

There are two different kinds of focus.... what your eyes see... and what your mind sees.... and they are not always the same. Ever drive down the road, relaxed, and then realize that you don't remember the last 5 minutes.... you're mind was drifting to other thoughts... but you were still able to function..? When you 'look' at the sights... what are you thinking..? You have to focus on two different things... sight alignment and point of aim... right..? WRONG. Like Brian says... you should be focusing on smooth trigger movement, into a very firm grip....body (your core) ready to 'accept' recoil and prepared to return to your NPA (natural point of aim) without extra effort.

When all this is happening.... what are your eyes seeing.... ? Probably looking out over your sights... and mentally losing 'focus' on a solid grip and trying to control those things you can control, i.e., where the shot went..... to reference Brian; then your shot process was not followed.... or, your shot process sucks. You have to have confidence in your ability to execute the fundamentals of marksmanship... (work your plan).. How do you gain that confidence.? Focus on each part one at a time. then two... at the same time... etc., for example. While at the range, get into your stance, then position yourself for what you think is your NPA. Dry fire a time or two to confirm; then prepare to shoot one shot (25yd) and as trigger pressure is beginning.... close your eyes, but continue trigger pressure. A shot will be fired... but let's not talk about that just yet. When you 'shut down' one of your senses, in this case your sight, this will help you 'focus' your mind on those things you can control: grip, a solid position, a firm and steady but not rigid stance, and, of course, trigger control. Shoot another one, just as before. You will notice that your mental awareness (your mental focus) is heightened and you can remember more vividly the memory of your grip, position, stance, and of course trigger movement, follow through, and recovery.

Do this drill often; every time you shoot. Your strength and awareness of 'mental focus' will increase.. and subsequently your confidence... And when that happens, you will be able to shoot a ten with your eyes closed. But be careful.... when you actually do this to shoot a ten, old habits will insert themselves into your 'plan' and you will be greatly tempted to 'backslide'. Practice to strength your discipline to 'follow your plan' (all with your eyes closed).... soon, very soon, you will grow so

confident that you will hunger to shoot a ten with your eyes open. But not yet; you can open your eyes... just enough to let a very little light in..... adding a new sensory perception will challenge you to remain on your 'plan'. Be ready for this. If your 'mental focus' gets weaker during this 'phase' then get determined and go back to eyes closed and 'feel' what you are doing.... mentally focus on it so strongly that it becomes a part of you. When ready, try again. As your strength of confidence builds... so can the opening of your eyes... just a little at a time..... build on this process..... and soon, you will be able to shoot 10s with your eyes open or closed. What your mind sees is what you will do..... what your eyes see is what your mind wants to focus on..... but work your plan. Only see enough to 'get the job done'..

Remember this statement.? "There are two different kinds of focus.... what your eyes see... and what your mind sees.... and they are not always the same. Ever drive down the road, relaxed, and then realize that you don't remember the last 5 minutes.... you're mind was drifting to other thoughts... but you were still able to function..?