

## Module 2 – Technique for Shooting a ‘10’

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| <b>Price</b>        | Rs 0.00   |
| <b>External URL</b> | <a href="https://www.foresightshooting.com/product/technique-for-shooting-a-10-elite/">https://www.foresightshooting.com/product/technique-for-shooting-a-10-elite/</a>             |
| <b>Keywords</b>     | air pistol shooting, 10 meter air pistol coaching, 10 meter air pistol shooting, air pistol shooting techniques   |
| <b>Hits</b>         | 813   |
| <b>URL</b>          | <a href="https://www.ibizexpert.com/products/detail/module-2-technique-for-shooting-a-10-46">https://www.ibizexpert.com/products/detail/module-2-technique-for-shooting-a-10-46</a> |

## Module 2 – Technique for Shooting a ‘10’

Shooting a 10 meter air pistol, is very **EASY**, if 10 meter air pistol coaching provided you know the steps that you should take, to shoot a 10 m air pistol. Once you understand these 10 meter air pistol shooting steps, every time you lift the pistol to fire a shot, **you simply have to follow these 10 meter air pistol techniques**

It will take you many years, to find out on your own and required more 10 meter air pistol training, the steps which you should take in air pistol shooting. After you go through this Module, you will **no longer waste time, money and effort** in trying to figure out the steps that you need to take for air pistol shooting Olympics

these 10 meter air pistol tips and 10 meter air pistol shooting video will provide you an air pistol training that helps you to become an international level shooter

### Module Content

Video No. 38 & Text Lesson Setting the Route.

Video No. 39 & Text Lesson Breathing.

Video No. 40 & Text Lesson Breathing ABC – NRP.

Video No. 41 & Text Lesson Breathing ABC – Half Breath.

Video No. 42 & Text Lesson Breathing ABC – Full Breath.

Video No. 43 & Text Lesson Breathing ABC – Half Breath Exhale.

Video No. 44 & Text Lesson Breathing ABC – Inhaling.

Video No. 45 & Text Lesson Breathing ABC – Exhaling.

Video No. 46 & Text Lesson Breathing Review.

Video No. 47 & Text Lesson Sight Alignment.

Video No. 48 & Text Lesson Wrist Lock.

Video No. 49 & Text Lesson Gripping 2nd Part.

Video No. 50 & Text Lesson Gripping 3rd Part.

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Video No. 51 & Text Lesson Grip & Sight Alignment Follow Through.

Video No. 52 & Text Lesson Focus & Focus lock.

Video No. 53 & Text Lesson Arc of Movement.

Video No. 54 & Text Lesson NPA – 1

Video No. 55 & Text Lesson NPA – 2

Video No. 56 & Text Lesson NPA – 3

Video No. 57 & Text Lesson Aiming process review.

Video No. 58 & Text Lesson Trigger Feeling.

Video No. 59 & Text Lesson Trigger & Mental Focus.

Video No. 60 & Text Lesson Trigger Feeling & Focus Lock

Video No. 61 & Text Lesson Difference between Shooters.

Video No. 62 & Text Lesson Summary of Steps to shoot a '10'.

Video No. 63 & Text Lesson Bridging Aiming & Trigger.

Video No. 64 & Text Lesson Train Correctly.

Video No. 65 & Text Lesson Trigger Secret.

Total air pistol shooting videos & Lessons 28

## SUPPLIER

Foresight Shooting

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