

# ***BJ McDANIEL'S***

## ***DEAD TARGET SCHOOL***

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**Excerpted from “*Break ‘em All – The Complete Guide to Fixing Clay Target Shooting Problems*”**

### **Tension and Release Exercise**

This is good to do just prior to retiring for the night. Lay down on the floor or on your bed.

Get comfortable without falling asleep.

Place your attention on your breathing for 2– 3 minutes while slowly inhaling and exhaling. Feel your stomach rise with each inhale and fall as you exhale.

Now, clench your left foot very tightly for 10 – 15 seconds.

Say the word “Relax” and unclench your foot. Notice the feeling of relaxation in your body.

Repeat using the other foot, then, one at a time, tighten and release each Leg, Buttocks, Lower Back, Fist, Arm, Shoulders, Neck, Face.

Again, place your attention on your breathing for 2– 3 minutes while slowly inhaling and exhaling. Relax.

### **Target Concentration Exercise**

Take 10 – 15 minutes of quiet time for this exercise. Begin by seating yourself in a comfortable chair in quiet room. Hold a clay target in your hands.

Place your attention on your breathing for 2– 3 minutes while slowly inhaling and exhaling. Feel your stomach rise with each inhale and fall as you exhale.

Now, look at the target you are holding and say the word “**Target**”. Begin to examine the target from different angles as you turn it, each time saying the word “**Target**”. You should be saying the word every 3– 5 seconds. Notice every dimple, mark, and chip on the target.

Now, hold the target in front of your face with your eyes closed and begin to visualize what the target looks like. Move the target so that its angle represents many of the target presentations you will be shooting. Continue to repeat the word “**Target**”.

Again, place your attention on your breathing for 2– 3 minutes while slowly inhaling and exhaling. Concentrate.