

SHOT ROUTINE

Step by Step description of firing a shot:

Run in your mind the way you are going to execute the shot, with as much detail as possible.

Get body ready for the shot by positioning your head correctly.

Begin to adopt your **Body Module** and at the same time take 2 to 3 good breaths to supply oxygen to all muscles.

After the breaths, start to lift the arm while you increase the tension all over the arm, taking a good breath in and guiding the pistol up through the centre of the target and stopping just above the top of it.

Drop and stop somewhere on the top part of the target while exhaling. Take a second shallower breath and drop sights through the middle somewhere on the bottom half of the black dot of the target.

Now begin a check list of your **Body Module** (All muscles and muscle groups, to the right tension - relaxation - tone, necessary to create the stability you can achieve all over the pistol - body as one solid mass).

When you decide that this is the best you can do, then start lowering the sights toward the centre of your holding area, while beginning the trigger action, and at the same time maintaining all muscles at the desired tension.

When the sights arrive in the centre of your holding area, there should be a pause, and the shot should break no later than 2 seconds while you hold everything still and following through. Recover from recoil and bring back everything as it was just before the shot was fired and call the shot. Now lower the pistol on to the bench in a strait controlled line.

If the shot does not break after 2 seconds, discontinue the trigger action and visualise the shot breaking while everything is perfectly still in the centre of your holding area. Now follow through as you would normally and bring the pistol down to the bench in a strait controlled line.

This SHOT ROUTINE must be done to the letter. The shooter MUST monitor and see if he/she is doing it precisely as it is written. Be very critical with your self and DO NOT do things which are not included in the routine and DO NOT forget to execute any of the steps that you have read above.