

New Jersey Junior Bullseye Newsletter

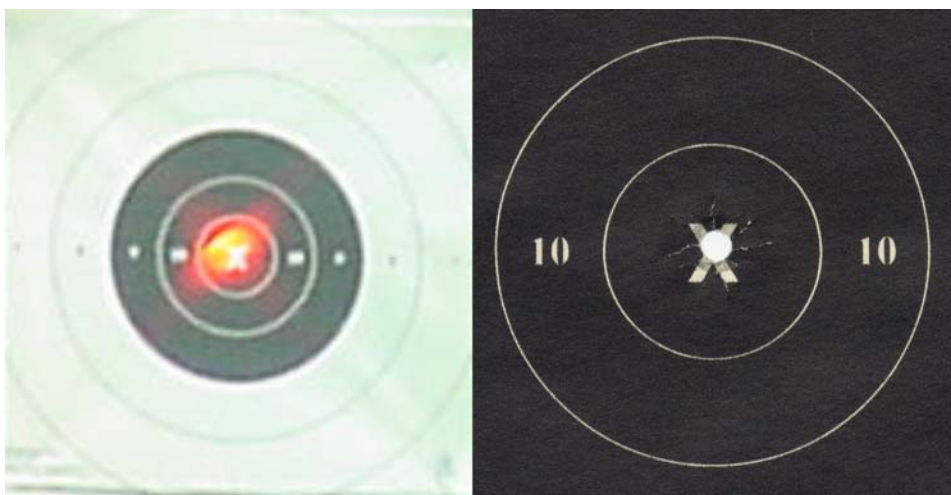
March 2013

Dear Juniors,

Last month's discussion of SLOW FIRE included the idea of "standardizing your thought process" while firing a shot, so this month's questions asked, what exactly is going on in minds of our top shooters while they are firing that shot?!

Again, this turned out to have more interesting aspects than I suspected!

Almost all replies were from HM, MA and those imminently en route (though, as in past surveys, I queried a selection of all classifications!) Among the respondents, there seemed to be distinct "camps" – those who occupied their conscious mind with focusing on the dot, and those who "felt" the trigger – one tried to do both, and a few did neither!



Enjoy the suggestions...you'll have to find your own way, Grasshoppers!

Best wishes,
Mary noalibis.mary@gmail.com

"To acquire great skills, one MUST think about every aspect of execution, and do so all of the time. But to achieve great PERFORMANCE, one must *not* "think" at all!!" [read more at <http://www.bullseyepistol.com/d-nygord.htm>]

"The conscious mind can only think of one thing at a time!" [read more on "Running a Mental Program" at <http://www.archeryfocus.com/8-2ms1.pdf>

[...just for fun - http://www.youtube.com/watch?v=pN2pMdD_V2A&feature=youtube_gdata]

WHAT IS IN YOUR CONSCIOUS MIND WHILE FIRING?

17- replies:

4 - FOCUS ON THE DOT

9 - FEEL THE TRIGGER

4 - NOTHING (...or MUSIC)

1- BOTH DOT AND TRIGGER

HM – I focus on the dot (for sure!)

HM - I focus on the dot and that is what I tell myself. "Focus on the dot."

HM - Must admit that I have conscious thoughts creep in about "centering" and "trigger squeezing" and "accepting the movement"...but if I'm doing it right, I am thinking of NOTHING and letting the subconscious control the action. You should have told your subconscious what to do beforehand with mental programs and practice. It is not best to think about it while you are actually squeezing the trigger.

[additional note:] You're right [*it's not easy to actually think of NOTHING!*], it can only last for a few seconds. The conscious mind can only do one thing at a time. If anything, I lean toward watching the dot and letting the trigger finger "do its thing".

HM - I am definitely a trigger type. Several years ago, my shooting guru told me that one must do something while shooting. In your earlier stages, one should think about controlling or manipulating or moving the trigger. Once that becomes "automatic," there is no need to continue doing it. Then, the shooter looks at the sights (or, as some would say, the dot). This solves the question of doing something; here, the something is simply looking at the sights (or dot, or target). I'm still stuck on the trigger.

HM - The thought is strictly on that darn trigger. If I let it slip out of my head that is almost always the reason for the bad shots I have in slow fire. It has to be about the trigger for me but I am told that some real good shooters have it go off by itself. I can't but maybe some can.

HM - When I open the lid of my gun box, the first thing I see is a label I placed inside that says, "subconscious." It's there to remind me to use my subconscious mind to shoot, because the conscious mind interferes with the proper execution of a good shot. In other words, it's best to clear your mind. Make believe you're in the cockpit of a jet fighter, high up at 50,000 feet. There's no one around to distract you, not even a cloud. The sky is perfectly clear, I see my front sight clearly on the target, as the sight becomes motionless, I'm pressing the trigger straight back to the rear. The shot breaks, and it's a X. ...Distractions cause bad shots. Minimize the distractions and clear your head of distracting thoughts and you'll become a better shooter, especially in slow fire.

MA – I concentrate on TRIGGER.

MA - One thing I tell everyone is to concentrate on just keeping it in the black, you don't have to try to hit the center but keep it in the black. For me it's feel, I can feel every micro movement in my finger and trigger and when in doubt go back to basics, squeeze straight back :) I try not to do anything but squeeze, it's what we do [that] cause[s] the shot not to hit the center.

MA - "Feel the pressure between the finger and trigger increase." Oops! There it went, feel the pressure again.

MA - Since I focus on the "X" or exact center of the target with a dot sight. I concentrate only on uninterrupted trigger pull straight to the rear and image the shot break with the dot dead center. In other words I see a snapshot of the dot centered in the black. Peripheral vision shows normal arc of movement but as I focus tighter on the center of the black and imagine the shot breaking with dot centered the dot seems to move closer and closer to center. As the arc of movement slows and the shot breaks it will be a good shot. Any signs that the AOM [arc of movement] is too much or concentration isn't there the shot must be aborted.

MA - One interesting way to envision good trigger control, and a good shot process, is to imagine that the shot does not occur in an instant, like a picture, but over a continuum, like spraying a garden hose. The longer you are on target (within your hold) with increasing trigger pressure, the better the result. The window of opportunity is much longer than if you were gliding thru the center while the gun fired (where the picture is perfect for only an instant). You need to trust your hold and execute a smooth pull without messing up the hold. The shot breaks by surprise and the result is good. The carnival game where one squirts a clown head to inflate a balloon (and pop it) comes to mind.

MA - I tell almost everyone I meet that I have a soundtrack to my life. You know that belief that schizophrenics hear voices in their heads? Well, I hear music. All the time. Awake, asleep, it doesn't matter. Songs mean much to me and daily functioning. Last night (Tuesday) was a league match. Shot my usual loads in the 45 -nothing exotic. But the scores were special. (Slow – 96, Timed - 100-7x, Rapid - 96-5x) Best I've done all season. In fact, as the league statistician, I can say that this is the best score overall the entire season. Sadly, there was music in my head as I shot the match. What was it? *[editor promised not to tell!]*

EX – I focus on the dot.

EX - On a good target... I hear my lungs deflating and feel a calming overcome me, as I'm settling onto the black, I "look at target while seeing the dot" then shift conscious mind to STRAIGHT REARWARD TRIGGER PRESSURE. If hold deteriorates or finger pressure excessive (sideways) shot is aborted and start over.

EX - Quick answer – SQUEEEEEEEEEEEZE

[additional note:] Another image that I have heard, and sometimes used, is the thought of "pulling" the front sight through the rear sight/"pulling" the dot through the center of the sight tube.

EX - I think center the dot and keep the trigger moving straight back. (easier said than done)
- I think both are just as important.

COLLIGIATE COMPETITOR- For me, I try to lose all things from my mind. I won't squeeze unless my mind is completely blank. Also, I keep telling my self, "Just let it happen. You have the hold you need, just trust it."

[Editor's Challenge – what is "mushin"??? - *first JUNIOR to reply to me with a correct answer will get a "prize of the month"!...second reply (by any reader) gets a prize, too...!]*

Junior Competitors Report:

Feb 9 – Riverdale 2700 – 1 junior (of only 6 total competitors because of the snow!) Michael B Soklaski won place awards (all 6 competitors were combined into one class!) in .22 Short Course and Timed Fire, as well as in CF Rapid Fire, finishing with 830-21X in .22 Agg, and Grand Agg 2334-42X!

Feb 10 – OBRPC JUNIOR 900 at 50 ft. – Juan Pena-Velasquez was the overall match winner with 820-14X! We had 16 juniors! Christian Alva and Dominic Greco fired their first official match! Team "No Alibis" from Somerset County (Juan Pena-Velasquez, Dan Rosar, Dylan Gebel and Matt L) took Top Team Honors (though I think Matt had an alibi?!)





Feb 15-16 – Riverdale International and Conventional Sectionals – Michael B Soklaski fired 531 in Air Pistol, and 494 in his first Standard Pistol match, finishing 11th of 17! He fired 786-9 in Conventional Pistol, taking a place award in Rapid Fire with 182-6X!

Feb 16-17 – OBRPC Conventional Sectional – 11 juniors (of 69 competitors) – Juan Pena-Velasquez was Top Junior firing 820-16 to also take Top Sharpshooter honors (and he fired 99 in Timed Fire, and 280-5 in the team match!) Morgan Mateus, celebrating his 14th birthday, was top junior Marksman with 735-11X, finishing 8th among 36 Marksmen overall, with a 1st place 184-7X in Timed Fire! Trevor Houllis was 3rd MK in Timed Fire with 183-2X! Suchisman Gangopadhyay bested his last year's Sectional-debut score by almost 200 points! Lily Graham from Northvale R&P fired her first official match, as did Sherman Hartman Jr. and Somers Corson with the Cumberland Riflemen! NJ Juniors Team (Pena-Velasquez, Mateus, Wardenski and Houllis) took 1st place Marksman Team honors with 1009-8X (Junior Teams have only broken 1000 at OBRPC Sectionals twice before in our history – in 2009 and 2010!)



Feb 17 – CRRC Air Pistol – Juan Pena-Velasquez was top SS and missed being overall winner by fractionally over a point, firing 534.03! Michael B Soklaski finished 3rd overall!

Upcoming NJ Matches:

March 15, 16, 17 – OBRPC and Riverdale – **NJ INDOOR STATE PISTOL CHAMPIONSHIP** – relays Friday and Saturday at Riverdale (6 PM Fri., 8 AM and 1 PM Sat.) and Saturday and Sunday (8 AM and 1 PM) at Old Bridge – JUNIORS SHOOT FOR FREE AT EITHER VENUE (AND YOU GET A POLO SHIRT, TOO!) - contact Mary Badiak (OB) – 908-788-5503 - noalibis.mary@gmail.com or Dave Lange (Riverdale) – 201-251-0933 - DL2700@aol.com or sign up at www.NJPistol.com [CURRENTLY FILLED]

Mar. 23 – Falls Twp., PA – **Indoor 2700** – 1 PM – Juniors pay regular match fees – contact Ron Steinbrecher - 215-836-7184 or ronstone2664@yahoo.com

Mar. 30 – Gibbsboro, NJ – **Indoor 2700** – 8 AM – Juniors pay regular match fees – contact Paul Adamowski - 609-390-3941 or PaulAdamowski@comcast.net

Apr. 13 – Princeton Junction, NJ – **OUTDOOR 2700** – 9 AM – Juniors pay regular match fees – contact Keith Stern - 609-462-9428 or 732-821-2653 or keithstern@gmail.com or Keith.Stern1@verizon.net or sign up at www.NJPistol.com

Apr. 27-28 – Jackson, NJ – **OUTDOOR 2700** – 9 AM – JUNIORS SHOOT FOR FREE! – contact Mary 908-788-5503 or noalibis.mary@gmail.com or sign up at www.NJPistol.com

Junior Leagues Report:

Old Bridge (2nd, 3rd and 4th Sundays at 5 PM – unless we have matches then!):

Chairman: Ed Glidden at <mailto:eglidden@yahoo.com>

Our schedule has been interrupted by all the MATCHES lately...but it's a great opportunity for OB Juniors to compete right here "at home!"

CJRPC in Jackson, NJ (Thursdays 6 PM):

Chairman: Mike Westock at <mailto:topgun22x45@aol.com>

We welcomed MANY new shooters during this past month – Garrett, JJ, Hunter, brother and sister DJ and Deana, sisters Emily and Nicole, sisters Grace and Julia! We've been FILLING the CJ indoor range (even "evicting" Trevor to shoot outdoors in the cold!) – things will get easier when we ALL move outdoors next month!

NOTE: Starting APRIL 4, Outdoor 900 League (Juniors are welcome!) starts at **5:30 PM EVERY THURSDAY!** Mike's Junior League will be held after the OD 900, starting at approx. 7-7:30 PM instead of at 6 PM!

SCFGPA in Bridgewater, NJ – (1st Sunday at 5 PM, last 2 Wednesdays of the month at 7 PM): **Chairman:** Ray Badiak at <mailto:raybadiak@embarqmail.com>

Dylan Gebel celebrated his 17th birthday by firing our monthly Sunday 900 (despite the cold temps in the range!) We had pizza and cake in his honor, and signed his "skidder" T-shirt (he'd fired an impressive skidder the previous Wednesday during our turning-target drills! Recent addition to our league, Maxwell - age 12, put one of his skidders in the X-ring!)

TIP OF THE MONTH: Can't I Cant?



If you NATURALLY hold your gun with other-than-perfect perpendicularity, that is OK! Remember to notice that particular “variable” - if your shots are not “on call,” are you canting unintentionally, or more than usual?

Make sure you sight-in the same way you shoot! Bench-rest sighting-in gives a good start, but everyone stands and holds their gun in their own individual way and your “final” sight adjustment depends on your own body (...I know, Ray is going to argue with me about that...) For anyone who might enjoy the mathematics, ballistic theory and data analysis, of how cant affects point of impact (for air rifle, specifically), check out:
<http://home.kpn.nl/jhhogema1966/skeetn/ballist/kantel01/kantel1e.htm>

Keep a notebook in your gunbox (...don't you already keep a SHOOTING LOG?!) and record whenever you adjust your sights – how many clicks up/down, left/right - put things BACK to where you found them, especially if you are using a borrowed pistol!

ANOTHER TIP ON SIGHT ADJUSTMENT: When you fire .45, you may need to adjust your sights (down) when you move from the “long line” (Slow Fire at 50 yards) to the “short line” (Timed and Rapid Fire at 25 yards) at Outdoor matches – John Gemmill will always say, “Here's your chance to scope the 25 yard line,” reminding you to adjust your spotting scope...take that as a CUE to adjust your .45 elevation as needed! ALSO, make a RULE for yourself so when you get to your NEXT match, you know where your .45 is sighted (...did you leave it ready for 50 yds. or 25 yds??!!)

PREVIOUS NEWSLETTER ISSUES CAN BE FOUND AT:

http://www.njpistol.com/Junior_Newsletter.htm