



WA Coaches Seminar

Fuengirola – Malaga, Spain

30 Sep. – 3 Oct. 2015



TARGET PANIC

Focus on Your Process!!!



World Archery Coaches Seminar 2015

INJURY!



PREVENTION & CURE



ARCHERY IS 90%
MENTAL!!!

MULTIPLE OLYMPIC GOLD MEDALISTS SAYING.....

- Talent Does Not Matter!
- Losing Takes More Effort Than Winning!
- Pressure is a Positive and an Essential for Success!
- Find out Where the Typical people are going and Go the Other way Fast!



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MENTAL TOUGHNESS

MENTAL TOUGHNESS

- People who can go back on to *process aggressively* when they need it.
- Take risk *aggressively* when need it.

“Target Panic”

MENTAL INJURY!

What is Target Panic?

Target panic is a psychological condition experienced by many archers, both competitive and recreational. It was originally called "gold panic" because an archer would experience symptoms (panic) when the arrow was brought onto the bullseye (gold circle). The name later evolved into target panic because it was discovered that the symptoms could be experienced when aiming at any target. There are three primary symptoms of target panic.^[1] An archer suffering from target panic may experience a premature anchor, where the bow appears to become very heavy and it is difficult for the shooter to come to a full anchor position. A second symptom is referred to as a premature hold, where an archer "locks up" or "hits a wall" that they are unable to move past as they try to align their arrow with the target. The third symptom is referred to as a premature release and is characterized by an inability to come to full anchor without releasing the arrow. While target panic was originally blamed on high levels of anxiety and a "fear of failure", it is now understood to be caused by the way in which the brain learns at a neurological level.

What is Target Panic?

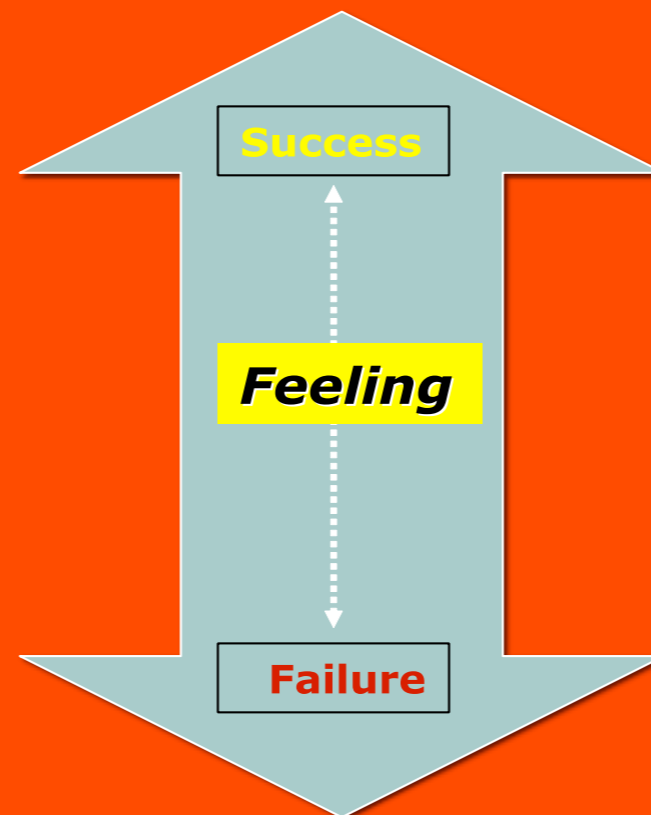
- Can not trust their Shot Process any more
- Many Kind of Symptoms
- You Know you have it!
- Equipment, Blind & Blank Bale, Visualization, Progressive Tr. (10yard - Longer) etc...

What is Target Panic?

- It is not because of a Clicker nor Triggers
- It is not a Distance Issue
- It is not a Sight Pin / Aiming Issue
- It is not a Dedication Issue
- Push and Pull's, 17C's teaching caused it / No Process

Focus Issues

EVERY SINGLE ARROW TECHNIQUE FOCUS



Result / Arrow Value Focus



How to prevent Target Panic?

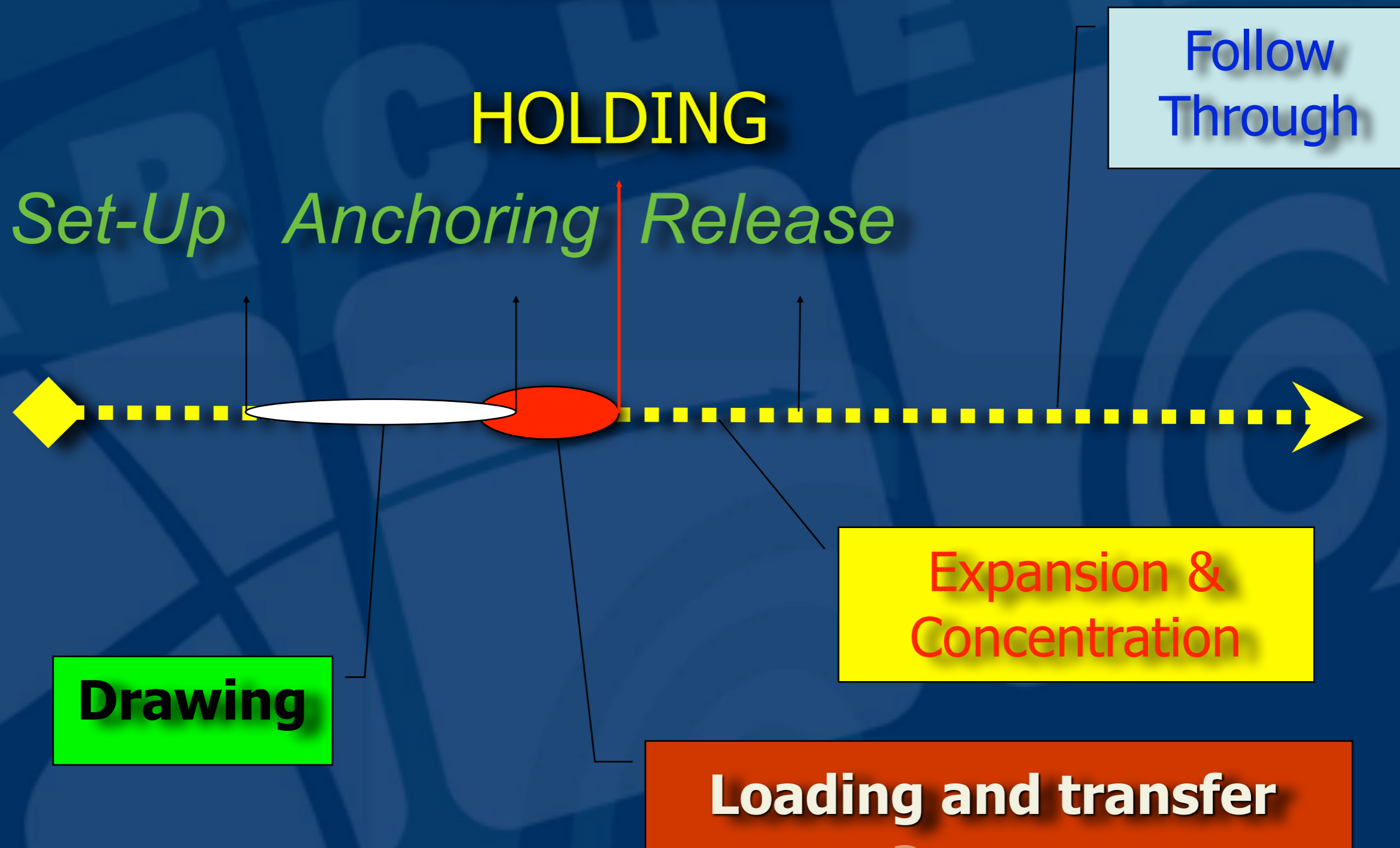


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KSL Shot Cycle is The Way!

©2005 The KSL Shot Cycle I

- From Biomechanics to Solutions -



HOLDING!

- Physical and Mental!
- How to measure it?

How to cure Target Panic?

Process!!!

KSL Shot Cycle!!!

Balancing C vs. SC

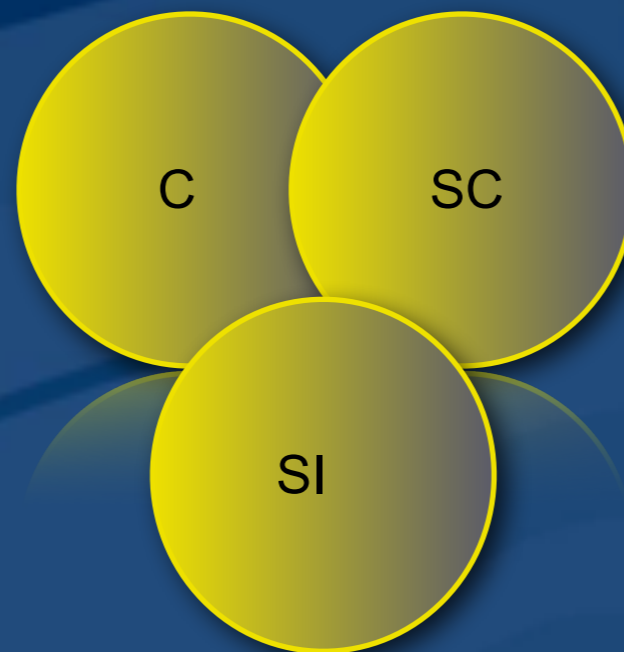
Archery is 90%+ Mental Game!

- Mental Management _ Lenny B.

- Consciousness
- Subconsciousness
- Self Image

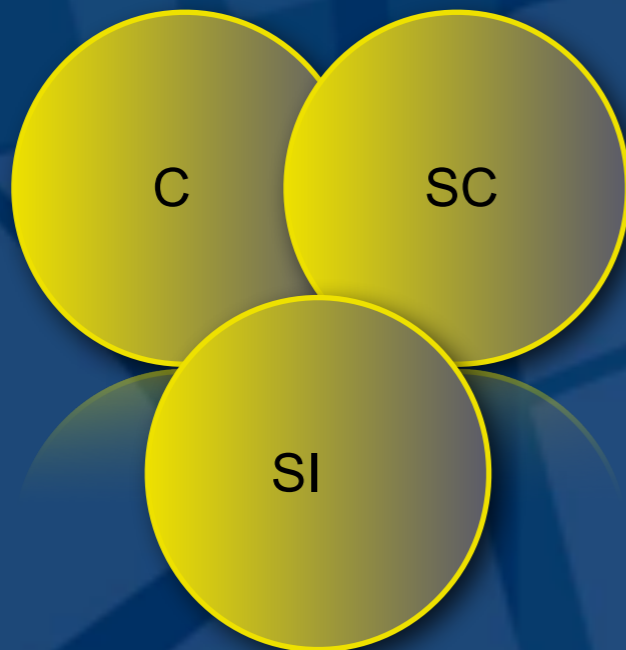
Mental Management _ Lenny B.

- The BEST / IDEAL

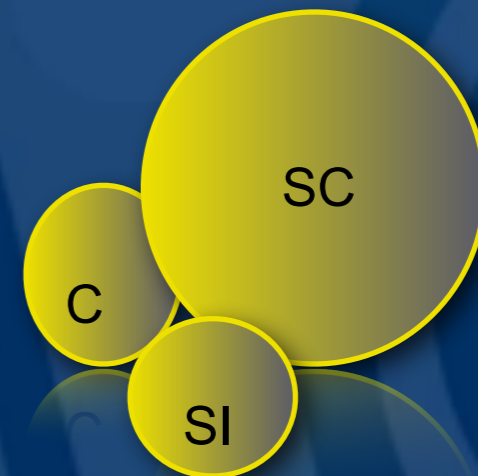


Mental Management

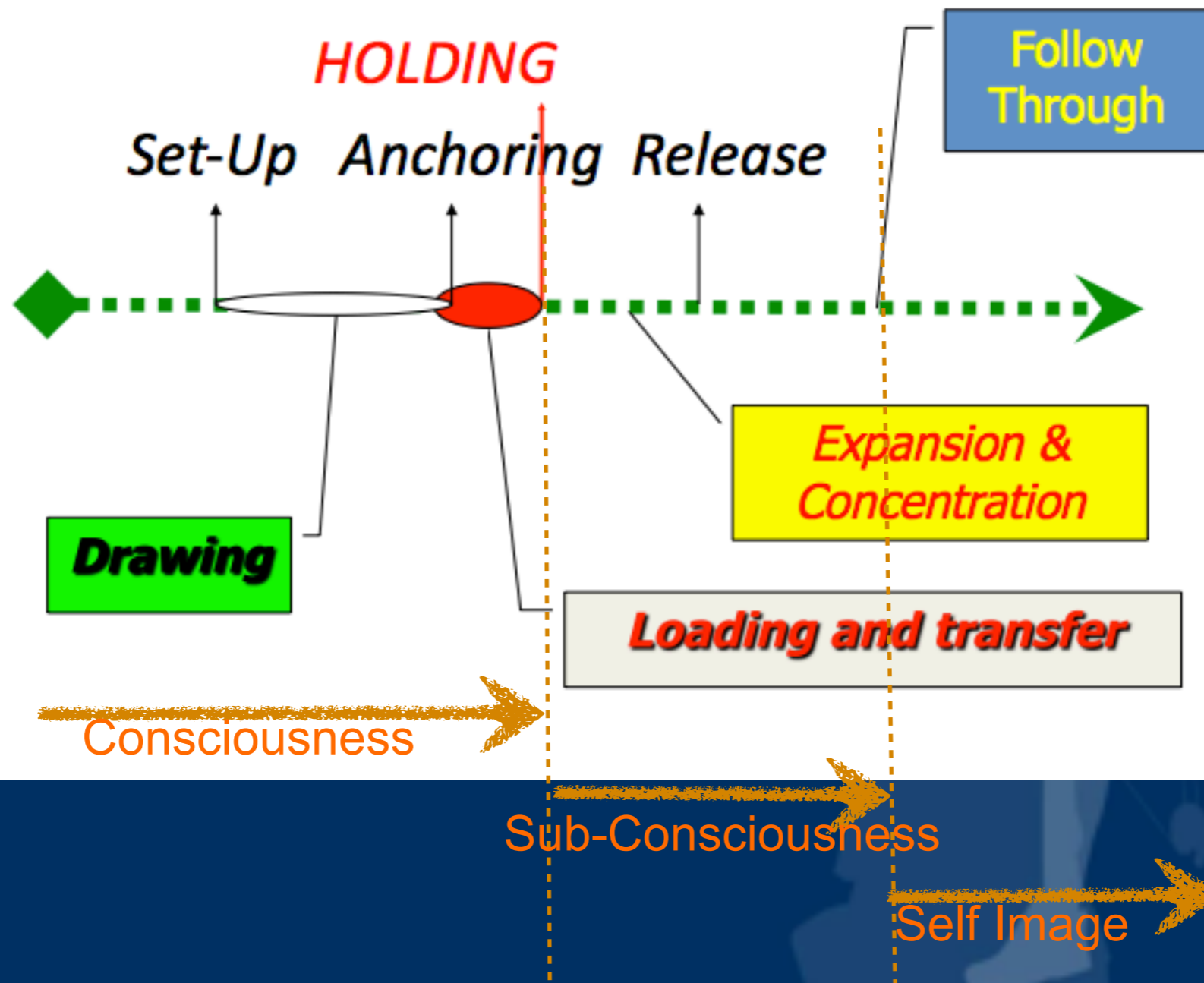
- The BEST / IDEAL



- ???



©2005 The KSL Shot Cycle I

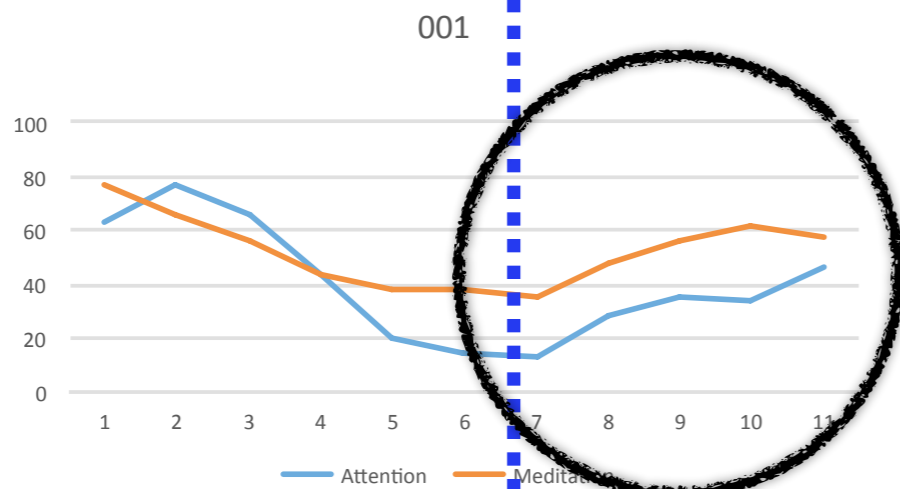


- *Consciousness VS. Subconsciousness*

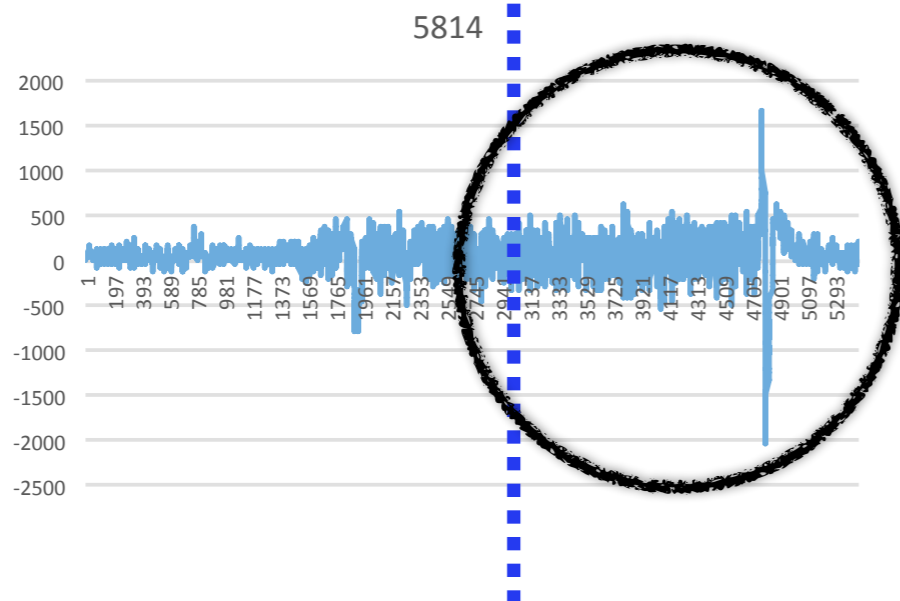


Ideal Brain Wave Patton for Archery

Holding

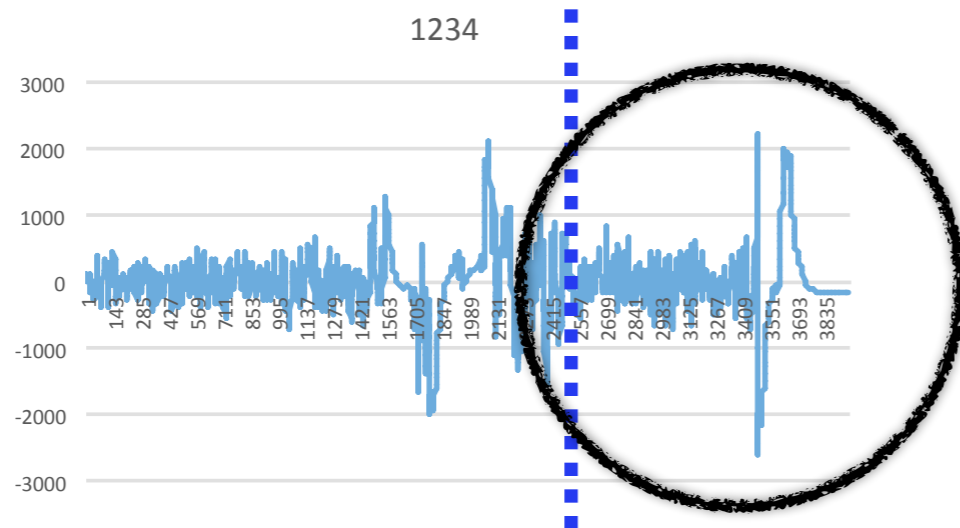
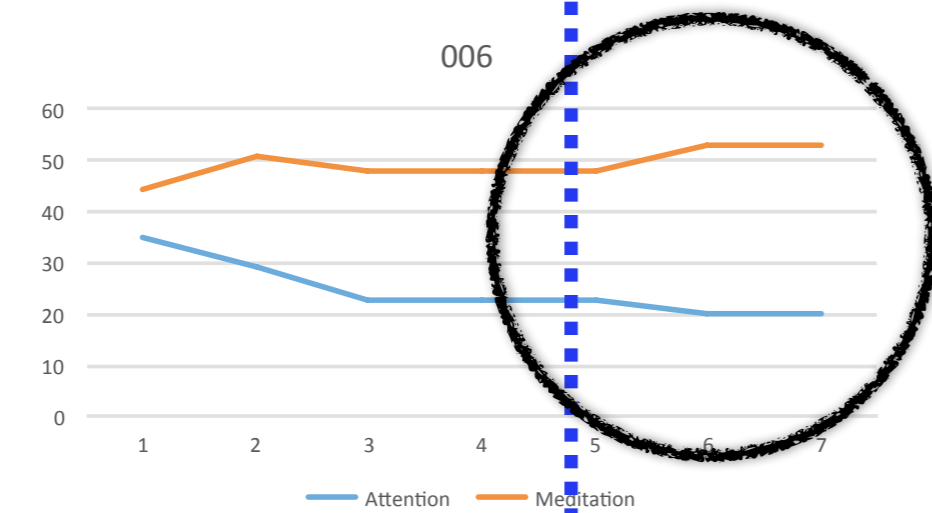


. Both attention and meditation levels increased before release.

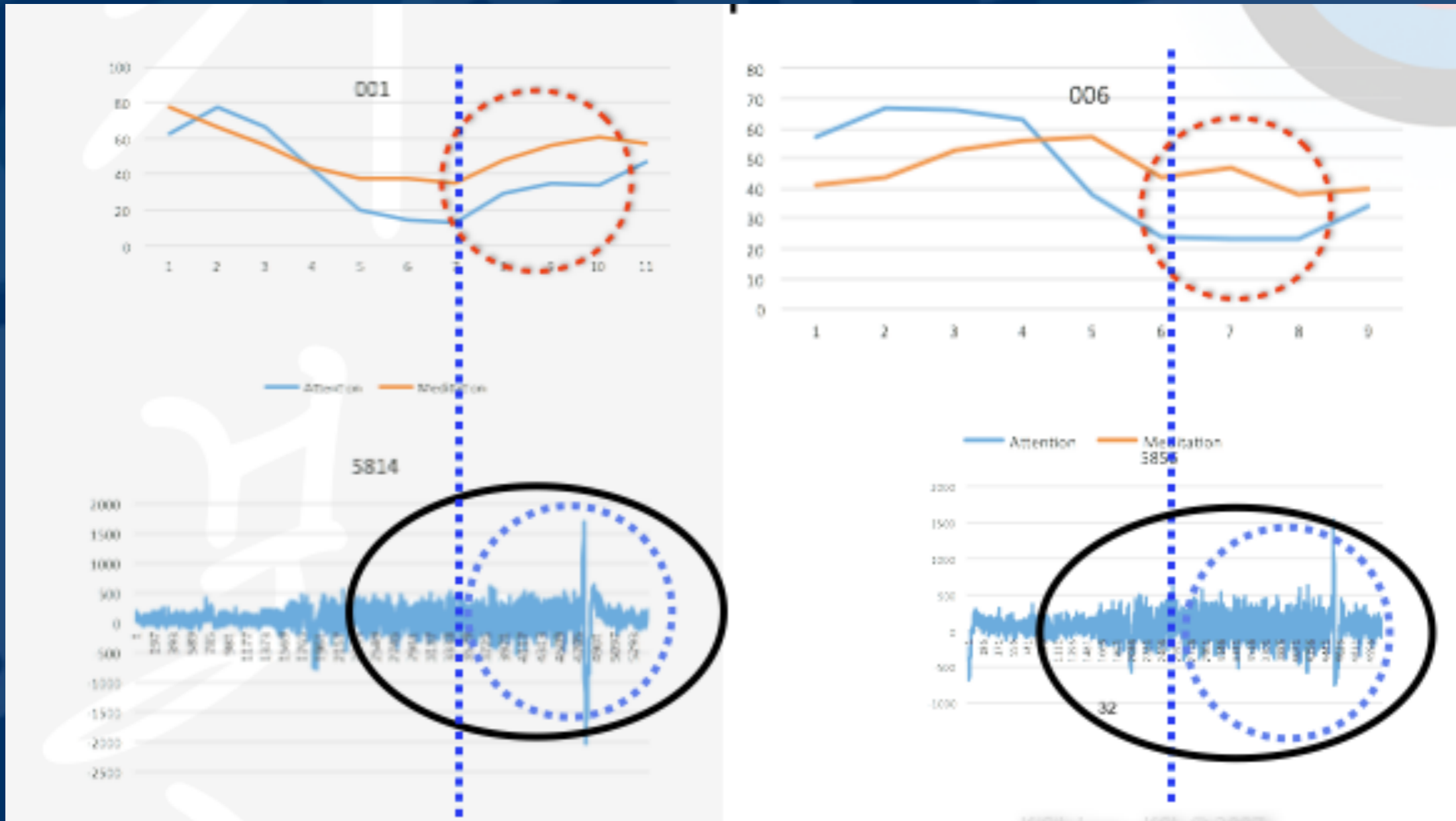


Inefficient Brain Wave Patton for Archery

Holding



Compression



- Consciousness VS. Subconsciousness

Balance!!!

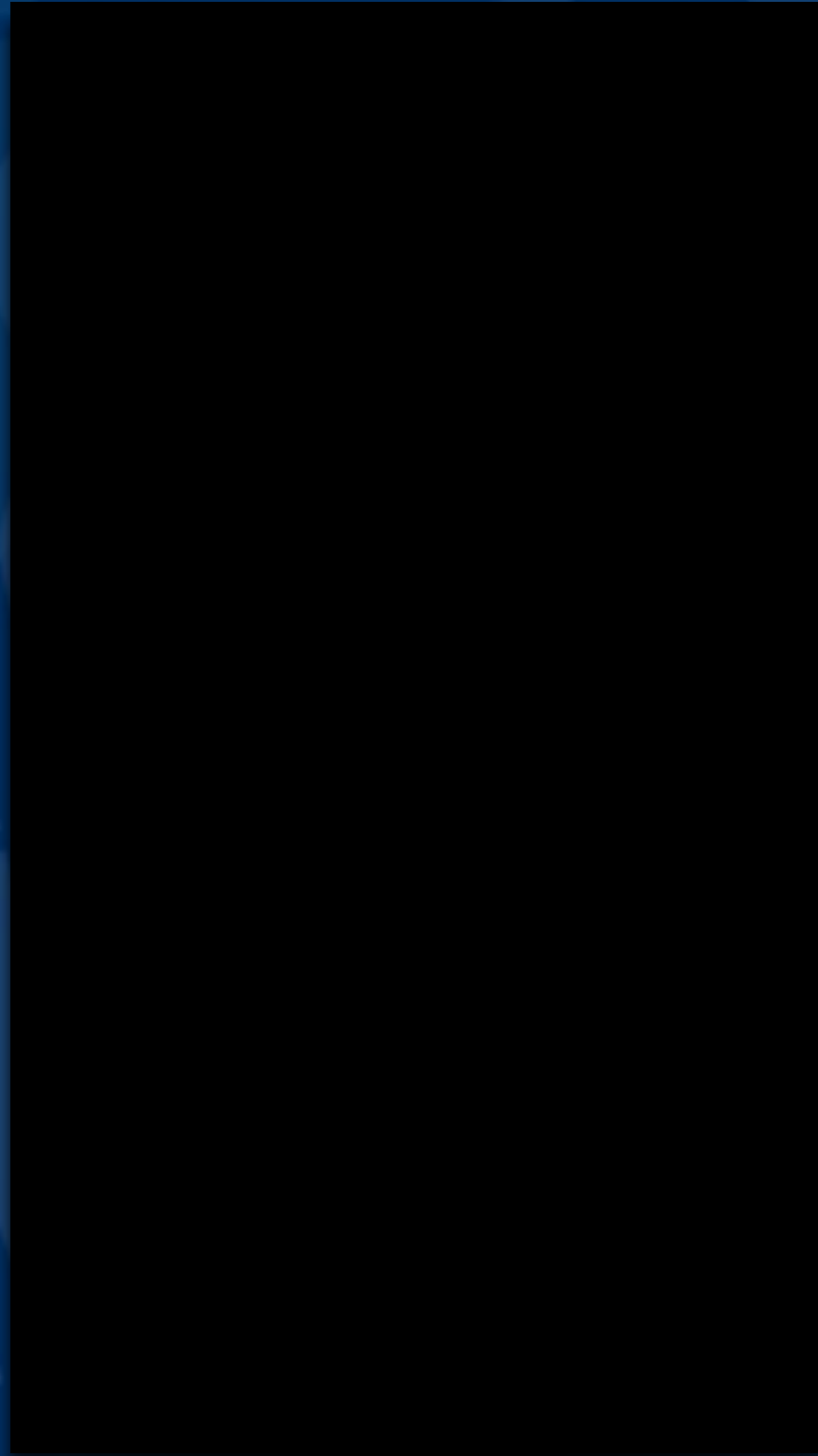
First 6 Videos shot

- April 09, 2014 -

6:01:50PM



This is her competition videos from 2014 NIC



'Shot Trainer Test'

6:10:12PM



How to cure her Target Panic by KSL Shot Cycle?

Teaching the KSL Shot Cycle Steps **FIRST!**

6:42:24PM



Around 30min.

Now Cured!

07:27:10PM



Next Day, another 6 Videos Shot.

- April 10th -

□ 6:24:19PM





Questions?



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