

Kaizen Korner



Small Goals Lead to Big Gains

- Set a goal for each practice.
- Set a simple goal for each trial.
- Choose a simple measure of success.
- Pay attention to the process.
- Evaluate each trial.

Breath Control Example

Long term goal: A perfect sight picture every time I breathe part-way out in prone (or standing) position.

Practice goal: Improve the consistency with which I breathe out into the correct aiming position in prone (standing).

Trial: Take up position aiming at a target that is a vertical line with a short crossbar in the middle. Take up a natural alignment with the crossbar of the front sight exactly in line with the target crossbar. (Dry fire; there is no shooting outcome, which would complicate the evaluation). Keeping the rest of my position as constant as possible, breath in deeply, pause, and breath out to stop exactly on the cross bar.

Evaluation:

Did I stop exactly on the crossbar (external measure)?

Does my chest feel the same as the last time (internal measure)?

Did my breath go out smoothly, slowing to a stop in exactly the right place (process measure)?

Repeat: For a two-breath cycle, take another full breath, in and out, then do another trial. Repeat until breathing out to the same place is consistent, natural and **automatized**.

Variation: Use the centre target of a set of 5, lining the crossbar up on the row of targets, with "C" centred exactly.

Advanced: Close your eyes at the top of the in-breath, pause, breathe out to exactly the right place. Open your eyes and check for alignment.

Kaizen: Kai = Good Zen = Change: Good Change