

Dear Coach Lee,

In the years before being introduced to the BEST METHOD I was training without direction. I was very inconsistent in competition and in training. Then, Coach Angelo Ruiz introduced me to your BEST METHOD.

Finally, I had found a step-by-step METHOD to lead to the podium. In three training sessions I had already surpassed my old averages. My training sessions are now focused and detailed. I now have direction - a path that leads to a ten by using the BEST METHOD.

I truly believe that I am already an Olympian. I've already been given the spot on the team because I know, everyday, when I go to train, what I need to focus on and what aspect of the method needs attention. The BEST METHOD MAKES you (the Athlete) better! It builds confidence and self-esteem because you can see it working for you. Less focus is placed on the score or the outcome and the concentration is now focused inside of us (the Athlete). Its calming...I know it has the ability to put me into a Zen like state when everything just starts happening automatically.

Thanks to your 12-step process, and Coach Angelo taking the time to help me tweak some things here and there, I now have direction. The only supporters I've had the last few years have been my family and one close friend. I was shooting for THEM and not ME. Now, that's different...shooting is fun again. I am turning heads and training more efficiently. I know what I want to get done in sessions and I can create a plan to do them.

After three practices (less than 11 hours), I walked into a "friendly" head to head competition against one of our top female shooters and former national champion. She only beat me by one point out of a possible 400! I was confident! I was calm! I had a step-by-step plan of things to do and I was shooting more consistently than I had in over two years and with better scores!

If you allow the shot to control your thoughts, you pull your mind away from you, the shooter...THE ATHLETE. I find that when I focus on the *process*, I *feel* what's right. You *feel* in control and poised. The process gives you direction and it creates a path for you to follow.

There are some sequential things I am playing with to see how my body and the process want to naturally work together. I am finding that I typically tend to do number three before number two and also do number five, six and then number four. Along with the process, I am trying to find natural "triggers" to time everything to: breathing, placing head on cheek piece, placing finger on trigger, etc.

I'm sure as I continue to refine the process, I'll see improved scores. Keeping my focus *on the process and not the outcome* will no doubt be the correct path to success. Thank you, Coach Lee, for creating the KSL Shot Cycle!

Regards,

Evan R. Williams  
Developing US Rifle Athlete

Here's the shot cycle I've created for myself using the KSL shot Cycle as a model:

### **Base**

Set feet, shoulder width apart slightly open (not as much as in archery)

1. **LOAD**
  - Cock action and load pellet. When I close the bolt, that's when my entire mind set really starts counting and I set a beat like a drum...boom ...boom...boom. Each beat is a set 1. 2. 3. 4. ...keeping a constant rhythm, maintaining timing and keeping my focus on the process, *not* the shot.
2. **LOCK BUTT**
  - Squeeze gluteus muscles, creating hip thrust and, thus, creating the "shelf" for my elbow.
3. **BUTT PLATE POSITION**
  - Check placement of butt plate in my shoulder.
4. **LEAN BACK**
  - Open up chest and front, leaning back into my position allowing me to get the rifle into my chest and face.
5. **SET FIST**
  - The fist is my support structure creating contact between the rifle and my body at the rifles "pivot" or "balance point".
6. **ALIGN SHOULDERS**
  - Square shoulders to target
7. **PICK UP & ALIGN RIFLE**
  - Bring the rifle to me
8. **CRUNCH CHEST DOWN**
  - This *locks* the position. It makes me a *rock*.
9. **TRANSFER**
  - My trigger is a two-stage trigger, so my "transfer" is taking up the first stage and sitting on the second stage, like being millimeters out of your clicker.
10. **AIM**
  - Eye focus is on the center of the target.
11. **CONTRACTION**
  - This is more of a "relaxation", allowing my finger to squeeze the trigger to release the shot.
12. **FOLLOW THROUGH**
  - Drive the shot through the center with my eyes while maintaining the squeezing of the trigger all the way through the shot execution.
13. **ANALYZE TECHNIQUE**
  - Assess the "feel" of the shot and the result at the target, then mentally make note of any adjustments that will be necessary for the next shot, either in equipment or form.