

Break 'em All - The Complete Guide to Fixing Clay Target Shooting Problems

BJ McDaniel, Mark Taylor

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Break 'em All - The Complete Guide to Fixing Clay Target Shooting Problems shatters the mold of conventional books on clay target shooting. Instead of taking a 'how-to' approach to breaking targets, this book focuses on correcting and eliminating common problems which prevent shooters from hitting every clay target they shoot at. This book breaks down the fundamentals of shotgun shooting into five basic components (position, mount, vision, movement, and psychology) then associates common errors back to these components for correction. For each error the following questions are asked and answered; What does this "really" mean? How do I know if I am doing it? How do I stop doing it? Things I can do to prevent it from happening... again? This allows the reader to perform self-identification and self-correction of each problem. There is also assection which trains the reader how to perform a self-diagnosis (and correction) of problems that occur in real-time. The appendices of this book are directed towards the competition shooter and spotlight such issues as (a) goal planning for competition, (b) training for competition, (c) practice for competition and (d) performance during competition.



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