

DiStRActI°Ns

BY ROGER W. BRETERNITZ CCHTP. AUTHOR OF "WINNING IT'S A LOT MORE FUN"

When someone says "Concentration" what do you think of? The definition of concentration is bringing force or energy to bear in a small area or focus. What is it when we concentrate all of our thoughts in one area? We blank out all thoughts from all other areas of your conscious mind. That will make you a true winner in any sport. Once you have gotten the form, essence, and execution down perfectly on one shot, doing it on ALL shots is just a repetition of the last performance or execution. So why can't we do it on each and every bird no matter what the angle or station each and every time? Several things that have nothing to do with concentration like physical stamina for one. You get tired! That's why when it's coming down to the end of the contest, the people who usually win are the ones who have rock hard concentration, good form, and they don't let outside influences rob them of mental and physical energy. They just react with total absence of any thoughts.

Now if we put aside those things like physical stamina what do we have left? **Mental** stamina. It's called being tournament tough, or having a competitor's edge. This means no matter what happens out there, you let it pass over, under, around or through you and **not become** a part of you. These are called distractions and they can cause even the top shooters to allow a crack in their ironclad concentration. What is a distraction? Anything that weakens your focus or causes you to think about anything except the job at hand. I've had people tell me things like "Ya know, I was doing really good until I started thinking about the fact that I hadn't had a miss yet, and that I was doing so good I might actually WIN this shoot". That's when I missed my first "straight-away". This person provided their **own** distraction. The part of their statement where they

faltered was in the first few words. "Until I started thinking", that's it, we don't even need to finish the sentence. You can be your own worst distraction when you start the actual act of thinking, thinking about anything. This activates the conscious mind and then you start **noticing** all sorts of distractions that you never noticed before, and pretty soon you can't hit the air in front of you! There's a saying, "Don't count your money while you're sitt'in at the table". In this case, don't count your winnings before the last bird is broken. Pure concentration blocks out all stimuli that are not important to breaking each and every bird.

In the PITA Hall of Fame Magazine there was a story about a legendary shooter Arnold Reigger in the 40s/50s who was so self-confident, that he took a bus across three states to go to a shoot in Reno, where they were giving away

a car. He knew he would win, and would be driving it home, which is exactly what happened. One time near the end of the tournament the empty shotgun shells were thick all over the shooting stations and everybody had to actually kick them out of the way to find a place to stand at their station. Arnold just walked on TOP of all the shells and shot his stations without even kicking them out of the way, and still never missed. One of the guys finally asked him about it saying "Don't those empty shell casings bother you when you get ready to shoot? His reply was, "What shell casings?" This is the type of rock hard concentration that blocks out all distractions that will take your mind off the task at hand. It makes it possible to break every bird with the perfect shot and do it every time. It's all in how you look at things, do you see problems as distractions, or just a test of your ability to strengthen you and make you better?

You have spent hours training your automatic reactions to do the job of taking you to first place, now just have faith in these abilities and let your body do its job without any extra mental help. **DON'T THINK, JUST DO.**

You may want to try one of the Hypnoterapy CDs from "Awinnersway.com" on concentration, relaxing under pressure, and **LETTING** yourself win. *Change the inside first and the outside changes by itself.* It's guaranteed to boost your score or \$\$ back! Best of luck, and good shooting. ■

<http://www.awinnersway.com/trapshoot.html>

