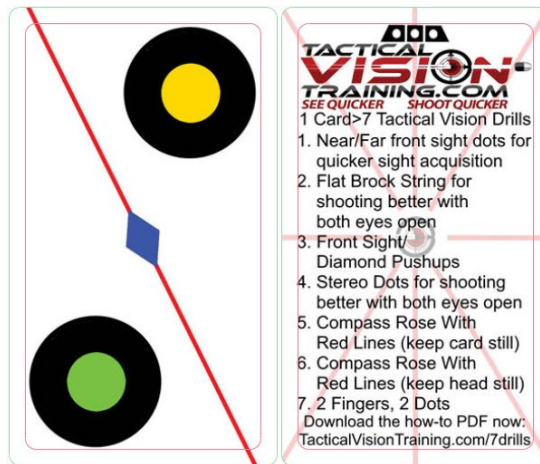


# TACTICAL VISION TRAINING.COM ©


SEE QUICKER SHOOT QUICKER

Instructions for using the “7 Tactical Vision Drills” cards:



The drills that you can do with these cards will help you acquire your sights quicker, shoot better with both eyes open (even if you see a “ghost” image), fix horizontal stringing groups, transition between targets faster, shoot quicker and more accurately from awkward positions, and shoot better on the move! Here’s 7 drills to get you started...

Only do 1-5 reps of these drills at a time until your eyes and brain are used to them. If any of these drills cause discomfort, sit down, slow down, and reduce your range of motion. If that doesn’t help, consult with an eyecare professional.

**1. Near/Far for quicker sight acquisition.** Hold card at arm’s length, looking at the side with the writing and focus on the “front sight” >  at the top of the card, then shift your focus back and forth between the “front sight” and a target 10-50 feet away. Start slow, and increase speed as you’re able

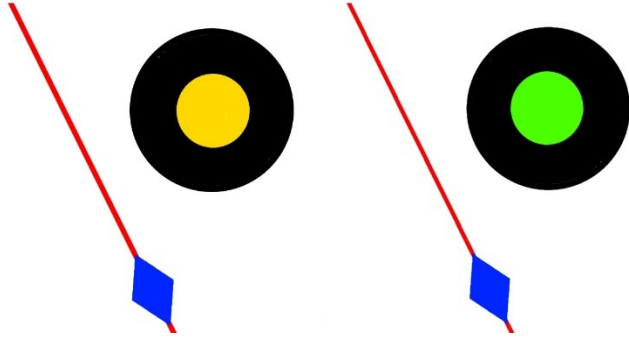


**2. Flat Brock String for shooting better with both eyes open.** Hold the card flat with the back side up 1-2 feet from your nose with the red line pointing to the tip of your nose. Look at the closest tip of the blue diamond until you see 1 diamond and the red lines make an X through the blue diamond.

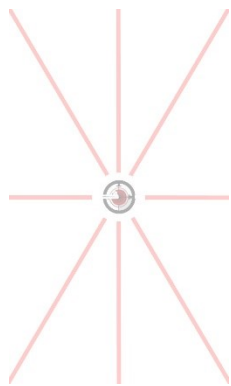
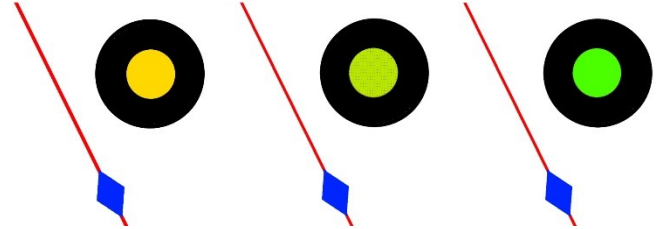
**3. Front Sight/Diamond Pushups.** Hold one card in your hand with the 3 sights at the top of the card. Focus on the front (middle) sight as you move the card out to full extension and then as close to your nose as you can. Try to see the sight posts clearly, but more importantly, make sure you are able to see only one set of sights (instead of two) throughout the entire movement. If you get a ghost image, slow down. Alternatively, do the drill looking at the diamond, with the red line straight up and down, focusing on only having a single line (clear is great, but it’s more important to only see 1 line). If the line splits, reduce your range of motion and/or slow down.

**4. Stereo Dots for both eyes open shooting.** This is like those hidden images pictures. Hold 2 cards 12-18" in front of your face with the yellow dot from one about ½-1" to the side of the green dot on the 2<sup>nd</sup> card JUST below your line of sight. Hold your cards so your thumbs cover the bottom dots. Diverge your focus to an object 10 feet away until you see 3 dots instead of 2. Relax your eyes and try to get the 3 dots as clear and in focus as possible. You can move the cards further and closer until the middle dots combine. You may also want to move the cards closer or further from your face. Alternatively, set them on a table in front of you and relax your eyes until you see 3 dots.

Set them up next to each other like this:

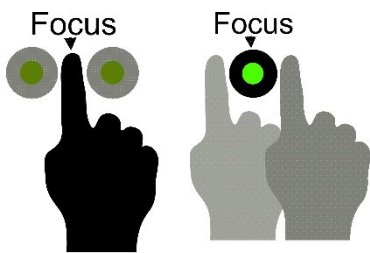


And when you look past them, you want to see this:



**5. Compass rose with red lines (still card).** Set one card on a bookshelf at eye level or **hold the card still** at arm's length looking at the side with the red lines. While holding focus on the middle of the card, **move your head** back and forth in the direction of each of the 8 red lines.

**6. Compass rose with red lines (still head).** Set one card on a bookshelf at eye level or hold it at arm's length looking at the side with the red lines. While keeping your **head still** and holding focus on the middle of the card, **move the card** back and forth in the direction of each of the 8 red lines.



**7. 2 fingers, 2 dots.** Hold the card in your left hand near arm's length with one of the dots up in the air. Hold your right index finger just closer than half way between the tip of your nose and the card so that you can shut each eye separately and still see the dot without moving the dot or your finger. Shift between focusing on your finger (so that you can see 1 finger and 2 dots) and the dot (so you see 1 dot and 2 fingers.)

Get more drills for dynamic shooting and engaging moving targets and sign up for the full Tactical Vision Training course at <https://TacticalVisionTraining.com>

Vision training is the secret of world champion shooters across all disciplines as well as the most elite tactical and military shooters...in many cases, superior visual skills are what allow them to observe threats and opportunities sooner and act quicker than everyone around them. Regardless of whether you're military, law enforcement, competitive, or responsibly armed civilian shooter, superior vision skills are what will let you "slow the game down" and make impossible shots from awkward angles and on the move...faster than what you thought was possible.

This goes WAY beyond what glasses can do and will help you expand your peripheral awareness and peripheral vision, see your sights better on the move, slash the time it takes you to shift focus (with or without glasses), and help you make bigger improvements as a shooter in less time than what can be done with traditional training methods. Learn more now at [TacticalVisionTraining.com](https://TacticalVisionTraining.com)

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