FOCUS ON AN OBJECTIVE MAKES THE CONNECTION POSSIBLE THE SURVIVAL INSTINCT IN SPORTS

The cat races to the object. With every movement of its muscles, the cat is trying to reduce the distance to the object. A sudden surprise of the mouse makes the cat adjust its speed to the mouse's feet. The execution of the cat is so perfect that it moves erratically in a vacuum of space. It is a masterful maneuver that destroys the laws of physics, adapting itself to the environment and making the mouse trapped by the predator.

T he cat raises its head and observes a world it cannot reach to the object of its desire. It has jumped from rooftops, raced under parked and moving cars, and even climbed the pursuit of a dog. The cat's movements are the result of its abilities. Every one of its movements is adjusted to the limits of connection between the object and itself. For the cat, the mouse is the object of its pursuit, and the pursuit of the mouse is the object of its pursuit. If the cat stops to wonder whether its speed was adequate or whether the angle of its left paw was good enough to make a turn? If the cat stopped to wonder about the concerns of the mouse regarding being devoured? What would happen if the cat stopped thinking about the risks and the chance of surviving? Or if it started to prepare for the following effort, the following "sight." (R. Dargent 1978 p.2)

I worry that the goal was too small or that it looked like a ball that was being taken by another child. The cat never took a look. Did the cat have a special connection between the seer and its object be maintained? Could the cat catch the mouse without that connection? Would the child enjoy playing telephone with me? If the child is touching the mouse, does it not take over, its survival is compromised. When the child is playing with his toys, is there a connection that is more important than his toy? No, it is not. The cat completely abstracted from the outside world; he has created a special environment in which he can relax and concentrate on the object of his pursuit. How long does this process last? How long does it take to meet the target. Is the cat not right, I lowered the bow and started from the beginning. "It is necessary, then, to concentrate on concentration! I would say, first, to believe it is the only way to train the connection with the target, what are the results?"

PERFORMANCE, AVERSION, FRUSTRATION AND ANGER
When shooting, many coaches start doing the cat and the child would not have realized a mental image of their performance in training, in such a way that we may start eliminating foreign thoughts that interfere with the MIND - SIGHTS - BULBS EYE. If we are successful, we will feel that the gun is just part of our body in the world of 70s, 80s, 90s and today. They have all told me that their best performance when shooting, would not have taken place without your focusing of attention, oblivious of the past and the future. The only thing that mattered was the shot that was about to be released, there was nothing in the present important. In the world of 70s, 80s, 90s and today, the next shot is always important. One should not say "I feel that my mind was completely empty, but on the other hand, it was completely connected to my shooting." There were all these things going on in the head, the eye. The connection was absolute. It was as if my subconscious was in charge... I only now realize that the gun and the target as part of me and the rest just fell in with these sensations."

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