

Brain Based Diagnostic 2 Handed Pistol Target (That Actually Works - Left Hand)

For groups shot 1 round at a time.

Symptom	Problem	Solution
1. Low Pie Shape	Emotional anticipation of recoil due to fear, performance anxiety, or wanting to control recoil	a. Dry fire until you're pressing the trigger without jerking, then switch back and forth between dry fire and live fire. b. Switch to a lighter recoiling load or gun until flinch goes away. c. Take 5 slow breaths, calm yourself, and focus on the front sight as you slowly press the trigger.
2. Low Right	Sympathetic finger/wrist movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough	Using dry fire, adjust your grip firmness until you can move your trigger finger without moving your other fingers or wrist. If you're using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills.
3. Horizontal Stringing	1. Visual Suppression 2. Uncalibrated/unsynchronized visual and vestibular aiming systems 3. Sympathetic squeeze or sympathetic thumb movement due to squeezing too tight, too heavy of a trigger, or an inability to isolate trigger finger movement due to a brain motor map of the hand that isn't granular enough. 4. Loose sights 5. Excessive trigger overtravel	1. Brock string drills or shut one eye 2. Do visual/vestibular resets 3. Using dry fire, adjust your grip firmness until you can move your trigger finger without moving your other fingers or thumb. If you're using a heavy trigger, try a lighter trigger. Long term, do grip and trigger finger isolation drills 4. Verify 5. Verify
4. High Right	Cross eye dominance combined with visual suppression	Brock string drills or shut one eye
5. Vertical Stringing	1. Seeing but not focusing on the front sight. 2. Looking downrange too quickly 3. Hard breathing/holding breath	1. Pick a detail on the front sight and focus on it as you press the trigger. 2. Watch your sights come back into alignment and call where your shot went before looking downrange. 3. Slow breathing
Shotgun Pattern / No Pattern	Inconsistent	SLOW down, focus on consistent technique until you get a group.

For more details on fixing visual and vestibular issues and seeing your sights quicker and clearer, check out TacticalVisionTraining.com

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