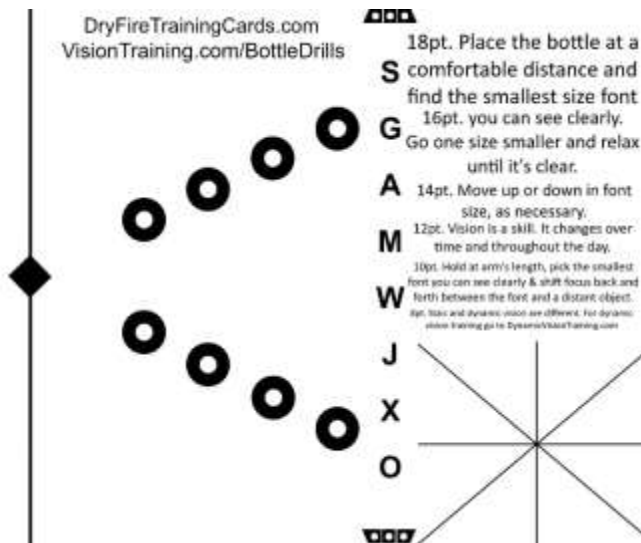


TACTICAL VISION TRAINING.COM


SEE QUICKER SHOOT QUICKER

****PRELIMINARY**** Instructions for using the Tactical Vision Training Bottle:



The drills that you can do with this bottle 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...

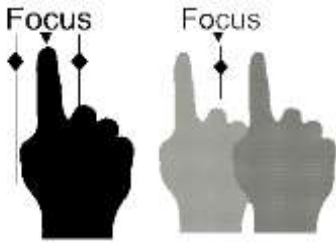
Only do 1-5 reps of these drills at a time until your eyes and brain are used to them. If any of these drills cause discomfort, sit down, slow down, and reduce your range of motion. If that doesn’t help, consult with an eyecare professional.

1. Near/Far for quicker sight acquisition for “pre-aiming”. Hold card at arm’s length, looking at the side with the writing and focus on the “front sight” >  at the top and bottom of the bottle, 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.



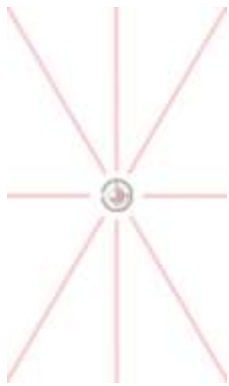
2. Flat Brock String for shooting better with both eyes open. Hold the bottle flat 6-12 inches from your nose with the red line pointing to the tip of your nose. Look at the closest tip of the diamond until you see 1 diamond and the red lines making an X through the blue diamond. You can also take a writing pen and run it back and forth along the line, focusing on the pen so that the line goes back and forth between looking like an “A” when the pen is furthest away, an “X” when it’s near the diamond, and a “V” when the pen is at the close end of the line.

3. Diamond Pushups. Hold one bottle in your hand looking at the diamond with the line going straight up and down. Focus on the top tip of the diamond as you move the card in to your nose and out to arm's length. If the line splits into two, slow down. (clear is great, but it's more important to only see 1 line).



4. 1 finger, 2 diamonds. Hold the bottle in your left hand near arm's. Hold your right index finger just closer than half way between the tip of your nose and the bottle so that you can shut each eye separately and still see the diamond without moving the bottle or your finger. Shift between focusing on your finger (so that you can see 1 finger and 2 diamonds) and the diamond (so you see 1 diamond and 2 fingers.)

5. Stereo Dots for both eyes open shooting & quicker eye shifts. This is like a hidden images picture. Hold the bottle horizontal, 6-18" in front of your face with the diamond underneath the closest set of circles. Diverge your focus to an object 10 feet away until you see 4 sets of dots...then relax your eyes until the middle 2 dots combine so that you only see 3. You can move the bottle closer or further away to make it easier. Next, rotate the bottle so you're looking at the next set of dots and repeat. The top set of dots is INCREDIBLY difficult.



6. Compass rose with red lines (still head). Hold the bottle at arm's length looking at the side with the compass rose. While keeping your **head still** and holding focus on the middle of the compass, **move the bottle** back and forth in the direction of each of the 8 red lines. This simulates leading with your eyes during target transitions.

7. Compass rose with red lines (still bottle). Set the bottle on a bookshelf at eye level or **hold the bottle still** at arm's length looking at the side with the compass rose lines. While holding focus on the middle of the bottle, **move your head** back and forth in the direction of each of the 8 red lines. This simulates your head catching up with your eyes during target transitions.

You just experienced a taste of Tactical Vision Training...and if I'm giving this much value away for free, just imagine how powerful the full training is. Learn how to use the rest of the features of the bottle and more now at <https://TacticalVisionTraining.com> or <https://DynamicVisionTraining.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 or <https://DynamicVisionTraining.com>

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