

IRONMIND ARCHERY SYSTEMS



**JOEL TURNER
TACTICAL BOWHUNTING SCHOOL
TARGET PANIC AND SHOT CONTROL CLINIC
IRONMIND GUIDE SCHOOL
2X RMEF WORLD ELK CALLING CHAMPION / PRO DIVISION**

Target panic is not a disease. It is a natural phenomenon that troubles every archer. Target panic is the mind's attempt to become more efficient. Shot anticipation is linked to the hard wired system of self-preservation. When the archer understands the systems of the mind, shot control can follow. But shot control can only become a reality if the archer is determined to follow a set path of discipline. Shot control requires a decision by the archer to shoot only the perfect arrow, nothing less will suffice. IRONMIND ARCHERY SYSTEMS will give you a specific shot plan and simplify this difficult decision.

In this clinic you will learn the science behind target panic, the myths about target panic, the fallacy of the common patches to target panic, and a very proven way out of target panic. This clinic will teach not only what to concentrate on during a shot, but more specifically "HOW" to actually concentrate under stress. Be it a shot on the monster buck of a lifetime, or a shoot-off in a 3-D tournament, you will leave this clinic with the ability to shoot a perfect arrow under stress. More importantly, you will understand "HOW" you shot that perfect arrow so you can replicate it for the rest of your life. IRONMIND ARCHERY SYSTEMS will show you the mold of the controlled shot.

THE CLINIC WILL COVER

- **Target panic causes and myths**
- **Thought analysis during the shot**
- **Visual Proprioception (What it really means to pick a spot)**
- **Shot separation – The two jobs involved in a single shot**
- **The use of Open and Closed Loop Control Systems (Mental control of motor skills)**
- **Closed Loop Shifting – Attentional cues to direct concentration under stress**
- **The use of psychological triggers to complete the system**
- **Concentration practice**
- **How to achieve total shot control – Letting down vs. Aggression under stress**
- **The skills to diagnose and treat mental shooting issues**