

The articles below are from Terry Jordan. Parkview didn't edit them in any way. Thanks for sharing your wisdom Terry! For more information about his wall chart, please visit <http://www.learntrapshooting.com>.

Arms and Feet:

I never got into drawing foot patterns. So many people stand different. I like the gun coming off of the chest on about a 45 degree angle. I stand with my two feet at about a 10 o'clock - 4 o'clock position on posts 1 and 2. That changes to about a 11 o'clock - 5 o'clock on posts 3, 4, and 5. I think if a line is drawn through the two shoulders when you are facing the trap that should be parallel the the sharp left angle.

The wall chart helps that a lot. When you stand in front of the v shape the targets form as long as the kids can move the gun real smooth from one side to the other I think they are fine. Some shooters have to stand a bit more one way or the other to move well in that v shape. I added a picture of Dan Bonilas at the bottom I like his arm positions, he was one of the best shooters in the country for years and still is. Try and think of a 3 jaw chuck on a hand drill, it forms a y shape to hold the drill bit. You can do the same thinking on holding the gun with the upside down y shape. The head is the top and the arms form the two lower parts. In good trap shooting you turn the whole body in one unit, when you do that the gun goes where you are looking.



Terry Jordan

The Blocker Word:

This was part of a personal letter to another shooter on pre-shot routine but it is worth reading.

When I first read about a "blocker word" it was in an article by Dr. Michael Keyes who writes in Shotgun Sports Magazine. He is a psychiatrist and I believe he said he worked with the a US. Olympic pistol team as their mental sports guru. He said they did about 40 % dry firing and used a blocker word. He has a good book called Mental Training for Shotgun Sports.

When you are in the "zone" shooting good the sub-conscious mind shoots the target, your conscious mind just gets in the way. To try and block unwanted thoughts from my conscious mind I will say "lots of time" about ten times between shots. When I am trying to hit a 100 or any good score I tend to quick shoot a target so that choice of a "blocker word" keeps me from getting too fast on a shot. I use other blocker words like "eyes first", "focus" or "see the target" I get bored and I change them but not usually during an event. I use the blocker word most of the time when I am dry firing too. Phil Kiner were talking about the use of a blocker word one day in Florida. He said, "on a 300 target day I will say look or see the target" about 800 times.

The conscious mind tries to feed you all kinds of BS. in a round of trap as it does not like the pressure of competition shooting etc. You use your conscious mind all day long in all real life situations and it doesn't like being turned completely off as you try to just use your vision skills when calling for a target or to shoot a full 100 target event.

When I started shooting competition 35 years ago I read several books on how Olympic athletes trained, like girls on a balance beam, skaters, ball players etc. When you are thinking it takes about 1/2 a second to get back in the other side of your brain that is just for vision, movement, seeing and reacting. That is why for example a batter in a slump (at the highest levels like the Major Leagues) can't hit the ball. They are thinking too much, worried about the crowd watching and the bat is late and not where it should be. In trap you are about a half second late moving to the target when you were thinking about something right before the shot. When the brain was thinking about something else you can't give that next shot a 100% effort.

When you stay in the proper visual imagery (not thinking) the brain sends electrical impulses to the muscles you are going to use for that shot or move before you make the move. An example of that is when you were actually pulling for a shooter you could feel the muscles in your thumb wanting to push the button before the shooter called pull.

The dry firing a lot at home on a chart allows you to drift off into that "zone" type feeling daily as you are not worried about the score in your work out sessions. The dry firing is a much for the head game as it is for the physical part. It is a mental plan, a true

rehearsal for a future event. It creates a self hypnosis state that truly prepares the mind to be ready to win an upcoming event.

Terry Jordan

Wall Chart:

I designed and improved this system over the last 35 years to give me a method to compete in trap shooting tournaments with very little practice. I had no idea that the average hunter could learn to win at major registered shoots from the 27-yard line. Training retrievers for field trials and duck hunting was my game and it left very little time for trapshooting practice. I ran dog trials from 1968 to 1988 and shot as much trap as I could fit into the heavy dog-training schedule. I shot some registered targets between June and September. I even skipped my own Provincial Championships a couple of times because I was at dog trials. That is the same as you missing your State Shoot in the USA. I really liked the trap shooting and this method evolved from my desire to be a decent trap shooter while my main hobby was training dogs.

In 1979 I won the Ontario Handicap Championship using this system and it took me to levels in trap shooting that I could only dream about. I had shot for about 8 years or so as a winter hobby in a local inter-club league. These were not registered targets, one round of 16 yards and one from your handicap yardage. In 1976 I started attending some local registered shoots with minimal results, stuck solid on 22 yards and going nowhere. I knew I was making a lot of mistakes and as an effort to improve I started making a scrapbook. I took all the top magazines on the sport, kept a lot of articles on shooting styles, personal interviews with the top shooters, quite a few on concentration secrets and many on reloading for trap shooting. One article on dry firing stated that the Russians used a dry firing method with their Olympic trap shooters. Their bad winter weather forced them to use a system that contained a large percentage of dry firing and they had great results with it.

One bit of advice a lot of the top shooters had in common was telling shooters to mount their guns a lot at home. It made sense to me if you did nothing all week how could your scores improve? I tried doing lots of gun lifts and dry firing at home looking in the mirror etc. to be honest it was dull and boring. I could not stay motivated even though I could see some good results from doing it. I tried going out to my club and dry firing on the stations when nobody was there. It was more interesting than doing it at home but not very easy to do regularly. After thinking about it for a while, I measured with a ruler held at arms length the size of the trap house and the angle spread from 16 yards and from 27. I made some notes and painted my basement wall picture to scale so it looked the same size as the real trap did from 16 yards and 27. The set up looked very real size wise and it took the dry firing one step further.

I live in Canada and our shooting season is short with only a few months of real good weather. I knew from attending the close State shoots, that the top shooters shot way more targets than I did. A lot of our shoots are one and two-day events and none were

like the State Shoots that start on Tuesday or Wednesday and finish on Sunday. I knew I was not as sharp with the small amount of registered targets that I had shot. The dry firing gave me the smooth move to the target, extra endurance and timing that I needed to compete at that level.

While the weather was bad in the winter and early spring, I kept using the trap picture on my wall. It was a good way to keep my shooting muscles in shape. I made sure the gun mount was right, checked my feet for position and body stance. The targets form a wide "V" shape on the chart, you have to stand so you can move to everywhere in that area very smoothly. I put on a shell pouch, filled it with empty hulls and went through the whole routine just like I was shooting for real. I ejected the empties into a big cardboard box, trying to do about 50 moves a day. I recommend that you use a snap-cap for safety, but you have to cock the action and pull or release the trigger for real. You have to actually click the trigger to develop the eye-brain and finger timing that you need to shoot perfect scores.

It still surprises me how many times you would catch yourself with a poor move to the target or a flinch at the end when you pull the trigger. These small bad moves are enough to miss targets and are things you would never catch yourself doing on the real trap field. A good drill is to try dry firing at a few real targets on the trap field, try it! You will probably get a big surprise! When you have score and recoil on your mind, it is hard to notice small flaws in your style. I am sure if more shooters took the time to analyze their style with dry firing it would really help improve their game. This can be accomplished by dry firing at home without shooting a large amount of targets.

I used to look at my beads too much and I think this is a major problem with most shooters. They just do not realize they are aiming the gun. When you are trying to hit a clay target that is moving fast out at 40 yards, you cannot be aiming. Your eyes are like modern cameras, when focused at 30 inches they will not focus clearly out on a moving object at 40 yards. The beads will appear a little fuzzy when you are focused on the targets front edge or lead. You will see them well enough or the end of the gun with your peripheral vision to make the shot. When you use the wall chart it is easier to forget about looking at the beads because you are not really shooting and you can concentrate on looking beyond the gun to the wall. I use a small front bead that Chris Vendel makes 585-730-8166 it is about half the size of a normal bead. It seems not to draw your eyes back to it as much as the full sized white ones do and it allows you to look for the target much easier. This is the reason this wall chart system works so well, you learn get your eyes off the bead and to look for the breaking area of each target. I started hitting more targets, shooting much better scores in competition and combining dry firing with shooting was getting me great results.

The 1979 season was a success. I won the Ontario Handicap Championship and went to the 26-yard line. I had the highest handicap average in Canada and broke a few 100's at 16 yards. It was convincing evidence to me that my system was working and I decided to do a lot more work with the gun.

In 1981 I picked up a young Labrador retriever puppy that turned out to be one of the finest dogs that I had ever trained. With the heavy dog training taking up most of the week I could still break 100's regularly and I won a lot of events with very little practice. I ran her in the 1988 Canadian Amateur National Retriever Championships. She got a shoulder injury on the 9th. Series but she put on a great show. Playing both games at the same time was really hard to do. You were dealing with pros in each sport. I decided after the Nationals to quit running dog trials and concentrate more on trap shooting.

Over the years to follow I turned the first chart with 5 targets and a trap house into what it is today. The results were much better concentrating on one sport. I won 8 All-Ontario Championships, (they are the same as your State titles). They are: Ontario 16 Yard Champion, Ontario Handicap Champion, Ontario Doubles Champion, Ontario Veteran 16 Yard Champion, Ontario All-Around Champion (twice), Ontario High Over-All Champion (twice). I have several Grand American trophies including the High Canadian on the 1000 targets (twice), many non-resident State Shoot trophies, made All-American Teams and I have over 300 one hundred straights at 16 yards, broke 100's in doubles several times and made the Ontario All-Star Team almost every year from 1994 to 2014.

I shot very little practice most years, a few rounds at the registered shoots but usually logged about 3500 dry-firing moves between February and October. I try to do a little each day and as regular as possible always trying to keep a routine going. Waiting until you are close to a big shoot and trying to do some dry firing at the last minute will not work; I fell into that trap a few times. Your brain needs to know you worked with the gun regularly and you did all you could to be ready for the big shoot. The dry firing gives you the tough mental confidence that you are moving the gun well and are ready to go to the bigger matches.

Most shooters can shoot practice or small shoots fairly well. The problem arises when serious money is riding on an event or a State Championship Title is on the line. The fear of losing gets you thinking too much and that pressure goes right to your hands. You just get tight muscles; they get hard to move when you are nervous. The dry firing builds a smooth muscle memory move to the target that is still there when you are nervous. If you are nervous and just keep looking for the targets leading edge you will make a smooth accurate move.

There is a reason why a lot of shooters do not improve very much after taking lessons. They got great advice on how to do it but do not have the quality physical move to break the big scores. Thinking about how to do it all week long will not work. You have to make lots of real physical moves with the gun. You see the top guns shoot every event at a State Shoot from Tuesday to Sunday. If you add the amount of moves they make in the shoot offs and in practice it gives them a smooth accurate move to the target that is hard to beat.

I think the difference between the top shooters and the rest of the pack is their ability to get the gun to where they are looking. Most shooters know how to lead and hit every

target that comes out of the house. Your eyes know where to put the shot but you do not do it often enough to be the winner. You have to get this right down to the basics. If you do not get the gun to the proper lead on the target you are making bad moves. This system will fix your poor move to the target, not maybe, for sure if you do the work. It will teach you to come from a lower gunpoint to where you are looking. When you are on the line shooting you look for the targets breaking area, the gun will get there from the at home dry firing drills.

I know from helping new shooters or someone trying to improve their game the worst thing you can do is send them to the firing line with a brain full of new ideas. They just end up thinking about what you said to them instead of looking hard for the target's front edge. Any new system will get you thinking too much about it for a little while. Give yourself time to improve. It usually takes 6 weeks or so to see much of a change. You must read and understand this system but do not think about it at all when you are shooting real targets. This system gives you a solid plan to be a better shooter, work hard on learning it completely and relax when you shoot competition. Train hard and you will feel at ease in competition.

Looking for the target is all you want on your mind when you shoot or dry-fire. You must look for the lead or front edge on a target. A lot of shooters quit on an angle bird when their eyes catch up to some orange instead of looking for the proper lead. The gun shoots where you look so learn to look ahead of angle targets. If you are thinking about anything as you call pull a miss is likely to follow. There is no way you can be ready to move the gun instantly if you are thinking about your score or performance. The logic side of your brain (thinking about something) is not where you want to be the second that target leaves the trap house. You have to be 100% in the visual mode to prepare the body for the proper move to the target.

To help with the visual part I made two 30" circles out of plywood that I could take to the club. I put them out in front of the trap at the exact distance you would shoot a target. I put the plywood circle up on a steel post 18 yards from the trap. I put one out on the sharp angle line and one for a straightaway. You have to learn the size of the pattern from your exact yardage. I stood at 16 yards and 27 practicing lots of gun- points. It reminds you of the size of the circle off the end of your barrel. This is a drill that I still use today with new shooters and I feel you should do it often. You need to get your eyes off of the end of the barrel and out where they should be.

Learning how to shoot a new gun or making the switch to a release trigger can be done with ease if you do enough dry-firing first on the wall chart. If you are going to learn to shoot a release you should do a week or two of dry firing to get your brain and finger used to the new move before shooting any real targets. Changes like this or in your shooting style are made easy at home when there is no recoil or score on your mind. I try not to lean too much, trying to keep a good stand up straight heads up style that is comfortable for long 100 target programs.

Take your time dry firing, get to the targets on the chart with the same speed that you would on a real target. I try to shoot like I am in a shoot off. I take my time between gun mounts. I look at the lead mark on the chart or just about the trap house and then bring the gun up smoothly to my cheek. I hold a firm backhand grip on the stock but I am loose with my front hand. You have to turn your whole body as a unit to avoid just arm shooting targets. Keep your shoulders and upper body from your feet up moving as one unit with your head down on the stock. Working this body turning position daily creates the muscle memory needed to make a smooth move to the real target.

Safety:

First on safety, I have heard of a few accidents and seen one myself. I was at a State Shoot and a guy thought he put a snap cap in a gun. It was a real shell and the gun went off. I use snap caps that I make myself. The weight, length and feel of them is nothing like that of a real shell and I feel that makes them much safer. Some of the heavy Brass snap-caps you can buy have the same weight, feel and length as a real shell. Make sure younger shooters using the Wall Charts are in the company of an adult and that any dry firing on the chart is done with a safe snap cap. I always take a double look at the snap cap to verify that it is safe snap cap before doing any dry firing workout.

Snap Caps:

I use snap caps that I make myself and they seem to work very well. I cut a bunch of empty shells down so they are a 1/2 an inch or so shorter and look nothing like real shells. I take the primers out of these shells and fill the primer cup full of clear silicone caulking. Use a good quality clear silicone caulking like Permatex brand silicone. Usually you can find these little tubes of silicone in the auto section of stores like Wal-Mart. I fill the primer pocket up and then put an extra amount over the primer area and I let them dry for about 4 days. Then I shave some of the extra off silicone with a little razor knife. I leave a bit sticking out (about 1/16" to 1/8") over the primer area. It is kind of a convex bump over the primer area like a primer sticking out too far. These seem to keep their shape and the bit of extra silicone you leave on the back of the snap cap gets compressed tighter still in the gun. They seem to have about the right amount of spring tension to them from the compressed rubbery silicone to protect the firing pin. They last quite a long time but watch them for wear. I have never broken a pin in my MX-3 Perazzi and I dry fire it about 3000 times a year. Most snap caps that I had purchased in the past got big dents in them from very little dry firing and I never trusted them to protect my firing pins. I think some of the new snap caps on the market now might be better but I trust my own.

Chart Height:

Mount the 10-foot wide chart on the wall with the very top of the chart at about 78 inches from the floor. Mount the 8 and 6-foot wide charts with the very top at about 73 inches from the floor. I am 6'4" a shorter person might want to bring it down a few inches.

A shooter in a wheelchair might want to lower it down a foot or more. I have my wall chart on a basement wall that is painted black and covered with 2 " thick Styrofoam. I find the chart shows up real well on the dark background. I have lights up by the chart and can stand in the darker end of my room. This seems to work real well as you are looking at the brightly lit chart but not seeing the beads very much. It teaches you to get your eyes off the beads and on the lead marks.

My basement is narrow and I just stay in the post-3 view. I can move a bit sideways and I can get like where a post 2 or 4 would be (about 5 feet over). If you have room to move sideways a bit that is fine but it is not necessary. I have used the Wall Chart this way for 35 years with good success. The amount of actual gun movement is about the same for all posts. When you can move smoothly anywhere in the "V" shape the chart makes you can shoot any post. I change my hold points sometimes by holding off to the right of the trap house and make a longer physical move to the sharp left target or reverse that to make a longer move to the sharp rights. By varying your hold points a bit left and right and heights of the hold you can be ready for any length of gun move you will see on a real trap range.

Dry-Firing Drills:

To practice 16 yards on the ten-foot wide chart stand 13 feet from the chart, each foot back from 13 feet is like a yard in handicap with 27 yards being at 24 feet. Try to put your wall chart in a room large enough so you can practice from all yardages. I do most of my dry firing from around 16 to 18 feet from my wall chart. I go closer to the 13-foot mark (usually for doubles drills) and do quite a few drills from back at 24 feet. I added a separate page explaining the distances you stand from the 8-foot wide chart.

I will go right across the chart from left to right making a move to each of the 13 target's lead marks. If I start from the left side one time I will reverse the order starting from the right hand side the next time. You should do about 20 moves at random the odd time too but doing several moves to the same side seems to teach the move a bit better. I keep track of how many times that I go across the chart once with little tick marks on a clipboard. It is very important to keep track of your amount of times going across the chart as you can look back see how hard you worked in a given month or year. I could look at the months that had more moves than others and could often see that my registered scores were much better in those months. Usually by the end of the month I have made around 800 or so moves for that month. I do this for the registered season usually taking a break for the winter months.

A lot of top instructors recommend you pick the gun up about 50 times a day or you should at least try for every other day. The top shooters in our game start the year off by shooting the Dixie Grand, Spring Grand, Southern Grand, stay for the Florida State Shoot and then go to the Southwestern Grand in less than three months. They shoot the whole program, getting in a few shoot offs and log about 1500 targets in each of those 5 shoots. This totals 7500 gun moves to the target in less than 2 months. This goes on each week for some of the top shooters for the whole year. Their real smooth

move to the target is earned by their hours of hard work in competition and by doing thousands of moves to the target each year. The average person does not get anywhere near that in targets. You can start catching up on the volume of gun moves at home on your chart. It only takes around 12 to 15 minutes a night to get a smooth move going. Since the price of lead and new shells is so high use of the Wall Chart has really allowed shooters to stay in shape while saving money for real important shoots.

I made a New Years resolution that I was going to work harder in 2005, with that in mind I started getting ready in January for my upcoming 3 weeks in Florida. I tried to do a couple times across the chart each day. In February I upped the volume of dry firing moves a bit more. By March I thought I was moving the gun very smoothly and I had good results during the 3 weeks in Florida. I won 6 trophies at the Southern Grand, one at the Florida State Shoot and won the PVA 16 yard Championships. I hit seven 100's in 16 yards, had three 97's from 27 yards and would credit the chart use for the fine results. I feel that talent had very little to do with the wins. The smooth moves and confidence that I had that early in the year came from the 1500 moves I made on chart. During the rest of the year I had a total of 28 100's at 16 yards, a 100 again in doubles, a 99 from 27 yards and won lots of trophies.

When I dry fire closer to the chart I hold about 6 inches above the top edge of the trap house most of the time. I go higher and lower at times so you are ready for any length of move to the target. Using a snap cap in the gun I hold about 6 inches above the trap house. I then look into the grass at a small spot. That focus spot on the chart where the gun is pointing might be about 6" wide. I hold it there for about two seconds to get that "quiet eye" soft focus. I quickly look up to the targets lead mark, swinging the gun to the lead mark. I try to click the trigger on the mark making sure to follow through at least a few inches past the lead dot. As long as your eyes are getting to the target's lead dot ahead of your gun you are using the chart correctly. When my eyes get up to the targets lead mark the gun is probably only about $\frac{1}{2}$ to $\frac{3}{4}$ of the way up to the mark. I am looking at the lead dot when I see the shadow of the gun barrel arriving in the picture. I shoot a release trigger so I try to let it go as the image of the gun barrel passes the lead dot in the follow through.

When working on long yardage handicap, dry firing from further back at the 27-yard distance. I use the same gun hold points as I do up closer to the chart. Slightly different though I will look right up at the target's lead mark most of the time and move the gun to where I am looking. It may seem strange holding lower on the chart and looking up at the targets lead marks but this drill is teaching you how to get the gun to exactly where your eyes are looking. A good mix of both eye-hold methods seems to work great for me.

The following through a bit is "VERY IMPORTANT". It teaches you to stay on the gun for a second or two without lifting your head after you pull or release the trigger. When you learn to stay on the gun that extra second at home that staying on the stock is there when you shoot real targets. You need to build that muscle memory move of not lifting

your head up as you pull the trigger and the chart will give you that. When you do the correct move hundreds of times at home it is there on the real trap range. The lifting of your head, jerking with your left hand, rolling back before the recoil, stopping your swing and taking the gun down too fast on real targets causes more misses than anything else in competition shooting. The one simple act of following through smoothly at home on the Wall Chart after you pull the trigger for at least 6 inches can cure all of these problems.

This getting the gun to where you are looking when you are dry firing builds a special type of muscle memory in you. It works so well that when you lock your eyes on the lead of a real angle target the gun gets there with a quick smooth move. Most chart users usually find they have a very jerky move when they first start dry firing on their charts. The left hand wants to react to the recoil and you get a little hook shaped jab when you pull the trigger. It takes a while to get a real smooth move going so don't be too upset when you see that. It goes away after a few months of dry firing moves. I don't look for any exact lead or bird bead relationship on real targets. I am looking at the front edge or breaking area of the target. I am just aware the fuzzy image of the end of the barrel has caught up to the target when I release the trigger.

Mental Training:

I listen to music when I shoot, most of the time no words just nature sounds and soft music. The one CD I listen to is by a doctor who is an expert in cognitive and emotional response to music. Two I listen to by him are called "natural stress relief" and one called, "Concentration" they can be found at www.solitudes.com. They are supposed to keep you calmer and more relaxed. I think they do in stressful competition situations like starting or finishing events. I would listen to the CD while dry firing on the wall chart. I think it makes the workouts seem more interesting. When you are listening to the soft music you seem to think less and do less talking to yourself. Dick Barhorst in Ohio makes great earplugs and a real good set of stereo earplugs. His phone number is 937-295-3846.

When you are thinking at all you will miss targets. I use the same pre-shot routine for every shot. The use of the pre-shot routine in every event practice or competition takes you to the line confident that you are prepared to shoot a perfect round. You're calm and should be enjoying your slight nervousness. You trust your method as it has worked so many times before. Your trust in the system comes from lots of good years with winning scores. For example I finished strong in my last registered event (2007 Missouri Fall Handicap) I had a 200 in 16 yards (498x500) and a 98-99-100 in doubles using the same pre-shot routine.

I took the winter off but started the new trapshooting year off using that same system, the same dry firing drills and the exact same pre-shot routine and blocker word. I shot the Southern Grand in March 2008 winning AAA Runner-up in the first 16-yard event with a 100 and hit 200 in the 16 yard Championship. I made the switch last year to a different gun for handicap and singles with lots of Wall Chart use. The chart use made

the transition smooth and I had a 200 at the Grand, 499x500 in 16's and a 99 from 27 yards in the Krieghoff Handicap.

I use a "blocker word" mentally repeating the same word over and over as a pre-shot routine. I repeat the word "eyes" 7 or 8 times between every shot of a match. After you fire your shot and as the next person shoots you can think about the shot or something else as you kick the empty out and as you put the live shell in your gun. After you allowed yourself to have this little two-second break you should not let any thoughts in your head at all. Just keep using the blocker word over and over. I used "eyes" as a blocker word last few years and "focus" before that. I used to use longer phrases like "one at a time" but I think going down to one word works better for me. The words "focus" or "eyes" reminds you to look for that soft focus spot and not to think when you are about to call for the target.

This mentally repeating the same word over and over in your mind means nothing to you but it stops those thoughts that creep into your mind about breaking 100's, being champion, running 50's, targets you have missed, thinking about your score or winning the event. I had a couple of 200's last year and in both of those rounds I never let any dumb thoughts in my head like "you are going to hit the 200 today" when calling for the target. Thoughts getting in your head just as you are going shoot an important shot will cause a miss almost every time.

My pre-shot routine is first to expect to be nervous on the trap line. I am not surprised if I am nervous when I start an event or get in a shoot off. I never allow myself to think that I will be cool and calm out there on the line. If you anticipate being nervous you are ready for that feeling and are usually in good control when you are on the line. I look at my feet first for correct stance and then look out just above the trap house into the grass or field. I look for the area I am going to use as a soft focus spot. It will be about where I see a whole target not the orange streak. I do not pick out a tiny spot as that is getting into too much of a hard focus. I tend to look at an area that is about a pattern width wide out in the grass. This is a softer focus in an area not on one thing but very alert visually.

I often use the blocker word when dry firing on the chart too so everything is the same as the pre-shot routine I use on the real trap range. What word you choose to use is not important, just the fact that it is keeping you in the moment, paying attention to the next target out. You must stay in the present without thinking of the past misses or future hits. The next target out of the trap is the most important target in any event, they call it " the one shot match theory" Paying the proper visual attention to each and every shot is the way you learn to hit perfect scores.

Three of the handicaps that I won in (2001) came on the first day of weeklong shoots. I won the first handicap event at the Ohio State Shoot, a Friday preliminary handicap at that year's Grand American and I won the first handicap event at the Missouri Fall Handicap all with 98's from 27 yards. This winning a first or an early event seemed to happen to me a lot after a week or so of dry firing and not doing any real practice. The

system works strange that way and has repeated that pattern quite often over the years. I did a lot of gun movement looking at the Vandalia background on the wall chart while preparing for the Ohio State Shoot or the Grand. I ended up more than a few times on the first days of the Grand American or the Ohio State Shoot in a shoot off in front of the grandstand looking out at the same background that the chart had. It was great satisfaction to have the chart work that well and to see the chart method get me into the winners circle on the first day of those important shoots. After the Grand moved to Sparta Illinois I discontinued the Vandalia chart and went to the newer Sparta Wall Chart.

The hours of dry firing have put me on All-American teams and won me hundreds of trophies. Many were at State Shoots, Grands, Satellite Grands, Fall Handicaps, Provincial Championships and at other local registered shoots. I have had great success helping other shooters with this method. There are 2200 Wall Charts in use and probably over 3000 people using them. Harlan Campbell and Phil Kiner have both put the Wall Chart in their new trap videos and use it as a teaching tool. It is a great system that is used by hundreds of 27-yard shooters and junior coaches all over the USA. It has the respect of the top shooters in our sport and I know it will work for you. Training 15 minutes a day regularly is about all the average shooter needs to make this method work successfully. Make sure you read it over a few times and understand it completely. If there's anything you do not understand about this method I will be glad to call you.

Good luck.

Terry Jordan

Quiet Eye:

<http://www.gatorskeetandtrap.com/documents/QuietEye001.pdf>