. \*\*\*Can override the Subconscious  
Mind\*\*\*\*\*

## Subconscious Mind

1. Can do many things at once.
2. Moves you to do what the  
Conscious Mind  
is picturing.
3. It is the source of your skills and power to perform.
4. Why muscle memory works-  
subconsciously automated

## What Is The Problem?

**During the shot process the Conscious Mind “Mistrusts” the Subconscious Mind to execute the shot (Muscle Memory) and consequently, the Conscious Mind tries to control everything.**

# **EXAMPLES of “Mental Mistrust”**

- 1. The Baseball Pitcher**
- 2. The Basketball Free  
Throw**
- 3. The Golfer**

**What were the “roles” of the conscious and subconscious in each of the above cases?**

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**...in each case they tried to CONTROL the outcome, rather than trust the outcome.**

**We Must**  
**Trust Our Subconscious**  
**to Execute the**  
**Muscle Memory Portion**  
**of the Shot Process.**

**OK – What About the  
Conscious Mind?**

The Conscious Mind has only  
**ONE FUNCTION**

**AIM**

# The Two Jobs of The Mind

**Subconscious = Muscle Memory**  
**Conscious = Aiming**

**.....just like in the ball players and the golfer.**

# What Are The Causes Panic of Target?

**“Conscious control of subconscious functions”\_**

# WHY

**1. Our Learning Sequence ..**

**golfer, boxers, tennis players,**

**ARCHERS.**

**2. Fear / Anxiety of Missing ...**

**trying to be too careful Not To Miss**

**3. Breakdown in the Shoot**

**Process .. trying to shot without a**

**shot process**

**4. Conditioned Response ...**

# THE CURE(S)

**Reprogram Your Conditioned  
Response**

**“A new CS after the old CS”**

**OR**

**Begin a Blank Bale Program**