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I have been shooting with one eye for the past five years with only limited success. I shoot from the right shoulder, but I am left eye dominant. I have tried shooting from the left shoulder, but this is too unnatural for me. I have tried two eyes many times and have no success at all. I am prepared to try anything; I have even looked at laser surgery. Have you got any suggestions?

Alan Jackman, Mentone Vic

Well Alan if it makes you feel any better I know of three Olympic Gold Medals won by one eye shooters so don't think for a moment you can't succeed at Clay Target Shooting. First of all I don't believe laser surgery will solve the problem you are enduring. Laser surgery may correct poor vision, but it won't change your eye dominance. Most of the successful "one eye" shooters I have seen have shoot with a small piece of tape over the glasses lense of their dominant eye thus causing the eye that is in relationship with the relevant shoulder to look straight down the sighting plane (or barrel) of the gun. Many one eye shooters in the shotgun sports form this habit from their early days shooting rifles. I would strongly suggest that if at all possible try learning with two eyes open as the benefits of clearer and earlier target recognition are one of the most beneficial assets in the shotgun sports.

Do you find that listening to music helps you shoot better?

Kyle Lowns, Lara Vic

I find that music does help, but remember in International forms of shooting you cannot listen to music whilst you compete. Any form of electronic device is illegal to use while competing. I have always found that music provides a good distraction from the pressure of competition and in the minutes before you actually start competing it can help to keep you focused and positive.

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