

Timed Fire & Rapid Fire Shot Plan

1. Position feet, align body to target, find grip
2. While breathing slowly and deeply, quiet the mind
3. Visualize success
4. Calmly follow line commands
5. Raise gun upon command "...ready on the left"
6. **FOCUS FIERCELY** on target's edge
7. Hold dot in aiming area
8. Exhale most of breath with "...ready on the firing line"
9. **DO NOT RUSH** - wait for turn
10. Pull trigger Smoothly & Swiftly, Hold dot over X (shot 1)
11. Pull trigger Smoothly & Swiftly, Hold dot over X (shot 2)
12. Pull trigger Smoothly & Swiftly, Hold dot over X (shot 3)
13. Pull trigger Smoothly & Swiftly, Hold dot over X (shot 4)
14. Pull trigger Smoothly & Swiftly, Hold dot over X (shot 5)
15. Pull trigger Smoothly & Swiftly, Hold dot over X (follow through)
16. Return to step #1