

Module 5 – Mental Skills Training

Price	Rs 0.00
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Module 5 – Mental Skills Training

This 10 meter air pistol training module will help you to **overcome 10 M Olympic Air Pistol Shooting Match Pressure**. After completing this Module, you will be able to score your 'Practice match' scores in actual Matches. On learning and mastering Mental Training Skills, you will be able to shoot without any pressure, quite easily, even in the Finals of **10 M Olympic**

Module Contents

Video No. 172 & Match Pressure.
Video No. 173 & Fight or Flight Response.
Video No. 174 & Why do we face the Fight or Flight Response.
Video No. 175 & Overcoming Match Pressure.
Video No. 176 & Your Ultimate Goal. Overcoming Match Pressure.
Video No. 177 & Taking small steps.
Video No. 178 & Self-Image.
Video No. 179 & Powerful Feeling.
Video No. 180 & Smashing through Barriers.
Video No. 181 & Choosing your Self-image.
Video No. 182 & Constructing your Self-image.
Video No. 183 & Lead a Normal Life
Video No. 184 & Your Self-image Qualities
Video No. 185 & Seeking Joy!.
Video No. 186 & Parts of your Mind.
Video No. 187 & The Conscious Mind.
Video No. 188 & Abilities of the Conscious Mind.
Video No. 189 & The Subconscious Mind.
Video No. 190 & How the Subconscious Mind works.
Video No. 191 & Why we should not analyse.

Video No. 192 & The Unconscious Mind.
Video No. 193 & The Unconscious Mind Contd.
Video No. 194 & Body Relaxation Exercises.
Video No. 195 & General Instructions.
Video No. 196 & Developing your Self Image.
Video No. 197 & Red Flags.
Video No. 198 & Changing Red Flags into Green.
Video No. 199 & Red Flag SMS on Mobile.
Video No. 200 & Red Flag Notice Board.
Video No. 201 & Red Flag – Friend informs you of dates.
Video No. 202 & Red Flag – Filling out the Entry form.
Video No. 203 & Red Flag – While Travelling.
Video No. 204 & Red Flag – Hotel Room.
Video No. 205 & Red Flag – Competition Venue Shooting Range.
Video No. 206 & Red Flag – Nights before the Match.
Video No. 207 & Visualise in Parts.
Video No. 208 & Visualising FOCUS LOCK.
Video No. 209 & Affirmations -Focus Lock.
Video No. 210 & Signal or CUE Technique.
Video No. 211 & Why program only Focus Lock ?
Video No. 212 & Visualisation of Mental Focus on Trigger.
Video No. 213 & Additional instructions.
Video No. 214 & Affirmations for Trigger.
Video No. 215 & Stopping Visualisation for Focus Lock.
Video No. 216 & Zen, Stithi, Samadhi State of Trigger feeling.
Video No. 217 & Practicing Trigger feeling at home.
Video No. 218 & Advantage of visualising on the chair.
Video No. 219 & Visualising Step No. 5.
Video No. 220 & Visualising Step No. 6.
Video No. 221 & Visualising Sighters.
Video No. 222 & Visualising of Sighters contd.
Video No. 223 & Visualising of Record Shots.
Video No. 224 & Instructions for Record shots.
Video No. 225 & Visualise taking small steps.
Video No. 226 & Stithi, Zen Trigger Feeling.

SUPPLIER

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