

Aiming, Pin Colors and Relaxation

One thing all articles have in common about proper aiming is the need to be relaxed. Aiming is a subconscious process and not a conscious process. The subconscious mind excels at lining things up in circles. A suggested way to do this is to simply look at the target and let your sight ring or dot become "background" as you concentrate on the bulls-eye. That is, let your subconscious mind take control and let it line up all the circles or dots until finally the release simply "happens" (a forced release would be a conscious effort).

You should have a clearly visible sight pin, but not one that distracts you (if you find yourself fascinated by the glow of a fiber optic pin, you will have a hard time concentrating on the target). Make sure any peep and/or clarifier allows you a good visual picture of the dot and target. It's hard to concentrate and focus if you have to squint to see the target. It's even harder to aim through a ring or cross-hairs you can't see.

Another thing to pay attention to is the color of the ring, dot or pin in your sight aperture. Color has an effect on our emotions and how we feel. It can hype us up and get the adrenalin flowing, or be soothing and relaxing. Color can even make us angry or upset. This being the case, then it makes sense that the color of our apertures can also affect our subconscious aiming. Use a colored dot, ring or pin that is relaxing and comfortable.

When you look at the spot you want to hit, let your body take over and "perform" the shot. Don't think about any part of the shot and never take your eyes off the target. The time to think about any part of your shot sequence is when you practice at the range or in the backyard. That is the time to "think" about certain areas of your form or shot sequence. A shoot is when it should all come together and be as natural as breathing. (We don't need to think about breathing, do we?)

Adapted from an article by Matthew Lee