

Shot Process

1. Starting with the gun loaded arm straight, resting on bench

2. HEAD

- a. I am focused on this shot/string, let all other thoughts go
- b. Visualize a gray cloud all around except to the target
- c. Exhale visualizing the dot settling on the bull and the gun goes off or the sights in perfect alignment below the bull and the gun goes off.

3. HEART

- a. I am excited about shooting this shot/string well
- b. I am determined to make this the best shot/string I can deliver today
- c. I am focused only on this shot/string

4. STAGE

- a. Raise gun a few inches off the bench
- b. There is slightly more weight on the balls of my feet and slightly more weight on my front foot
- c. Slight tension in left arm pulling on belt loop holding arm against body
- d. Butt is tucked under
- e. Chest is full, stand up straight and tall
- f. Shoulders are down
- g. Arm is straight, pressure holding elbow joint open
- h. Wrist is straight and very firm
- i. Grip pressure is very firm, finger tips down, thumb against side
- j. Trigger finger crease is on right edge of trigger, tip wrapped around

5. SLACK

- a. Take up slack on trigger
- b. Feel the side of the trigger with the tip
- c. Read the target number then focus on the black bull
- d. Raise gun to meet my eye in UL of target
- e. I am determined to make this the best shot I can

6. CENTER

- a. Shift focus to the dot which is centered in the tube
- b. Dot is floating UL of bull
- c. Focus on the center of the black
- d. I am confident in my process, this will be a great shot

7. CENTER

- a. Dot settles into the middle of the bull
- b. Trigger pressure builds as the dot moves toward the center
- c. The dot moves with the trigger into the center