

## Module 4 – Advanced Training Methodology

<b>Price</b>	Rs 0.00
<b>External URL</b>	<a href="https://www.foresightshooting.com/product/advanced-training-methodology/">https://www.foresightshooting.com/product/advanced-training-methodology/</a>
<b>Keywords</b>	10 meter air pistol coaching, 10 meter air pistol shooting, module 4 advanced training methodology, advanced training methodology, 10 meter air pistol advanced training methodology
<b>Hits</b>	610
<b>URL</b>	<a href="https://www.ibizexpert.com/products/detail/module-4-advanced-training-methodology-48">https://www.ibizexpert.com/products/detail/module-4-advanced-training-methodology-48</a>

## Module 4 – Advanced Training Methodology

In this Module, you will learn how to shoot rows and string of 10 meter air pistol shooting. Yogic techniques for improving your **concentration** and **mental focus** will be taught in this air pistol shooting Module. After you complete this Module, you should be able to shoot consistently, **scores above 575/600**.

### Benefits

#### 10 M Air Pistol Training Module Contents

Video No. 121 & Text Lesson Mental Shot Program.  
Video No. 122 & Text Lesson Breathing Techniques  
Video No. 123 & Text Lesson Anulom Vilom.  
Video No. 124 & Text Lesson Advantages of Anulom Vilom.  
Video No. 125 & Text Lesson Tratak.  
Video No. 126 & Text Lesson MSP, Tratak & Anulom Vilom.  
Video No. 127 & Text Lesson Linking Breathing with Aiming Process.  
Video No. 128 & Text Lesson Tratak & Normal Breathing.  
Video No. 129 & Text Lesson Start doing TAV Exercises gradually.  
Video No. 130 & Text Lesson Congratulations for To Milestones!  
Video No. 131 & Text Lesson Linking Breathing with Trigger.  
Video No. 132 & Text Lesson Linking Trigger with NRP.  
Video No. 133 & Text Lesson Linking Trigger with NRP – DRY.  
Video No. 134 & Text Lesson Linking Trigger with Half Breath Inhale.  
Video No. 135 & Text Lesson Linking Trigger with Half Breath Inhale – DRY.  
Video No. 136 & Text Lesson Linking trigger with Full Breath.  
Video No. 137 & Text Lesson Linking trigger with Full Breath – DRY.  
Video No. 138 & Text Lesson Linking trigger with Half Breath Exhale.  
Video No. 139 & Text Lesson Linking trigger with Full Breath – DRY.

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Video No. 140 & Text Lesson Linking trigger with Continuous Inhaling.  
Video No. 141 & Text Lesson Linking trigger with Continuous Inhaling – DRY.  
Video No. 142 & Text Lesson Linking trigger with Continuous Exhaling.  
Video No. 143 & Text Lesson Linking trigger with Continuous Exhaling – DRY.  
Video No. 144 & Text Lesson Breathing Techniques – Review.  
Video No. 145 & Text Lesson Shooting LIVE.  
Video No. 146 & Text Lesson Setting the Routine.  
Video No. 147 & Text Lesson Rule No. 2  
Video No. 148 & Text Lesson Warming Up Physical & Mental.  
Video No. 149 & Text Lesson Warming up Technical.  
Video No. 150 & Text Lesson Your Checklist.  
Video No. 151 & Text Lesson Occupying the Lane.  
Video No. 152 & Text Lesson Zone – Visualisation.  
Video No. 153 & Text Lesson Step No. 6.  
Video No. 154 & Text Lesson Summary of Videos 152 & 153.  
Video No. 155 & Text Lesson Walking into the ZONE.  
Video No. 156 & Text Lesson Walking into the Sighters.  
Video No. 157 & Text Lesson Measuring Mental Focus Level.  
Video No. 158 & Text Lesson Using Mental Focus Measurement.  
Video No. 159 & Text Lesson Increasing Visualisation Intensity.  
Video No. 160 & Text Lesson Paradigm Shift.  
Video No. 161 & Text Lesson Maintaining Intensity in Sighters.  
Video No. 162 & Text Lesson Shoot to the Best of your ABILITY.  
Video No. 163 & Text Lesson Record Shots.  
Video No. 164 & Text Lesson Rest Periods during Record Shots.  
Video No. 165 & Text Lesson Rows of '10's.  
Video No. 166 & Text Lesson It all BOILS down to Mental Focus.  
Video No. 167 & Text Lesson Why No Analysis.  
Video No. 168 & Text Lesson Take Small steps.  
Video No. 169 & Text Lesson Expanding the Zone.  
Video No. 170 & Text Lesson Transferring mental Intensity.  
Video No. 171 & Text Lesson Mental Skills to follow.

Total 10 meter air pistol shooting Videos & Lessons 51

## SUPPLIER

Foresight Shooting

**Address**

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