

# THE INNER GAME OF SHOOTING



# FUNDAMENTALS

## The Rule of 3

- ▶ 3 Points Make a Pattern
- ▶ 3 Points of Information



# #1. POSTURE

**A)** Stand up straight.  
Joints face the target.

**B)** Grip the firearm with  
your body.

**C)** Stabilize your  
shoulders/core.



## #2. SIGHTS & TRIGGER

**A)** Manage both together through feel & vision.

**B)** Vision = Perception of the movement relative to the target.

**C)** Feeling = Connection to the task.

TOGETHER THIS CREATES  
A FEEDBACK LOOP



# #3 PROCESS

Be present.

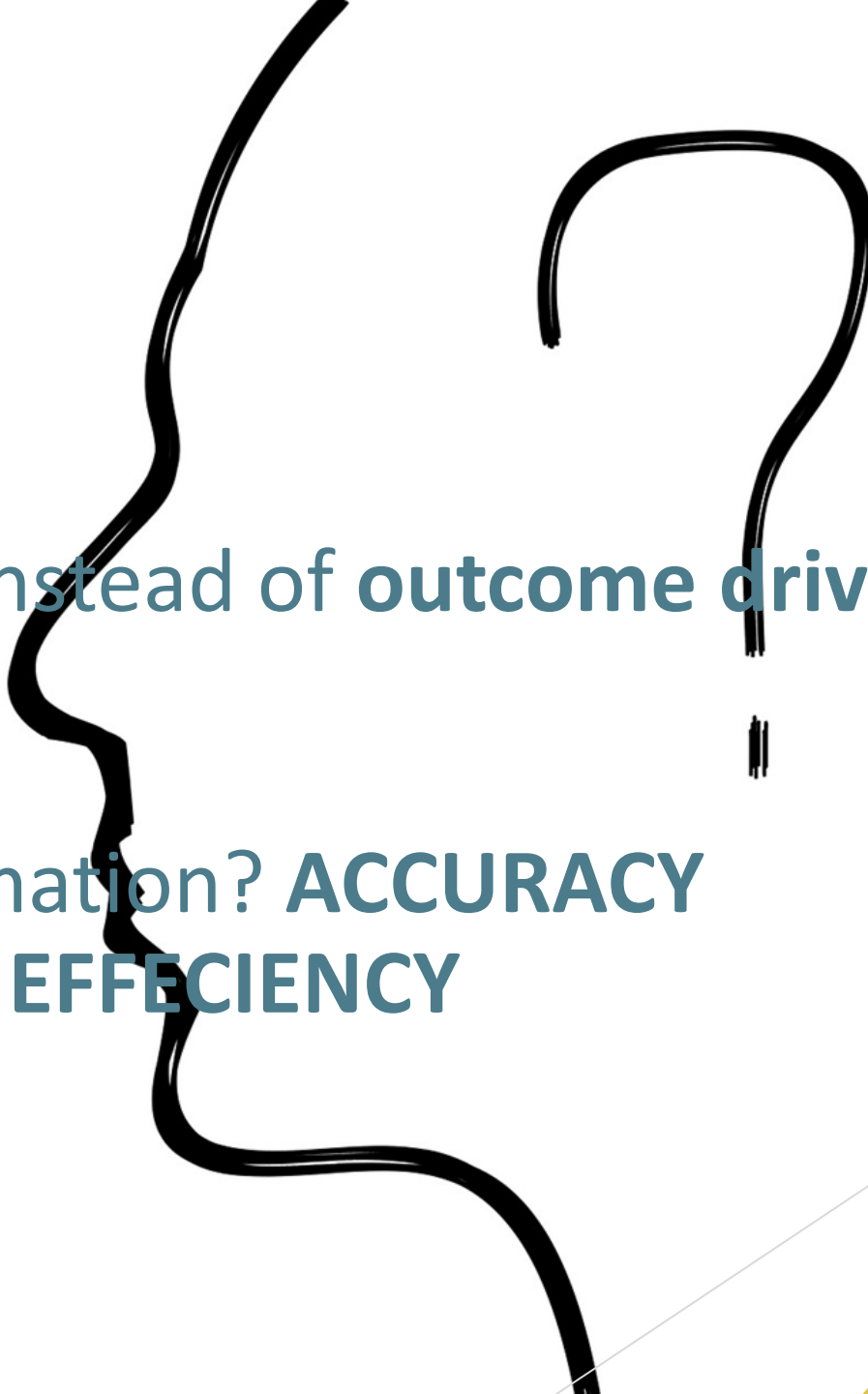
Be **process fixated** instead of **outcome driven**.

Context Driven is:

**A) How much information? ACCURACY**

**B) How much time? EFFECIENCY**

Risk/Reward





# **FOUR PRINCIPLES OF PRACTICE**



***1. Clear Goals***

***2. Be Present***

***3. Immediate Feedback***

***4. Challenge Ratio***

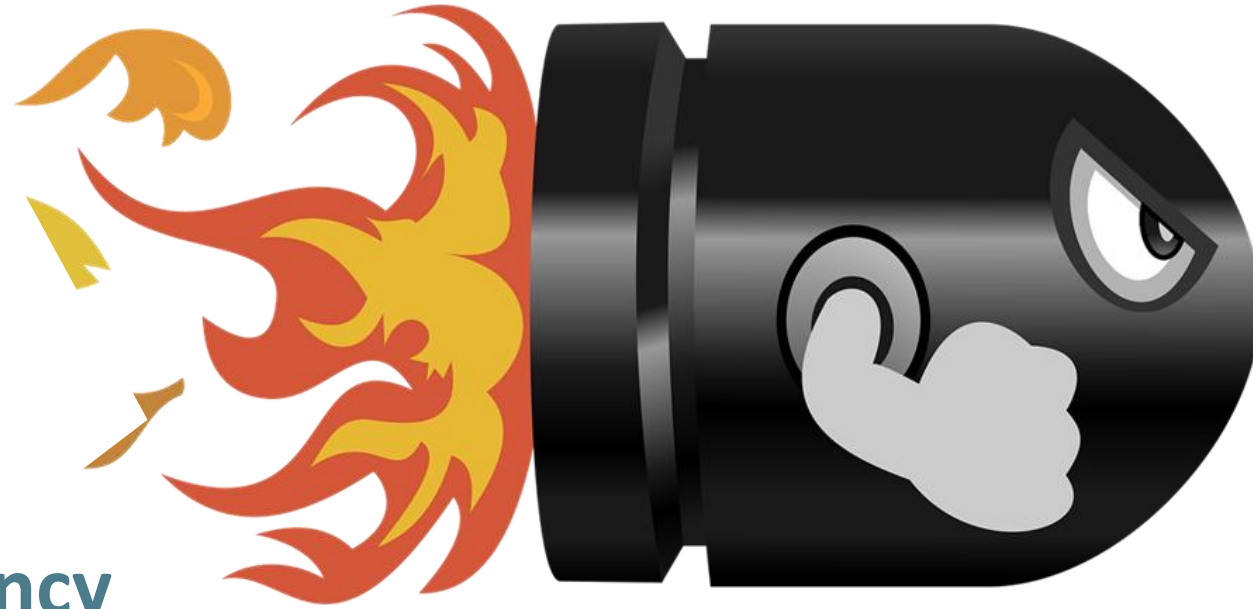
# #1 CLEAR GOALS

## 3 Categories of Focus:

### 1. Accuracy/Precision

**Accuracy** is hitting the target within the area allowed (generous times).

**Precision** is the distance between shots (minimum error)



## 2. Speed/Efficiency

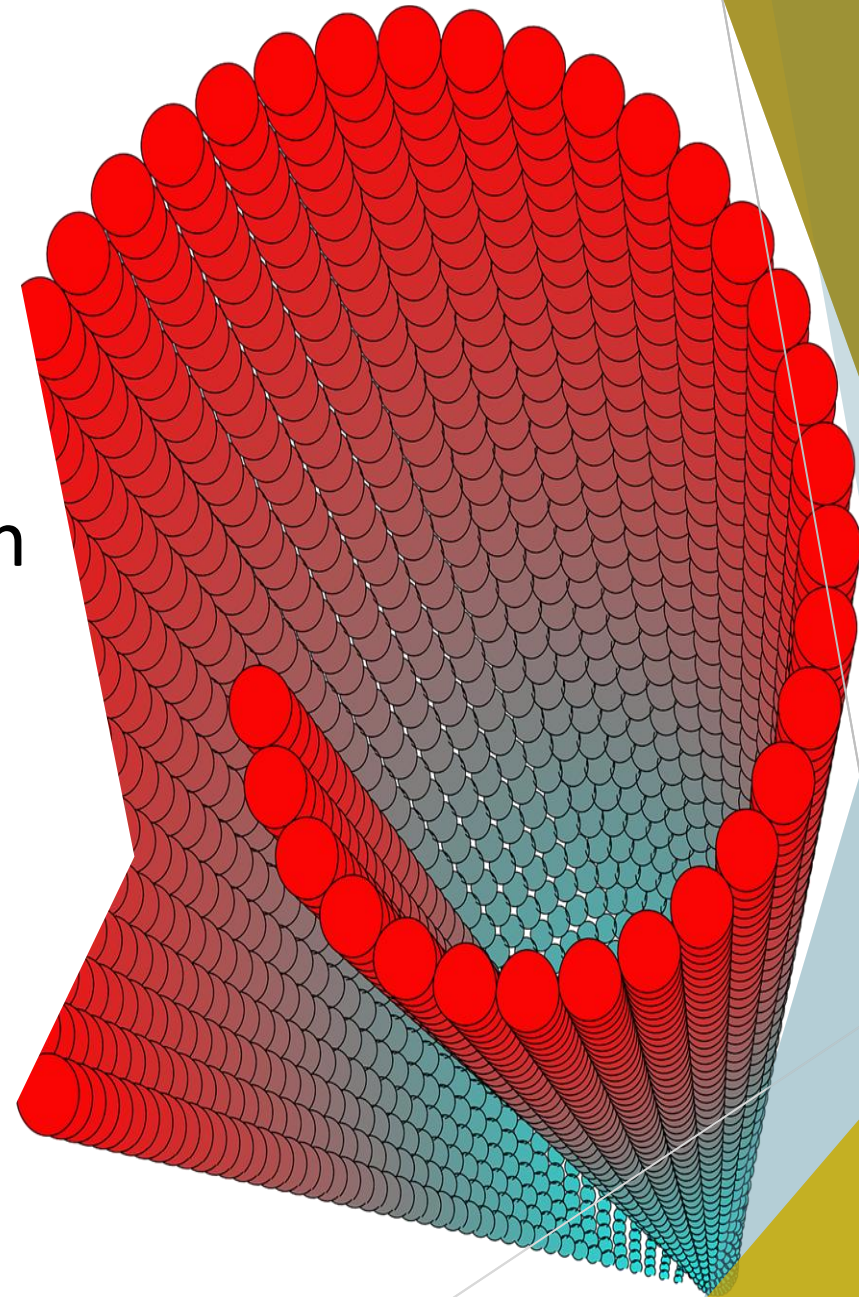
**Speed** is executing the task as fast as possible  
(generous target)

**Efficiency** is total energy expended relative to the  
process (try medium)

### 3. Performance = SEE THE DOT, CALL YOUR SHOT

The **process** of accomplishing an action or task.

**Balancing** what is important relative to the **information** available, the **time** allowed and the need for **correction** or **preemption**.



## ***#2 BE PRESENT***

**1. Focusing on the feedback...NOT the outcome.**

**The Past.** Reliving previous errors

**The Future.** Visualizing possible failure



## **#3 IMMEDIATE FEEDBACK**

- ▶ Feel the grip/trigger
- ▶ See the sights/dot
- ▶ Call the shot

Predictive = Before you shoot

Reactive = Correct error

Deliberate = Maximum precision

**GOOD ENOUGH?**



# Feedback



## **#4 CHALLENGE RATIO**

**Too Much = Overwhelmed**

**Too Little = Dissociative**

**Just Right = “Skin in the game”**



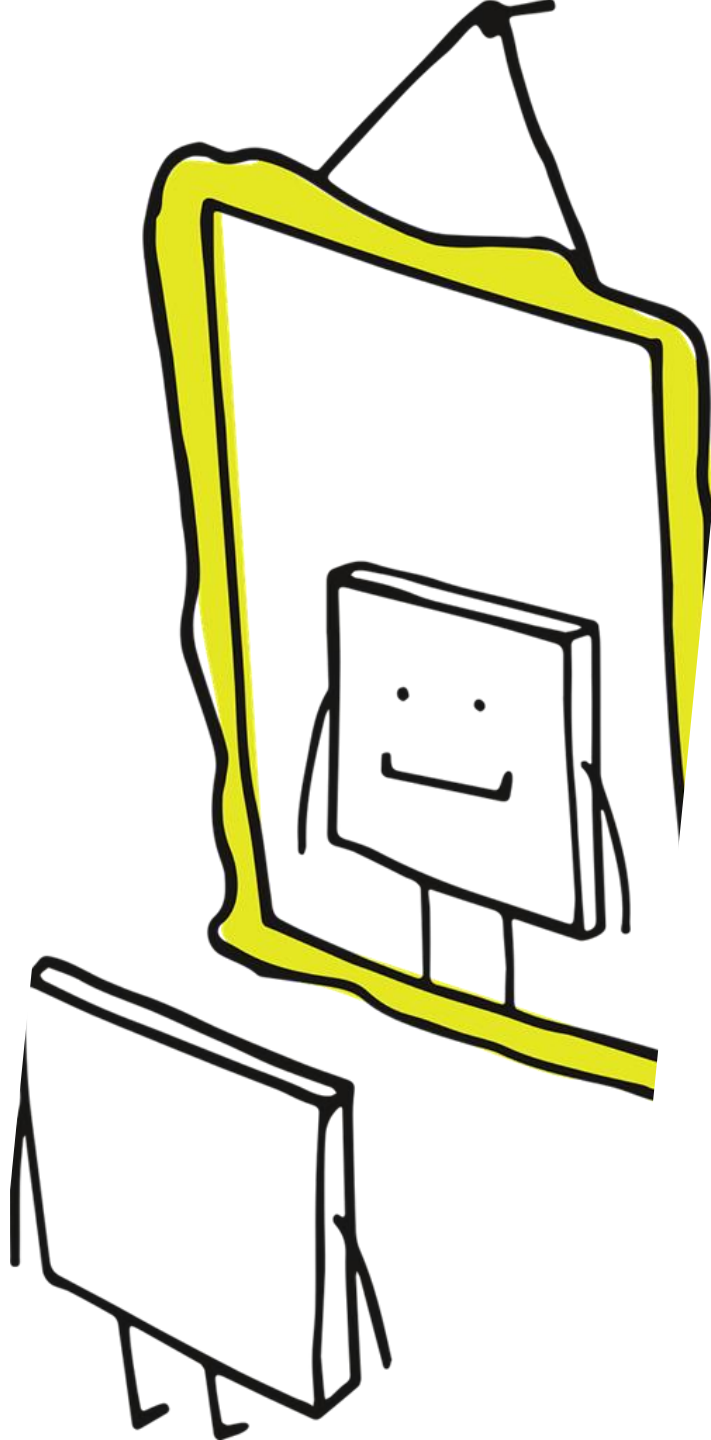
# Preparatory Cueing

# BE READY

You will not be “cold” if you practice.

Greet the challenge with willingness.

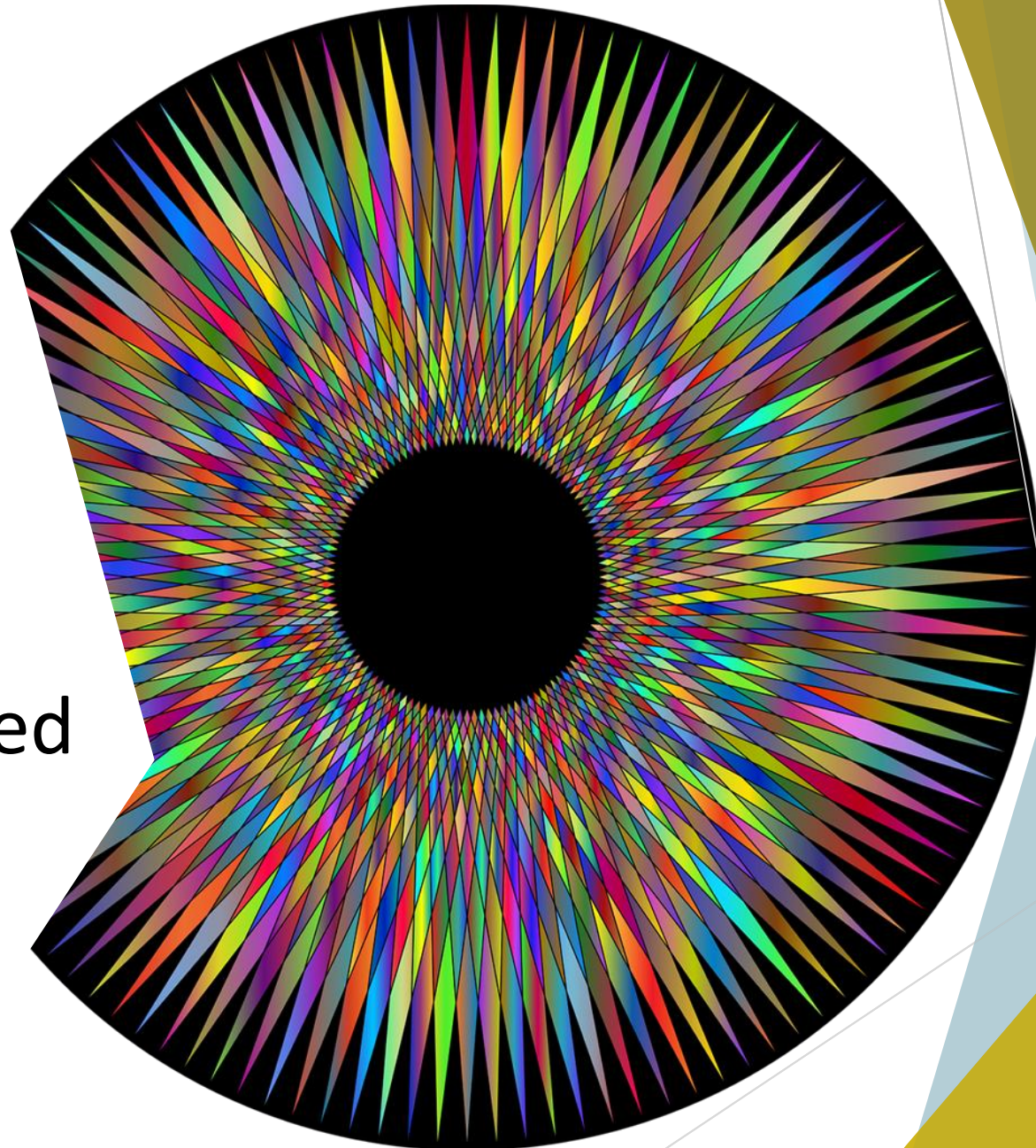
Build self image by knowing what you are capable of.



# POSTURE

Stand up and lean  
into the task.

Perception is increased  
when you stand  
up straight





# QUIET THE EYE

Open your vision

Panorama vs. Focused

Look Deeply

# VISUALIZE

First person perspective.

See. Feel. Hear.

Takes the same time as  
the actual event.



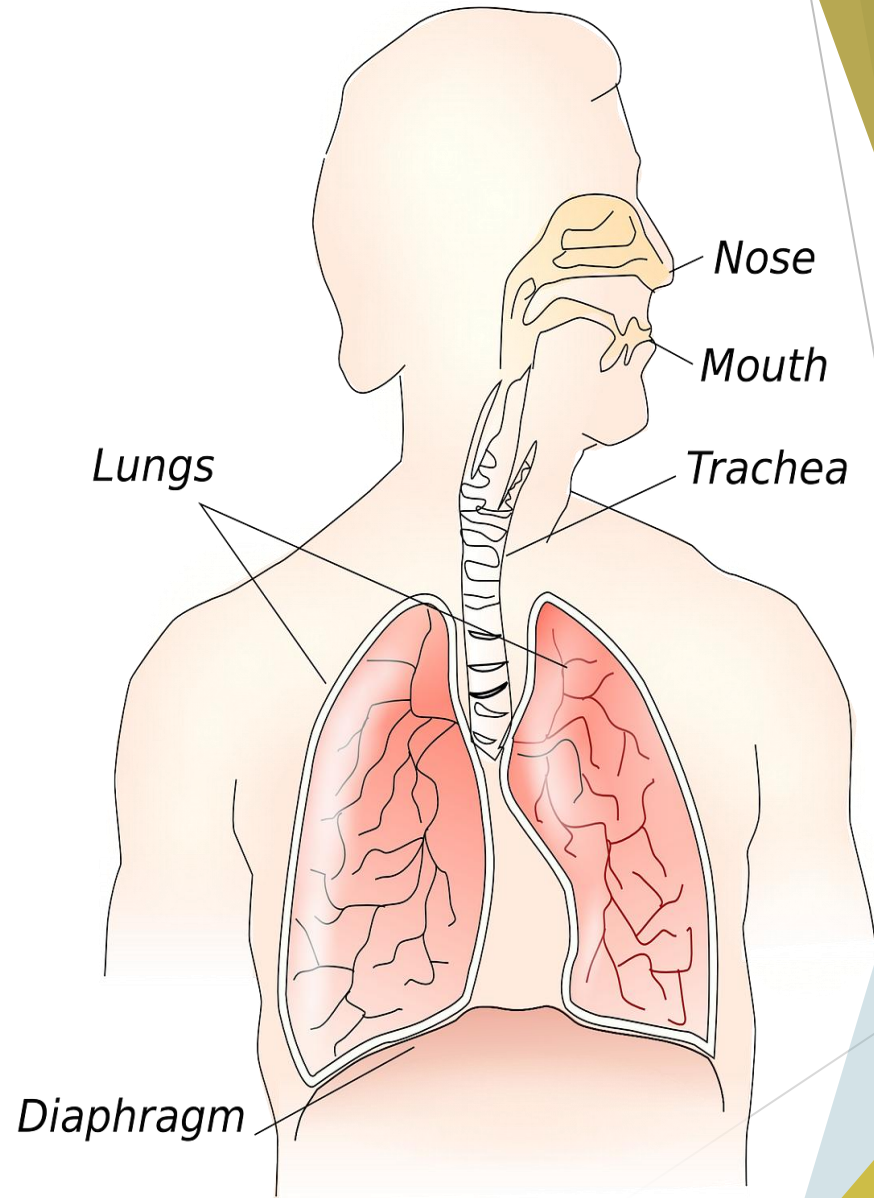
# BREATHE

Not focused = Double nasal  
(nose) inhale.

Too excited = Long sigh.

Frozen = Move the lungs to  
move the mind.

**HUM TO  
GUAGE TENSION**



# REPLAY

Gauge level of  
presentness.

If you can not replay, you  
were not present and you  
will still have work to do.





# **3 TYPES OF AIMING**



**Low Risk**

## **#1 PREDICTIVE**

It feels good and you  
see the sights

Time is the issue

NO-GO signal is no sights

Low risk

## #2 REACTIVE

Fix error - **.25** seconds.

High risk/High reward.

**Action** (split). **Reaction**  
(verify) = **Response time**.

**GO SIGNAL** = Sights on.



# #3 DELIBERATE

Zeroing

Bullseye

High risk/High difficulty

GO signal continuous  
process



**P.**

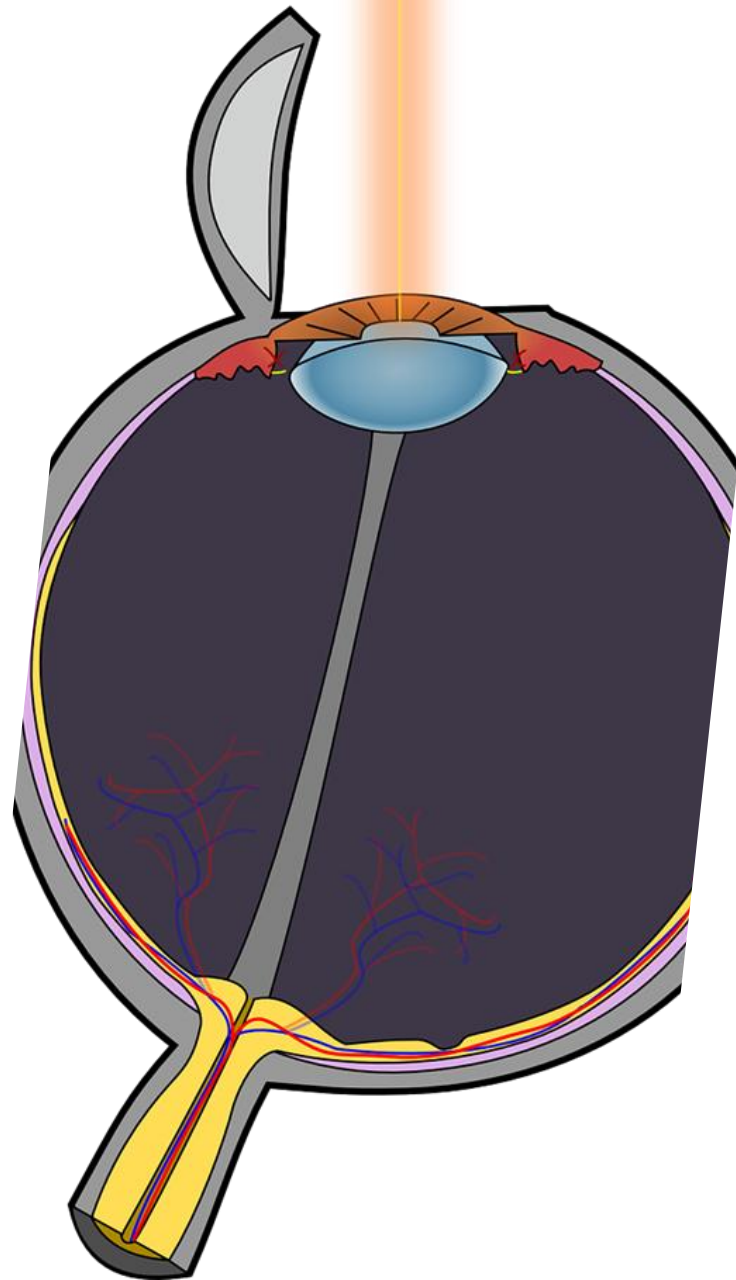
**Predict.**

**A.**

**Access.**

**C**

**Correct.**



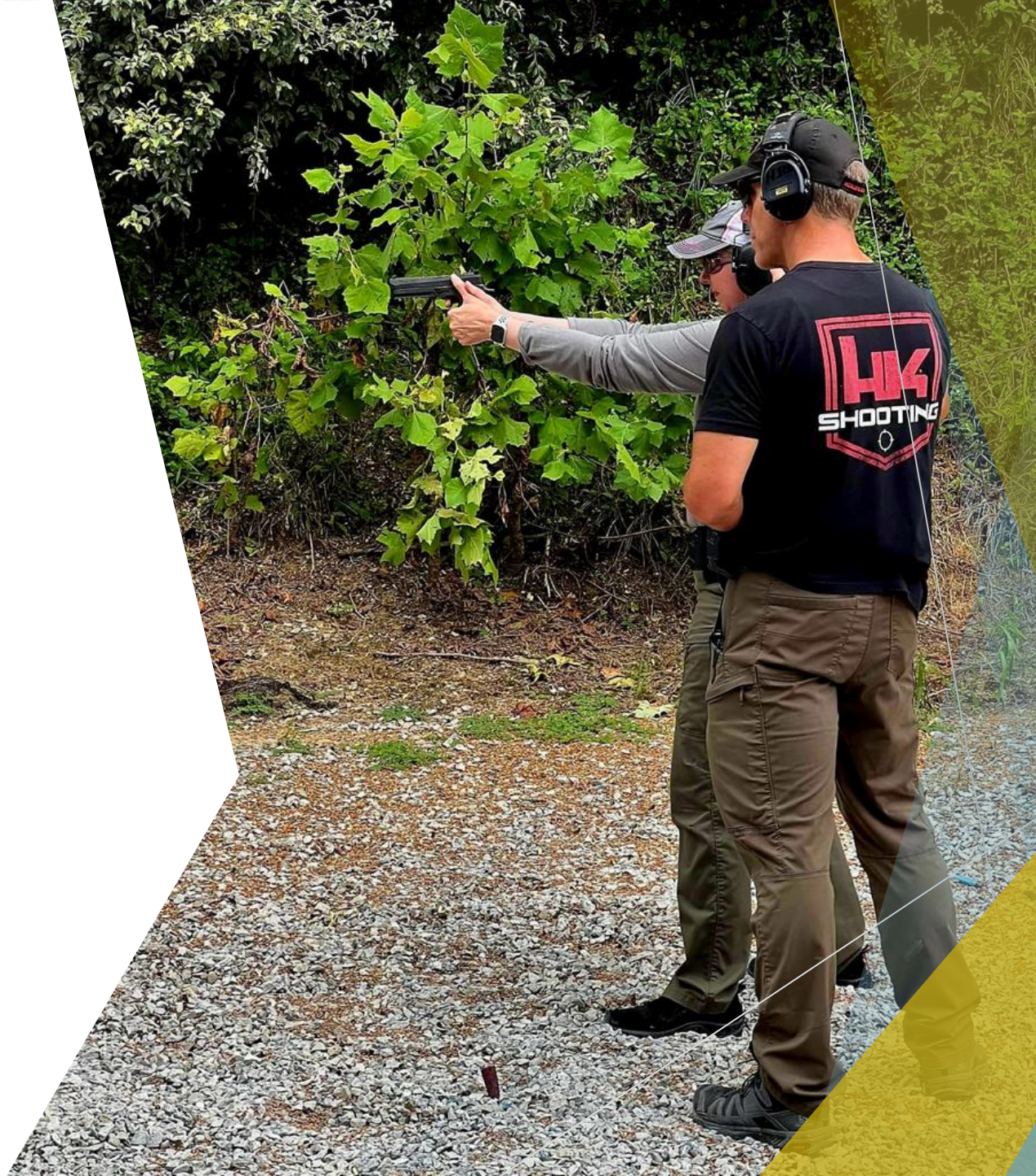
Watch the dot  
from the draw

Form 3 basic models:

1. No correction needed
2. Slightly off/Correction happens.
3. Error. I have correction waiting.

**LIVE FIRE**

True the model

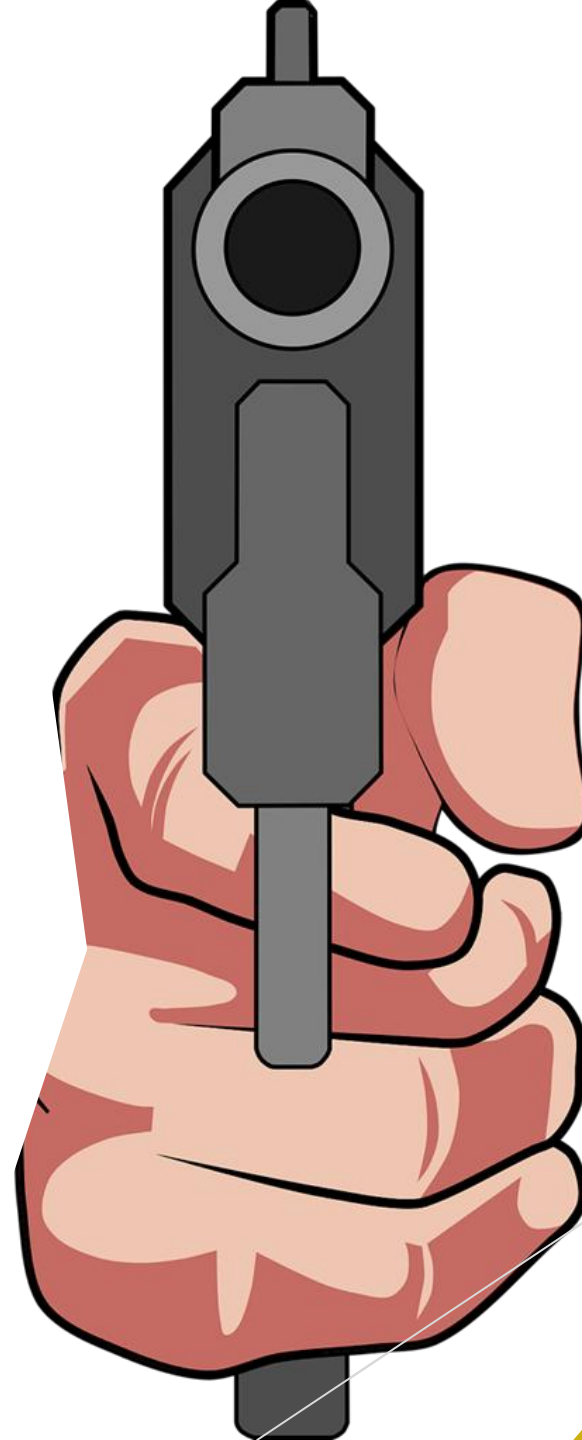




# CALLING THE SHOT

# ONE SHOT

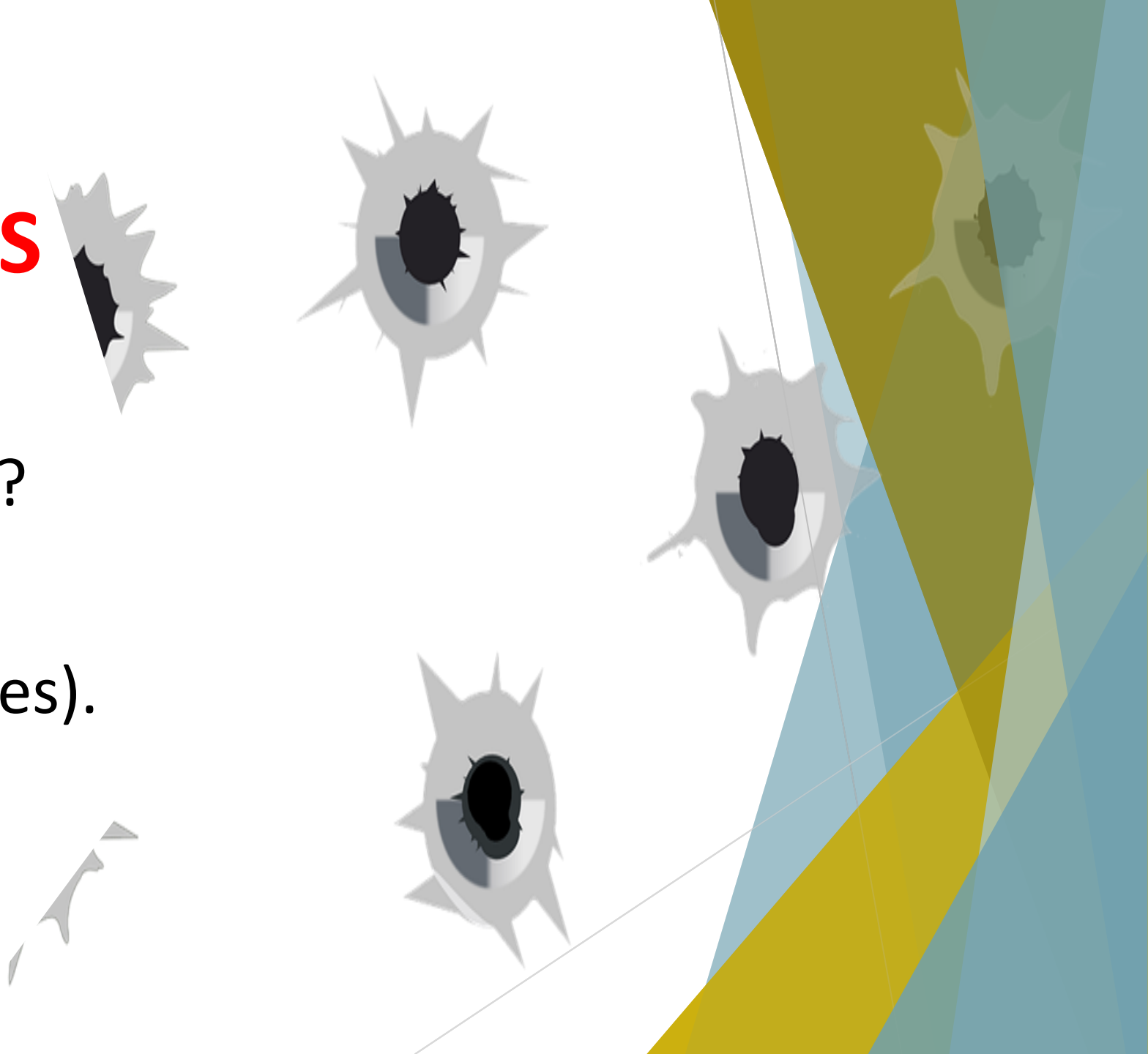
Whenever the sights lift  
on the target, are you  
able to call direction?  
Accurate?



# MULTIPLE SHOTS

Streak in the target?

Call misses (near misses).



# CONTEXT

Confirmation.

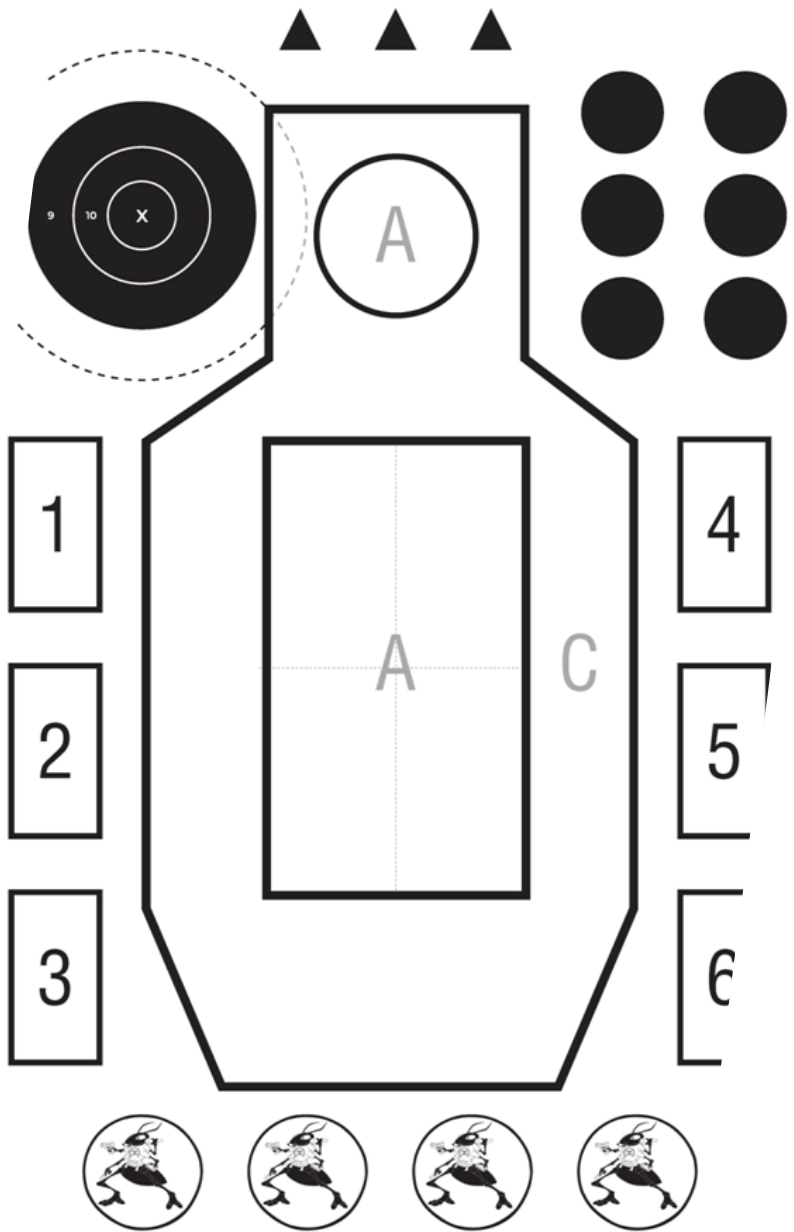
Preemptive.

Correction.





**TARGET  
ASSESSMENT**



Low Risk

High Risk

Time/Information

Feedback

Starting/Stopping



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