

LEARN *from the* BEST

by Robert R. Comal

If you can't make it to a shooting clinic put on by a well-known and respected coach in your sport, a DVD can give you access to some of the expert's advice without all the travel. The DVDs reviewed here are available on page 52 in this issue.

George Digweed's "Digging For Gold"

Considered by many to be the finest clay-target shooter in the world, George Digweed brings his vast experience and winning advice to this exciting two-disc DVD set presented by HiDefSpex Performance Optics. After an introduction by Philip Pila, President of HiDefSpex, the video takes you to the main options for disc number 1.

The "Field Instruction" segment of disc 1 has George providing viewers with instruction on nine of the most common target presentations seen around the country on sporting clays courses. The first presentation is the Teal.

George demonstrates his technique on the often difficult Teal target with his emphasis on foot position and pulling the trigger as you reach the leading edge of the climbing bird. After George makes his demonstration shot, a camera specially fitted with a lens constructed with the same material as George's HiDefSpex shooting glasses views the shot once again over his shoulder. Another gun-mounted camera shows the shot as you would see it over your gun. Additionally, there are some interesting digitally produced graphics of a target to help show viewers just what George is trying to get across.

As George provides his on-camera instruction he rarely designates his shooting style, but it doesn't take long to understand he is a swing-through shooter. His instruction often includes the phrase "When I come through the target and reach the leading edge..." George performs each shot as perfectly as you would expect George Digweed to do. It's nice to watch such precision with a shotgun.

The next target George demonstrates is the treacherous (to me, anyway) Chandelle. I'm sure you have seen these nasty buggers at many clays courses in your travels, and for many shooters they are a nemesis to good scores. George tells the viewer he imagines the arcing flight pattern of the Chandelle as being contained within a box in the air. He watches as the target enters the box on one end

and reaches the top of the box, then he makes the shot as the target emerges from the box on the other end.

It's a rather different thought process with the Chandelle, but later, in the "Shot Simulator" segment, you see what George is explaining as digital lines are drawn by the studio and combined with George's explanations on the attempted target so the viewer understands his instructions much better. This is a very helpful use of computer-generated graphics in a shooting instructional video. I very much enjoyed watching the Shot Simulator portion of the DVD set.

George concludes his Field Instruction with help on targets taken below the feet, at distance, on-edge, Battues, Rabbits, Driven (tower) Birds and Quartering targets. Each segment only lasts a few minutes but is thorough and descriptive.

The final segment of disc 1 is Bonus Material in which George pays tribute to his sponsors, HiDefSpex, Perazzi and Gamebore, as well as giving thanks to the hosting club of his video, Orvis' Sandanona Club in New York. He also provides instruction on how to hit rising-teal targets in both simultaneous and report pairs. Why that wasn't included in the Teal segment of disc 1, I'm not sure, but it's good instruction from the finest shotgunner on the planet.

Disc 2 of *Digging For Gold* is titled "Meet George Digweed." If you have ever wondered what this shotgunning phenom is all about, what makes him tick or what his drive is, this segment is where

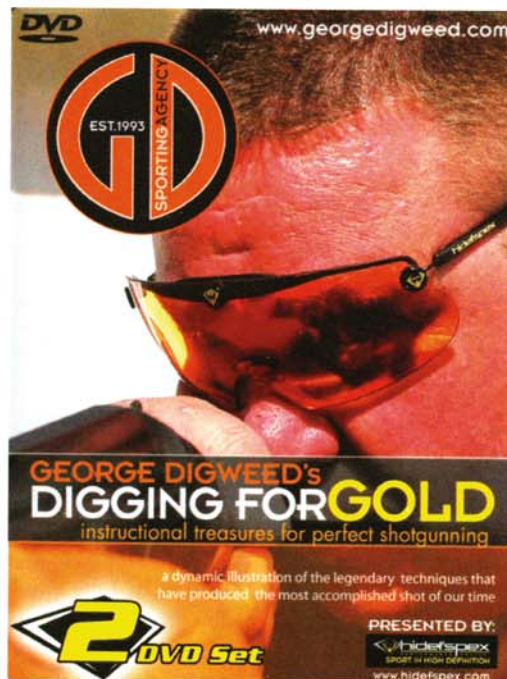
you'll learn about George Digweed straight from the horse's mouth. Very interesting.

I very much enjoyed *Digging For Gold* by George Digweed. I gained quite a bit from it and I'll bet you will, too.

"Stay On Target"

With John Shima

Multi-time NSSA All-American and Hall-of-Famer John Shima has produced a unique informational video for shotgunners. Although this video, like John's shooting career, is primarily centered around skeet shooting, it brings forth some perspectives suitable for any shotgunner, in my opinion. John was



troubled with dyslexia as a child and had difficult learning issues growing up. Schooling was very hard for him. Shooting was the only thing he could do well as a child. He evolved into one of the game's outstanding competitors, as well as one of the great coaches. John was recently honored by the Lab School in Washington, D.C. with the Outstanding Achievers with Learning Disabilities award.

Before I get too much into the review of the main portion of the video, I must comment that *Stay On Target* is not produced or even presented in the normal instructional-video format. This is not a video based on the mechanics of how to shoot a shotgun. *Stay On Target* strives to provide viewers the mental tools and perspectives to achieve a higher level in their game. When you view it, I'm sure you'll agree it succeeds.

The videography is well-done. Filmed in the central hill country of Texas, the National Shooting Center and San Antonio Gun Club, the tips, advice, comments and commentary from John's participating students are presented in a casual and relaxed, yet professional, manner. John's demeanor and confidence in what he has to say exemplify a man secure in his knowledge of the game and how to properly and efficiently disseminate that knowledge to his students and, in this case, to the home viewer.

One of the different and unique points of production to this video is it is peppered throughout with "Did You Know" informational tags. These tidbits of skeet and shooting-related information are quite interesting. The first "Did You Know" tag has to do with women's eyes and the fact almost all women do not have a master or dominant eye. They have equal dominance in both eyes. Hmm, I didn't know that. I considered these pieces of information one of the outstanding points in the video.

John begins with some comments and questions designed to have the viewer make a decision as to how good of a shooter he or she wants to be. With that understood, he asks if they would be willing to make the necessary changes in their game to reach that next level or goal. This is an approach he often takes with his students.

A shooter's eyes and vision are the first topics of discussion. John tells the viewer how deceptively simple a typical skeet field appears: eight stations, targets always going in the same direction when you call for them and a large choke in your gun to hit them with. Piece of cake, right? Yeah, right! John provides some interesting and seldom-discussed points about the eyes and how they work. I learned what a "blended lead" is. I was surprised to learn the eyes "center" or see movement at 20 yards and beyond without eye dominance being a factor. John comments that is why in sporting clays or hunting, where ranges to the intended target may be greater than 20 yards, eye dominance is not a big issue.

After viewing that segment of the video, you'll understand John is a strong proponent of using eye patches on your glasses (see page 65). John has found a frosted or translucent patch over the off eye often does not allow the shooter's brain to fully focus its effort on the target, while a solid patch forces the brain to view only out of the non-covered eye,

which lets the shooter see a genuine lead out in front of the target. This portion of the video is very informative and gave me some things to think about in my visual game.

A most interesting section came next. It concerned his heads-up style of shooting, which he often teaches. I won't go into too much detail about this segment, as you'll want to view and listen to it over and over again to take it all in. When you start to understand what John is teaching about having your head and eyes more over the gun and barrel versus the more traditional "head down tight on the stock" style, it starts to make sense you can see the target better and move to it more fluidly since you're doing more real pointing than aiming with the gun. You don't have to take my word for it. Watch the video.

Next, John explains his takes on concentration and mental games, shooting "in the moment," controlling emotions, intensity versus focus and practice versus playing. This segment opened my eyes a bit. John tells viewers to not make the mistake of confusing practice with playing on the field. When you intend to play, he says, use a different gun, wear a vest if you don't normally do so and so on. Do whatever it takes to keep your mind clear that you are playing and not practicing. When you're practicing for competition, you should "treat practice like competition and treat competition like practice," according to John.

Several of John's students participated in the making of this video, and they explain how John's help allowed them to reach new heights in their shooting. Their comments about John's passion, dedication, knowledge and interpretation of the game show they feel John is a fine coach and one to consider when you're looking to take a lesson.

There are many more segments in this video that provide you good tools to use mentally and physically in your game that I will not go into detail about in this review. Just know John's

knowledge about how to approach the game, as well as his mechanical coaching prowess are more than sufficient for any shooter looking to achieve his or her potential.

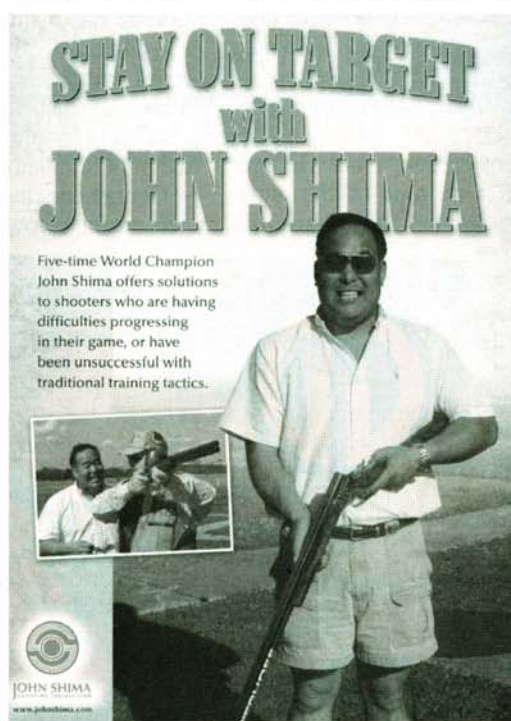
Two of John's lines from this video I will remember for a long time: "The great thing about coaching is the coach never stops learning" and his final comment, "When you know better, you'll do better." *Stay On Target With John Shima* is a video you will want to watch over and over.

Kay Ohye's

"Super Video Trap Shooting II"

This DVD continues the series of trapshooting instructional videos by ATA Hall-of-Famer Kay Ohye. Kay has held trapshooting clinics around the country for many years, and countless new and experienced shooters have benefited from his vast knowledge of the game. The original production format of Kay's instructional videos was VHS. This version is transferred from the original VHS onto DVD.

Filmed at the famous Remington Gun Club in Lordship,



Connecticut, *Super Video Trap Shooting II* opens with some narrated highlights of Kay's shooting and instructional career (at least up to that point in his life). It then goes into a discussion between Kay and Michael Baldwin about what proper stock fit on a trap gun is all about.

Kay starts off saying probably the most-asked question he receives in his clinics is "How do I know my gun fits me properly?" He explains the gun should feel comfortable to you. In addition, proper height and thickness of the comb are essential for a correct sight plane. He discusses good length-of-pull and how to judge it on your gun. He describes and shows viewers problems he has seen with students who have attempted to shoot an ill-fitting gun. He shows incorrect head and eye positions he has seen over the years due to gun stocks that do not fit and recommends modifications to achieve proper gun fit accomplished by a professional stockfitter.

The next section has Kay talking about correct mount and stance. To assist in this portion of the video, he calls upon two lady trapshooting All-Americans, Nora Martin and Priscilla Baldwin. Kay and the ladies get into some unorthodox stances as examples of what shooters look

SUPER VIDEO TRAPSHOOTING II

by Kay Ohye

This is the ultimate trapshooting video! Features include tips for one and two-eyed shooters; right and left hand shooters; and many visuals using our exclusive "gun camera." You'll be able to look down the barrel of the gun and see the correct right picture, gun points, and relationship of gun and target when breaking the target in singles and doubles.



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like when they have difficult, awkward stances and mounts. Although Kay says even an odd-looking stance has beaten the best shooters at one time or another, it is hard to maintain consistent and winning scores that way. The ladies then show good mounts of the gun to the face and shoulder, while Kay describes the points to look for when achieving a good mount, like having the top edge of the recoil pad in line with the top of the shoulder, not too high or too low.

Foot position is the next topic of discussion in this video. Kay has the ladies mount their guns with foot positions unlike their normal positions then simply moves their feet around without twisting or dismounting until they reach a comfortable position with which they can move smoothly to all the possible targets while staying balanced on the pad. Kay uses marked areas on the pads to show the foot positions on each post.

Hold points are next discussed, and Kay begins this segment by making the comment he believes many shooters probably think too much about whether or not they should shoot with one or two eyes. He feels the correct frame of

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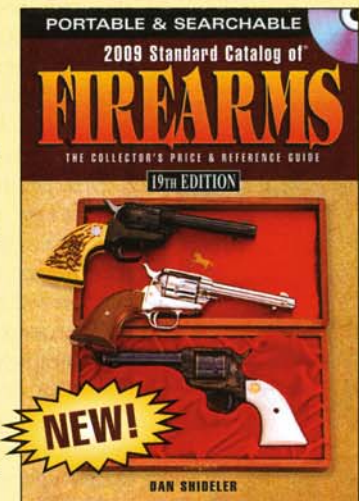
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19th Edition On CD by Dan Shideler

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mind should be to hold the right gun point for your style and shoot to the best of your abilities all the time, regardless of whether you are a one or two-eyed shooter. He asks the ladies to take their respective hold points on Post 1 so the viewer sees what the hold points are for their style of shooting. Priscilla is a left-handed, one-eyed shooter, while Nora is a right-handed, one-eyed shooter. Kay also demonstrates his hold points for his right-handed, two-eyed style. With a gun-mounted camera, these specific hold points are shown with actual shots on targets for each post. I found this very useful visual information for my own trap game.

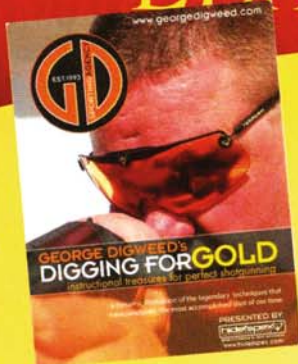
Doubles targets are next shown being shot while Kay narrates the gun-camera views of the appropriate hold points for a one-eyed and two-eyed shooter. For those of you who struggle with Doubles, this segment could be a big help.

Kay, with Priscilla's assistance, demonstrates the difference in the amounts of required gun-barrel movement on 16-yard targets versus 27-yard targets. His point is shooters need to be more controlled on the longer-yardage targets due to the minimal barrel movement needed to get off the bird at those ranges.

The final chapter in *Super Video Trap Shooting II* is a lengthy discussion with Kay, Nora and Priscilla in which they ask and answer questions they often hear at gun clubs or clinics they teach. Topics include options to play at tournaments, shooting in the wind, how to stop lifting your head and many more. Kay provides responses based on his many years as one of the game's all-time great winners and teachers.

With his soft-spoken, gentle manner, experience and winning tips, Kay Ohye's *Super Video Trap Shooting II* DVD should definitely earn a place in your shooting library.

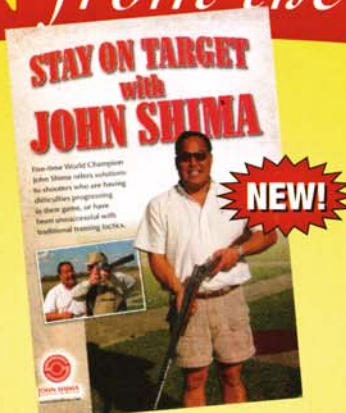
LEARN from the BEST



Digging For Gold
by George Digweed

This new 2-disc set from 15-time World Champion George Digweed demonstrates his winning approach to 10 different stands at the beautiful Orvis Sandanona Shooting Grounds. George takes you through each stand — teal, rabbit, chandelle, driven, on-edge, long-distance, pairs, quartering, battue and below-the-feet — using HiDefSpex® Diamond Vision lenses to show exactly what he sees and also using the HiDefSpex® Shot Simulator to graphically explain his technique. Includes a one-on-one interview with George explaining his approach. Learn from the World All-Around Shotgun Champion! 2-DVD Set - 90 minutes

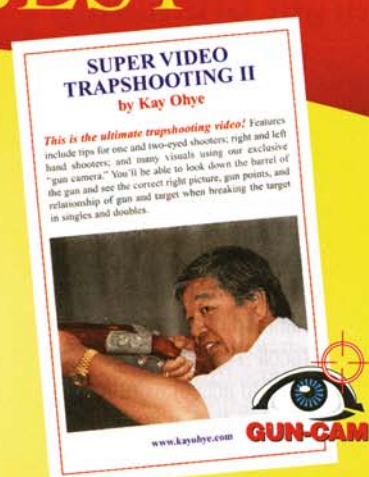
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Stay On Target
by John Shima

John Shima uses his unique coaching style and more than 30 years of coaching experience to provide solutions to problems you might be having in your game. John provides in-depth perspectives on topics like vision, eye dominance, his head-up style of shooting, goalsetting, practice sessions, his approach to shooting and much more. If you need help getting to the next level and the customary approaches just haven't done the job for you, watch *Stay On Target with John Shima*. You'll be surprised at how much you will learn. DVD only, 48 minutes

TSHIM.....\$59.95*



Super Video Trap Shooting II
by Kay Ohye

Helps one and two-eyed shooters and right and left-handed shooters learn how to break 100x100. Covers hold point, foot position, gun mount, head position, where to look and body angle. Gun-mounted camera shows you the right target/gun relationship in 16-yard, handicap and doubles. 105 minutes. DVD only

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