



## **EYES CLOSED TRAINING**

Prepare for live fire with an old shot up target preferably.

This exercise involves firing live ammunition with eyes closed, so all care must be taken that this exercise is performed in a safe manner at all times.

**Pistol must be pointed "down range" at all times.**

Prepare yourself to fire a shot as though you normally would with eyes open.

Proceed with your normal shot process. As the pistol enters the target area and into your area of aim, you should have the first stage, or trigger slack, taken up, as per your normal shot process. As you settle into your area, you are endeavouring to stabilize position/holding etc.

Focus on achieving sight alignment and clarity. Having noted (mentally) that if the shot were to release now, it would be a "good" shot. At this stage, closed the eyes and begin to feel the trigger finger taking up "pad" pressure. Do not "rush" the shot, but control the trigger action in a smooth, controlled, continuous press until shot release.

**DO NOT** open eyes until the pistol is brought down to the bench. **DO NOT** scope target.

Feel how easy it is to release the trigger. Feel "follow through" with trigger and feel the recoil up the arm (if live fire).

The last object that you saw, was a perfect sight picture with a blurred target.

As the eyes are closed, this picture should remain in your 'minds eye' for several seconds.

It is this 'picture' that needs to be "recalled" during mental rehearsal.

As the eyes are closed, your stability may feel awkward and feel as though you are moving. Do not be too concerned at this stage of any movement and the wide displacement of shots. With time and training, you will develop stability to remain on the target.

**This part of training is most important as it develops muscle awareness and an awareness of smooth trigger press. This is to be done as often as possible.**

**All care must be taken during this exercise to ensure that it be trained in a safe manner.**