

## Module 3 – Training Methodology

Price	Rs 0.00
External URL	<a href="https://www.foresightshooting.com/product/elitetraining-methodology/">https://www.foresightshooting.com/product/elitetraining-methodology/</a>
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## Module 3 – Training Methodology

Once you learn the Technique for shooting a 10 m air pistol. You must **TRAIN correctly for mastering the skills required for shooting a 10 meter air pistol**. By 10 m air pistol training correctly, you once again save time, effort and money and you will see your 10 meter air pistol shooting scores increase quickly. On completing this Module, you should be able to shoot **565/600 and above**, quite easily.

### Benefits

#### 10 Meter air pistol Training Module Content

Video No. 66 & Text Lesson Shots per session.  
Video No. 67 & Text Lesson Time Management.  
Video No. 68 & Text Lesson Warming Up.  
Video No. 69 & Text Lesson Technical Warming Up.  
Video No. 70 & Text Lesson Mental Warming Up.  
Video No. 71 & Text Lesson Warming Up Exercises.  
Video No. 72 & Text Lesson Technical Warming up in-depth.  
Video No. 73 & Text Lesson Reducing Arc of movement.  
Video No. 74 & Text Lesson Mastering Sight Alignment.  
Video No. 75 & Text Lesson Wrist Lock Ex. No. 1 Standing line.  
Video No. 76 & Text Lesson Wrist Lock Ex. No. 2 Sleeping line.  
Video No. 77 & Text Lesson Drills.  
Video No. 78 & Text Lesson Skills & Drilling.  
Video No. 79 & Text Lesson Measurement.  
Video No. 80 & Text Lesson Importance of Measurement.  
Video No. 81 & Text Lesson Shooting Diary.  
Video No. 82 & Text Lesson Diary – Be honest.  
Video No. 83 & Text Lesson Left hand holding.  
Video No. 84 & Text Lesson The Cross.  
Video No. 85 & Text Lesson The Standing '8'.

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Video No. 86 & Text Lesson The Sleeping '8'.  
Video No. 87 & Text Lesson Breathing & Drilling.  
Video No. 88 & Text Lesson Important Point for Ex. 1 to 5.  
Video No. 89 & Text Lesson Progressive Training.  
Video No. 90 & Text Lesson Sets per day Ex. 1 & 2.  
Video No. 91 & Text Lesson Sets per day Ex. No. 3.  
Video No. 92 & Text Lesson Sets per day Ex. No. 4 & 5.  
Video No. 93 & Text Lesson Importance of Ex. 1 to 5.  
Video No. 94 & Text Lesson Reducing the Arc of Movement.  
Video No. 95 & Text Lesson Sets per day Ex. No. 6.  
Video No. 96 & Text Lesson Reducing the Arc of Movement Ex. No. 6 – B.  
Video No. 97 & Text Lesson Sets per day Ex. No. 6 – B  
Video No. 98 & Text Lesson Sight Alignment Ex. No. 7.  
Video No. 99 & Text Lesson Sets per day Ex. No. 7.  
Video No. 100 & Text Lesson Ex. No. 7 – B.  
Video No. 101 & Text Lesson Developing Correct Grip Pressure.  
Video No. 102 & Text Lesson Focus Lock Ex. No. 8.  
Video No. 103 & Text Lesson Sets per day Focus Lock Ex. No. 8.  
Video No. 104 & Text Lesson Ex. No. 8 – B.  
Video No. 105 & Text Lesson Sets per day Ex. No. 8 – B  
Video No. 106 & Text Lesson Motivate Yourself.  
Video No. 107 & Text Lesson The CUE Card.  
Video No. 108 & Text Lesson Physical fitness Exercises.  
Video No. 109 & Text Lesson Physical fitness and Aiming process.  
Video No. 110 & Text Lesson Trigger Operation.  
Video No. 111 & Text Lesson Developing constant Trigger pressure.  
Video No. 112 & Text Lesson Trigger Roll.  
Video No. 113 & Text Lesson Mastering the Trigger Roll.  
Video No. 114 & Text Lesson Choosing Trigger technique.  
Video No. 115 & Text Lesson Training at home.  
Video No. 116 & Text Lesson Static & Dynamic Trigger Methods.  
Video No. 117 & Text Lesson Motivate yourself to work Harder.  
Video No. 118 & Text Lesson Advanced Training Methodology.  
Video No. 119 & Text Lesson Shooting in the ZONE.

Total 54 10 Meter air pistol shooting Videos

## SUPPLIER

Foresight Shooting

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