

Training for Rapid Target Acquisition

1

Specificity

Applying the same-named principle from physical training to shooting, we learn that practicing with your firearm is an efficient way to enhance your skills. However, the variability of stimuli is also crucial.

2

Near/Far

Engage in exercises where you concentrate on small objects or specific points at varying distances.

3

Taquistoscope

Invented in 1859, the device displays diverse images in a fraction of a second, causing your brain to identify a desired pattern more swiftly.

4

Brock String

It is a rope with colored beads along its length. The practitioner must alternate convergence repeatedly between these beads.

5

Eyeport

The evolution of the Brock String. It is an electronic device similar to a ruler that alternately lights up lights along its length, grabbing the practitioner's attention.

6

Strobo Glasses

Strobe glasses are manufactured by various companies, but they function similarly: they momentarily block the practitioner's vision during the practice of an activity.

7

Saccades

It's a simple eye mobility training that can be done with objects or even with letters on a computer or paper.

8

Dynavision

A company based in Cincinnati, USA, founded in 1990, specializes in producing visual stimulation equipment, such as the Dynavision D2.

9

Quiet Eye Moviment

The term given to the way the eyes of high-performance individuals behave when compared to low-performance subjects. Keep your eyes fixed on the target.

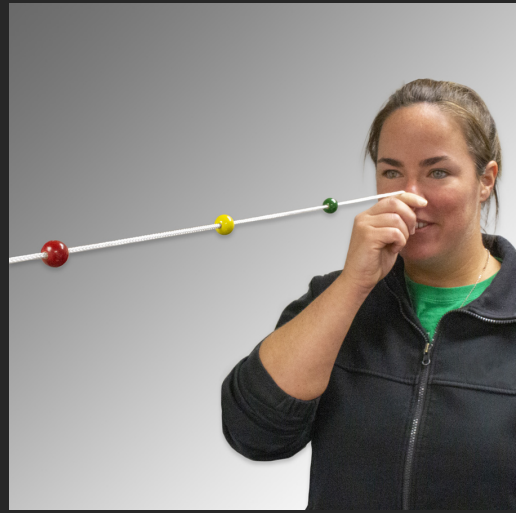
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Apps

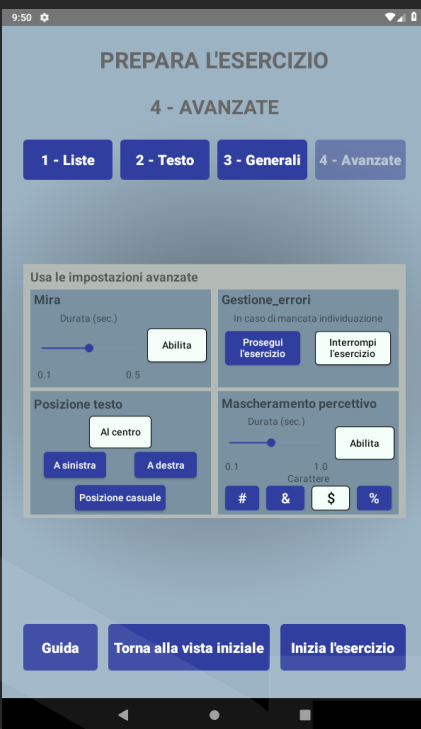
Try out various eye training apps on your cellphone. There are many free ones available to you.



Dynavision



Brock String



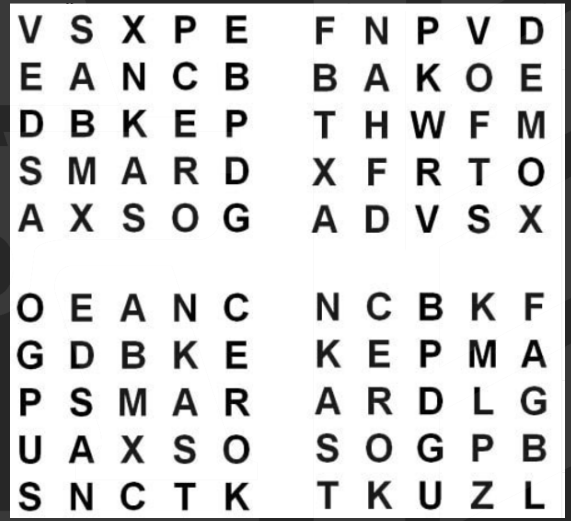
Tachistoscope App



Eye Port



Strobe Glasses



Saccades



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