

Regain control and rediscover the joy of shooting Lecture with Jes Lysgaard.

Author, body therapist, PD degree in psychology and 8 times 3D national team longbow archer on the Danish 3D national team Instinctive Shooting - What is instinctive shooting and do all instinctive archers aim?

Through the lecture, Jes Lysgaard explains how you can gain and regain control over your shot cycle and how the preconscious instinctive aiming process works and why many archers are affected by targetpanic or Archer's reflex.

Through a simple program, you can work towards a better and simpler control over the shooting process and decode the reflex that causes Archer's reflex or targetpanic and regain the joy of shooting.

The lecture is, among other things, based on the latest of Jes Lysgaard's archery books, Weg mit dem schussreflex which has been translated into German from Danish and English by the publisher Angelika Hörnig.