



Introduction to Target Panic

Target Panic. What is it really? It breaks my heart when I hear about a brother or sister of the bow that is giving up a passion they truly love because of this frustrating malady. I am going to speak my mind about target panic because I feel that I have dedicated my life to knowing this subject completely. I eat, sleep, and breathe shot control and getting others to experience that same control. I have gone great lengths to research the inner workings of the mind during a shot. I instruct on the subject of target panic virtually every day in the shooting world. Hundreds of archers have contacted me regarding target panic and I hope to explain to everyone how their mind really functions during a shot.

There are tons of people that post their “Cures” for target panic, and for that I am grateful. Archers are trying to help archers because nearly every archer has known the frustration of target panic and a loss of shot control. Archers, in my experience, are good people. So good in fact, I truly believe they are the salt of the Earth. Sure, we may disagree about some techniques, but a love of watching a perfect arrow brings us all together at many levels.

With that said, some of you may disagree with what I am about to say, and I invite that because it gives me pause, and forces

me to think one level deeper to defend my ramblings. That one level deeper thinking is what has led me down the path to teaching shot control in a very specific methodology. But even that methodology is connected to a fundamental truth. The truth of the matter is, *THERE IS NO SYSTEM OUT THERE THAT WILL WORK FOR YOU! YOU HAVE TO WORK FOR IT!* A system is only a way to do the work. I usually tell folks these facts at the end of my instruction and they look at me with sad faces. But think about it, we get a new bow, or we put a clicker on our bow, or we shoot blank bale, eye closed, close targets, release aids, lighter bows, tab sear, grip sear, feather to nose, bridge program, etc, and *we expect it to work for us*. I have people say all the time, “ I tried that system, but it didn’t work for me.” My reply is “It’s not going to work for you, it’s just a system, it doesn’t do any work, *YOU HAVE TO WORK FOR IT.*” All of us that try a system expecting it to work for us eventually fail at that attempt. We are expecting the system to defeat the core problems of shooting, when it is truly up to us to make that decision.

“THERE IS NO SYSTEM OUT THERE THAT WILL WORK FOR YOU! YOU HAVE TO WORK FOR IT!”

So what system should we follow to get us out of target panic, you might ask? To answer that question, we must understand the core problem of shooting *to continue please purchase*