

Module 4 – Advanced Training Methodology

Price	Rs 0.00
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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.

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

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